



Ways to Help

Time

Volunteers are needed to staff the house for check-in and daily management. Most of these friendly faces work one or several 3.5 hour shifts per month.

Talent

The Pay-It-Forward House is looking for individuals and organizations to help with lawn care, cleaning, beautification and basic home maintenance. Name your passion—we'll see if we can work it into serving the House.

Supplies

Like any home, the Pay-It-Forward House needs paper goods (towels, napkins, toilet paper), cleaning supplies, as well as bottled water, sodas, snack foods and microwaveable meals. Donations in kind are greatly appreciated.

Money

Your financial support pays for on-going operations that keep the guests comfortable, such as heat, electricity, water, etc. Financial contributions can be made payable to Pay-It-Forward House, NFP and mailed to 719 Somonauk Street, Sycamore, IL 60178.

For more information, please call:
815.762.4882

www.payitforwardhouse.org



The Pay-It-Forward House, NFP operates under the provisions of Section 501(c)3 of the Internal Revenue Code and all contributions are tax deductible to the extent allowed by law. While located next door to each other, Pay-It-Forward House and Kindred Hospital in Sycamore are separate legal entities. Kindred has pledged financial support to Pay-It-Forward House, NFP and welcomes the services the House provides.

Pay-It-Forward House, NFP is run primarily by volunteers, and is funded by donations from generous friends of the House from all over the United States. No state or federal funding or local tax dollars are received by Pay-It-Forward House, NFP.

For additional information, visit:
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Email us at info@payitforwardhouse.org

Pay-It-Forward House Thanks
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To "pay it forward"

is to do a good deed, not to pay back a favor,
but to help others in their time of need.



719 Somonauk Street • Sycamore, Illinois 60178

What is the mission of the Pay-It-Forward House?

If you've ever had someone in the hospital for even just a few days, you know how tiring it can be. Imagine how exhausted you might feel if your loved one's hospital stay stretched to six or eight weeks or even longer. The Pay-It-Forward House is for people in just that situation.

What do guests find at Pay-It-Forward House?

- A place for a coffee or soda break.
- Cookie jars filled with homemade goodies.
- A welcoming TV room.
- A computer with an internet connection.
- A comfortable couch for a nap.
- A warm shower to relax stressed muscles.
- Laundry facilities to freshen up their clothes.
- A well-stocked kitchen with food and beverages donated by the community.
- Friendly volunteers to help them find their way around the Sycamore-DeKalb area.
- A comfortable bed for one or several overnight stays at a nominal fee.



Pay-It-Forward House, NFP is a hospital hospitality house organized to provide a supportive and caring home-away-from-home for family and friends of patients receiving medical treatment in DeKalb County, IL, especially at Kindred Hospital in Sycamore.



What specific purposes does it serve?

- **Provides low-cost temporary lodging.** Families of patients have already faced major expenses. The cost of a motel room, even at a reduced rate, may be prohibitive, forcing people to leave their loved one alone for long periods or to commute long distances every day. Staying close reduces the fatigue and stress of a difficult situation.
- **Gets people out of the hospital for a little while.** Leaving the bedside is necessary. Part of coping with a long-term medical problem is getting some distance from it in order to gain perspective. The House, located close by, but off the premises, provides that place of respite.
- **Offers a place to meet people experiencing a similar trauma.** Leaving the hospital and going to a restaurant or a hotel room is hard. Going to the House and sitting at the kitchen table or in the serenity garden with other guests relieves some of that loneliness and stress.
- **Reconnects guests with day-to-day activities.** Guests are responsible for making their own beds, cleaning their own rooms, and assisting with cleaning of common areas. A chart on the fridge indicates a "chore of the day" for each room's occupant(s). Such tasks help shift the focus for a short time to some other aspect of life.
- **Gives people a chance to help others.** To "pay it forward" is to do a good deed, not to pay back a favor, but to help others in their time of need. Guests help each other with everything from chores to emotional support. Community volunteers also relieve some of the stress guests are under with their presence and their contributions.

Home Away from Home