



# 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

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A Message from our Executive Director...

As I was pondering what to say in my newsletter message, I couldn't help but think about the busyness of my life...our lives, really. Between our work and our personal/family lives there is little time to breathe!

With Easter coming and the promise of new life, it may be a good time to take stock of what we are doing to ourselves and think about making some changes. All of nature is undergoing change and new growth, so why shouldn't we? And how can we make time for pause and reflection on the wondrous ways God is a part of our daily lives? Certainly there is a lot of "food for thought!"

As we approach the celebration of Passover and Easter, I will continue to ponder...and hopefully you will, too.

May you enjoy the fruits of this season and have a very Happy Easter!



*Sister Jeanne Felion, SSS*  
Executive Director



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## 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 April & May

**April 9<sup>th</sup>**: We will celebrate all of our seniors with birthdays in April! Come join us for cake, presents, and singing!

**April 17<sup>th</sup>**: We will be celebrating Easter at the Senior Center, complete with an Easter Egg Hunt! Please bring a snack to share. The festivities begin at 10:00 a.m.

**April 18<sup>h</sup>**: The Senior Center will be closed in celebration of Good Friday.

**May 9<sup>th</sup>**: Happy Mother's Day Party! Come and celebrate with us at our Mother's Day Tea Party! Tea, coffee and snacks will be provided. The tea party will begin at 10:00 a.m.

**May 14<sup>th</sup>**: Our monthly Birthday Party! Come help us sing and celebrate all of our May birthdays with cake and presents!

**May 23<sup>rd</sup>**: We will be having a Memorial Day celebration in honor of those who have served our country.

**May 26<sup>th</sup>**: The Senior Center will be closed for Memorial Day.

**May 30<sup>th</sup>**: Our 22<sup>nd</sup> Annual Senior Health and Information Fair! Come visit various booths and get information regarding senior health and wellness. Free health screenings, live music, raffle prizes and lunch for those 60 and over. RSVP by May

### **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 Announcement**

Brown Bag has been suspended until further notice. California Food-Link is no longer handling this program. We encourage you to take advantage of our Meals on Wheels lunch program on site. For more information please 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

### April 2014

1<sup>st</sup>: Shopping

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

15<sup>th</sup>: Shopping

17<sup>th</sup>: **Easter Party!**

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

25<sup>th</sup>: Friday Flick

29<sup>th</sup>: Pharmacist Visit



### May 2014

6<sup>th</sup>: Shopping

9<sup>th</sup>: **Mother's Day Tea Party**

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

16<sup>th</sup>: Friday Flick

20<sup>th</sup>: Shopping

23<sup>rd</sup>: Memorial Day Celebration

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

27<sup>th</sup>: Pharmacist Visit

30<sup>th</sup>: **Senior Health and Info Fair!**



## 22nd Annual Senior Health & Information Fair

Come enjoy! Food...fun...friends...freebies...music

Friday, May 30, 2014  
9am until 12 Noon  
520 West El Camino Avenue  
(parking at 450 West El Camino Avenue)

Featuring: Health Screenings  
Medical consultation  
Health Information

Senior Services Information  
Music  
Lunch (for those 60 and over)

Free transportation for those living in the target area...  
please call 927-1303 for information.

Sponsored by the North Area Focal Point Coordinating Council in collaboration with Stanford Settlement Neighborhood Center, Councilmember Steve Cohn, Meals on Wheels, Area 4 Agency on Aging and Paratransit.



stanfordsettlement.org

May 3, 2014  
5K | 10K Fun Run  
Natomas Community Center Park  
2921 Truxel Road Sacramento | 916 808-1571



Space is limited and reservations are required. For more information or to register call 916.927.1303 or email: brittany@stanfordsettlement.org  
For complete details on the race, including sponsorship opportunities, post-race expo, and volunteering, visit our website event page at: stanfordsettlement.org/news/may-day-run



**SPORTS AUTHORITY.**

Sacramento City Councilmember  
**Steve Cohn**



**LIONAKIS**

Registration \$30 | \$35 Day of Race

Benefitting



Celebrating 75 Years 1936-2011  
**STANFORD SETTLEMENT**  
Neighborhood Center

# SPECIAL EVENTS



**"GO FORE IT!"**

## **Swing 4 Stanford Settlement! Golf Tournament**

**June 19, 2014**

**11 a.m.-9:00 p.m.**

**Teal Bend Golf Club**

In keeping with our mission of building healthy communities, Stanford Settlement Neighborhood Center presents our annual golf tournament **"GO FORE IT!" Swing 4 Stanford Settlement!** We hope you will join us this year for a fun day of golf, drinks, dinner, awards, and much more! Email our Special Events Coordinator, Brittany Hawkins, to register, sponsor, or volunteer at the event.

**[brittany@stanfordsettlement.org](mailto:brittany@stanfordsettlement.org)**

**BIG**  
DAY OF  
GIVING →  
**MAY 6**

**24 HOURS TO GIVE  
WHERE YOUR HEART IS**

**GIVELOCALNOW.ORG**

**Stanford Settlement's goal is to raise \$50,000, and we can't do it without YOU!**

On May 6<sup>th</sup>, we are asking you to join us in a huge and historic event for the Sacramento region, the **BIG Day of Giving**, where, over a 24 hour period from midnight to 11:59pm, Stanford Settlement will be one of 400-strong nonprofits to raise \$1 million and engage 5000 donors, with 30% of them as new to the nonprofit.

**Stanford Settlement's goal is to raise \$50,000, and we can't do it without YOU!**

100% of every donation will come to Stanford Settlement. Donations made at [givelocalnow.org](http://givelocalnow.org) designating Stanford Settlement on May 6 will be eligible for a boost from a pool of matching funds. The BIG Day of Giving is a Follow us on Facebook and Twitter, or visit our website, [www.stanfordsettlement.org](http://www.stanfordsettlement.org), for more info!





# CHILDREN'S TRUST FUND

Happy spring! The 3rd session of our After School Groups began on March 11<sup>th</sup>, 2014. This session is the last session of this school year, which ends on May 16<sup>th</sup>. We will enjoy special activities for Easter and Mother's Day besides our regular fun 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 to 5:00 p.m.

It is sad that the last session will end soon, but we are very excited to start getting ready for our Summer Day Camp!

We look forward to meeting and signing up more kids! For more information about our Summer Day Camp, call Katie or Meg at 927-1303

Funded By:



# TEEN CENTER



Teen Center continues to be a busy place with new and old friends joining the activities everyday! We have played football, dodgeball, basketball, made awesome treats and wonderful collages! Join us for Earth Day activities and our egg hunt for the month of April! It's spring time, so you know what that means? Teen Center will participate in the annual Senior Center vs. Teen Center pool tournament held at the Senior Center! We have big hopes that this year we will take the win.

Teen Center will be 1pm-5pm starting April 11<sup>th</sup> – 17<sup>th</sup> and will be closed on April 18<sup>th</sup>. We will also be 1 p.m.-5 p.m. on May 23<sup>rd</sup>.

If you are looking for something to do after school then stop by and see us! If you are in 7<sup>th</sup>-12<sup>th</sup> grade and live in the area, we invite you to come check us out. We are open Tuesday-Friday 3 p.m. –7 p.m. during school and 1 p.m.-5 p.m. when school is out. Join us for a game of pool, basketball, dodgeball, and Wii 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!

### Car Donation Program:

Support Stanford Settlement with a tax deductible car donation! Donate any vehicle in any condition and receive a tax write off for your contribution. For more information call Car Program Inc. at (800) 513-6560



## Memorials & Honoraries

### In Memory Of...

- Fran Dekker
- Mike Donovan
- Farris Salamy
- Susan Boyd
- Evie Michel

### Remembered By...

- Mr. & Mrs. Philip Johnson
- Sister Jeanne & Staff
- Sister Jeanne & Staff
- Sister Jeanne & Staff
- Sister Jeanne & Staff

### In Honor Of...

- Sister Sheila Walsh

### Remembered By...

- James & Judith Kennedy

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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## Celebrating 75 Years of Service 1936-2011

### 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 for more information.**



### **Wills Consultation**

Jenna Campbell, an attorney specializing in Estate Planning, will be at Stanford Settlement **April 4<sup>th</sup>** and **May 9<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

