



**STANFORD  
SETTLEMENT**  
*Neighborhood Center*

# 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 Center

Children's Program

Senior Center

Emergency Assistance

Community  
Development

First of all, **thanks** to everyone who volunteered, donated, and supported Operation Cratchit this year. Your efforts truly brightened the holidays for people in need. We are grateful for your contributions!

In consideration of the environment, the agency is exploring other ways to communicate with you. **If you'd like to receive this newsletter via email instead of your mailbox**, please send an email to [katrina@stanfordsettlement.org](mailto:katrina@stanfordsettlement.org) to let us know. Thank you!

If you've been by the agency in recent times, you'll know that some of our original buildings are in DIRE need of repainting. Many folks have offered to roll up their sleeves and help us paint. Because of the age of the buildings AND the lead in the paint, it's going to require professional abatement. **The Rotary Club of Natomas** has taken this on as a special project, and is actively raising funds to start this project. You can support their efforts by joining us for **"Pancakes for Painting," on Saturday, February 15, 2020**. More details can be found on page 6 of this newsletter.

You asked, and we listened! **BUNCO is back!** This very popular dice game is one of your favorite ways to support agency programs. It is scheduled for **Thursday, March 19, 2020 at 6 pm**. Get your tickets now: \$25 includes player fees and a light dinner. Tickets are available online or in the main office. Don't delay; this event is usually a sell-out!

Finally, we want to thank a very special group of people: **our newsletter volunteers!** They generously give their time to stuff, fold, and seal these newsletters every other month. We could not do it without them!

Hope to see you at the pancake breakfast and Bunco!

Julie



# CHILDREN'S PROGRAM

Happy 2020! We had so many memorable moments in 2019 and are excited for this new year to find out what it will bring! The After School Groups began the 2nd session on January 7th . It was great to see those familiar faces, and we also welcomed some new kids to the program! During this session, we will enjoy various fun activities planned for special days, including Valentine's Day, President's Day, and St. Patrick's Day along with our 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 10th , 2020. 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 916-927-1303.

# TEEN CENTER



We are super excited to start the 2020 with more Pop-Ups, more teens, and more activities! We welcomed back teens this past January and are excited to bring in more fun! We will be having a Valentine's day party and St. Patrick's day party, along with our specially themed, fun activities! We will enjoy making valentine's day cards and in March, we will be wearing green to celebrate the party and to avoid getting pinched! Join us for more upcoming festivities in the Teen Center! If you are looking to do

something after school, then stop by and see us at the Teen Center! If you are in 7<sup>th</sup>-12<sup>th</sup> grade and live in the area, we invite you to come and join us. We are open Tuesdays, Thursdays, and Fridays from 2:30pm to 7:00 pm and Wednesdays from 12:30pm to 5:00 p.m. Upcoming Pop-Up dates are Friday, February 7th and Friday, February 21st. We provide a snack every day and do lots of activities. Don't forget to bring your friends! For questions or more information, please call Porscha, Jolanna, or Alejandra at (916) 927-1303!

## Join the movement! #SACYOUTHPOPUP

Beginning in October, the Teen Center joined the #sacyouthpopup movement! Two Friday nights per month, our doors open to 50+ teens for fun activities and games! Come join us for a great time, save the dates February 7th and 21st! We want to thank Sacramento City Councilmember Jeff Harris, Mayor Steinberg, and the Center at Sierra Health Foundation for their support of our work with youth engagement.



**THE CENTER**  
at Sierra Health Foundation



# SENIOR CENTER ACTIVITIES



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

Bingo daily at 9:30 am. (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 am. Senior Fun Fit! on Fridays at 10:15 a.m.

## February

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

President's Day Celebration- Join us at the senior center for some President's Day trivia. Test your knowledge or come learn more about our presidents, but most importantly come have some fun!

Mardi Gras Party- Please help us celebrate Fat Tuesday in style! Join us for a catered meal, dancing, and mask parade! We encourage you to dress up with us! The fun begins on February 25<sup>th</sup> at 10 am.

## March

St. Patrick's Day Potluck- Join us on Tuesday March 17<sup>th</sup> to celebrate this fun, festive day! We will be celebrating with a free raffle and Pot Luck. Please bring a snack to share with friends. The party begins at 10 am. Don't forget to wear green!

Shopping Trips at Stanford- Don't forget every week we take a shopping trip to a store in the neighborhood. We go to 99 Cent store, Rite Aid, VIVA supermarket, Smart & Final, and Foods Co. So keep an eye for dates on the calendar.

# SENIOR CENTER NEWS

**All Seasons Café • Sponsored by Meals on Wheels by ACC  
Monday - Friday at 11:30 am and is available for seniors 60+.**

Come enjoy a hot lunch with friends! “Nutritious and delicious,” are often used to describe our meals. 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! A donation of \$3 is suggested, but not required.

**Please call 916-927-1819 by 11:30 a.m. the day before to make a reservation.**

## Wills Consultation with Jenna Campbell, Attorney at Law

Jenna Campbell, an attorney specializing in Estate Planning, will be at Stanford Settlement one day per month. She provides consultations about wills, power of attorney for health care, trusts, and more. For simple wills and advanced directives, there is NO charge for the consultation.

This service is available to everyone. Please call 916-927-1303, for more information and to see what dates she'll be here for the new year! Ask to make an appointment for the Wills Workshop.



## HICAP

Do you have questions about your health insurance and all your options? HICAP, Health Insurance Counseling and Advocacy Program, has a counselor at Stanford Settlement's Senior Center every 1st, 3rd, and 5th Wednesday of the month. Please call **916-376-8915** to schedule an appointment.

## Door-to-door Medical Transportation

Need occasional assistance getting to and from medical appointments? Transportation services are available by request, within a limited service area. Call 916-927-1303 for more information.

## SPECIAL EVENTS & MORE

# PANCAKES FOR PAINTING!

The Rotary Club of Natomas is raising funds for a lead paint abatement and painting of buildings at Stanford Settlement Neighborhood Center. RSVP and join us for a hot pancake breakfast with all the fixings! Call or email us to learn more about how YOU can participate, donate, or become a sponsor of this event for a great cause!

Tickets are \$10 per person and can be online purchased at: <http://bit.ly/pancakesforpainting> or in person at the office. Limited tickets will be available at the door day of the event.

EAT PANCAKES FOR A GOOD CAUSE!

## Pancake Breakfast!

The Rotary Club of Natomas invites you and your family to enjoy a pancake breakfast to raise funds for a painting project at Stanford Settlement Neighborhood Center

**SATURDAY, FEBRUARY 15, 2020  
8 AM-11 AM**

**IN THE SENIOR CENTER AT SSNC  
PARKING AT  
450 WEST EL CAMINO AVENUE  
SACRAMENTO, CA 95833**

**For more information  
please contact:**

Salvador Cortez, President  
Rotary Club of Natomas  
916-668-0043  
[rotaryclubnatomas@gmail.com](mailto:rotaryclubnatomas@gmail.com)

Julie Rhoten, Executive Director  
Stanford Settlement Neighborhood Center  
916-927-1303  
[julie@stanfordsettlement.org](mailto:julie@stanfordsettlement.org)



# SPECIAL EVENTS & MORE

**BACK BY POPULAR DEMAND!**

# Bunco!



**THURSDAY, MARCH 19, 2020 @ 6 PM**

**AT THE STANFORD SETTLEMENT SENIOR CENTER  
PARKING AT 450 W EL CAMINO AVE, SACRAMENTO, CA 95833**

\$25 per person, includes dinner & player fee

**No  
experience  
required!  
Everyone  
can  
learn  
to play!**

**Menu**  
**Pizza**  
**Green Salad**  
**Soda/Water**  
**Dessert**

**Prizes**  
**Most Buncos**  
**Most Wins**  
**Most Losses**  
**Even Steven**



All proceeds benefit programs and services at Stanford Settlement Neighborhood Center

For more information or to purchase tickets,  
visit [stanfordsettlement.org](http://stanfordsettlement.org) or call Katrina at 916-927-1303

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Executive Director  
Julie Rhoten

Staff Writers  
Melissa Corona  
Alejandra Juarez  
Megumi Storms

Stanford Settlement  
Neighborhood Center  
450 West El Camino Avenue  
Sacramento, CA 95833  
916-927-1303 • 916-922-1694  
www.stanfordsettlement.org

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## MEMORIALS & HONORARIUMS

### In memory of:

June Hallsten  
Carl Battaglia  
Ben Graham-Hite  
Chuck Vento  
James Mart

Bruce Handley  
Francis Venturelli  
Ronald Pyles

### Remembered by:

Sister Jeanne Felion, SSS  
Sister Jeanne Felion, SSS  
Anne Dryden McKeever  
Michaeline and David Veden  
Sister Jeanne Felion, SSS  
Julie Rhoten & Stanford Settlement staff  
Julie Rhoten & Stanford Settlement staff  
Julie Rhoten & Stanford Settlement staff  
Stanford Settlement Board of Trustees  
Julie Rhoten & Stanford Settlement Staff  
Sister Jeanne Felion, SSS  
Bernadette Lynch  
Victor & Muichele Mercado

### In memory of:

Clytelle Shepherd  
Juanita Sing  
Cippriano Sandoval

### In Honor of:

Alice Welborn  
Jackie Garman  
Dave & Tracey Wiltshire  
Mike & John Cookie Benefit  
Matthew Griffin & Family

### Remembered by:

Julie Rhoten  
Edward Sing  
Thomas Sandoval

### Honored by:

Kimberly Seamans  
Evelyn Garman  
Nancy Watkins  
Richard Hernandez  
Patricia Beach Smith

*Whether it is a donation in memory of someone special, or in honor of an important person or occasion, your gifts extend the positive impact made by extraordinary people. Donations made as memorials or in someone's honor go directly to support services for children, teens, seniors, and families in need in our community. Thank you!*