



*saint john's*  
PROGRAM FOR REAL CHANGE

SPRING 2015

# ENOUGH

MOTHERS AND CHILDREN FIGHTING TO CHANGE THEIR LIVES

# 30 YEARS OF CHANGE

## AT SAINT JOHN'S PROGRAM FOR REAL CHANGE

**THIS YEAR, SAINT JOHN'S CELEBRATES OUR 30TH ANNIVERSARY** of serving homeless women and children in this region. Our history of service includes over 29,000 women and children. It includes the expansion from an emergency shelter to an innovative 18-month, multi-service and integrated continuum of care that is a proven solution to addressing the roots of chronic poverty for this population. It includes the launch of three social enterprises: Plates Café and Catering, First Steps Child Development Center and Plates2go. It includes a budget that in the last seven years has quadrupled from \$1.2M to \$4.9 M, while at the same time, the publicly funded share has dropped from nearly 80% in 2007 to under 25% today.

**AS A VALUED SUPPORTER OF SAINT JOHN'S**, I am proud to tell you that 2014 was quite an unbelievable year, including our move into our new 28,000 sq. ft. home, the conversion of our former home into a transitional housing facility for up to 60 women and children, the launch of our new brand, AND the unveiling of our Level-oriented approach to the work we do with our clients. As you will clearly see, your generous investment in our mission has significantly impacted the lives of the women and children we serve.

**OUR MOMS ARE AN AVERAGE OF 33 YEARS OLD WITH TWO CHILDREN.** Given the number of challenges with which they struggle, including: mental illness (80%), drug and/or alcohol addition (77%), domestic violence (70%) lack of work experience (60%) and lack a high school diploma (40%), even we are amazed and heartened to see the amount of immediate and long-term progress gained during their time with us. It's this quantifiable success that drives us to work tirelessly.



{As they see their skills and accomplishments increase, their ability to accept success in their lives builds...}



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**WE MEASURE THE PROGRESS OF OUR CLIENTS** across a five-level continuum of



service. The Levels represent incremental stages where growth and successes can be uniquely and cumulatively measured throughout the Program. At each level, clients develop essential skills, increased stability, and improved self-awareness that they take with them. As they see their skills and accomplishments increase, their ability to accept success in their lives builds and at the same time, results in increased

competencies as parents and heads of household. No matter what level a client exits the program, they have experienced, and have been enriched by, many opportunities to gain valuable and transferrable skills that will serve them for a lifetime.

**AS YOU EXPLORE THIS EDITION OF OUR MAGAZINE**, please make sure you spend some time reviewing our list of 2014 donors. When you see someone you know, please take the time to reach out and thank them for joining you in supporting homeless women and children who are making real change in their lives. Your collective and continued investment is making true impact for mothers and their children in this region. Simply put, your support is fueling real change.

Michele Steeb  
Chief Executive Officer

A detailed floor plan of a facility renovation. The plan shows various rooms including a Mechanical Room, Director's Office, Assistant Director's Office, Administration, Waiting Area, Supply, Bike Strollers, Service Staff, Staff Men's and Women's restrooms, Toilets, Restroom, Showers, and a series of Bedrooms. The title 'OUR SECOND STORY RENOVATION' is overlaid on the plan, with 'OUR' and 'SECOND' in dark blue serif font, 'STORY' in white serif font on a dark blue rectangular background, and 'RENOVATION' in dark blue serif font.

# OUR SECOND STORY RENOVATION

OUR TRANSITIONAL HOUSING PROGRAM at Saint John's provides effective, compassionate and comprehensive services that promote and support the safety, health, well-being, and self-sustainability of our mothers for up to 6 months. When we moved our shelter and administrative offices to the new facility on Jackson Road in March of 2014, we were able to create "Our Second Story," a new transitional housing program on Power Inn Road. As a transitional facility, OSS is participant-driven and many of the decisions regarding communal living are made by the residents. While families are living at Our Second Story, mothers continue to receive case management services and employment readiness training. They work with counselors and therapists at the Center for Healthy Living, they attend workshops to address alcohol and other drug issues, and they receive supportive resources as

needed. As mothers continue to make progress, the services received are reduced accordingly. With a new and solid foundation in place, mothers now actively engage in applying the skills learned through our program. Within 18 months of entry, mothers learn to be contributors to our community and positive role models of self-sustainability for their children, families and friends. Even those who don't graduate finally face their addictions and mental health issues, benefit from life skills and educational assistance, and connect to community resources. Graduates show time and time again that success is well within everyone's reach. Mothers begin job search activities through our Career Education and Placement Center and continue to focus on building a positive support network. Child care and transportation services continue, and mothers play an increasingly active role in their children's education and general stabilization.

OSS is the site of our original housing program, and has served our community well but is now tired and dated in appearance and function and in much need of renovation. In order to accommodate the need for an expected increase in families transitioning to OSS, plans are now in place to convert existing space into a much needed additional five bedrooms. The renovation project is divided into two phases. Phase I includes painting, and the new flooring and plumbing needed to provide residents a warm, inviting and nurturing home to live in while practicing the skills needed to move themselves, and their families, towards independence.



Thanks to our loyal volunteers we have already begun upgrade projects such as this new library installed in fall 2014

Saint John's Program For Real Change has partnered with HomeAid Sacramento, a nonprofit providing dignified housing for the homeless in the Sacramento area. Our team captain is Mark Eglington of Meritage Homes. We are fortunate to say that donations have been raised to provide labor and supplies. However, in order to accomplish this \$165,000 renovation, an additional \$40,000 is needed to cover expenses not covered by these in-kind donations. For more information on this project, and ways in which you may donate, please contact us at [development@saintjohnsprogram.org](mailto:development@saintjohnsprogram.org).



# SUCCESS

## Is just a **red door** away

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Ms. Marva Moore, a former graduate of Saint John's Program for Real Change, graces our front desk Monday through Friday of every week. We are lucky to include Marva as one of the most vibrant members of the Saint John's team. Not a day goes by when Marva Moore doesn't smile to say hello as you enter our Jackson facility and offer a listening ear and kind words to mothers in distress calling in for help.

Marva's a self-proclaimed chocolate connoisseur and #1 fan of her son's high school basketball team, she loves filet mignon, lobster and Marvin Gaye. Marva is a Saint John's staple. We all love her for her generous heart and light-hearted personality.

Marva, thank you for all that you do!



## Expansion In **Development**



Sasha Wirth comes to Saint John's after 11 years working at UC Davis.

In February of 2015, Sasha Wirth joined our team as the Director of Development. Sasha joins existing development team members: Jamie Candelaria, Volunteer Coordinator; Katey Wilson, Community Outreach Coordinator; Ethan Flanagan, Design and Digital Development, and Cassidy Myers, Grants & Communications. With 11 years' experience at UC Davis in executive leadership, project management, customer relations and team building, she has proven success in application, development, budget preparation and management for multimillion dollar grants.

"After touring the halls of Saint John's and attending a Guest Chef Dinner in the fall of 2014, I was captivated by the graduates of Saint John's who stood up tall, shoulders back, and shared their very personal and powerful stories of where they were before Saint John's, and where they are now

as a result of the Program. I knew, then, in my heart and soul that I needed to be a part of this amazing organization and to do my part to help support real change in the lives of women and children."

Welcome aboard, Sasha!

# VOLUNTEER SPOTLIGHT: BRENDA BISHARAT



A picture is worth a thousand words. And no one knows that better than Saint John's own volunteer, Brenda Bisharat. A professional photographer, Brenda has dedicated her life to capturing the most important moments in life on film.

In 2010, Brenda began capturing these moments for the families at Saint John's Program for Real Change.

"I feel like I am being given a gift to have the opportunity to work with the women and children. To watch them come in and go through the program and see them evolve is so inspirational. They are very appreciative of the photographs and I feel like I have been given such a gift." If you've ever toured Saint John's or eaten at our two restaurants, Plates or Plates2go, you will see Brenda's work decorating our walls. Beautiful photographs that do more than just document the lives and special moments of our mothers and children, they tell a story. A meaningful story of how the mothers and children at Saint John's came to be here and the real change they go through every day. From taking a family's first portraits, to creating story boards that document the success of our families, Brenda has helped us capture it all. Through many smiles and many tears, she has been there, and for that, we are forever grateful. Thank you, Brenda!

# To educate & motivate



## CAREERS FOUND THROUGH THE SAINT JOHN'S CAREER EDUCATION CENTER.

A new year brings on new accomplishments! We are proud to announce that 4 women have recently graduated from our Plates Training Program and are now employed! Graduation will take place at the April Guest Chef Dinner featuring Broderick's Roadhouse. Additionally, we have 5 women who have

recently entered the job search phase of our program and will be available for employment this spring. We continue to welcome new employment partners. If interested, please contact Lyndsey at [lmoya@saintjohnsprogram.org](mailto:lmoya@saintjohnsprogram.org). The Career Education and Placement Center (CEPC) continues to provide computer

training through the Intel Easy Steps Program and we are proud to say that another 7 women have successfully completed the program, bringing us to a total of 40. This year, we also transitioned from the General Education Diploma (GED) to the High School Equivalency (HSE) preparation program. This is new





for us and new to the Sacramento region. We are fortunate to be able to offer this program to our mothers and grateful for the established educational relationships with the Folsom Cordova Adult School and the Charles Jones Adult Education Center. One student, Michelle, has passed 4 of the 5 tests needed

to earn her diploma. We hope to have many others following in her footsteps. Lastly, we welcomed a new volunteer in the CEPC, Rhonda Valdry. Rhonda is a great addition to the team, with extensive experience working with women of diverse backgrounds, and in environments similar to

Saint John's. She has been assisting the women in the CEPC with job readiness skills and technology. Thank you, Rhonda! Now I can provide for my children beyond their basic needs, and that feels really good! - a Saint John's graduate

You Can **Change a Life Today**



# Fulfill a need at Saint John's

**EACH YEAR, SAINT JOHN'S HELPS OVER 500 MOTHERS AND CHILDREN** break the cycle of poverty and improve their quality of life. Your continued assistance allows Saint John's to provide the necessary tools to help our mothers and children reach their ultimate goal of independence and self-sustainability.

As you can imagine, our families have a never-ending need for all of the same products and essential items you use in your own home, from soap, shampoo and toothpaste, to pajamas, work, and school uniforms. Providing these staples to approximately 150 women and children is no small feat, which means that we have a constant need for the following items:

- Women's black pants (all sizes )
- Black, non-slip, shoes (all sizes)
- Flash drives (1GB or larger)
- Toiletries/feminine products
- Gas gift cards

## DONATE A VEHICLE

A vehicle can also make a world of difference in a mother's life. More than 85% of our mothers lack a vehicle, which can be very problematic when it comes to employment opportunities. That's why we accept all working and non-working cars and trucks. We even accept boats, trailers, RVs, and farm equipment. For all donations, you'll receive a tax-deductible letter within a month of your contribution.



# Many needs = Many Opportunities

Each room at Saint John's is the future home to women and children who previously had none. By sponsoring a room and becoming our partner on this journey, you provide the homes with more than just paint, beds, and dressers. We currently have the following rooms available for sponsorship:

7 Bedrooms	\$5,000 Each	Donation Center	\$25,000	Infant Sleep Room	\$5,000
Lobby	<del>\$5,000</del>	Classroom	<del>\$25,000</del>	Toddler Play Room	\$10,000
Exam Room	\$10,000	Dining Room	<del>\$25,000</del>	Playground	\$75,000
Exercise Room	\$10,000	Childcare	<del>\$25,000</del>	Kitchen	<del>\$75,000</del>

When you donate money, goods, or time, you're helping over 500 women and children kick poverty and abuse to the curb every year. So, every cent and every second you give can be just what someone needs to change their life. You can rest assured that your contributions are being put to uncommonly good use. Saint John's is a program unlike any other. Driven by an entrepreneurial spirit, we help women and their families change their lives for the better through our subsidiary businesses – Plates2go, Plates Café and Catering, and First Steps. That means far more efficiency and efficacy – and far less waste.

FOR MORE INFORMATION OR TO MAKE A DONATION,  
please contact Katey Wilson at (916) 453-1482 at [development@saintjohnsprogram.org](mailto:development@saintjohnsprogram.org)  
or by visiting our website [WWW.SAINTJOHNSPROGRAM.ORG/DONATE](http://WWW.SAINTJOHNSPROGRAM.ORG/DONATE)

EVERY FRIDAY SINCE 2009, the mothers of Saint John's are provided the opportunity to express their feelings and tell their story through art. Saint John's very own art teacher, Dr. Mark Johnson, a retired MD and artist, has made it his mission to provide a productive and creative outlet for our mothers. The overall theme of Dr. Mark's class is "Light into Darkness-How to Heal That Which Has Been Broken". The class is designed to build an appreciation for art and expression and to increase self-esteem. "I have seen many lovely stories of renewal, as well as failure and renewed efforts. Each woman has a story to tell," says Dr. Mark. These stories may be familiar to some of you, as these works of art have been used to decorate the walls of our offices, shelter buildings, and even Plates Café.

Just this last month, the Elk Grove Fine Arts Center honored the mothers, and artists, of Saint John's by featuring nearly 80 paintings in the art show, 'Light into Darkness'. Saint John's was invited to attend the opening weekend reception, where our mothers got the opportunity to see their masterpieces on display, meet and mingle with the Art Center patrons, and take just a

# LIGHT INTO

moment to share the successes of their journey thus far. The art, on display from February 2nd to February 26th, was available for purchase, allowing supporters to take a piece of Saint John's story-telling home. Many thanks to the Elk Grove Fine Arts Center for this meaningful opportunity and a very special thanks to Dr. Mark for his continued support of our mothers.



**TO SEE YOUR WORK,  
YOUR PAIN, AND  
YOUR EXPRESSION  
DISPLAYED IN-FRONT  
OF OTHERS, CAN HEAL  
IN UNEXPECTED WAYS.**





# A NEW PLACE FOR CHANGE

THEY SAY IT TAKES A VILLAGE, AND IN THE CASE OF THE PLATES2GO PATIO, THIS RANG VERY TRUE. The patio renovation project started with the generosity of the Metro Chamber, who granted Saint John's the 2014 Inspire Giving Fund. However, once the project was underway, people from all over the community joined in to volunteer their time and services.

Architects, landscapers, contractors, painters and local artists all came together to make this beautiful dream a reality.

"Once we had the architects and contractors lined up, people started hearing about the project and offering to take part," said Jamie Candelaria, Saint John's Volunteer Coordinator. "The number of volunteers and services offered was overwhelming and we are truly grateful for all of the volunteers that donated their time and services."

All of their efforts not only created a gorgeous space for patrons to enjoy their meals, but also expanded the opportunity for Saint John's to further support real change in the lives of the families we serve. So next time you're in the midtown area, come check out our new patio, enjoy a tasty meal and help inspire change.

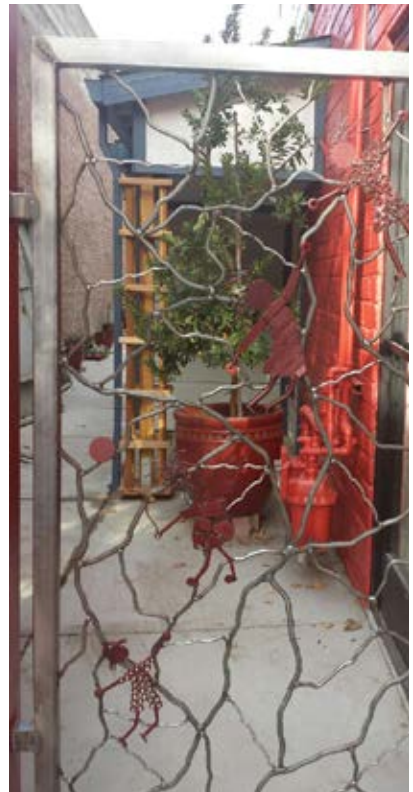
Saint John's Program for Real Change would like to thank the following extremely talented individuals and organizations for donating their time and services to this project:

Austerman Inc.  
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Gina Rossi  
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Come visit Plates2go  
at 1725 L Street  
Sacramento  
We're open Monday -  
Friday 11am- 4pm  
Weekends 8am-2pm  
[www.plates2go.org](http://www.plates2go.org)



A view of our patio through our newly installed gateway.

# YOU ARE SAINT JOHN'S



Ken Hurdle, a frequent donor, volunteer and patron at Saint John's.

**THE WELL-KNOWN PROVERB**, “Give a man a fish and you feed him for a day. Teach a man to fish and he can feed himself for a lifetime,” has always resonated with us as it has for Ken Hurdle, of Hurdle Consulting and longtime supporter of Saint John's.

Ken believes that by empowering people through a comprehensive program like Saint John's, they learn to build their personal capacity and can become self-sustaining and independent, becoming contributors to this community as well as any other community where they may eventually live.

“Everyone should be given a ‘fighting chance’ to be successful no matter what their past may be, especially if they can dream of a better future for themselves as well as ‘our future’ – the children. Saint John's is committed to the betterment of others and their personal growth. They are also committed to continually helping others improve their work and life processes through self-discovery and confidence”, says Ken.

Every day, Ken wants to make at least one change in the world. “I am not wealthy. I live a modest but good life. I choose to give heartily to Saint John's because through them, I am making one change in the world every day, one family at a time...” A frequent Guest Chef Dinner patron, Ken takes every opportunity to attend our monthly dinners at Plates Café and invites others who may not be aware of Saint John's so that they may see firsthand the transformation in the lives of the mothers and children every day.

In particular, Christmas morning at Saint John's has become a part of Ken's family tradition. “Nothing can explain the joy that we see on the faces of the mothers and their children. I will never forget the comment of a 7-year old young man when he told me that this was his first ‘real’ Christmas”, recalls Ken fondly.

For more than 30 years, Saint John's Program for Real Change has worked closely with our donors to invest in real change across Sacramento County. At Saint John's, we create lasting impact by focusing on long-term problem solving, not just temporary fixes.

Ken, we thank you for all that you do! Without people like you, none of this would be possible.

# THE CONTRIBUTORS TO REAL CHANGE.

Our 2014 donors invested in Saint John's, recognizing that change only takes place when individuals decide to commit.

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# P2G

PLATES  
2GO

COME BY AND  
TRY OUR BRAND  
NEW MENU!

## SIGNATURE SANDWICHES

TURKEY BLT with pepper jack, tomato, avocado & roasted garlic aioli on rosemary batard. \$7.95

HOT PASTRAMI on rye with swiss cheese sauce, sauerkraut & house made thousand island dressing. \$7.50

SPRING VEGGIE with herbed cream cheese, tomato, basil, cucumber, red onions, roasted red bell peppers, avocado, & sprouts on 9-grain bread. \$6.75

## SALAD

### QUINOA

Cucumbers, tomatoes, mint, oregano, garbanzo beans & feta.

### MIXED GREENS

Shredded carrots with balsamic vinaigrette.

### ASIAN NOODLE SALAD

Cabbage, noodles, roasted peanuts, shiitake mushrooms, carrots, green onions, cilantro, crispy wontons with ginger soy vinaigrette.

### SEASONAL SALAD

Arugula with oranges, blue cheese & oil cured olives in a mint citrus vinaigrette.

SOUP <sup>of</sup> the DAY \$3.50

house made

CHIPS

\$1.50

COOKIES

\$2.00

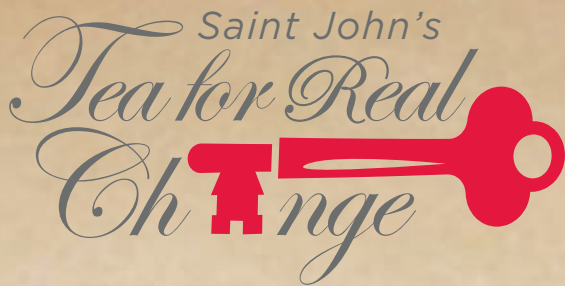
FRUIT

apples, oranges, bananas, etc

\$1.50

Don't see exactly what you're looking for? We now also have a custom sandwich menu to tailor your lunch to your liking. [www.plates2go.org](http://www.plates2go.org)

SM \$3.00, LRG \$6.00



**SAVE THE DATE:  
THURSDAY, MAY 7th  
3:30 - 5:30pm**

**Cafeteria 15L**

## **Saint John's Program for Real Change cordially invites you to attend our 9th Annual Tea**

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Join us on **Thursday, May 7th, from 3:30-5:30pm**, on the patio of Sacramento's fabulous downtown eatery, Cafeteria 15L. Enjoy an afternoon of tea and fine wine, delicious food, and great company as we honor the **Saint John's 2015 Mother of the Year, Donna Lucas**, founder and CEO of Lucas Public Affairs. Your support will help the mothers of Saint John's break the cycle of poverty and homelessness.

To purchase tickets  
go to: **[www.teaforrealchange.eventbrite.com](http://www.teaforrealchange.eventbrite.com)**

For more information on sponsorship opportunities  
Contact us at **[Development@saintjohnsprogram.org](mailto:Development@saintjohnsprogram.org)**



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PROGRAM FOR REAL CHANGE

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