



Creating
better
tomorrows

The War with Low Expectations

By Michele Steeb, Executive Director

Plates, St. John's Café and Catering business, has now been open for over two months. We have served thousands of individuals for both breakfast and lunch, including several company off-site meetings. The reviews on the food, the service, and the mission, have been outstanding. If you haven't already checked us out, I hope you will. You can visit www.eatatplates.com to view our menus, get time and location details and read more about the program we operate.

Plates is now officially open for outside catering jobs! If you are planning an office gathering, or an event at home, please consider using Plates catering services. We promise you will not be disappointed! In addition, our team is already busy booking the restaurant for holiday parties at Plates. Plates has a private banquet room that

seats up to 80 in which we can accommodate your group. Or, you might want to consider occupying our entire 6,000 square foot facility that accommodates up to 400 guests! If you have any catering and/or facility questions, please contact our Business Manager, David Lose, at dlose@eatatplates.com or at 916-381-2233 (CAFE).

As much fun as we've had launching this new venture, we have been taught some poignant lessons. We've learned the importance of spending less time on the technical restaurant "how to" skills and rather, allocate more time on teaching soft skills—things you and I most likely take for granted. We have learned how quickly bad habits can resurface and take over if they are not kept in close check. We've learned that for the majority of the women St. John's serves, how to manage success is a much more difficult challenge than how to manage failure.

I've been asked several times lately what our greatest challenge is at both the Shelter and at Plates. I can say without hesitation, and without even a close second in mind, that our greatest challenge is low expectations—the low expectations that society has of these women and the low expectations that these women have of themselves.

Our system does little, if anything, to incentivize these women to aspire to more than living off a monthly government check. This can change, and it needs to change. At PRIDE Industries, one of

our community's greatest legacies, they believe there is a job for everyone, no matter what his or her ability. We could not agree more. In my three years at St. John's, I have literally met over 1,600 mothers and 1,800 children. Of these mothers, I cannot think of a single one who is not capable of becoming a contributing member of our society in some way. Of these children, I have not met one who doesn't deserve that positive example in his or her life. All of us have to raise our expectations, at both the public policy level and at the individual level. St. John's is working towards this, and we hope you will join us in this battle.

Every dollar you invest in St. John's, every hour spent volunteering at the shelter, every meal you purchase at Plates, it is all an investment in our effort to raise expectations and opportunities for homeless women and their families. As we continue to turn away over 250 people each night, the need is so significant. I encourage you to join us in this mission. If you would like to discuss ways that you can help us, please send me an email at msteeb@stjohnsshelter.org or contact me at 916-453-1482. For the sake of our children, and our community, we have got to win this war.




Our Mission: Support homeless women and children to advance from a point of crisis to a position of self-sufficiency.

St. John's Celebrates 25 Years

On September 9th, over 300 donors, staff, alumnae, partners and elected officials joined together to celebrate the St. John's 25th Anniversary and the official opening of Plates Café & Catering. In addition to spotlighting 25 individuals/organizations for various roles that they have played in St. John's history, guests had the opportunity to taste items from Plates Catering menu and viewed a special video on the Plates Program, produced by our new friends at Push Play Communications. You can view this video at www.eatatplates.com.

Special thanks to our emcee, **Tim Ray**; our vocalist & alumna **Alicia Moore**; **Pastor Scot Sorenson**; **Patrick & Bobbin Mulvaney** and our elected representatives—**Congresswoman Matsui**; **Assemblymember Huber**, **Supervisors Notolli and MacGlashan**, **Supervisor-elect Phil Serna**, **Mayor Johnson** and **Councilmember McCarty** for sharing such positive messages and reaffirming the valuable service St. John's Shelter and Plates offers to the

homeless women and children who enter our doors. And a very special thanks to our sponsors, **AT&T**, **Bank of America**, **Depot Park**, **Intel**, **Sacramento Business Journal**, **Sierra Health Foundation**, and **Wells Fargo**. Your support is so meaningful to us!

Founded on February 1, 1985 by the members of St. John's Lutheran Church,

St. John's Shelter gave homeless women with children an opportunity to receive warmth, nourishment and a place to sleep in downtown Sacramento. With an initial \$13,000 investment, the Shelter was able to serve 20 people, four days a week initially. As the demand grew, so did the need to expand the service they provided and St. John's became an official non-profit organization in 1988. St. John's Shelter relocated to the Loaves and Fishes facility in 1991 and was able to expand the services

it provided to 40 women and children for a 30-day period. Both the City and County of Sacramento recognized the need to provide a more permanent structure where classes, case management and children's programs could be offered under one roof within a 24/7 operation, and the Shelter once again moved to its current location on Power Inn Road in 2005, enabling St. John's to serve over 100 women and children in a 90-day comprehensive program. Since our inception we have served over 25,000 homeless women and children as they transition from a point of crisis to a position of self-sufficiency.

As a non-profit organization, St. John's Shelter belongs to this community. Our success is your success. We sincerely hope that you are as proud of our success as we are. Your involvement in St. John's Shelter, and now with Plates Café & Catering, is critical as we continue in our journey to address the need for our services in our community. Thank you for all you've done these past 25 years.



And Thanks 25 of Our Top Supporters

In honor of St. John's Shelter celebrating its 25th Anniversary, we want to spotlight 25 individuals and/or organizations that have had a role in shaping our program. They represent everyone that donates, volunteers, and promotes our organization, and we hope to have opportunities to recognize more of you in the months and years to come.

1. St. John's Lutheran Church
2. Church of the Cross
3. Loaves and Fishes
4. The Effort
5. Dave Jones & Darrell Steinberg
6. County of Sacramento
7. Doni Blumenstock
8. Kathy McKim
9. Supervisor Roberta Mac-Glashan
10. 1st Covenant Church
11. Home Depot
12. Bank of America
13. Councilmember Rob Fong
14. Mayor Kevin Johnson
15. Sierra Health Foundation
16. Bayside Church of South Sacramento (BOSS)
17. Maloof Sports & Entertainment
18. Winter Shelter at Mather Community Campus
19. Thunder Valley Casino
20. Intel Corporation
21. State Street Bank
22. Depot Park
23. Brenda Bisharat
24. Bobbin Mulvaney and her family and team
25. Our supporters: While the County of Sacramento provides 40% of our funding, it is you—our donors, volunteers, diners, and friends who truly have supported St. John's these past 25 years—who are the key to our success. Every dollar donated and hour volunteered helps us provide our mission of supporting homeless women and children to advance from a point of crisis to a position of self sufficiency.



Children's Corner

Six Flags: The Best Day Ever!

Sunday, August 29th was our annual Six Flags Vallejo trip. This trip was sponsored by **BOSS Church** and eight individuals from **Golden 1 Credit Union** through our 2010 Tea Party. The contributions of the donors made it possible for us to take 36 people, far more than we have in the past!

Shelter and alumni youth participants enjoyed a truly memorable day at Six Flags Discovery Kingdom. Some of our teens rode "Medusa" five times in a row! Others greatly enjoyed the animal exhibits. While admiring Shouka in her exhibit, Trey, age 9, shared, "I just can't stop looking at her!" Another participant, Breyona, age 10, said, "I've never seen any of these animals before" (referring to the Orca, dolphins, stingrays, and penguins). Such exploration is what this kind of trip is truly about: seeing your first Orca, touching a stingray, finding that you do have the courage to ride your first roller coaster.

There are few things as magical as sharing these "firsts" with a child. Our children are fortunate in so many ways. They have moms who are trying desperately to chart a new course for their families. They have the love and support of our community, a community that believes they deserve the same opportunities as more fortunate kids.

It is our wish to extend our most sincere gratitude to the sponsors of this trip, and all of the generous donors who support the children's program throughout the year. While homelessness can be a devastating experience, your support enables us to provide our youth with a rich experience full of opportunity.

At one point during the day, Aisha (age 10) said, "This has just been the best day ever!" Mission accomplished!



Teen Leadership Group (LEAD) Gives Back

In last quarter's newsletter, we introduced LEAD's recycling project. Working in tandem with **Golden 1 Credit Union**, LEAD collected recyclables for six weeks. This project was designed not only to promote environmental awareness, but also give the youth a chance to complete a fundraiser with philanthropic undertones. They raised \$218.84 through their recycling efforts, and they only needed to decide to which organization to donate. They designated one-third of the money for the SPCA, one-third to Make-a-Wish Foundation, and the final third was used to purchase dog toys which will be donated to support the SPCA.

We are both excited and proud to see this two-month project come to completion. A huge thanks to Golden 1 Credit Union, and the St. John's employees, who supported us in this effort. It is never too early to instill a sense of civic responsibility, and we believe this project has lit that spark with each of them.



I would go to Alaska and throw snowballs.
Artica, age 6

I would go to Disneyland because I want to see Mickey.
Tyniah, age 6



In Our Words...

If you could travel anywhere in the world, where would you go and why?

Sacramento News and Review Newsstand

Keep your eyes peeled for St. John's Shelter's art work out on the town. Our "ages ten and up" art class recently finished painting newsstands for *Sacramento News and Review*. The Sacramento Metropolitan Art Museum and *Sacramento News and Review* ran an article calling all interested local artists. Melissa Cates, our Children's Program Art Facilitator, called **Cathy Long** who allowed our children the opportunity to paint three newsstands!

They worked together to come up with three themes which were all based on a "Going Green" concept. The budding artists took over a month to work on the stands and were extremely proud of their work. It's incredibly exciting to see our art around town.

Be on the lookout for the newsstand article... it will run sometime between August and October in the *Sacramento News and Review*.



Inner City Outings Camping Trip to Lassen National Park

Lions, tigers, and bears, OH MY...

With the help of five awesome **Inner City Outings** volunteers, staff members Donna and Chelsea headed to Lassen Volcanic National Park with 12 children. The first stop was the ranger's station... where we learned that we would be spending the next couple of days inside a volcano!

We ended up with four campsites so the kids had ample space to roam. Much of the time around the campsite was dedicated to catching chipmunks. It was highly amusing to watch them out in the woods, each one of them being very quiet as they stalked their chipmunk. We were completely dumbfounded when one of the kids, Eddie, actually caught one. The chipmunk looked scared to death, but the smile on Eddie's face was undeniable. They safely released the chipmunk, but the hunt went on.

Amazingly, there was still a lot of snow on the mountain. We dedicated an afternoon to building snowmen, sledding, and having snowball fights. It was the first time more than half the kids had ever been to the snow.

We were also fortunate to participate in a bird release at Lake Manzanita. After the birds were weighed by the scientists, the youth took turns listening to the birds' heartbeat. A few were lucky enough to be able to release the birds back into the wild!

One highlight of the trip for us was seeing the kids' reaction to the stars. On our last night, the girls complained that the boys were being loud. We investigated the noise, thinking for sure the boys were busted. However, when Chelsea shined her flashlight over to their tent, she discovered three faces poking out of the zipper, looking up at the stars. "Miss Chelsea, the stars are so beautiful" one of them said.

We let them stay up to look at the stars; after all, they are beautiful!

All of the kids enjoyed the trip... despite the bugs and the worries about bears and volcanoes. A huge thanks to Inner City Outings for inviting us on this trip!



I want to go to the North Pole to see Santa.
Nauhom, age 6

I would go to Africa and go on Safari.
Elijah, age 9



I want to stay in Sacramento with my mom.
Supreme, age 6



I think Hawaii because it's a place to relax and go surfing.
Asia, age 10



Miami because I love palm trees.
Ricky, age 10

Staff Corner

Goodbye

If the old saying that "absence makes the heart grow fonder" is true, then all of us at St. John's will have very full hearts because we are saying goodbye to two of our beloved staff this month. While it is never easy to lose valuable team members, we so appreciate the time we had with them.

Dawn Morris has served as St. John's Intake Coordinator for the last year. It would be an understatement to say that she has gone above and beyond the call of duty on a regular basis. Dawn has exemplified the spirit of St. John's at every opportunity. Each client who has walked through our door has been welcomed by her with open arms and a warm smile. She managed to reduce their fears and bring comfort to them in their time of crisis. Dawn is leaving St. John's to pursue her Master's degree full-time. She said that working here made her realize she wanted to do more in this field, and to really do what she wants, she will need to further her education. Please join us in issuing a great big thank you to Dawn and wish her luck in her studies!

Also leaving this month is **Kaitlin Juleus**, a Jesuit Volunteer, who served this past year as a Case Manager with St. John's. Kaitlin has been an invaluable member of the St. John's team, bringing her compassion and empathy to the job on a daily basis.

Kaitlin touched many lives during her time with us. Her co-workers will miss her greatly, but her clients will miss her more. She showed a fierce determination when fighting for her clients, many of whom will tell you that they are now productive members of this community due to Kaitlin's help. Kaitlin plans to stay in the field of social services, which is a blessing to this field. We have no doubt that she will be successful! Thank you so much for sharing you and your talents with us this past year, Kaitlin. We miss you already!



Front row - Samantha, Monika, Wanda, Kaitlin; back row - Kellie, Sandy, Dawn

Welcome

Beverly Lloyd Simpson joins St. John's as our new Intake Coordinator. Beverly brings a wealth of knowledge in the social services field. For five years, Beverly was with UC Davis Children's Hospital, most recently working with the Infant Mental Health team as an in-home support worker. She provided behavioral management skills and skill-building, all in the context of Parent-Child Interaction Therapy. She also linked the families with helpful supportive services in the community to further break down the barriers to recovery and success in increasing positive parent child interactions.



Beverly has a husband, Robert, and two beautiful boys, Beau and Drayden. Also residing with them are three dogs that they treat like family members: Roscoe, Beauregard and Dixie. Beverly and Robert enjoy spending time with their children (all five!) as well as with the Elk Grove Optimist Club where they support youth-driven programs in the Elk Grove/Sacramento area. Beverly is excited to be part of the St. John's team.

Career Education and Placement Center Corner

As the summer season begins to wind down, the Career Education and Placement Center is gearing up for fall with plans to provide more educational and employment opportunities for the women and children at St. John's.

We are moving forward in a direction where daily GED preparation, combined with daily pre-vocational skills training, will increase the number of women who will become competitively employable in our region within the coming months. With the help of our weekly volunteers, we will increase our computer skills training classes, resumé building workshops and career counseling courses. In addition, we will be working closely with our local com-

munity colleges and actively seeking math and English tutors. **State Street Financial** and **Intel** will continue to do monthly Job Readiness workshops, and we are hopeful we can launch a **Toastmaster's Program** very soon.

Since the opening of Plates Café, it has been so rewarding to see so many of our After-Care clients excel in this training program. Almost all have been through the St. John's Career Education and Placement Program, and this is the logical and incredibly positive next step. We have also had several women obtain employment over the summer months, including Tracy Wilson, who was recently hired as a part-time book keeper at Plates Café! Eperanza Ca-

macho was hired by Lyon Realty! Moraima Turnbull was hired by Resident Community Services! We are so proud of these women and all who participate in this program -- it takes courage and a willingness to change! I cannot go without thanking our dedicated weekly volunteers, including **Jessica Steiner**, **Carla Sloan**, **Julie McGilvroy**, **Duc Ngo**, and **Jim Lam** who are the foundation of this program, and of course, our **AARP employee, Deborah Love**. Thank you all!

If you are interested in volunteer opportunities in the Career Education and Placement corner, please contact **Maureen Gagliardi** at 916-812-4806 or mgagliardi@stjohnsshelter.org.

Transformation Corner

Meet Constance, a Resident of St. John's

Constance found herself in need of St. John's Shelter because of a domestic violence situation. She arrived at St. John's with her six children, feeling lonely and "scared of the unknown,"

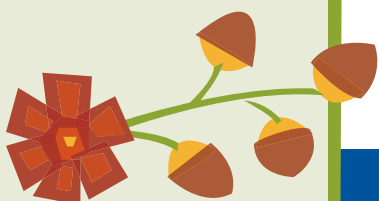
having never been in a shelter before.

Fortunately, the adjustment for her and her children was quick. In her words, she owes this to the "wonderful staff and the warmth of some of the residents she met here."

Connie, as she is affectionately called, is quick to step into the role of the "go-to resident" for both staff and fellow moms. She never hesitates to make herself available to assist with different projects, from cleaning a floor to watching someone's child when they need a "mommy break." Her peers, along with the St. John's staff, have called her an "exceptional mother." And, she was recognized by the St. John's childcare staff as "Parent of the Month."

Transitioning into shelter life can often be more difficult for children, and when Connie was asked about her children's transition, she shared that "five out of six were happy... the unhappy one has been my teen daughter who isn't happy about much these days." When she recently informed her nine-year-old son that they had found housing and would be moving soon, he disappointedly responded, "But mom, we have up to 90 days to stay here!"

St. John's has become home and family.



A Team Effort Produces Great Results for St. John's Alumnae

In July 2009, Sanita Lawrence and her three children were among the first families to be housed by the **Faith and Families Program**, started by **Council Member Rob Fong**. She was matched up with a church, **St. John's Lutheran**, which not only provided her with a rental subsidy, they also provided her with a mentor team to work with her on employment, budgeting, parenting and permanent housing. Mentor teams meet with the family once a month to ensure a woman is on track and to do interim phone checks as needed.

Sanita was extremely fortunate to have a team of very devoted mentors from St. John's Lutheran Church who, in collaboration with St. John's After-Care program, supported Sanita and her children to continue to progress towards self-sufficiency. There were many bumps along this twelve-month road, but Sanita and her team never gave up. In July, the team held their final meeting with Sanita. It was a time of reflection and celebration for all of the many accomplishments that Sanita was able to achieve with the support and encouragement from her team.

After one year of leaving St. John's Shelter, Sanita is employed 40 hours a week at Goodwill. She has a bank account in good standing. She has learned to develop and follow a monthly budget and was able to pay off her debt on her student loan, her eviction and storage facility. However, the most compelling accomplishment is that Sanita's three children have lived in stable housing for one year! This means they went to the same school, played with the same friends and for the first time in many years, have had the same place to call home!

Over this year, Sanita has grown a great deal, but has also endured some personal trials and tribulations. Through all of her struggles, however, Sanita has been determined and persistent. **Amy Chance**, her finance mentor with St. John's Church, says "No matter what Sanita is going through, she always had such a positive attitude and continued to bounce back from disappointments." Sanita said the experience of working with her Faith and Families mentors taught her that it is ok to ask for help when you need it. At first this was difficult for her, but now, she swallows her pride and reaches out when she needs it.

Sanita believes things for her family are definitely looking up. She looks forward to the kids starting another school year in their neighborhood school. She looks forward to taking care of her rent on her own! Sanita is ready to take on life and continue to move forward... yet she knows she can reach out to St. John's Shelter After-Care Program when, and if, she needs it.

Thank you to Council Member Fong for launching the Faith and Families Program. Thank you to St. John's Lutheran Church for participating in the Program. And a final and huge thank you to Sanita's mentor team, led by Amy Chance, who went above and beyond to support Sanita in transitioning to self-sufficiency.



St. John's Saints

By Rachele Burton, Community and Government Relations Manager

Deloitte's Impact Day

On Friday, June 11, the residents of SJS received the opportunity to get 'hands-on' experience in the office workforce by attending employment workshops facilitated by **Deloitte's consultants**.

Deloitte's Service Day consisted of a handful of different workshops that focused on job readiness. A "Dress for Success" workshop was held. Mock interviews were conducted. One-on-one computer applications training was provided. On top of all of this, Deloitte employees helped prepare lunch; they did special projects with our children; they sorted donations in our donation center; they helped paint at Plates. As a special treat, we arranged for them to serve as customers at one of our practice lunches prior to our opening at Plates.

Thank you, Deloitte, for ALL you were able to pack into this day! We look forward to working with you again next year!

Luau Night at SJS

"ALOHA!" was the greeting our families here at SJS received from **Amy Malumaleuna** and her family who flew in from Laie, Hawaii to provide a wonderful dinner and luau.



It was Amy's birthday, and she wanted to give back by celebrating it with her own family and doing something special for families in need.

She gathered up family members all over Hawaii and the Bay Area and brought them to our Shelter to share a taste of the South Pacific Islands by performing cultural dances from Fiji, Tahiti, Maori, Samoa and, of course, Hawaii.

The families of St. John's RAVED over the food and the performances. Many have shared how grateful they were for the experience. Thank you, Amy, for sharing your birthday and your family with ours. ALOHA!



Sacramento Urban Plunge

Thank you to **Sacramento Urban Plunge** for allowing their youth to help out at St. John's this summer. One of the teams came over to Plates. A member wrote to us soon thereafter, "I love Plates and hope it becomes a beautiful success for your women. Thanks for inviting us to help paint the Café. We had so much fun and the work that you are doing is such a blessing for the women. May the Café and the work you do at the Shelter continue to be blessed abundantly!" It was a blessing indeed to have you, Sacramento Urban Plunge!



Getting Ready for School

Parker Family Resource Center at Sacramento City Unified School District, along with their friends at **Office Max**, stopped by recently to provide children's books, crayons with drawing paper and various hygiene items for the children as they prepare to return to school. Parker Family Resource Center visits St. John's several times each year to provide educational and hygiene items that they receive as donations to benefit homeless families in the district. Thanks to Parker for all you do for St. John's, and for all you do in our community!

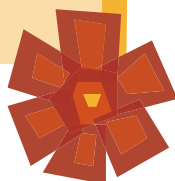
Christ Lutheran of Los Angeles

A group of six wonderful women from **Christ Lutheran of Los Angeles** visited our Shelter and spent three entire days gardening, sorting in the donation center, providing games and arts and crafts for our families, and helping to prepare and serve meals. They handed out Bibles and words of encouragement to our women and children.

Felicity shared, "This is our second year coming to serve at St. John's. We love being a part of St. John's Family!"

"Seeing the Success Stories on the walls inside the Shelter are such an inspiration to all of us that we can't help wanting to come back," said Cynthia.

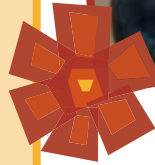
Thank you for your service, a productive and awesome three days, and moreover, for serving as a role model for all of us!



Eppie's Great Race

Eppie's Great Race, a major fundraiser for the Sacramento County Therapeutic Recreation Services, has become an annual volunteer project for St. John's residents. For the past two years, St. John's women have been assigned on the "watercraft take-out" leg of the "World's Oldest Triathlon."

"It was fun, and my family already wants to sign up for next year!" said Alisha Moore, a resident of St. John's Shelter. Thank you to **Ana Amelio of TRS** for inviting our families to participate. See you again next year!



KVIE

This summer, two groups of residents have enjoyed assisting KVIE with their summer pledge drive. In addition to answering the calls and helping collect over \$6,000 for a valuable organization in our region, our ladies can add Call Center experience to their resumes! We always have room for more people to join us, so if you'd like to participate in future pledge drives, please contact

Ronita at rulio@stjohnsshelter.org or call 916-453-1482.

Artist in Residence

While **Mark Johnson** doesn't actually reside at St. John's, this summer it seemed that he was seen almost daily at the Shelter or at Plates Café! At the Shelter, he continues to work his magic with the residents in his weekly art class. The resulting artwork lines the halls at the Shelter, the Café and, thanks to Mark, it lined the walls of the Elk Grove Fine Art Center during August. Residents and alumnae donated various pieces that are for sale with proceeds benefiting the art classes Mark teaches at St. John's. Opening night, August 6th, several of the artists accompanied Mark and sold a few paintings! Artwork is also available for purchase through Plates Café. While you are there, check out Mark's fabulous sculptures above the food line. Thank you, Mark, for your continued efforts to support St. John's, and especially, for heeding the call this summer!

Justin to the Rescue!

When you volunteer at the shelter, it isn't uncommon to discover other ways in which you might be able to help. **Justin Moody** has been serving meals at St. John's each month. All the while, he has been noticing the damage our dining hall walls receive each day as a result of stacking chairs between meals. A painting contractor, Justin asked if he could repair the damage, give the walls a new paint job and, finally, install a chair rail to protect the walls from future damage. The dining hall has never looked better and our residents love the clean fresh look! Thanks again Justin – we'll see you in the kitchen soon!



Singing Little Gym's Praises

Looking for a way to assist the Shelter, **Cindy and Barry Feldman**, owners of the **Little Gym** in Folsom, decided to have a collection drive for baby and children's items of which we were in need at the Shelter. Alumna Melanie and her baby, Kason, attended recent a concert held at Little Gym to share her story and to collect donations from the attendees. We look forward to future involvement with the Little Gym! A big thanks for all the diapers and others items you were able to collect for our families.

Volunteer Spotlight – Myrna Linthicum

Myrna first came to St. John's in 2006 to help in the kitchen with members of Trinity Lutheran Church. As a former cook/baker in the Sacramento City Unified School District system, Myrna found enjoyment working in the kitchen and really enjoyed the interaction with her fellow volunteers and the women and children served. Upon retirement, she wanted to increase her service to St. John's Shelter. As a result, we now have the pleasure of seeing her virtually every Monday at lunch! Everyone loves having Myrna in the kitchen, and she, in turn, loves being around everyone at St. John's! Thank you, Myrna!



A Star Spangled Voice of St. John's Shelter...Alicia Sheppard

Raised in a rough area of Oakland, the youngest of nine children to a single mom, Alicia Sheppard graduated high school and enrolled in college. However, not long after, she found herself in a fast-paced lifestyle involving drug sales, which eventually led her to prison. Upon her release in 2006, Alicia went to Vision House and rededicated her life to work and raising her family. She secured a job at Walmart and held that job for over three years, but after the birth of her daughter, she was unable to continue to support herself and her family. Bills were piling up, and she knew she would eventually lose her home. Alicia called SJS for three months daily until finally, there was availability for herself and her children.

Since arriving at SJS, Alicia has enrolled in an outpatient treatment program and completed several classes, participates in SJS On the Job Training Program, and most currently, is serving as the Chairwoman of the Shelter Sister Program. In addition to all that, we discovered Alicia can sing! She has a beautiful voice that complements her positive attitude and contagious laugh. Alicia



auditioned and was selected to sing the National Anthem at the Folsom Rodeo on July 2nd. She sang to a crowd of 6,000 and received a standing ovation! Four days later, she accompanied Michele Steeb to a meeting with the Mayor's staff where she performed an encore. Most recently, she sang at our own 25th anniversary celebration and has been asked to sing in a competition in Folsom on September 24th for an opportunity to sing along with four former American Idol winners!

"There's nothing in my life that I'm so ashamed of that I can't look at now and see what I learned from it," said Alicia. She will be moving into transitional housing shortly, but her voice will carry on in all of our hearts.

Stay Updated Through Email

Please help us save money by providing us with your email address so we can send you, at no cost to us, the email version of our newsletter. We promise to keep your email address to ourselves! Email addresses can be emailed to rtaylor@stjohnsshelter.org.

St. John's Alumnae Event Celebrates the '50s!

This year our Summer Alumnae Association Event on June 26th was held at the new Plates Café at Depot Park. It was a great place for our alums to gather to spend an evening together and exciting to introduce our alumnae to the beautiful Plates Café facility. The evening's theme was '50s "Dancing and Desserts" which fit well also for the 50th birthday celebration of St. John's Shelter Alumnae Association board president, Olliver Jones. Olliver arrived to a rowdy cheer of alum supporters and was very touched by the flowers presented to her by Executive Director Michele Steeb.

This Alumnae event was made possible by the generous donation of **Kraft Foods, International**, and the volunteer labor of **Folsom's 20/30 Club** who made an abundance of desserts, helped set up, clean up and run children's games. Volunteer painter/teacher **Dr. Mark Johnson** created an assortment of '50s decorations and props, and volunteer **Scott Dockendorf** organized kid's activities, including an 8-foot-long giant ice cream sundae! A huge thank you to all who contributed their time, talents and funds to put on such a great event! It means so much to our Shelter gradu-

ates to come together each quarter to celebrate their success, and this could not be possible without such wonderful volunteer support.



Career Center:

- Binders: 1" and 2" either hard or soft cover
- Flash Drives
- Gift Cards to Office Supply Stores
- Paper: Standard Copy & Card Stock
- Pens: Blue/Black Ink
- Printer Ink: HP Color LaserJet
- CP2025 & Dell All in One Printer 922

Children's Programs:

- Backpacks
- Balls: all types
- Boy's Deodorant
- Children's CDs (for nap & play time)
- Children's DVDs
- Math Flash Cards
- School Uniforms: Polo Shirts - White, Blue; Pants - Blue, Khaki
- Stickers
- Tube Socks

Kitchen Needs:

- Cutting Boards: White Plastic or Thick Poly
- Floor Mats: Heavy Duty, Brick Color, Qty 6-7
- Foil wrap
- Hotel Pans: Stainless Steel, 2", 4", & 6" with Lids
- Ice Cream Dishes/Portioners: all sizes
- Kitchen Towels: Qty 100, White
- Kitchen Utensils, i.e. Tongs, Spoons (stainless steel/all sizes - no plastic please)
- Melamine Bowls: 8 oz., Qty 100
- Mesh Skimmers
- Non Dairy Creamer
- NSF Pots and Pans, with lids
- Oven Thermometers: Small
- Paper Goods (Paper Towels, Napkins, Plates, Cups)
- Pasta Basket Strainers
- Plastic Tumblers: Clear, Pebbled

- Pot Holders
- Powdered Beverages
- Rice Cooker, 50 Cup
- Roasting Racks (for full sheet pans)
- Roasting Racks: Qty 4-5 (that fit inside a hotel pan)
- Sanitation Buckets: Red, Plastic, 2-3Qt.
- Scale: Portion Control 5lb, and Receiving 25lb
- Sippy Cups
- Soup Warmer
- Spatulas: Metal/Rubber
- Stainless Steel Cleaner
- Storage Containers with Lids: 2qt, 4qt, 6qt, 8qt, 12qt, 22qt
- Sugar
- Tea
- Whisks/Whips

General Shelter Needs:

- Antibacterial wipes
- Batteries: Sizes AA/AAA/C/D
- Bike Lights
- Bike Tire Patch Kits
- Blankets: Twin Size
- Bleach: Powder and Liquid
- Brooms
- Clothing Racks: Round
- Commercial Power Washer
- Cordless Tool Combo
- Dryer: Commercial, Gas
- Duct Tape: Colored
- Dusters
- First Aid Kits
- Flash Lights
- Furniture Dolly: 4 Wheel
- Gift Cards: Home Depot, Jiffy Lube, Lowes, Orchard Supply
- Hand Sanitizer
- Hand Tools Kit (screwdriver, drill, reciprocating, and circular saw)
- Laundry Detergent: Liquid and Powder
- Lice Treatment and Spray
- Mattress Covers: Twin Size, Zippered, Qty 150

- Mattresses: Twin Size, Vinyl, Qty 100
- Mirrors (20 needed to mount behind dorm doors)
- Moving Truck
- Nails and Screws
- New Playground Structure
- Open Face Letter Board (36"W x 30"H)
- Paint Supplies: Brushes, Rollers, Paint Thinner, Paint Remover
- Pillowcases
- Pillows
- PineSol
- Platform Hand Truck
- Portable Battery Charger
- Rocking Chairs
- Rubbermaid 35 Qt. WaveBrake Side Press Combo Mop Bucket and Wringer System, Yellow and Brown
- Rubbermaid BRUTE 44 Gal Trash Container with Lid
- Rubbermaid BRUTE Dolly for Trash Container
- Rubbermaid BRUTE Dome Top for 44 Gal. BRUTE Containers, Gray
- Rubbermaid Utility Cart
- Shower Curtain Liners
- Shower Curtain Rings
- Spray bottles (40)
- Storage Containers: all sizes
- Sun Shade for Playground
- Tires: Truck and SUV
- Toilet Paper
- Tooth Paste
- Tough Turf for Playground
- Towels & Washcloths
- Trash Bags: Large Plastic
- Washing Machine: Commercial
- Wet Dry Vac
- Windex
- Zip-loc bags: Sandwich & gallon size

Women's Needs

- Breast Pads
- Brushes/Combs

- Chapstick
- Deodorant
- Feminine Hygiene Products
- Hair Products: Mousse, Gel
- Maternity Clothing
- Plus Size Clothing
- Reading Glasses
- Small First Aid Kits
- Small Sewing Kits

Baby Needs:

- Baby Bottles: plastic
- Baby Food
- Baby Juices
- Baby Powder
- Baby Wipes
- Diaper Cream
- Diapers: Sizes 1,3,5,6
- Disposable Thermometer Strips
- Formula: Enfamil Lipil, Similac NeoSure, Similac Sensitive R.S., Similac Sensitive, Enfamil A.R.®, Nutramigen® with Enflora™ LGG®, Enfamil® EnfaCare®, Enfamil® ProSobee®, Enfamil® Gentlease
- High Chairs
- Pacifiers
- Pedialyte®
- Pull Ups
- Sippy Cups
- Vaseline

Materials for Classes:

- Art Canvases/Boards: 8x10, 9x12 or 11x14
- Acrylic Paints: all colors
- Crochet hooks
- Gift cards to Michaels and Aaron Brothers
- Guitars: new or gently used
- Yarn

Office Supplies:

- Clip Boards
- Cork Bulletin Board
- High Lighters
- Masking Tape

- Plastic Brochure Display Stands
- Sharpies: Black and Multi Color
- Stamps
- Pens

Café:

- Banquet tables (8' Round) and Chairs
- Cake Turner (for Decorating)
- Charger Plates
- Egg Pans: Non-stick 6-8
- Fresh Flowers
- Ice Cream Maker: 5 qt
- KitchenAid Mixer: 8 qt
- Legal Notepads
- Locker Locks: Qty 20
- Mail Station: Multi-Slot
- Masking tape 1"
- Pens
- Post-It Notes
- Proof Box
- Ramekins (for Brulee)
- Robot Coupe Food Processor
- Salt and Pepper Shakers: Qty 40, Glass
- Sauté Pans: Large
- Serving Trays
- Sharpies
- Silverware
- Spatulas: Rubber Heat Restraint
- Spice Grinder
- Stainless Steel Hotel Pans: 9th pans, 6th pans, 200 pans, 400 pans, etc.
- Staples
- Stock and Sauce Pans: Heavy Duty
- Storage Containers on Casters
- Torch
- White Out Correction Tape
- White Table Cloths
- Wood Top Table: 5 ft by 29 1/2 inch wide
- Zesters

Please consider supporting us in helping homeless women with children get back on their feet. We need your support now more than ever!

Name	Amount Enclosed \$
Address	
Phone	Email Address

Please return with your check or money order to:

St. John's Shelter Program for Women and Children, 2443 Fair Oaks Blvd. #369, Sacramento, CA 95825-7684
Donations may also be made with a credit card online at www.stjohnsshelter.org.

St. John's Shelter Program for Women and Children is a nonprofit, 501(c)3 organization. We rely on donations from the community, local business and civic groups to continue to provide assistance and hope to homeless women and children. We do not loan or sell your information. Tax ID#: 68-0132934



St. John's Shelter Program

FOR WOMEN & CHILDREN

2443 Fair Oaks Blvd. #369
Sacramento, CA 95825-7684

Ph. 916-453-1482
Fax 916-453-1425

www.stjohnsshelter.org

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The Holidays Are on the Way

As I sit to write this, it is 90 degrees and a beautiful summer day, but I can feel it... the holidays are coming!

If you have been to St. John's during the winter months, you know that we have all sorts of opportunities for our donors to help share the holiday spirit, and our planning is already underway for this year's festivities. Whether you like to be hands on and help put together special activities for the children, serve up a festive meal or help wrap all the presents, or if you prefer instead to adopt one of our alumnae families or donate gifts to those at the shelter—we have hundreds of ways for you, your family, your company, church or organization to make the holidays magical for the families we serve.

If you'd like to schedule a meal service or a special activity, it is not too early to get it on the calendar! We are also collecting names of individuals and organizations who would like to either adopt families, set up an angel tag tree, or help with other holiday donations. Give us a call at 916-453-1482 and speak with Rachele or Ronita.

Our Donation Policies and Hours

We are so grateful for your help in clothing and housing more than 1,200 women and children so far this year.

Please note that due to limited staffing, **we can only accept donations during the following hours:**

- Tuesday: 1-6 pm
- Wednesday: 1-6 pm
- Thursday: 1-6 pm
- Saturday: 10-4 pm

Lastly, please note that due to a combination of factors ranging from state regulation to need, we **cannot** accept the following donations:

- Used Toys
- Happy Meal Toys
- Office Equipment
- Used Baby Equipment
- Soiled/Heavily Worn Clothing
- Non-Essential Household Items
- Expired Food



St. John's
Celebrates 25 Years!
See page 2

