

Stanford Settlement Neighborhood Center

Presents

2013 - 2014
Annual Report



STANFORD
SETTLEMENT
Neighborhood Center

*Helping build healthy communities
through individual, family,
and neighborhood services*

Stanford Settlement Neighborhood Center Annual Agency Report 2013 – 2014

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About Stanford Settlement Neighborhood Center

Stanford Settlement is a neighborhood center that provides programs for the entire family: young children, teens and senior citizens.

The programs for youth help keep kids off the street and provide support as youth grow and develop. The agency provides structured programs that help at risk children and teens facing many challenges acquire the skills necessary to become responsible individuals and productive members of the community. The agency also provides supportive services to parents and youth.

The program for the elderly covers a wide age span from 50 years of age to over 100. The agency provides programs that help frail elderly remain active, lead healthier lives and remain living in their homes of choice.

Additional services include Emergency Assistance and Community Development. These programs provide help in crises, Christmas Baskets, free income tax assistance and advocacy.

In summary, Stanford Settlement Neighborhood Center offers resources to assist and empower residents of the neighborhood so that individuals can function productively. The work of the agency saves taxpayers money and preserves the quality of the community by helping to prevent problems that require costly medical care, incarceration and the use of many other governmental services.

Stanford Settlement Neighborhood Center has provided neighborhood based social services in Sacramento for well over 75 years! The agency programs were established as an outreach of Stanford Home in downtown Sacramento by the Sisters of Social Service. The agency has been located in the Gardenland area since 1963. It is recognized by civic and church officials and by neighborhood residents alike as an indispensable component in the vitality of the community. It is the support of local governments, individuals and foundations that make the programs possible.

A Message from Sister Jeanne Felion, Executive Director...

Stanford Settlement Neighborhood Center has completed another successful year! It has been a year filled with ups and downs in terms of funding; and the programs have held steady.

One of the major goals of the Board of Trustees this year has been to procure the resources needed so that all the programs can continue without interruption. There has been much progress with much more to do! Funding for our programs has been a major struggle for a number of years. Our goal is to turn this around so that our community residents, our neighbors and friends can continue to be served in the manner they deserve.

We know that what we do, how we work with our participants, has made a huge impact in the lives of many. New seniors continue to come each month. Our Senior Center has become a community all its own, with seniors having a much better quality of life, new friendships formed and a sense of being loved and cared about...an extended family, really.

Our teens have learned so much, formed friendships, have grown in their self esteem, and many graduated from junior high and high school. Our teens have been Counselors in Training for our after school program and summer day camp, giving them experience working and being role models for the younger children.

Our children, facing many challenges in their young lives, have learned how to cope with everyday stresses, gained friends, and learned how to relate well in a group setting. They have experienced the presence of a caring adult with whom they can confide. The After School Program and Summer Day Camp continue to have waiting lists of children and parents who want to be a part of our programs.

Working to keep these programs intact is very important! It continues to be challenging as well as rewarding. Our staff works tirelessly to assure that our programs are at their best.

A Message Michele Mercado, President of Board of Trustees...

Providing daily support, being part of, and working within the community, Stanford Settlement Neighborhood Center has enhanced family life in Sacramento for over 78 years. It has a history of integrity and effectiveness improving lives through sound methods, strong leadership and a caring professional staff. It is truly a community center where clients and volunteers alike experience a sense of fellowship and mutual support, making better neighbors – and a better neighborhood.

Stanford exists in large part because of the generosity of others. With tough economic times these past few years, donations and funding sources have dwindled, therefore, the Board's greatest concern and focus is Stanford's financial stability. However, our greatest challenge continues to be how to inspire large businesses or foundations with greater financial resources to invest in Stanford Settlement. We want them to know even if their company may not physically operate in the zip codes Stanford serves, Stanford is a commendable organization worthy of their support. Investing in Stanford now can save thousands of dollars later that would be spent on intervention and/or institutions.

Living in the neighborhood Stanford serves and being on its Board, I *know* Stanford's array of services is unmatched and essential to the health and welfare of the neighborhood families. At Stanford Settlement Neighborhood Center, people are valued, cared about, and often for the first time, find hope for a better life. Kids have a better chance of finishing school, teens learn of their strengths and recognize they can have a better future, and frail seniors become happier and healthier. I respect, trust and support every component of Stanford Settlement. It is my hope we can educate and inspire new supporters to help us ensure Stanford Settlement Neighborhood Center has the financial means to continue helping those most "at risk" families improve their lives for the health of the Sacramento community overall.

Stanford Settlement Neighborhood Center

Vision Statement

Stanford Settlement Neighborhood Center will achieve recognition as a prominent provider of neighborhood-based social services that empower individuals to become fully functioning and contributing members of the community.

Mission Statement

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

PROGRAM GOALS AND ACTIVITIES 2013 – 2014

About our Children's Program

The Children's Program assists children ages 5-11 years in developing social skills, meaningful relationships with peers, and conflict resolution skills through the use of the social group work method. Whether it is in After School Groups or Summer Day Camp, children have the opportunity to grow through the planned and purposeful use of activities. Other program components include: home visits, school visits, transportation, and supportive social services.

In the past year over 130 children participated in the program. Of those children, 84% demonstrated significant growth in the areas of self-esteem, regard for others, and problem-solving tools. Four keys to the success of the Children's Program are:

- **Fostering resiliency:** Helping children "bounce back" and succeed in spite of the challenges they face, by providing caring relationships with workers, and creating meaningful relationships among peers.
- **Creating a sense of belonging:** Children need to experience a sense of belonging as they grow up. Group experiences like band, scouts, sports, student leadership help children learn how to work as a group, how to make decisions, how to solve problems, and how to get along....skills adults use every day. Our program offers these opportunities to children who lack access to such experiences, due to lack of availability, resources, or the ability to successfully participate because of behavior.
- **Getting involved:** Visiting participants at home and at school allows social workers to increase their understanding of context and fine-tune their approach with them.
- **Liking the kids, no matter what:** Participating children know that they are always liked and cared for, no matter how they are behaving. They learn that they can change their behavior, and are better able to make these changes with the support of a worker who has faith in them.

In an increasingly zero-tolerance world, there has to be a place where children can be accepted as they are and invited to keep on growing. Stanford Settlement is that place for children in our community.

About our Teen Center Program

The Teen Center is a youth development and delinquency prevention program serving youth in the 7th through 12th grades, up to the age of 18. The teenage years can be a test under the best of circumstances, but for our teens, there is not a "safety net" at home or in the community, except for the Teen Center.

Adverse childhood experiences, including child abuse and neglect, living with parents with a mental illness or addiction, domestic violence in the family, and loss of a parent through separation, divorce, abandonment, incarceration or death, put our teens at greater risk. These risks include serious health and behavior problems, such as substance abuse, violence, teen pregnancy, school dropout, and delinquency.

There are three major program components: our drop-in center, providing planned group activities, as well as time to "hang out" in the gym, game room, or computer lab; small groups, which meet weekly for discussion and activities around specific "issues" that teens might struggle with; and supportive social services, including homevisits, school visits, and crisis intervention.

Besides providing a safe place during out of school time for 148 different teens last year, we helped them grow by:

- **Expecting everyone to solve problems:** Our group problem solving process helps teens learn to deal with conflict safely. We do not use a "zero-tolerance" approach, but guide the teens to solutions that "fix" the problem.
- **A growth-producing environment:** The developmental tasks of teens require guidance. They begin to make decisions on their own, and come to realize that they are responsible for their own choices.
- **It's all about RELATIONSHIP:** Social workers establish caring relationships with teens, learning their strengths and challenges. A former teen says, "I liked coming to the Teen Center at Stanford Settlement better than other places...while they had the same games and activities and fewer rules, no one asked about you or how you had been...no one seemed to care about you like they did at the Teen Center."

About our Senior Center Program

The Senior Program provides programs and activities that help frail elderly remain active, healthy and living in their homes of choice. It is a focal point for the elderly in the community, providing programs which encourage healthy aging, provides basic social services, socialization activities and coordination with other agency programs. The Senior Center Program allows the elders of our community to be participants in their aging process. It is a safe environment for them.

Activities include basic social services, transportation, counseling, advocacy, information and assistance, home visiting, escort, nutrition, activity groups, exercise, recreation, wellness activities, crafts, education and intergenerational experiences.

Statistical Information:

Total number of seniors served	395 individuals
Average daily lunch attendance	60 individuals
Average number of rides	970 per month
Medical Escorts	20 per month
Home visits (including Senior Companions	40 per month
Information & assistance	697 yearly
Help with forms/crisis intervention	251 yearly
Christmas Baskets	110 senior households

About the program: The Senior Center provides a place for older people to gather, socialize and participate in a variety of ways. It gets the older person out of the house – from isolation into socialization activities and friendships. The Center helps to prevent not only isolation, but depression as well. It provides the older persons with support they need to remain healthier and happier and able to live in their community with dignity and a better quality of life. It gives them a sense of purpose and helps them continue their activities of daily living. The program is responsive to them during crises and in times of confusion. The Center becomes their home away from home...their family. For some, it is their life; for others, it is their hope.

Weekly breakfasts, hosted by volunteers, have been added to the program because many of the seniors do not eat breakfast or eat early. Seniorcise follows on the same day every week.

Funding primarily comes from County of Sacramento and Area 4 Agency on Aging. Donations, fundraising and grants also contribute to the support of the program.

About Emergency Assistance

The purpose of Emergency Assistance is to provide crisis intervention and assistance in an immediate need situation and supportive/supplementary social services. Because of the complex situations our families are often in, our Social Workers on staff are utilized for the interview/intake process. They strive to provide effective and efficient access to and delivery of services to those who are in need of making a plan and searching out existing resources.

Activities include crisis intervention, counseling, information and referral, provision of food, Christmas baskets and home visits. For community residents, we are a focal point for information, referral, advocacy, crisis intervention, advice, counseling, an empathetic ear and numerous other supportive services promoting independence and hope for the future. These services and activities are also an integral part of our three core programs that serve children, teens and seniors.

About Community Development

Community Development is the agency's participation in community affairs and empowerment. It is our visible presence and involvement in the community and in the affairs of the neighborhoods we serve, helping residents become more self-directed and more fully invested in their own community. It is the outreach efforts and public relations of the organization.

As a Settlement House, our presence and participation in the life of the neighborhood is vital for both the organization and community. Being an active participant in community affairs enables us to keep a pulse on issues and concerns of area residents. It enables the agency to work with residents and other organizations in building healthy neighborhoods, strengthening families and individuals, and improving the quality of life for all.

Activities include working with community groups, hosting community meetings, providing a place for information and access to other services, collaborating with other services and programs, producing a bi-monthly newsletter regarding agency programs and services, advocating for and representing the underserved to the broader community.

Stanford Settlement Neighborhood Center is represented in the community through our participation in such groups as Gardenland/Northgate Neighborhood Association, Natomas and North Sacramento Chambers of Commerce, Rotary Club, Soroptimist Club as well as City and County organizations.

Fund Development

Fund Development is an essential activity of Stanford Settlement Neighborhood Center and is the primary responsibility of the Board of Trustees in collaboration with agency staff. Fund Development activities provide the resources for the operation of all of the agency's programs.

There are many facets to Fund Development. It includes outreach to attract donors, special events, direct mailings, grant writing, car donation program and third party activities.

In an effort to reach out to potential donors, the agency began having Cocktail Receptions hosted by selected known people during which we are able to present Stanford Settlement and ask for support.

Special Events activities include an Annual Monte Carlo Night, "Go For it! Swing 4 Stanford Settlement" Golf Tournament and Bunco Nights. Natomas May Day Run was held in 2014 and will not be a special event in the coming year.

Direct Mail Campaigns were held to raise funds for programs. Operation Cratchit, to support the Christmas Basket Program; Christmas Giving at the holiday and year end to support all programs and Friends of Stanford Settlement in the Spring, also to support program.

Grant Writing is an ongoing year round process to access corporations, foundations and service organizations in support of various aspects of the programs.

The Car Donation Program is, in a sense, a third party event wherein another group provides an activity that benefits the agency. Other activity includes Community Partnership Cards, online shopping, etc.

Stanford Settlement Neighborhood Center Staff

Sister Jeanne Felion, SSS ~ Executive Director
Patricia Pennisi, MSW ~ Assistant Director
Raymond Menchaca ~ Bookkeeper
Quila Armstrong ~ Executive Secretary
Martha Mendoza ~ Maintenance Worker
Julie Rhoten, MSW ~ Group Work Coordinator
Megumi Storms ~ Children's Program Groupworker
Katie Bendezu ~ Children's Program Groupworker
Erika Elizarraras ~ Teen Center Social Worker
Jessica Runzler ~ Senior Center Director
Dianne Washington ~ Senior Center Activities Assistant
Richard Sprague ~ Senior Center Activities Assistant

Stanford Settlement Board of Trustees 2014-2015

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Alice Welborn ~ 2 Women and a Chair
Tracey Wiltshire ~ Representative of Twin Rivers School District

Summary of Expenses 2013 – 2014

Children’s Program	\$172,814	
Teen Program	177,449	
Senior Program	186,542	
Emergency Assistance	39,881	
Community Development	<u>27,721</u>	
Program Totals		\$604,407
Management & General	104,635	
Fundraising	<u>93,027</u>	
Total		<u>197,662</u>
Expense Total		\$802,069

2013-2014 EXPENSES

