

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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**Don't forget to sign up
for our monthly
e-newsletter by visiting
our website at:**

www.saehc.org

Make a Difference This Holiday Season

A Message from Carolyn Brodt, Executive Director



Before coming to SAEHC, I worked in the managed health care industry, and as everyone in the private sector knows, holiday work parties are a tradition. In the past four years of being at SAEHC, I have seen many local corporations find innovative ways to make these holiday parties more of an expression of the season. Some organizations have created raffles with tickets given for every donated gift. For your holiday party, why not donate a toy for a homeless child, or better yet, give that gift you were planning on giving your co-

worker to an adult client who are often overlooked during the holidays. A tie, watch, or book would mean so much to the parents in our programs. Another great idea is to have a simple fund drive with your employer matching the amount raised to buy presents for those children who do not get adopted.

For groups that would like to give back in a more hands on way, employee groups have found that our Family Fun Fridays are the perfect opportunity. Groups plan a fun event full of games, prizes, and snacks for the 13 families in our Family Shelter and get to throw the party on a Friday from 3 to 5 p.m. During those two hours, your

group will find inspiration from their service to the community while enjoying an afternoon of fun and bonding.

These opportunities are not limited to businesses, families and individuals are more than welcome. I will never forget the wonderful woman, a couple of years ago, who threw a party for all of her friends and said "we already have too much stuff, let's buy presents for women who are homeless instead." Everyone was so excited by the idea they were able to put together amazing presents for every woman in our Women's Refuge. It is stories like this that inspire me every Holiday season and I hope that they will inspire you too.

Holiday Giving Ideas

Our agency provides all of our clients with holiday food and gifts. You can help us make these holidays special for those in need by donating any of the following items:

- Gifts for Children- toys, puzzles, board games, books
- Gifts for Teens- CDs, Books, Movies, Makeup, Jewelry, Watches, CD/MP3 Players, Scented Lotions, Perfume, Clothing/Shoe Gift Cards, Sports Equipment, Entertainment Gift Cards, Purses and Wallets, Pajama Sets, Robes, etc.
- Gifts for Adults- Umbrellas, Alarm Clocks, Watches, Ties, Gift Certificates (grocery, fast food, and department stores), Books, Purses and Wallets, Perfume, Lotions, etc.
- Single Use Cameras
- Turkeys/ Food Baskets
- Wrapping Paper and Ribbon
- Blankets
- Knit hats
- Gloves

- Sweats (all sizes)
- Socks, Underwear, and Bras (new)
- Back/day Packs
- Regional Transit Passes
- Toiletries- Small Soap, Shampoo, Conditioner, etc.
- Healthy Snacks

If you can help, please call
(916) 454-2120 x302 or email
donations@saehc.org

Those interested in adopting a family at Mather Community Campus this year, please contact Marilyn Valdez-Mann at mvaldez-mann@saehc.org or (916) 228-3138.

A volunteer event will be held on December 23rd from 3 to 5 p.m. at our Administrative office to wrap presents. Anyone interested please contact Natalie at volunteer@saehc.org.

A gift or food basket helps one family this holiday season. A financial investment at SAEHC helps the 1,650 individuals that we serve all year long! Please help us guide these families on to the path to self-sufficiency.

Gift of Color- \$20 may provide the supplies to paint the walls of our shelters cheery, happy colors
Gift of Health- \$50 may provide fresh fruits and vegetables for the children and families in our shelters

Gift of Warmth- \$100 may provide blankets to keep our Women's Refuge clients warm
Gift of Fun- \$250 may provide a month's worth of activities for children escaping homelessness
Gift of Home- \$500 may provide furniture for a family starting a home of their own

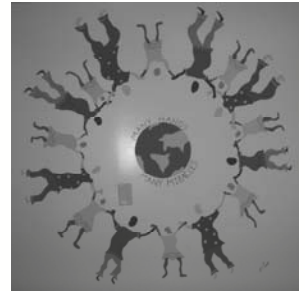
Visit our website for more details and updated information:
www.saehc.org/holidaygiving.php

Beauty Treatment for Program Walls!

What began as an idea to do a mural at one of our program sites quickly spread to six muralists beautifying four of our program sites. The response from clients and staff has been phenomenal as we continue to turn our sites into beautiful, bright, happy spaces. So without further ado, let me introduce you to the amazing muralists (in chronological order) who have made our dreams a reality:



Lisa Spurney has become the resident muralist at Mather Community Campus, an advocate for the homeless, Lisa has been happy to take on two large projects for MCC Children Services including a large jungle mural in the infant/toddler room and a unifying world mural in the waiting room.



Niki Gamboa (www.nikiart.net) spruced up the freshly painted walls (courtesy of the CHP cadets) in the day room of our Family Shelter with two beautiful murals. The day room is the place that clients can go to socialize and relax outside of their rooms. It has also become the place where children do homework in the evenings after our Children Services room has closed.

We have wanted to have a muralist decorate this area for a long time, and Niki generously agreed to donate her services. While she was working she drew quite a crowd of interested children and she ended the day by becoming a volunteer face painter for the happy children.



Looking for a philanthropy project this year, the River City Stencilers, a group of local muralists, faux finishers, and stencilers, banded together to create a beautiful forest mural for us. The mural took them over four monthly meetings to complete with everyone working together to create this masterpiece. Originally the plan was to hang it in our Family Shelter dining room, but after seeing the mural we knew that it had to go to our Women's Refuge. The mural is so beautiful and peaceful; it creates the perfect atmosphere for our ladies.

With the Family Shelter dining room still needing that homey touch, we put out the call and it was answered by Kelli Winfree an accomplished muralist and owner of Anytime Painting (www.anytimepainting.net). We envisioned a happy, woodland mural and Kelli did not disappoint. Her mural includes a gorgeous tree, blue birds, butterflies, and frolicking squirrels. Now our Family Shelter is complete with a forest theme that will give our shelter the feel of a summer camp all year long.



When looking for the centerpiece of our Family Shelter, we turned to Andrea Murphy. She was able to create a welcoming mural for the front of our building. The first thing that you see when you walk on site, this colorful artwork is the highlight of our shelter.

Visit our website to view these amazing murals in full color!
www.sahc.org/events.php

Stella Calles-Norris is volunteering her skills to give a beautifying touch to our CPS Home Finding Program Group Home. This facility has a children's services area that has always been mistaken for an additional living room and is in need of becoming more kid friendly. The house is full of artwork depicting seascapes and fish, so we thought that it was only fitting to continue this in the children's services area. A group of AmeriCorps volunteers painted the room a lovely blue and Stella is working to create a picture perfect interpretation of our dream seascapes mural. Check our website next week for photos of the completed project!

Since taking over the position of Volunteer Coordinator in February, I have enjoyed many special events put on by our volunteers. In fact, I might enjoy them even more than the clients do as I know the hard work and effort that goes into each event. We have some amazing volunteers who work tirelessly to put together truly wonderful experiences for our families and women. While the groups have been volunteering with the idea of giving the clients a nice time to take their minds off of everyday struggles, I have noticed something else happening too. Our young clients have had the chance to get to know our volunteers and question them about their chosen profession. A fun night or a site cleanup is great, but inspiring the children in our shelters to become a stylist, chef, or even a CHP officer is priceless.

May 23rd- Students at the Paul Mitchell School at MTI College came and practiced their skills on our happy ladies. This Friday night treat included painting nails and cutting and styling hair for the ladies of our Family Shelter and Women's Refuge. While most of the services were for the mothers and single women, the young girls couldn't resist having their nails painted and got to join in the fun. The services will be a big help as the ladies go to job interviews, not to mention a much needed boost to their self-esteem. Next up for the beauticians is taking on the hair and makeup for our Mather Community Campus Fashion Show.



June 22nd- Chefs and students from the Junior Board of the California Capitol Chefs Association presented a southern meal to the residents of our Family Shelter and Women's Refuge. A fine dining experience was created with a menu at every place setting, silver flatware, white ceramic plates, and wine glasses for drinks (non-alcoholic of course). The event was coordinated by Marvin Jones, a former Family Shelter client who is now the Vice President of the Junior Board of the California Capitol Chefs Association. Marvin shared not only the nice meal, but also his inspirational story to the clients. As someone who has been in their place, he let them know that anything was

possible with hard work. One of the most touching moments of the night was when Marvin presented the desert of King Cake. It is a long-standing New Orleans tradition for a small prize to be baked inside the cake. The person who gets the slice with the prize will have good luck all year long. Marvin chose not to bake prizes in the cakes he prepared, instead, he said that whoever ate the cake would have good luck. Cheers to that!



June 28th- What do 100 volunteers working all at once look like? That's what I was wondering all week prior to our big event with the California Highway Patrol. 108 cadets came to our Family Shelter and CPS Home Finding Program to do whatever they could to help. The cadets braved the heat and the smoky air to paint the exterior trim, fences, and curb as well as the interior walls and doors of the dorms and offices at our Family Shelter. A dedicated and creative squad also worked in our Community Garden pulling weeds, creating a pathway, and painting the gazebo. At the CPS Group Home, they painted the exterior, trim, railings, fences, and doors. You name it, it was freshened up. They took our two buildings that needed the most work and turned them into our crown jewels. Now we can offer more than just a roof and a bed, we can offer a warm, inviting, beautiful place to call a temporary home. We cannot thank the hardworking cadets enough for their help. Keep an eye out, our helpful cadets just graduated on July 11th and are now serving a community near you.



October 10th- Capital Christian School sent their junior high and high school students out into the community to perform a day of service. At SAEHC, this included painting the living room of our Women's

Shelter and gardening at our Family Shelter. We had 25 enthusiastic junior high students eager to get their hands dirty and help out for a cause. Most said that this was their first experience with community service and that they enjoyed the feeling of giving back. Capital Christian School and SAEHC both hope that this will be the start of a life full of volunteering.



October 22nd- Ten employees from SAP painted our Women's Shelter bathroom and case management office and put the finishing touches on our community garden by weeding, laying weed blocker, and spreading mulch. These were all last minute projects coordinated after the group's volunteer opportunity at another organization was cancelled. We felt lucky to have them and kept them busy with our list of many projects.



October 24th- Employees from Wirestone Marketing hosted Family Fun Friday at our Family Shelter. As a marketing company, they were focused on creativity and let our families express themselves with a cookie-decorating bar. Fresh baked ghost, pumpkin, cat, and bat cookies were donated from Ettore's Bakery and multiple options of frostings and sprinkles. Outside was t-shirts, stencils, and spray paint and, with the assistance of two very dedicated graphic artists, our clients were able to create awesome Halloween t-shirts. At the end of the event a raffle was held and everyone walked away a winner. This was the first time that we had an employee group host a Family Fun Friday, but it definitely will not be the last.



For more details and photos, visit our website at: www.saehc.org/events.php

SAEHC Volunteers of the Month

October

Ann Staddan
Children's Services
Family Shelter

November

Amy Cook
Knit/Crochet Classes
Women's Refuge



Active 20-30 Club Shopping Sprees

The **Active 20-30 Club** (www.active20-30.com) of Sacramento has been a very important part in the lives of the youth at Mather Community Campus. Twice a year, they treat the youth, ages 5-18, to a shopping spree. In the summer, the youth shop for back to school clothes and receive backpacks. In the

winter, they shop for warm clothes and receive gifts from Santa. These days begin at 6:00 a.m. with 65 youth accompanied by the MCC Children's Services staff arriving at the Rancho Cordova Mervyn's store. They are greeted by the Active 20-30 Club members and served breakfast. Each youth is then paired up with a club member/personal shopper and a \$100 Mervyn's gift card. Free haircuts are offered onsite to complete the looks. The event ends with a morning of bowling and skating.

Strengthening Families Program

SAEHC's Strengthening Families program is an eight-week program designed to prevent youth substance abuse, strengthen parenting skills, and encourage family bonding. The goals of the program include helping parents learn nurturing skills that support their children and to give youth an increased appreciation of their parents.

At the start of the class, the youth and parents have a family dinner together. After dinner the youth and parents meet in separate groups for the second hour

2nd Annual MCC Fashion Show

On October 24th, Mather Community Campus (MCC) held its second annual fashion show featuring client models. As the event came to a close, there was not a dry eye in the house as attendees witnessed the amazing transformation of the clients into beautiful, self-confident models. Staff purchased the clothes for the fashion show after holding fundraisers like car washes and hot dog sales. The goal of the fashion show is to help promote self-esteem. The men and women at MCC are working hard to improve themselves on the inside and this event helps them to improve how they look and feel on the outside. By providing new clothes and showing them how to maintain their appearance, we are hoping that their self-confidence will help them on their path to inner self-improvement. As a special treat, clients get to keep the clothes that they model, which provide them with business attire for interview sessions and clothes for school and prom. This event has been such a success, that we plan to move our 3rd Annual event to a larger venue and invite members of the community. So we hope that you will be able to join us next year as we celebrate the clients of MCC.

and then come together as a family during the third hour to practice skills, play games, and do family projects.

The Strengthening Families program received initial grant funding from **Sutter Medical Center, Sacramento**. The pilot was so successful with the youth, their parents, and the staff, that we sought and obtained ongoing support for the program through the Sacramento County of Health and Human Services, Alcohol and Other Drug Division.

Healthy Bodies, Healthy Minds

SAEHC believes in a holistic approach to breaking the cycle of homelessness. That is why we started the Healthy Bodies, Healthy Minds program at our Women's Refuge in April. These women are escaping situations like domestic violence, addiction, prostitution, and homelessness. They are often unequipped to deal with these stressors without relying on drugs, alcohol, and other addictions. This innovative program teaches women healthy ways to improve one's body and mind through nutrition, yoga, reading, knitting, and crochet.

Nutrition and Cooking Classes: Korrie Hicks, owner of **Meals for Life Coach**, donates her time to teach monthly cooking classes at the Shelter. The **Alchemist Community Development Corporation** that runs the urban farm stand in Alkali Flat brings fresh, local produce to the women every week. A micro-grant was received from the **Sacramento Cooperative Community Fund** to purchase supplies and utensils like rice cookers, crock pots, and nonstick skillets to help the women not only provide food for their cooking classes, but with every day meals.

Yoga Classes: **Rise Yoga Studio** provides weekly classes for the ladies on Saturday mornings. Yoga mats were donated from **Shanti and Zuda Yoga** studios.

Reading: Through a grant from **Soroptimist International**, a library was created for the women full of inspirational and educational literature.

Knitting and Crocheting: Knitting and crocheting classes are now meeting every Saturday afternoon thanks to September's Volunteer of the Month, Amy Cook and all of the great donors that have come forward with yarn and needles.

SAEHC Employees of the Month

May

Brenda Gill
Support Staff
5th Ave. Group Home

June

Leslie Peete
AOD Case Manager
Housing & Shelters

July

James Ross
Maintenance Assistant
Housing & Shelters

August

Vicki Joslin
Support Staff
MCC

September

Christina Ly
Management Assistant
MCC

October

Rachael Marzett
Executive/HR Assistant
Administration

November

Lisa Springs
Case Manager
Shelter Programs

Another Amazing Turn-out for Fairytale Town After Hours!

A special thanks to all who attended and supported the 16th Annual Fairytale Town After Hours fundraiser on September 12, 2008. With perfect weather and an estimated 500 supporters in attendance the party was brilliantly successful. It was through the efforts of these dedicated supporters that we were able to raise over \$50,000.

We were thrilled by the quantity and quality of auction items donated this year. Our packages included jewelry, spa items, wine and champagne, outdoor equipment, artwork, museum and theatre passes, sporting event tickets, and so much more. We had various vacation retreats and a behind the scenes package with the Sacramento Kings and River Cats. Endless thanks go out to the more than 150 organizations and individuals who donated items to our silent auction.

While attendees bid on auction items they were able to enjoy delicious food from twenty-two restaurants, catering companies, and local markets. To accompany the food, beverages from wineries, breweries, specialty coffee and tea companies, and one sparkling beverage company were available for sampling. The mood was kept lively by the music of the Putah Creek Crawdads at the entrance and K-Dog at the main stage.

It is through the hard work and dedication of the Board of Directors, Fairytale Town Committee, and Fund Development Committee that SAEHC is able to put on such a great event. Thank you to everyone for another great year!

Save the date for next year's event: **September 18, 2009!**

Food Contributors

Aioli Bodega Española
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 California Capitol Chefs Assoc.
 Ernesto's
 Culinary Specialists
 Goodie Tucheys
 Grateful Bread Company
 Hot & Spicy Café New Orleans
 Il Forno Classico
 Ink Eats & Drinks
 Jackson Rancheria Casino & Hotel
 Jealousy Catering
 Just 4 U Catering
 Lucca
 L Wine Lounge & Urban Kitchen
 Mulvany's B&L
 Roxy
 Tower Café
 Trader Joe's
 Vic's Ice Cream
 Vizcaya
 Zócalo

Beverage Contributors

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 Chateau Leidigh
 Coca Cola of Sacramento
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 Montevina Wines
 Nevada City Winery
 Old Soul Company
 Peets Coffee & Tea
 Pedroncelli Winery
 Peirano Estate Vineyards
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 Woodbridge by Mondavi



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For photos from the event and a complete list of generous supporters that are working with us to end homelessness, visit:
www.saehc.org/fttah.php



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How You Can Help

For the months of November and December, we will be collecting blankets for all of our programs in anticipation of the cold months ahead. These blankets will help us keep the 500 individuals that we serve each night warm. This item is so important, we are giving it two full months! Blankets in all sizes can be brought to our Administration office. Or if you would like to combine your holiday shopping with some holiday giving, the **IKEA** store in West Sacramento has generously agreed to collect blankets for us beginning November 17th and through December 7th. Keep an eye out for posters featuring our Mather Community Campus model Kayla!

During the month of October, we collected hygiene packets for our CPS Home Finding Program. After our last newsletter, we received a huge response from the community. Thank you to everyone who donated! We also formed a new partnership with **Orchid Suites in Roseville**

(www.orchidsuitesroseville.com) who have agreed to donate a large amount of toiletry items to us every month. This will allow us to provide our families with the supplies they need to start their new life. We are excited to have such a wonderful community partner taking care of these must have item for us each month.

We Always Need

- Twin Sheets
- Towels and Wash Cloths
- Toothbrushes and Toothpaste
- Shampoo and Conditioner
- Bath Soap
- Lotion and Sunscreen
- Laundry Soap
- Household Cleaning Products
- Hand Sanitizer
- Feminine Hygiene Products
- Women's Underwear, Socks, and Bras (new)
- Diapers & Wipes
- Fold-up Playpens
- School Supplies
- Puzzles & Games



SAEHC is a United Way
certified partner.

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**Donations are accepted
Monday - Thursday from 8
am to 5 pm and Fridays
from 8 am to 4 pm.**

**2411 Alhambra Boulevard
Suite 110
Sacramento, CA 95817**

***Financial donations can
also be made online 24/7
at www.saehc.org!***

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