



# Stanford Settlement Newswheel

*“Reaching out to those around us.”*

**Celebrating 75 years of Service 1936-2011**

## MISSION STATEMENT

Stanford Settlement  
Neighborhood Center  
helps build healthy  
communities through  
individual, family, and  
neighborhood services.

## STANFORD SETTLEMENT PROGRAMS

Teen Program

Children's  
Program

Senior Program

Emergency  
Assistance

Community  
Development

A Message from our Executive Director...

Where, oh where has 2013 gone? And already 2014 is moving along...

The past is past, the future is yet to be;

Ah, today...today is where we are and what we can see.

So treasure the day in which we live and of our treasure, remember to give.

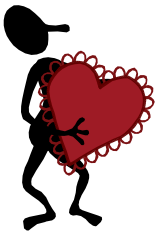
This year, 2014, is a new year and a new beginning of so many things. We each have the opportunity to make it our best ever. God has given each of us a new day, a new year which we can change the world. Well, maybe our little part of the world.

We here at Stanford Settlement Neighborhood Center have received so many blessings! And so much support from our neighbors and the broader community. To those of you who have given your time, your talents and your treasure, I thank you! It makes me so excited to see what 2014 will bring...more volunteers...more funding for our programs...more and different participants in our programs and activities...so much **HOPE** in what is to be!!

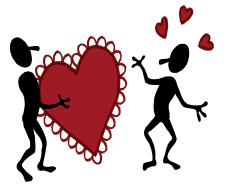
After 37 years (almost) of being your Executive Director, I still get excited about all the possibilities and continue to have so much **HOPE** for our future here in Gardenland/Northgate! Our future, however is tied into how much community support we receive...and that means you! I hope you ALL will continue on our journey with us. Our strength is in our togetherness!

*Sister Jeanne Felion, SSS*  
Executive Director





# SENIOR CENTER



Open Monday - Friday ... 8:00 a.m. until 12:30 p.m.

Seniors 50 years of age and older are welcome!

Limited transportation available for lunch and other activities.

All Seasons Café: Lunch is served Monday - Friday at 11:30 a.m.

Available for seniors 60+ for a donation of \$2.00. Sponsored by Asian Community Center.

Menus are available at the center and reservations are requested by 11:30 a.m. the day before.

Call 927-1819. Come enjoy a hot lunch!

## Events in February & March

**February 12<sup>th</sup>:** We celebrate all of our seniors' Birthdays in February! On this day come join us for cake, presents and singing!

**February 14<sup>th</sup>:** Love is in the air! Today we celebrate the gift of love and companionship. Come join your friends at our Valentine's Day Pot Luck Party! Please bring a snack to share. The festivities begin at 10:00 am.

**February 17<sup>th</sup>:** The Senior Center will be closed in honor of Presidents' Day.

**March 4<sup>th</sup>:** Come help us celebrate Fat Tuesday-Mardi Gras- with a potluck party. Feel free to wear beads and masks to celebrate! Please bring a snack to share. The party will begin at 10:00 am.

**March 12<sup>th</sup>:** Our monthly Birthday Party! Come help us sing and celebrate all of our March Birthdays with cake and presents!

**March 17<sup>th</sup>:** Happy St. Patrick's Day! Please wear green and bring a snack to our potluck in celebration of this festive holiday! Party begins at 10:00 am.



### HICAP

Health Insurance Counseling and Advocacy Program has a counselor coming to Stanford Senior Center every 1st, 3rd and 5th Wednesday of the month. If you have any questions about your health coverage please call for an appointment: 376-8915

### Brown Bag

Applications are being accepted for the Brown Bag Program available to low income seniors 60+. **Brown Bags will be distributed on February 26th and March 26th at 10:30 a.m.** For more information call: 927-1303 or come in to see staff.

# Senior Center Activities

...Bingo daily at 9:30 a.m. (unless otherwise noted) ...Games of Pool daily at 9:00 a.m.



**Seniorcise classes on Wednesdays & Senior Chair Yoga on Thursdays @ 10:00**



Shopping trips on most Tuesdays to neighborhood stores



Crafts, knitting, puzzles, and games



## Calendar

### February 2014

4<sup>th</sup>: Shopping

6<sup>th</sup>: Chair Yoga

12<sup>th</sup>: Birthday Party

14<sup>th</sup>: **Valentine's Day Party!**

17<sup>th</sup>: **Closed**

18<sup>th</sup>: Shopping

20<sup>th</sup>: Chair Yoga

21<sup>st</sup>: Friday Flick

26<sup>th</sup>: **Brown Bag**

27<sup>th</sup>: Chair Yoga



### March 2014

4<sup>th</sup>: **Mardi Gras Party!**

6<sup>th</sup>: Chair Yoga

12<sup>th</sup>: Birthday Party

13<sup>th</sup>: Chair Yoga

17<sup>th</sup>: **St. Patrick's Day Party!**

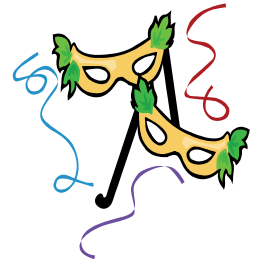
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21<sup>st</sup>: Friday Flick

26<sup>th</sup>: **Brown Bag**

27<sup>th</sup>: Chair Yoga



### Medical Transportation Volunteers Needed

**We are in great need of volunteers to provide transportation for medical appointments. Drivers must have a valid California Driver's License and insurance. If you are interested, please call 927-1303**



# SPECIAL EVENTS

## STANFORD SETTLEMENT NEIGHBORHOOD CENTER 2014 SPECIAL EVENTS SCHEDULE

### BUNCO NIGHT

Saturday, March 8, 2014

6:00 P.M.- 9:30 P.M.

Stanford Settlement Neighborhood Center  
450 West El Camino Avenue • Sacramento, CA 95833

### 5<sup>TH</sup> ANNUAL NATOMAS MAY DAY 5K/10K FUN RUN

Saturday, May 3, 2014

8:00 A.M. - 12:00 P.M.

South Natomas Community Center  
2921 Truxel Road • Sacramento, CA 95833

### 'GO FORE IT' GOLF TOURNAMENT

Thursday, June 19, 2014

11:00 A.M. - 9:00 P.M.

Teal Bend Golf Club  
7200 Garden Hwy • Sacramento, CA 95837

### BUNCO NIGHT

Saturday, June 28, 2014

6:00 P.M.- 9:30 P.M.

Stanford Settlement Neighborhood Center  
450 West El Camino Avenue • Sacramento, CA 95833

### 11<sup>TH</sup> ANNUAL MONTE CARLO NIGHT

Saturday, October 4, 2014

6:00 P.M. - 10:00 P.M.

California Automobile Museum  
2200 Front Street • Sacramento, CA 95818

### BUNCO NIGHT

Saturday, November 8, 2014

6:00 P.M.- 9:30 P.M.

Stanford Settlement Neighborhood Center





# Registration

Event Date: Saturday, May 3, 2014

For more information on the Natomas May Day Run, please email our Special Events Coordinator, Brittany Hawkins: [brittany@stanfordsettlement.org](mailto:brittany@stanfordsettlement.org) or call (916) 927-1303.

*This is a charity fundraiser. Your registration may be tax deductible. Consult your tax advisor for guidance. Stanford Settlement, Inc. FEIN 94-1550842*

## 5K/10K FUN RUN

### Personal Data

Name (first and last):  M  F Birthdate (mm/dd/yy): \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

### Entry Data

Register online at <http://stanfordsettlement.webconnex.com/reg2014> or return signed form with payment to the address below before April 3, 2014 to qualify for the early-bird registration of \$30 (individual)

Individual Adult (\$35)  Early-Bird (\$30) Distance:  10K Run  5K Run/Walk

Team (\$100) 4 participants minimum Team Name: \_\_\_\_\_

All members of teams are required to register separately

T-shirt (check one)  Small  Medium  Large  X-Large  XX-Large

Please consider adding a donation:  \$5  \$10  \$25  other amount \$ \_\_\_\_\_

### Payment Data

Enclosed Amount: \$ \_\_\_\_\_ Make checks payable to: **Stanford Settlement, Inc.**

For credit card payments, contact our office at **916.927.1303**

<b>Participant's Initials</b>	<b>Waiver:</b> In consideration of your accepting my entry, I, intending to be legally bound, do hereby for myself and my heirs, executors, and administrators, waive and release all right, claims and damages I may accrue against the person and organizations affiliated with the race for any and all injuries that may be suffered by me or en route to and from the event. I attest that I am physically fit and sufficiently trained for this competition, my physical condition verified by a licensed M.D. during the last 6 months. As part of this waiver, I acknowledge that I have read and understand all of the above. All entrants must sign waiver. (If under age 18, parent or legal guardian must sign waiver) Attendance at event is consent to be photographed. Photos may be used for future promotion for the race and Stanford Settlement.
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Print Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date (mm/dd/yy): \_\_\_\_\_

If you are a minor, a guardian must sign the next line.

Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date (mm/dd/yy): \_\_\_\_\_

(Race start time may be subject to change. Race course may use City of Sacramento streets which will require race approval and may cause changes in final race course.)



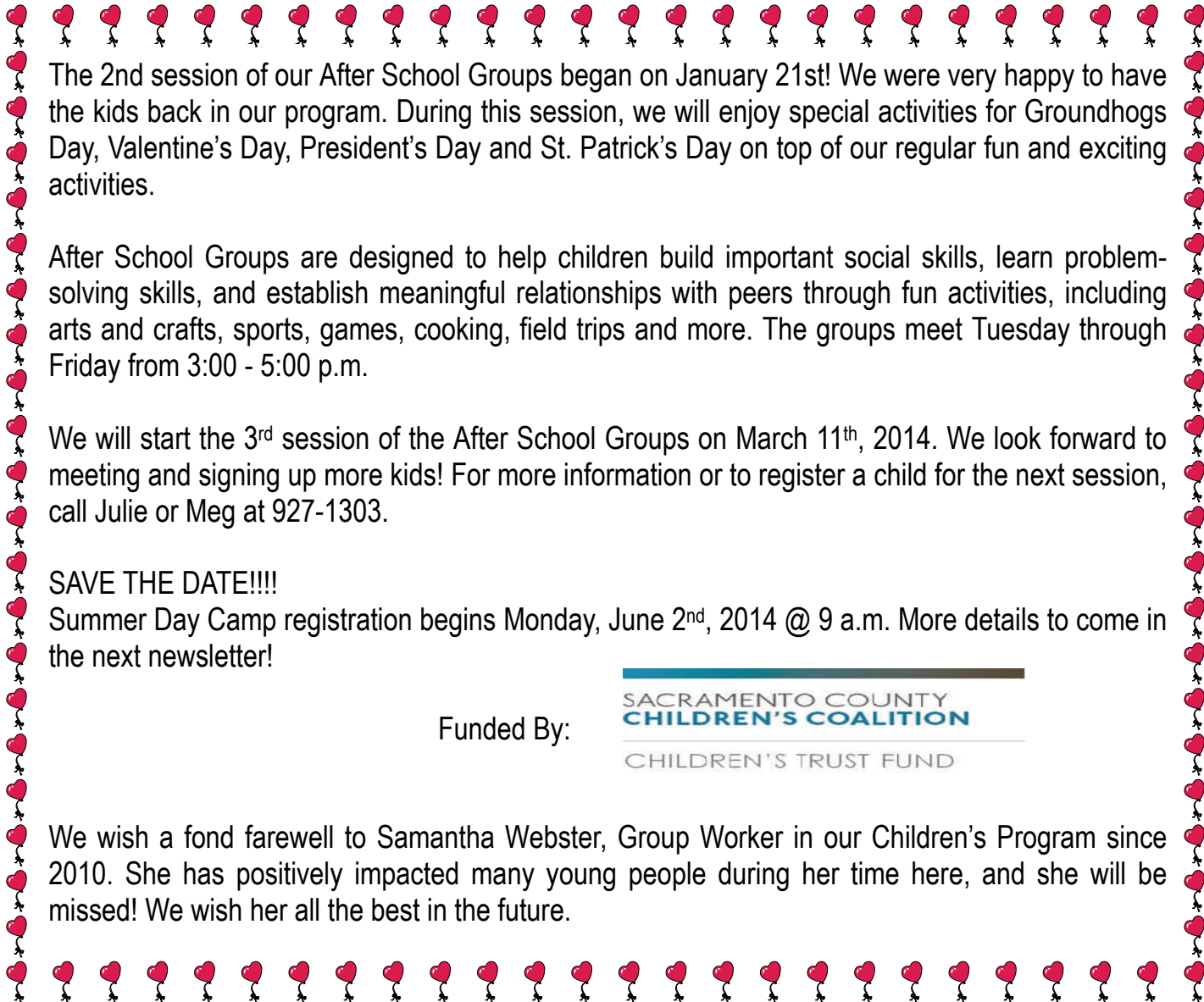
**All proceeds benefit:**  
Stanford Settlement Neighborhood Center  
450 West El Camino Avenue  
Sacramento, California 95833  
Phone (916) 927-1303  
[www.stanfordsettlement.org](http://www.stanfordsettlement.org)



**Social Networking**

 @Maydayrun

 [facebook.com/natomasmaydayrun](https://www.facebook.com/natomasmaydayrun)



# Children's Program

The 2nd session of our After School Groups began on January 21st! We were very happy to have the kids back in our program. During this session, we will enjoy special activities for Groundhogs Day, Valentine's Day, President's Day and St. Patrick's Day on top of our regular fun and exciting activities.

After School Groups are designed to help children build important social skills, learn problem-solving skills, and establish meaningful relationships with peers through fun activities, including arts and crafts, sports, games, cooking, field trips and more. The groups meet Tuesday through Friday from 3:00 - 5:00 p.m.

We will start the 3rd session of the After School Groups on March 11th, 2014. We look forward to meeting and signing up more kids! For more information or to register a child for the next session, call Julie or Meg at 927-1303.

### SAVE THE DATE!!!!

Summer Day Camp registration begins Monday, June 2nd, 2014 @ 9 a.m. More details to come in the next newsletter!

Funded By:



We wish a fond farewell to Samantha Webster, Group Worker in our Children's Program since 2010. She has positively impacted many young people during her time here, and she will be missed! We wish her all the best in the future.

# TEEN CENTER

We welcome the New Year and any new faces that come to the Teen Center! Come join us for fun times in February and March. We look forward to having our annual Valentine's Day party filled with delicious treats and good times with friends. March brings us the luck of the Irish and our St. Patty's party. Make sure to wear something green!

If you are looking for something to do after school then stop by and see us at the Teen Center. If you are in 7th - 12th grade and live in the area, we invite you to come check us out. We are open Tuesday-Friday from 3pm to 7pm during school and 1pm to 5pm when school is out. Join us for a game of pool, basketball, dodge ball, and X-Box or get into your artistic mode. Enjoy treats from our snack bar and join us in our daily snack. It's a great opportunity to come and hang out with friends. For questions or more information please call Erika or Yvonne at 916-927-1303

# Effortless Giving

Stanford Settlement is distributing Community Rewards cards for FoodsCo and Save Mart S.H.A.R.E.S. cards. Each time you shop at any of these stores, a percentage of your total purchase is automatically recorded and awarded back to Stanford Settlement.



## The Power of One

You shop, Stanford Settlement wins!  
You can help Stanford for free. At over 680 brand name stores, a portion of each online purchase is donated to Stanford Settlement. To sign up or for more information, visit [www.igive.com](http://www.igive.com).

Stanford Settlement can earn a penny each time you search the Internet through GoodSearch.com, a search engine that donates 1/2 of its income to charities the users designate. It's powered by Yahoo! so you get great results. Visit [www.GoodSearch.com](http://www.GoodSearch.com) and enter Stanford Settlement as the charity you want to support. 250 people searching twice a day will raise about \$3,650.00 per year without anyone spending a dime!! And be sure to spread the word!

# Memorials & Honoraries

## In Memory Of...

- John Ridge
- Larry Lea
  
- Regina Shay
- Pete Santos
- Gerald Dekker
- Fred Silberstein
  
- Eileen Scully
- Ann Alvarez
- Tim Manning
- Sister Catherine's Aunt Lois
- Gerald Waugh
- Andrew Fisher
- Gil & Lucy Ramirez

## Remembered By...

- Sister Jeanne & Staff
- Sonya & Roger McDowell
- Deanna Lea
- Deanna Lea
- Sister Jeanne & Staff
- Marsha Eberhardt
- Kim Miranda
- Sister Jeanne & Staff
- Sister Jeanne & Staff
- Sister Jeanne & Staff
- Sally Hite
- Sally Hite
- Roger Schwarzin
- Sister Jeanne & Staff
- Jon Chase

## In Honor Of...

- Sister Claire Graham
- Judy D
- Ken Luttrell

## Remembered By...

- John Hanagan
- Ann Isreal-Connolly
- Maralee Fredenburgh

Donations may be made to the **MEMORIAL FUND** in memory of a loved one who has died. **IN HONOR OF** and **IN TRIBUTE TO** donations can be made to remember a special occasion or a special person in your life. That person will receive a note to let them know you were thinking of them.

*What a wonderful way to say "I care."*



*"Stanford Settlement helps build healthy communities through individual, family, and neighborhood services."*

*Stanford Settlement Newsweek*, the bimonthly publication of Stanford Settlement Neighborhood Center.

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Executive Director  
Sister Jeanne Felion, SSS

Designer & Editor  
Quila Armstrong

Staff Writers

Erika Elizarrarás Julie Rhoten  
Jessica Runzler Meg Storms  
Brittany Hawkins

Stanford Settlement Neighborhood Center  
Tel: 916.927.1303 Fax: 916.922.1694  
450 West El Camino Ave., Sacramento, CA 95833  
www.stanfordsettlement.org

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## Celebrating 75 Years of Service 1936-



There will be free income tax assistance on Saturdays at Stanford Settlement, beginning February 8th, 2014. You must be pre-screened and have an appointment to be seen. The income threshold is \$51,000 or less. Please call Quila at 916.927.1303 for more information.



Items you will need:  
\* Social Security Card  
\* Current Drivers License  
\* Your 2012 tax return

This free tax program is sponsored by  
AGA, VITA and Stanford Settlement

### Wills Consultation

Jenna Campbell, an attorney specializing in Estate Planning, will be at Stanford Settlement February 7<sup>th</sup>, March 7<sup>th</sup> & April 4<sup>th</sup>, 2014. An appointment can be made for wills, power of attorney for health care, trusts, etc. For simple wills and advanced directives the consultation is free. Appointments are open to everyone! Call Quila at 916.927.1303

