

2016 – 2017 Annual Report



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



**Stanford Settlement Neighborhood Center
Annual Agency Report
2016 – 2017**

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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 in school and out of trouble 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, community support and development.

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 over 80 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, SSS, Executive Director

It is truly amazing to look back over this last program year and see how much we have accomplished. This past year we were able to set ourselves on firmer ground financially, experience some growth in program and staffing, and establish new ties and new relationships.

We have had many life-giving experiences and we have felt keenly the death of some who have been close to the Settlement. We have received much in the way of financial support, volunteer support and community support.

We have communicated more effectively how unique we are – that we are a presence in the community, a part of the very neighborhood we serve. We are involved in many aspects of community life. We are a neighbor, friend, a support, a refuge. We are a voice for those who seek us; we are advocates for the needs of our neighbors.

We can also recognize areas in which we must work harder as we approach the coming year. We have much to do ahead as we continue work towards greater financial stability.

We must continue to look for new ways to promote who we are in the larger community. We need to find new ways to broaden the involvement of the larger community at the Board of Trustees level and in the search for greater financial stability.

We are grateful for partnerships we have developed through the years; County and City of Sacramento; Agency on Aging/Area 4; Twin Rivers and Natomas School Districts; United Way; neighborhood associations; service organizations and many, many more...

Yes, we must not tire of doing good, of moving forward into our future. It is in prayer and in the commitment of both Board members and staff that new life is given to us. We are making a difference – we continue to move ahead into our future uncertain of what lies ahead, but fully committed to our neighbors and neighborhoods.

A Message from Sandra LaMendola, President, Board of Trustees

In 2017 I was honored to have been elected President of Stanford Settlement's Board of Trustees. The organization has provided a variety of services with impeccable integrity and dedication for over 80 years that support at-risk children and teens, as well as the frail elderly. To be associated with Stanford Settlement is an absolute privilege.

The primary goals for the past year were to increase community awareness of our mission, expand our donor base, safeguard our financial security, expand and enrich our programs, recruit talented and devoted personnel.

Our staff and Board of Trustees have worked diligently to enhance our social media presence, expand our interaction with other non-profit and civic organizations, along with developing and enhancing local media involvement. We have been blessed with several large estate gifts in 2017. We have also kept a tight rein on expenses while still managing to provide the safe and supportive environment that is the core of Stanford Settlement's work.

Our annual fundraising events; Big Day of Giving, Fore Good! Golf Tournament, Monte Carlo Night and Operation Cratchit have grown due to the committed community outreach coupled with hand and heart efforts of our staff and board.

All of this teamwork and dedication has allowed us to increase the number of our social workers so that we can continue to develop and refine the programs that empower and inspire our clients.

We present this 2017 annual report with sincere thanks to our valued donors, volunteers and supporters. Our work begins with you.

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.

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, 80% 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 key program components that contribute to the growth and development of Teen Center participants. First, teens have a place to go when school is out. They can spend time with friends, do homework, have a snack, and be safe. Second, teens are invited to join small groups where they can talk about the challenges they face, and support one another. Third, social workers visit teens at home and at school, to better understand how they are doing in other areas of their lives and offer support and encouragement to stay in school.

Besides providing a safe place during out of school time for 121 different teens last year, we helped them grow by:

- **Expect everyone to solve problems:** More than 80% of the 121 teens served, grew because 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.
- **Provide 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.
- **Focus on 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	265 individuals
Average daily lunch attendance	50 individuals
Average number of rides	800 per month
Medical Escorts	12 per month
Home visits (including Senior Companions)	36 per month
Information & assistance	690 yearly
Help with forms/crisis intervention	190 yearly
Christmas Baskets	98 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 Agency on Aging/Area 4. Donations, fundraising and grants also contribute to the support of the program.

About Community Development

Community Development is the agency's participation in community affairs and empowerment. It is the agency's visible presence and involvement in the community and in the affairs of the neighborhoods we served, 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, the 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 the agency 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.

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.

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.

Special events included Monte Carlo Night and Fore Good! Golf Tournament.

Direct mail campaigns are 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.

For the third year in a row, the agency participated in the BIG Day of Giving, a 24-hour online fundraising event organized by the Sacramento Region Community Foundation. A direct mail campaign is part of this effort as well.

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

The car donation program is a third party event wherein another group provides an activity that benefits the agency. Other activities include participation with AmazonSmile, GoFundMe campaigns, and community partnership cards.

Stanford Settlement Neighborhood Center Staff – 2018

Sister Jeanne Felion, SSS ~ Executive Director

Julie Rhoten, MSW ~ Assistant Director

Mary Doll ~ Executive Secretary

Maria Martinez ~ Maintenance/Housekeeping

Megumi Storms ~ Children's Program Groupworker Coordinator

Amy Cabana ~ Group Worker

Danielle Nelin ~ Group Worker

Giselle Ancheta ~ Teen Center Social Worker

Jocelyn Martinez ~ Teen Center Social Worker

Adam Ralli ~ Teen Center Social Worker

Melissa Flores ~ Senior Center Activities Director

Richard Sprague ~ Senior Center Activities Assistant

Dianne Washington ~ Senior Center Activities Assistant

Stanford Settlement Neighborhood Center Board of Trustees - 2018

Officers

President ~ Sandra LaMendola, Retired, River City Bank
First Vice President ~ Alice Welborn ~ 2 Women & A Chair
Second Vice President ~ Sally Hite, Marriage & Family Therapist
Treasurer ~ Meredith Beales, Business Services Manager, Yolo County
Library
Secretary ~ Jacquelyn Garman – California Hospital Association

Members

Omar Bardales – Certified Public Accountant
Jim Bellotti - Retired
Sue Brown – Realtor, Coldwell Banker
Lisa Cameron - SMUD
Jenna Campbell ~ Jenna Campbell Law/Estate Planning
Edward Condon – Region IX Head Start Association
Tom Dekker – Retired, Bank of America
Sister Claire Graham, SSS, Spiritus Center
Trish Higgins – Orrick, Herrington & Sutcliff
Jake Ice – Ice Insurance Agency, LLC
Ken Luttrell ~ CYS Structural Engineers
Bernadette Lynch - Retired
Priscilla Parker ~ Retired
Doris Pyles ~ Retired, US Bank
Kate Willcox – Attorney, Boutin Jones, Inc.
Tracey Wiltshire ~ Representative of Twin Rivers School District

Summary of Expenses, 2016-2017

Children's Program	\$159,331
Teen Center Program	\$126,035
Senior Center Program	\$176,399
Emergency Assistance	\$35,563
Community Development	<u>\$30,975</u>
Program Total:	\$528,303
Management/General	\$65,989
Fundraising	<u>\$73,928</u>
Management/FR Total	\$139,917
Expense Total	\$668,220

