



In Our Community

Sacramento Area Emergency Housing Center

April 2009

The Importance of Youth Development

A message from Carolyn Brodt, Executive Director

A recent report from the National Center on Family Homelessness states that homeless children are twice as likely as other children to repeat a grade in school, to have disciplinary problems, or to drop out of high school. Few homeless students are proficient in reading and math, and their estimated graduation rate is below 25 percent.



Go Team SAEHC!

This is why special attention is paid to the children in our programs. We know that these issues can be mended by a dedicated staff and a targeted program: our Mather Community Campus (MCC) program is a shining example of dedicated child services staff. In today's newsletter, you will read about the amazing success that one of our children, Lucky, was able to obtain due to his own hard work and the help from his Youth Development Specialist, Clint Bunting. You will also hear about Trish Kranich and her work with the teen girls at MCC and the Basketball Tournament that Zareena Anwar held last month for homeless youth across Sacramento. Youth Development Specialists (YDS) at MCC are case managers for the youth. They provide support and opportunities for the youth on their caseloads. YDS facilitate groups like "Strong Girls", which teaches young girls about self-esteem, leadership, emotional management, and life skills.

Clint, Trish, Zareena, and the other Youth Development Specialists at MCC play an enormous role in the everyday lives of the youth who reside on campus. Due to the large County deficit, these positions may soon be eliminated. SAEHC staff is working hard to license and implement an onsite childcare center; however, this will only meet the needs of the younger children. Staff continues to look for creative solutions for funding the YDS



Keeping Families
Together

SAEHC runs the only shelter in Sacramento that accepts two parent households, single fathers, and sons over the age of 14

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SAEHC is a United Way certified partner. #3091

positions within MCC's Children's Services so that both parents and children in our programs have an opportunity to succeed.

Carolyn Brodt

Check out our website for a full list of [wish list](#) items.

Donations are accepted Monday - Thursday from 8 a.m. to 5 p.m. and Fridays from 8 a.m. to 4 p.m.
2411 Alhambra Boulevard,
Suite 110
Sacramento, CA 95817

Or donate [online!](#)

If you have questions regarding donations email us at donations@saehc.org or call 916-454-2120 x302

Agency News and Updates

The Power of Volunteerism

By Devon Good, Director of Community Partnerships

On Friday, March 27th, we were blessed to have Mayor Kevin Johnson come to our Family Shelter to report on volunteer opportunities in the Sacramento region for Good Day Sacramento and Volunteers of Sacramento "Volunteer-a-thon". Thank you to Volunteer Center of Sacramento for recommending us! 103,000 service hours were pledged by the community that morning, far surpassing the goal of 10,000 hours. His visit created a great amount of excitement and inspiration among our clients, who kept him long after his report to take pictures and sign autographs. We would also like to extend a big thank you to the Christian Brothers High School students who cook a pancake breakfast for the residents every Friday morning. Their spirit of volunteerism and dedication to the community is an example for us all.



Volunteers have become a large part of our programs over the last year. They tutor our children during Homework Club and play board games with them in the evening. They throw Family Fun Fridays for our entire shelter and paint and tend to our gardens. They also work with our single women's shelter teaching yoga and crafts every Saturday and socializing with the women in the evening.



Our volunteers are not just providing additional services for our clients, but have become an integral part of our entire program. They are helping to break the cycle of homelessness and change the lives of our clients.

If you are interested in volunteering, contact us at volunteer@saehc.org or 916-454-2120 x302. Thank you for your continued support.

Mather Community Campus Activities

Take Back the Night: Two Mather Community Campus (MCC) Case Managers, Debby Shockley and Spring Ackerman, are holding a first annual Take Back the Night event near MCC at 6:30 p.m. on Wednesday, April 22, 2009. Information will be provided about sexual assault resources and teal ribbons given out for sexual assault awareness month. Afterwards, the Case Managers will lead everyone on a one-mile walk around the MCC area.

Women of Worth: Mather Community Campus Family Site Case Manager, La Donna Church, has created the first annual Women of Worth workshop, which will be held on Saturday, June 6, 2009 from 8 a.m. - 4 p.m. for the MCC clients. The theme for this event will be "Women Empowering Women" and La Donna's goal is to encourage the women to understand that love, honor, and respect begin with themselves.

Speakers will include MCC Family Site Program Director Marilyn Valdez-Mann, State District Supervisor Tonia Burgess, self employed Health and Wellness Specialist Esperanza Nunez, and keynote speaker Lisa Culp, the Executive Directive of Women Empowerment.

Lucky at Mather Community Campus: Lucky Dozier

By Volunteer Pat McConahay

You could say Lucky Dozier's luck turned around when he and his family came to the Mather Community Campus (MCC) program in 2003. Up to that point, the then 11-year-old, his siblings, and his drug-addicted mother bounced from shelter to shelter. "I didn't want people to know where I lived because I was so embarrassed," Lucky explained. "But at Mather I felt some stability for the first time. We weren't all crammed into one room."

In addition to more secure living conditions, he was also grateful for the programs that helped his mother get off drugs and develop better parenting skills. "I saw a big change in her and in myself," he stated. Clint Bunting, MCC Youth Development Specialist, was the first to see the huge potential that existed in Lucky. Clint was able to connect Lucky with volunteer Spencer White, who made a huge difference in Lucky's life. White, a father of two, said Lucky became his "third son." He introduced him to basketball and Lucky showed promise in the sport, as well as football. White described how he "wanted to show him what a real family is like and to turn the negatives in his life into positives." There were expectations also, "he had to promise me that he would be successful and go to college."

Lucky did not disappoint. Following a year at the MCC program he went on to play basketball and football at Luther Burbank High School in Sacramento. He played sports all four years while maintaining a 4.0 GPA. Recently Lucky, who turned 18 in January, received a full academic scholarship to Grambling University in Louisiana. Grambling is regarded as one of the top African American Universities in the country.

"I don't regret the past. Everything happens for a reason. Thanks to the Mather program I have a future," Lucky boasted. He wants to major in business and marketing; and perhaps he will follow in Spencer White's footsteps and make a difference in another young boy's life.

Community Involvement

Thank You!

Sacramento Natural Foods Co-op: On March 6th, SAEHC and Sacramento Food Bank and Family Services teamed up with the Sacramento Natural Foods Co-op to provide a cooking class for our clients. Women from our Women's Refuge and the Sacramento Food Bank's Mother Baby Program attended a 2 ½ hour class lead by Eileen Murray and her wonderful team. The participants learned to prepare and cook healthy, delicious dishes made with low cost and widely available items. The menu consisted of spinach lentil soup, roasted sweet potatoes, and a vegetable frittata and after the dishes were prepared, participants were able to sit down as a group and enjoy the fruits of their labor.

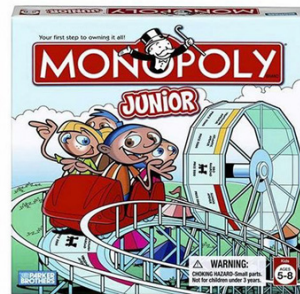
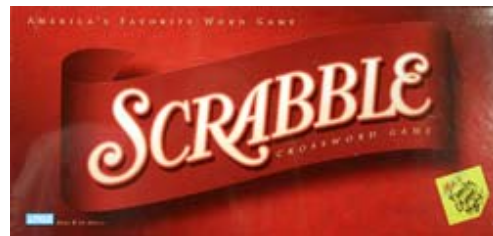


Sathya Sai Baba Center: Families from the Sathya Sai Baba Center of Elk Grove helped spruce up our Family Shelter planting beds and our community garden on March 21st. The center is a multi-faith spiritual organization with approximately 30 members. When they are not helping out at our organization, they are lending their time to animal shelters and handing out meals to the homeless.



April Donation Drive: Children's Board Games

With summer fast approaching, children on school break will need a variety of activities to keep them entertained. You can help keep their growing minds busy by donating new or gently used children's board games and puzzles (complete sets please). Help provide kids in need in having a safe and fun-filled summer!



March Update: After hearing about our need, our community partner SAR Service Advocacy Respect for Persons with MR/DD introduced us to the Citrus Heights California Woman's Project who was able to provide 100 bras in all sizes for the women in our Women's Refuge. They did not stop there- they were also able to donate socks and underwear for the men and women in our programs!

Book of Dreams: Book of Dreams of the Sacramento Region Community Foundation funded our new children's play structure at our CPS Home Finding Program and counseling for the children. Thank you for improving the lives of children we serve!



On May 17th, SAR will be holding a car wash in the Elk Grove area and on September 17th they will be hosting their first annual fashion show at ARCO Arena during the Monarchs game. For more information please visit their website, www.sacramentoar.org, or contact Lisa Taylor at lisataylor@sar@yahoo.com or 916-454-0900. At this time, SAR is asking for donations of clothing for women, men, and children of all ages and sizes. Donations can be dropped off at the SAR office located at 3000 T Street, Suite 201. They thank you for your support.

1st Annual MCC Spring Basketball Tournament a Huge Success!

Although our own team did not come out victorious, all of the families, friends, and staff of SAEHC, St. John's Shelter, and Serna Village had a fantastic time. We even had an unofficial cheerleading squad - some of the older girls took initiative and trained the younger ones with some cheers. Next year we hope to host the tournament on our own All-Purpose Sports Court. Please visit www.saehc.org/sportscourt.php for more information about our fundraising effort.



Thank you to the wonderful sponsors of our basketball tournament:

Gold: SMUD

Silver: Child & Family Institute

Additional Sponsors: Friends of Roger Dickinson, North Highlands Parks and Recreation

A special thank you to Zareena Anwar, MCC Youth Development Specialist, for her amazing coordination of this event!

Volunteer of the Month: Wilma Champlin



Wilma Champlin is our volunteer seamstress extraordinaire! She came to us with a project in mind to make adorable hats for the children in our programs. When she found out that we needed curtains in our Family Shelter dorm rooms, she took up the charge; making 29 curtains in her spare time and coming in to help us install them. The rooms now have a friendly, home-like appearance for the families. Next up for Wilma is curtaining our two women's programs and our health care clinic for children. We cannot thank her enough for help and the amazing work that she has done!

Employee of the Month: Trish Kranich

Trish Kranich is a Youth Development Specialist for the Mather Community Campus (MCC) program. When Children's Services at MCC was in need of case management for all of the teen girls, Trish jumped at the chance. Not an easy feat! Trish not only helped keep the program running, but continued to go above and beyond for our young ladies. She is currently working with a local fashion designer to make custom prom dresses. What a special treat for our young ladies!

