



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

As we prepare for Operation Cratchit this year, I cannot do so without remembering all of the many people and resources it takes to help our neighbors enjoy Christmas because of everyone's generosity. Our Christmas Basket program has been happening for 50 years!!! And it has been my privilege to be part of it for 43 years.

Each year brings its own special characteristics, new volunteers, new donors and new families in need of some extra help. Most notable are the students at Jesuit High School. Each year, for many years, the student body has collected 70,000 pounds (and some years more) of canned and packaged food. This food has been the primary source of support and we could not do this program without the students.

It takes many people and many hands to prepare for 700 households, providing boxes of food, and new toys for over 1,000 children. We have successfully done this because of such widespread support and help. Fifty years is a long time and we have certainly helped thousands of families and seniors. Thank you to all who have been a part of Operation Cratchit in some way. **Here's to our 50th!!**



Children's Program

By: Meg Storms



Fall is finally here... It has been much cooler lately, and we are enjoying the nice weather. Our After School Groups have begun their very first session of this school year on September 13th! We were super excited to have the kids back and also welcomed some new kids to the program. This session will be filled with lots of fun activities for Halloween, Thanksgiving, and Christmas, on top of our regular super cool activities!



After School Groups meet Tuesdays, Thursdays, & Fridays from 3:00-5:00; on Wednesdays, we meet from 1:00-3:30. The 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, crafts, sports, games, cooking, and more. For more information, or to register a child, call Meg at 927-1303.



We would like to welcome our new student intern from CSUS Division of Social Work, Estephany Ibarra! She is such a great addition to our program and is very excited to get to know our kids!



Teen Center

By: Jocelyn Martinez



Our favorite time of the year is here! We will be having our annual costume party on Halloween and hosting our thanksgiving feast in November as well! Join us for some delicious food and a fun holiday season. Bring your friends and celebrate with us.

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 popcorn hands, mummy race and hide and seek! We provide a tasty snack 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 Jocelyn, Adam or Porscha 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. May you and your family enjoy a Happy Thanksgiving and a Merry Christmas.

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.
 Senior Fun Fit! On Fridays at 10:15 a.m.



October 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

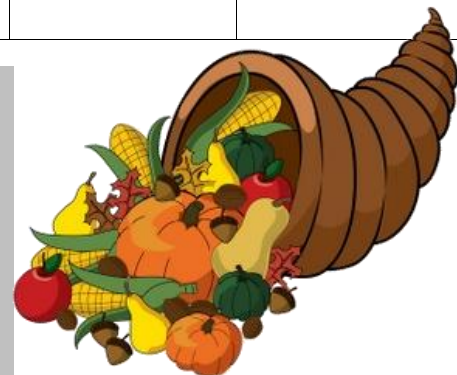
	1 9:30 Bingo 10:00 Spooky	2 9:30 Bingo 9:30 Walgreens	3 9:30 Bingo 9:30 Senior-	4 9:30 Bingo 9:30 Halloween	5 9:30 Bingo	6 CLOSED
7 CLOSED	8 9:30 Bingo 9:30 99 Cent Store	9 9:30 Bingo 9:30 Halloween Craft	10 9:30 Bingo 10:30 Seniorcise!	11 9:30 Bingo 9:30 Walmart	12 9:30 Bingo 10:15 Senior Fun	13 CLOSED
14 CLOSED	15 9:30 Bingo 9:30 Thrift Town	16 9:30 Bingo 9:30 Special Shopping	17 9:30 Bingo 10:30 Seniorcise!	18 9:30 Bingo	19 No Bingo Karaoke Party	20 CLOSED
21 CLOSED	22 9:30 Bingo 9:30 Halloween Coloring Contest	23 9:30 Bingo 10:00 Spooky Word Game	24 9:30 Bingo 10:30 Seniorcise!	25 9:30 Bingo TV Movie Day	26 9:30 Bingo 10:15 Senior Fun Fit	27 CLOSED
28 CLOSED	29 9:30 Bingo Birthday Party!	30 9:30 Bingo 9:30 Thanksgiving Centerpieces	31 			



Wills Consultation

Jenna Campbell, an attorney specializing in Estate Planning, will be at Stanford Settlement on October 26th, 2018. 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 to make an appointment.



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.

October

Halloween Party

Come join Stanford Settlement Senior Center for the annual Halloween Party on October 31st. Breakfast will be served at 9:00am and lots of fun to follow. Please come dressed up to be entered into a contest and be ready to play games, win prizes, and most importantly have a spooktacular time!

Word Game

Come in and exercise your brain! This is a group activity where we use letters found in a 15 letter word to create other words. As a team you can help create 150-200 other words!

Thanksgiving Centerpieces

Help us decorate the senior center by creating beautiful fall centerpieces. All supplies will be provided for this activity we just need a helping hand.

November

Senior Thanksgiving Luncheon

Let's celebrate Thanksgiving together! Join us at our annual Thanksgiving luncheon on November 21st at 11:30, put together by wonderful volunteers. Come in to enjoy delicious food, fun games, but most importantly wonderful company during this Thanksgiving season.

Veteran's Day Party

Come to the senior center on November 12th at 10:45 to celebrate the bravery and sacrifice of all our U.S Veterans. There will be a special ceremony to honor those who served.

Christmas Centerpieces

Join us throughout the month of November to put together our centerpieces for the Christmas dinner. This year we will be making snowmen using toilet paper rolls, felt, and ribbon. All supplies are provided for this craft, just come on in and have fun crafting.

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.

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.



Operation Cratchit 2018

Stanford Settlement's Annual Christmas Basket Program

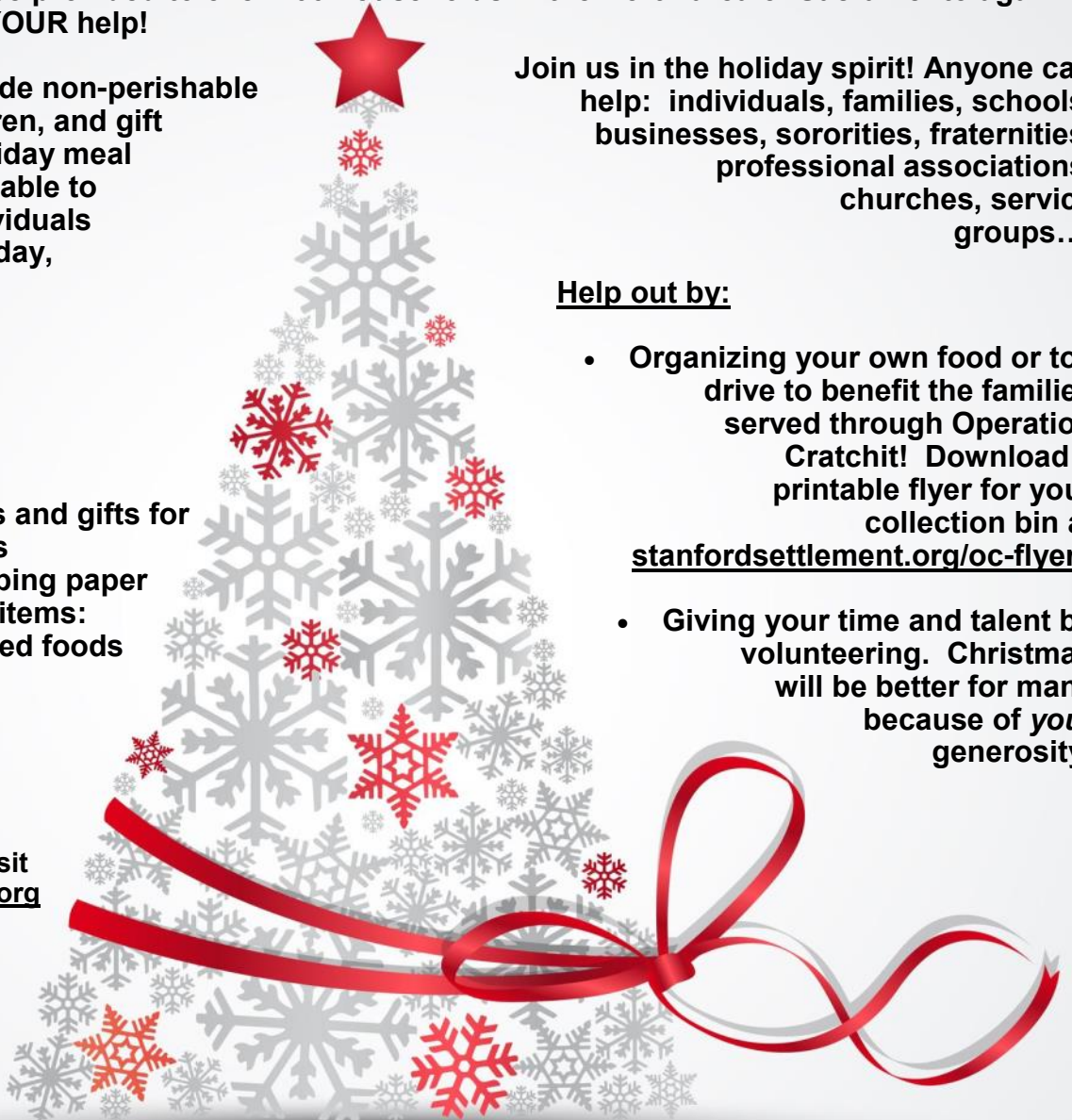
Christmas Baskets will be provided to over 700 households in the North area of Sacramento again this year, and we need YOUR help!

Christmas baskets include non-perishable food, new toys for children, and gift certificates for fresh holiday meal items. In 2017, we were able to assist almost 2,500 individuals in having a brighter holiday, with 1,300 children receiving a new toy!

Needed items include:

- New, unwrapped toys and gifts for children and teens
- New Christmas wrapping paper
- Non-perishable food items: canned or packaged foods
- Cash donations

For more information, visit www.stanfordsettlement.org or call 916.927.1303



Join us in the holiday spirit! Anyone can help: individuals, families, schools, businesses, sororities, fraternities, professional associations, churches, service groups....

Help out by:

- Organizing your own food or toy drive to benefit the families served through Operation Cratchit! Download a printable flyer for your collection bin at stanfordsettlement.org/oc-flyers
- Giving your time and talent by volunteering. Christmas will be better for many because of *your* generosity!

Yes, I want to help with Operation Cratchit

_____ Enclosed is a check for: _____ or I will donate online at stanfordsettlement.org

_____ I will collect food, toys, and/or wrapping paper to bring in by December 18, 2018

_____ I would like to volunteer, please call me at: _____

Name: _____

Address: _____

City/Zip: _____

Email: _____



Return to: Stanford Settlement, 450 West El Camino Avenue, Sacramento, CA 95833

Thank you to our Sponsors!



MONTE CARLO NIGHT 2018



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Stanford Settlement Newsweek,
 the bimonthly publication of
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Executive Director
 Sister Jeanne Felion, SSS

Designer & Editor
 Michelle Florero

Staff Writers
 Melissa Flores Julie Rhoten
 Meg Storms Jocelyn Martinez

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 Over 80 Years of Service

Memorials

In Memory Of...

Remembered By...

**Martin Naleway
 Robert Grandinetti
 Robert Grandinetti**

Sister Jeanne Felion, SSS
 Sister Jeanne Felion, SSS
 Jim and Marilee Bellotti

Sister Claire Graham, SSS

Jim and Marilee Bellotti
 Rebecca McWhorter
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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."