



**STANFORD  
SETTLEMENT**  
*Neighborhood Center*

# Stanford Settlement Newsweek

*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

Dear Friends,

It's hard to believe that a new year is just around the corner. We will spend the next few weeks getting ready for Operation Cratchit, our annual Christmas basket program. It's not too late to get involved by donating toys, non-perishable foods, or funds. Learn more on page 7 of this newsletter. If you'd like to volunteer, please call us at 927-1303 to get on the schedule.

We'd like to thank all of you who have already contributed in support of Operation Cratchit. A special thank you to the students of **Jesuit High School**, whose annual food drive provides almost all of the non-perishable food items that make up the Christmas baskets. We are also grateful for the assistance of: **AIM Mail Center, Boys 4 Bikes, Harris and Sloan, Hip Hop Helps, Natomas School of Music, Rotary Club of Natomas, Rotary Club of North Sacramento, Sacramento Hotel Association, SMUD, Strauch Elementary School**, and many other groups and individuals who provide support that makes the holidays brighter for others.

Looking ahead to the new year, the **Rotary Club of Natomas** invites you and your family to enjoy a **pancake breakfast** with all the fixings on **Saturday, February 15, 2020** from 8:00 am to 11:00 am in the Senior Center. We thank the members of the Rotary Club of Natomas for taking the lead on this long-awaited improvement project.

We have so much to be thankful for as 2019 draws to a close, but we are especially grateful for you and all the ways you support the work of Stanford Settlement Neighborhood Center. Whatever is meaningful, whatever brings you happiness...may it be yours this holiday season and throughout the coming new year.

With gratitude,  
Julie Rhoten



# CHILDREN'S PROGRAM



The holidays are rolling in! The After School Groups are going great and we will be ending our 1<sup>st</sup> session December 5<sup>th</sup>, 2019. So far, we have enjoyed a spooky Halloween carnival that the kids absolutely loved, filled with witches brew, a hauntingly great sensory box, and other great games! For Thanksgiving, all the groups are making their special dishes for our traditional Thanksgiving Feast! As the session comes to an end, we will be ending with Christmas festivities.



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. The groups meet 4 days each week: 3:00-5:00 p.m. on Tuesdays, Thursdays, and Fridays, and 1:00-3:30 p.m. on Wednesdays.

We will begin the 2<sup>nd</sup> session of After School Groups on January 7<sup>th</sup>, 2019. For more information to register a child for the next session, call Dani or Estephany at 916-927-1303.

# TEEN CENTER

It's been a great holiday season so far! Our Halloween party was fun with some scary movies, popcorn, and finger foods for the teens! Our Thanksgiving feast was one to remember! We are very excited to celebrate Christmas with all of our favorite foods and movies and memories! Join us for our favorite season of the year!



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. December #sacyouthpopup dates are Friday, December 6th and Friday, December 27th. 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! Save the dates December 6th and December 27th and come join us for a great time! 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.



# 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.

## December 2019

**Senior Center Christmas Tree Lighting:** Come to our senior center on Friday December 6<sup>th</sup> to help us decorate our Christmas tree. We will enjoy hot chocolate and will be listening to Christmas music!

**Senior Christmas Breakfast:** Please join us on December 20<sup>th</sup> for this year's Senior Christmas Breakfast. The fun begins at 9AM where we will have a hot delicious breakfast, have raffle prizes, and live performance by the Natomas School of Music!

**Countdown to Noon Year:** Join us on December 31<sup>st</sup> at 10AM at Stanford Senior Center to celebrate the New Year. We will have light refreshments and our countdown will begin before the clock strikes NOON. Join us for a combination game of bingo and exercise put on by Agency on Aging. Prizes will be given out to participants so come join in on the fun!

## January 2020

**Winter Craft:** Help us make snowflakes to decorate the Senior Center this winter. All decorating supplies will be provided for this craft.

**Martin Luther King Jr. Celebration:** Join us Friday January 14<sup>th</sup> to celebrate the life of Martin Luther King Jr. We will have different activities inspired by Mr. King and have a group discussion to share personal stories.

**Shopping Trips:** Don't forget every month we go to different shopping centers in the area such as 99 Cent Store, Wal-Mart, Burlington, Rite Aid, and Thrift Town.

**Bingocize:** Join us for a combination game of bingo and exercise put on by Agency on Aging. Prizes will be given out to participants so come join in on the fun!



# 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 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

## BECOME A GEM!

Become a GEM for Stanford Settlement Neighborhood by GIVING EVERY MONTH!

### HERE'S WHAT YOUR GIFT CAN PROVIDE:

## \$10

per month can provide snacks for 15 at-risk children after school for one week.

### SNACKS



### TRANSPORTATION



## \$15

per month can provide a week's worth of transportation for frail elderly to and from the Senior Center.

## \$25

per month can provide a weekly Teen Center group where teens can talk about the challenges they face.

### SMALL GROUPS



### LEADERSHIP



## \$50

per month can provide stipends for teens learning leadership skills while volunteering as Counselors-in-Training.

**A COMMITMENT ONCE A MONTH MAKES A BIG IMPACT EVERYDAY OF THE YEAR.**

Visit [www.stanfordsettlement.org](http://www.stanfordsettlement.org)



STANFORD SETTLEMENT  
NEIGHBORHOOD CENTER PRESENTS:

**OPERATION CRATCHIT 2019**

## AMAZON WISHLIST

Access list at [bit.ly/SSNCOperationCratchitGifts](http://bit.ly/SSNCOperationCratchitGifts)

**IT'S EASY AND EFFICIENT!  
YOU'RE ONLY ONE CLICK AWAY  
FROM MAKING A DIFFERENCE.**



# SPECIAL EVENTS & MORE

## Operation Cratchit 2019

Stanford Settlement's Annual Christmas Basket Program

**Join us in the holiday spirit!**

### Who can help?

**Anyone!**  
Individuals, families, schools, businesses, sororities, fraternities, professional associations, churches, service groups....

### What do we need?

**New, unwrapped toys and gifts for children and teens**

**New Christmas wrapping paper**

**Non-perishable food items:  
canned or packaged foods**

**Cash donations**

### How can I help?

**Donate one or more of the items listed above**

**Organize your own food or toy drive to benefit Operation Cratchit**

**Give your time and talent by volunteering!**

**We need YOU to help provide over 700 houses in the North Sacramento Area with Christmas baskets!**

For more information visit [www.stanfordsettlement.org](http://www.stanfordsettlement.org) or call 916-927-1303

### Yes! I want to help with Operation Cratchit . . .

\_\_\_ Enclosed is a check for: \_\_\_\_\_ made payable to STANFORD SETTLEMENT or I will donate online at [stanfordsettlement.org](http://stanfordsettlement.org)

\_\_\_ I will collect food, toys, and/or wrapping paper to bring in by December 18, 2019.

\_\_\_ I would like to volunteer, please call me at: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Email: \_\_\_\_\_



Return To:  
Stanford Settlement  
450 West El Camino Ave.  
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*"Stanford Settlement helps build healthy communities through individual, family, and neighborhood services."*

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## MEMORIALS & HONORARIUMS

### In memory of:

Charlene Veden  
Fran Dekker  
John E. Schwarzin  
Howard Peterson  
  
Sonia Revitt  
Robert McEvoy  
Sandra Rhoten

### Remembered by:

Julie Rhoten  
Bert, Kara, and Morgan Dodge  
Roger Schwarzin  
Sister Jeanne Felion, SSS,  
Julie Rhoten, and Pat Pennisi  
Sister Jeanne  
David and Margarete Schwartz  
Martin and Tim Schonholtz

*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!*