



## The Pay-It-Forward Movement

The expression “pay it forward” was first developed in a book with the same title, written by Catherine Ryan Hyde.

It tells the story of a young boy who sets out to change the world for the better by doing “three big helps” for people whom he does not know.

His theory is that if he does three big helps, when the beneficiaries of his kindness say, “Thank you. What can I do to pay you back?” he will respond, “Don’t pay me back. Pay it forward. Go out and do three big helps of your own.”

The idea is to create a chain reaction of human kindness that continues compounding every time someone pays it forward.

For more information, please call:

**815.762.4882**

[www.payitforwardhouse.org](http://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:  
[www.payitforwardhouse.org](http://www.payitforwardhouse.org)

**815.762.4882**

Email us at [info@payitforwardhouse.org](mailto:info@payitforwardhouse.org)

Pay-It-Forward House Thanks  
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719 Somonauk Street • Sycamore, Illinois 60178

**Guests Always**  
*Welcome*



# What is Pay-It-Forward House?

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.

This project began because some people in the Sycamore-DeKalb community recognized--many through personal experience--that patients travel long distances to receive specialized care.

At Pay-It-Forward House, we understand that being in an unfamiliar town adds to the stress of having a loved one acutely ill. Family members and friends are unfamiliar with the area and may lack the resources to stay at a hotel.

Since opening our doors in March 2005, we have become a home-away-from-home for many guests.

## We are here to offer you two kinds of support:

A comfortable place to go for a short break during the day.

A peaceful place to stay overnight if your home is far away or your loved one's condition is critical.



## Visit Us During the Day

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Coping with a long-term medical problem isn't easy. Sometimes you just need to get away from your loved one's bedside for a little while. That's normal.

The Pay-It-Forward House is a good place for just that kind of respite. Located adjacent to the Kindred Hospital parking lot, we offer you the chance to remain in close proximity to the hospital while relaxing in a home-like setting.

For peace of mind, you can always tell the nursing staff you will be visiting with us so they know how to reach you.

Whether your loved one is getting a bath, doing therapy or just sleeping soundly, our House is a great place to unwind and recharge. Come enjoy complimentary:

- coffee & soft drinks
  - books to read
  - homemade cookies
  - showers & towels
  - couches for taking naps
  - laundry facilities
  - internet access
  - and more!
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## Overnight Accommodations

Admission to the House for an overnight stay requires a referral by a staff member at the treating facility. If you are interested in low-cost overnight accommodations and this opportunity has not been discussed with you, please notify the receptionist. She/he will refer you to the appropriate staff person for assistance.

All rooms are provided on a first-come, first-served basis once the patient has been admitted (no reservations). If the House is full at the time you request overnight lodging, we will suggest other low-cost options in the area. Because we want to offer respite to as many people as we can, stays are generally limited to three weeks.

All overnight guests are encouraged to make a contribution for each night they sleep at the Pay-It-Forward House. These contributions help cover a small percentage of the operating expenses of the House. Donations are gratefully accepted.

Please note that a refundable key deposit will be requested at time of check-in.

### Check-in and check-out times are:

11 a.m. to 6 p.m. Mon.-Thurs.  
11 a.m. to 2:30 p.m. Fri. & Sat.