



Stanford Settlement Newswheel

Celebrating Over 80 Years of Service

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 Sister Jeanne—

We are already beginning the second month of the new year 2019. As I look backward, I feel the loss of so many people who have played a part in the life of Stanford Settlement. Yet, I cannot dwell there. I also see how much we have played a part in the lives of others—the positive impact on so many people. And now it's time to look ahead—to see our future unfolding—to steer the direction in which we are going.

We want and need all of you on our journey. We need the support of the community to help us “keep on keeping on”. We have many things coming up in 2019 and we hope that you will chose to be a part.

May 2—Big Day of Giving

June 19—Fore Good Golf Tournament—Teal Bend Golf Club

September 21—Monte Carlo Night

May this year be filled with many blessings!

Sister Jeanne

Executive Director



Children's Program



Happy New Year to all! We hope 2019 will bring lots of joy and memorable moments to all of you. The After School Groups began the 2nd session on January 8th. We missed the kids during winter break so much and were so happy to have them back and welcome some new faces to the program! During this session, we have many fun activities planned for special days, such as Valentine's Day, President's Day, and St. Patrick's Day along with our regular all-time favorite activities!

After School Groups are designed to help children build important social skills, learn problem-solving skills, and establish meaningful relationship with peers through fun activities, including arts and crafts, sports, games, cooking, field trips, and more. The groups meet 4 days each week: 3:00-5:00 p.m. on Tuesday, Thursdays, and Fridays, and 1:00-3:30 p.m. on Wednesdays.

The 3rd session of the After School Groups will begin March 5th, 2019. We look forward to meeting and signing up more kids! For more information or to register a child for the next session, call Meg at 927-1303.

We would like you to welcome Estephany Ibarra, who has been doing her Social Work internship with us since September, as an official Group Worker for the Children's Program! She has been working with our youngest group (5-7 year olds), and we are very fortunate to have her!



Teen Center

The Teen Center has been having a great 2019 so far! We will be hosting our holiday parties for Valentine's Day and St. Patrick's Day! Join us for some delicious food and cookies. Don't forget, our annual pool tournament against the Senior Center is coming up in April. The Teen Center will be training really hard in the next few weeks. Join us so that we can take back our golden plaque!

If you are in 7th-12th grade and live in the area, we invite you to come check us out. We are open Tuesday, Thursday and Friday from 2:30 p.m. to 7 p.m. and Wednesdays from 12:30 p.m. to 5 p.m. Swing by after school to see what we are all about! If you are currently attending Smythe Middle School, bus route #105 will drop you off at our Teen Center after school! Transportation back home is also available for teens that live in our service area.

Upcoming activities for this holiday season include Valentine's day cards, salt shamrocks, and capture the flag. We provide a tasty snack daily and you can also enjoy a bite from our snack bar. Don't forget to bring your friends! For questions or more information, please call Adam, Porscha or Jocelyn at (916) 927-1303.



Qualified Charitable Distributions

As the holidays and the end of the year approach, we must all be thankful for the many blessings we have received throughout the year. During this time of year, many charities count on individuals' generous donations to make ends meet and to accomplish the many good works of the charity. One of the best ways to make a charitable donation to Stanford Settlement may be through the use of a "qualifying charitable distribution." **What is that, you might ask?** At the end of 2015, the President signed into law The Protecting Americans from Tax Hikes (PATH) Act of 2015 which made the provisions of Internal Revenue Code (IRC) Section 408(d)(8) "qualifying charitable distributions" permanent. The four requirements are relatively simple. The charitable distribution must be: 1. From a traditional IRA or a Roth IRA; 2. Direct from the IRA trustee to the charitable organization with no intervening possession or ownership by the IRA owner; 3. On or after the IRA owner has reached age of seventy and a half (70½); and 4. A contribution to an organization that would qualify as a charitable organization under IRC Section 170(b)(1)(a), other than a private foundation or donor advised fund. The annual limit is \$100,000 per year; therefore, "qualifying charitable distributions" can be made by donors every year.

There are other tax benefits that may be derived from making "qualifying charitable distributions" but it is always best to consult with your tax advisor regarding your own unique income tax situation.

Omar R. Bardales, CPA, CGMA.

SENIOR CENTER ACTIVITIES

The Senior Center is open Monday - Friday, 8:00 a.m. until 12:30 p.m.
Seniors 50 years of age and older are welcome!
Transportation available for lunch and other activities.

Bingo daily at 9:30 a.m. (unless otherwise noted) * Games of Pool daily at 8 a.m.
Shopping trips to neighborhood stores * Crafts, puzzles, cards and games daily
Seniorcise classes on Wednesdays at 10:30 a.m.

February Events

February 14th- Come spread the love on Thursday February 14th at 10AM this Valentine's Day at the Senior Center. It is a potluck, so please bring a dish to share with others. Drinks will be provided.

Karaoke Party- Once a month we have a Karaoke Party at Stanford Senior Center! Join us for a fun time with sing-a-longs!

Arts and Crafts- Join us throughout the month of February for our arts and crafts. This month we will be making Valentine Cards, Valentine Pins, and we will end the month making Mardi Gras Masks. All supplies are provided.

March Events

March 5th- Mardi Gras Party! Please help us celebrate Fat Tuesday in style! We will be having a Pot Luck, dancing, and mask parade! We encourage you to dress up with us! The fun begins at 10 am. Please bring a dish to share.

March 15th- This year we will have our St. Patrick's Day Celebration. There will be snacks and drinks for you to enjoy at 10AM. Don't forget to wear green!

Exercise at Stanford- Don't forget about our Wednesday and Friday exercise classes. Seniorcise is every Wednesday featuring chair cardio and flex and stretch. Join us on Friday for a fun, but easy workout with fitness instructor Anthea!

Days at the Senior Center



SENIOR CENTER NEWS

All Seasons Café - Sponsor : Meals on Wheels by ACC

Come enjoy a hot lunch with friends! "Nutritious and delicious" are often used to describe our meals and, with regular input from our participants, Meals on Wheels strives to meet and surpass this expectation with every meal. The menu changes daily with a variety of entrées like home style meatloaf, chicken breast with tomato basil penne pasta, and mushroom pork. Our nutritious meals also come with fresh fruit or fruit cups and an 8 ounce serving of milk to help seniors stay healthy and feel good! Lunch is served Monday - Friday at 11:30 a.m. and is available for seniors 60+. A donation of \$2 is suggested, but not required. Menus are available at the Senior Center.

Please call 927-1819 by 11:30 a.m. the day before to make a reservation.



HICAP

Health Insurance Counseling and Advocacy Program has a counselor at Stanford Senior Center every 1st, 3rd and 5th Wednesday of the month. If you have any questions about your health coverage, please call **(916) 376-8915** for an appointment.

Door-to-door Medical Transportation

If you need occasional assistance getting to and from medical appointments, please call Stanford Settlement Senior Center. Transportation to medical appointments is available by request, within a limited service area. Please call (916) 927-1303 for more information.

Wills Consultation with Jenna Campbell, Attorney at Law

Jenna Campbell, an attorney specializing in Estate Planning, will be at Stanford Settlement February 22, 2019 and March 22, 2019.

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 anyone requesting the service! Please call Michelle at 916.927.1303

SAVE THE DATE

May 2, 2018

BD Big
OG Day of
Giving

16th Annual



MONTE CARLO
Night 2019

Saturday, September 21, 2019

Enjoy Dinner,
Drinks & Games
Sponsorship
Opportunities
available



Gardenland/Northgate
Neighborhood
Association meets at
Stanford Settlement
the 2nd Thursday of
every month
at 6:30 p.m.

*Come find out what's
happening in your
neighborhood!*



Choose Stanford
Settlement, Inc.
when shopping at
smile.amazon.com
0.5% of your
purchase is
automatically
donated!

STANFORD SETTLEMENT NEIGHBORHOOD CENTER PRESENTS

FORE GOOD!

GOLF TOURNAMENT

TEAL BEND GOLF CLUB – WEDNESDAY, JUNE 19, 2019

11 am Registration & Boxed Lunch
12:30 pm Putting Contest
1:30 pm Shotgun Start/4 person scramble
6:30 pm No-host Cocktails & Dinner
7 pm Awards & Raffle

INDIVIDUALS Early Bird \$125 / \$140 after May 19
TEAMS OF 4 Early Bird \$440 / \$500 after May 19

**Includes Lunch, Drinks, Green Fee,
Cart, Range Balls & Dinner**

SPONSORSHIP LEVELS

PRESENTING - \$2000 exclusive

Logos on all promotional material, name on place card at evening awards dinner, play for 8 golfers

EAGLE - \$1500

Logos on Stanford website and social media, name on place card at evening awards dinner, play for 6 golfers

BIRDIE - \$1000

Logos on Stanford website and social media, name on place card at evening awards dinner, play for 4 golfers

PAR - \$500

Logos on Stanford website and social media, name on place card at awards dinner, play for 2 golfers

BEVERAGE - \$300

Logos on Stanford website, name on beverage cart, name on place card at awards dinner

BUSINESS TEE - \$150

Name on tee sign, business table at 1 hole, name on place card at evening awards dinner



**STANFORD
SETTLEMENT**
Neighborhood Center

For more information contact Stanford Settlement at (916) 927-1303

HELP US FOLLOW-THROUGH ON A STRONGER COMMUNITY
www.stanfordsettlement.org

"Stanford Settlement helps build healthy communities through individual, family, and neighborhood services."
Stanford Settlement Newsweek,
 the bimonthly publication of
 Stanford Settlement
 Neighborhood Center.

We encourage use of information from
 Newsweek with the following citation:
 "From Stanford Settlement Newsweek,
 the bimonthly newsletter of
 Stanford Settlement
 Neighborhood Center."

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Newsweek
 Stanford Settlement Neighborhood Center
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 Sacramento, CA 95833-2299

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Celebrating Over 80 Years of Service

Memorials

In Memory Of...	Remembered By...	In Memory Of...	Remembered By...
Rod Felion	Sister Jeanne Felion, SSS Pat Pennisi Stanford Settlement Staff James and Marilee Bellotti Michele and Victor Mercado Peggy Mulligan Kimberly Peterson Darrin Gross Bernadette and Jim Lynch Katherine Felion Alicia Uhouse Deanna M Lea Karen Preiss Ron Cassity Carol Seperas	Becky Naman	Sister Jeanne Felion, SSS Deanna Lea
		Bill Rhoten, Sr.	Louise and Vincent Arias
		Hortencia Martinez, Raymond Martinez and Tommy Hernandez	Adela Cardenas
		Sister Claire Graham, SSS	Mary Parshall James Lazansky Rick and Dee Dee Long
		Juanita Sing	Edwards Sing
		Nellie Jellison	Grant Burger

Donations may be made to the MEMORIAL FUND in memory of a loved one who has died. IN HONOR OF 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."