



saint john's
PROGRAM FOR
REAL CHANGE

FALL 2014

ENOUGH

MOTHERS AND CHILDREN FIGHTING TO CHANGE THEIR LIVES

COMMITMENT TO REAL CHANGE.

SAINT JOHN'S PROGRAM FOR REAL CHANGE.

A WISE PERSON ONCE SAID,

"If you want to get something different out of your life, you need to be willing to do something different in your life." This quote is the essence of who we are at Saint John's Program for Real Change. For many years, Saint John's was a band-aid for homeless mothers and their children, providing them with a temporary meal and roof over their head.

While food and shelter are very important for the families we serve, they offer nothing in the way of getting at the root causes of what led each family to become homeless. Five years ago, Saint John's decided to do something different so we could achieve something different. We became a program that offers a clear path out of the devastating cycles of poverty and homelessness.

WHAT DO WE PROVIDE?

Saint John's provides safe and stable housing that allows our families to focus their attention in four core areas:

1. Critical support and mental health services to address the root causes that led to homelessness;
2. Life skills and psycho-education to improve parenting and family dynamics, address obstacles to employment, and prepare mothers for the workplace;
3. Educational programs that lead to better health choices, financial literacy, a GED and methods for gaining and retaining employment, and
4. Extensive hands on employment training in a restaurant and a day care center with real-time feedback from job coaches.

{If You Want to Get Something Different Out of Your Life, You Need to Be Willing to Do Something Different in Your Life...}

THE RESULT

Sober, safely-housed, emotionally stable, physically healthy, and skilled, our moms finally have a foundation from which they can provide for their families. The dignity and empowerment that comes with having a job and being able to take care of your family are the keys that open the door to a new life.

With tremendous support from the Sacramento community over the past five years, Saint John's is doing something different so it can achieve something different. Your support enables us to now focus on breaking the cycle of poverty and homelessness one family at a time. We are done with the 'old' way of doing things so our families can be done with their "old ways," too.

In Sacramento County, more than 650 mothers and children are homeless on any given night – a 47.5 percent increase since 2009. At Saint John's, home to the largest shelter in the County, we are now turning away over 350 mothers and children daily, up from 250 daily in 2013. Your support is needed now, more than ever before, to help our families, and to help Saint John's, with our collective efforts to continue to do things differently.

Michele Steeb
Chief Executive Officer

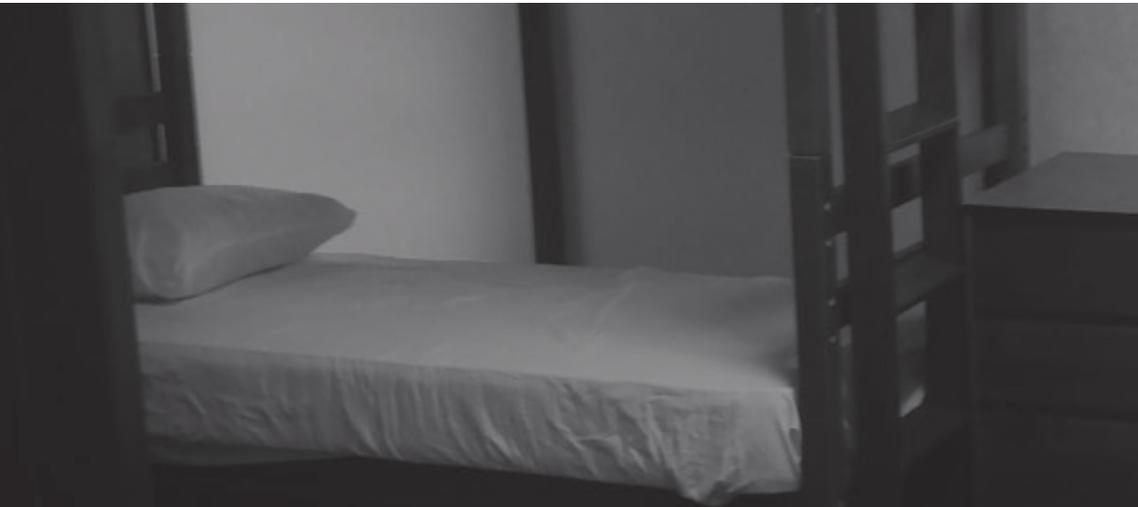


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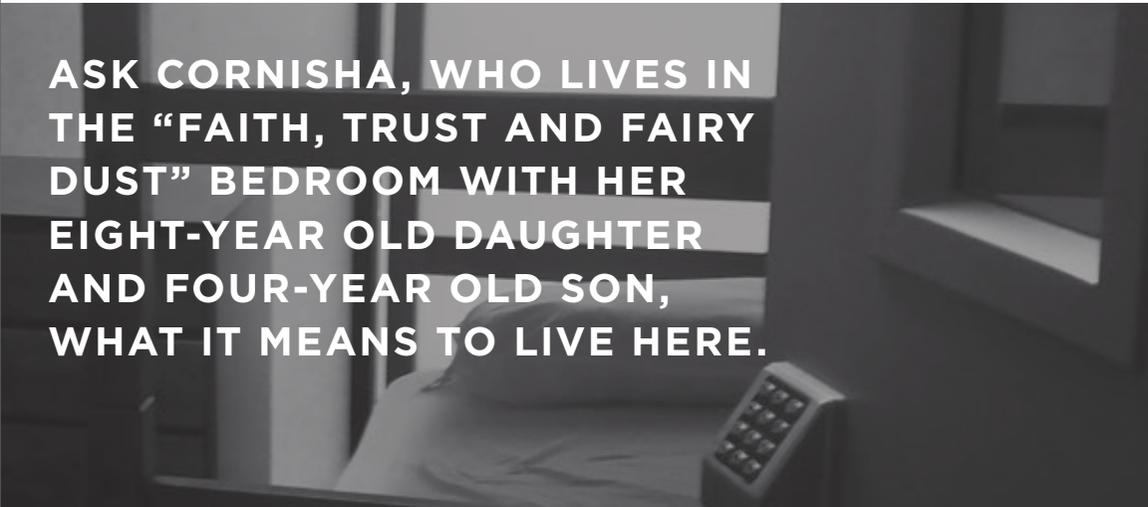
MAKING CHANGE ONE ROOM AT A TIME



SAINT JOHN'S QUICK FACTS:
Since 2009, the number of homeless families has increased in Sacramento County by 47.5%, 84% of which are led by a woman.



ASK CORNISHA, WHO LIVES IN THE “FAITH, TRUST AND FAIRY DUST” BEDROOM WITH HER EIGHT-YEAR OLD DAUGHTER AND FOUR-YEAR OLD SON, WHAT IT MEANS TO LIVE HERE.



THEY SAY HOME IS WHERE THE HEART IS and nowhere is that more true than at Saint John's Program for Real Change. Since April, and through the generosity of many in the Sacramento Community, we have 31 bedrooms that provide shelter and serve as the launch point for Saint John's continuum of care—education, training, empowerment and self-reliance. Each room is made possible by sponsors and each room has its own theme.



“IT'S BECOME A HOME. IT'S COMFORTABLE AND WE CAN BE A FAMILY HERE.”

Ask Cornisha, who lives in the “Faith, Trust and Fairy Dust” bedroom with her eight-year old daughter and four-year old son, what it means to live here. “I will be sad to leave it; it's become a home. It's comfortable and we can be a family here.” The room is alive with bright, magical colors, pictures and bed linen with Tinkerbell images and a warm and

cozy feeling. “This room has helped me change my attitude from negative to positive,” she smiles. “We are at peace here.”

THE SHELTER IS REALLY A COMMUNITY OF ITS OWN, where the corridors are the “streets,” named to represent Saint John's core values: Courage, Effort, Gratitude, Respect, Community and Growth. And along these corridors are rooms for mothers and their children. For many of the families, these rooms mean the difference between the street and a warm and beautiful place to live.

Arnia and her five-year and one-year old daughters live in the “By The Seaside” bedroom. More muted colors are used to create a beach theme: star fish, tropical fish, sand dollars and pictures of sunny beaches. “I was all out of whack when I came here,” she admits. “I was using drugs, I had dropped the ball on my parenting, and I knew I had to change things around. This room is a chance to get it right. This room gives you hope and opportunities you couldn't get anywhere else. To the person who sponsored my room, all I want to say is ‘Thank you so much and God bless. I love this room!’”

Please turn the page for more information on how to become a room sponsor.

OUR ROOM SPONSORS ALLOW US TO GIVE MORE THAN JUST SHELTER

SAINT JOHN'S NEW HOME includes 31 bedrooms for families, private counseling rooms, a full-service kitchen, classrooms for education and training, places for our families to eat, meet and play - all essential to their advancement in the program.

Sponsoring a room is a way for your family or organization to directly support the families we serve AND at the same time, create a legacy.

Multi-year pledge options are available. To make a donation or ask any questions, contact Jamie Candalaria at jcandalaria@saintjohnsprogram.org or (916) 453-1482.

ROOMS AVAILABLE FOR SPONSORSHIP

Aloha Ohana ...	\$5,000
Sky's The Limit ...	\$5,000
Underwater Safari ...	\$5,000
Taos ...	\$5,000
Serenisea ...	\$5,000
Bloomin' Color ...	\$5,000
Denim & Diamonds ...	\$5,000
Lobby ...	\$5,000 ... SOLD
Exam Room ...	\$10,000
Exercise Area ...	\$10,000
Donation Center ...	\$25,000
Classroom ...	\$25,000
Dining Room ...	\$25,000 ... SOLD
Childcare ...	\$25,000 ... SOLD
Adult Lounge ...	\$25,000
Playground ...	\$75,000
Kitchen ...	\$75,000 ... SOLD
Conference Room ...	\$5,000 ... SOLD

Our generous room sponsors

Aerojet
Brown Family
Dave Higgins
Granger and Strevalia families
Heart to Heart
Hewitt Family
HomeAid
Julie Steiner
Lardy Family
Michelle & Odura DuPaty
Murphy Austin
Perkins Family
Pete Halimi
Raley's Company
Raley's Family
Robin Moike
Ron & Sue Dwyer-Voss
Sacramento Kings Foundation
Saint John's Circle
Shirey Family
Sierra Health Foundation
Steeb Family
Surewest Foundation
Swinerton Builders
TJ Maxx Foundation

LIFE IS **DELICIOUS** AT PLATES CAFE.

AT SAINT JOHN'S FLAGSHIP CAFÉ we do a lot more than provide job training for our mothers and prepare fabulous meals for you in the kitchen. We are also traveling around the community bringing the meals to you!

These last few months we have catered a variety of amazing events. We served 300 people at the California History Museum. We helped staff the Raley's Food for Families event, and then the subsequent press event. Have you seen those colorful painted dumpsters on Power Inn Road? We catered for 500 people at the Power Inn Alliance Dumpster Art Project event which lead to those unique creations now positioned outside the court house. Feel free to go take a look.

Along side of all our catering activity we have been diligently fine tuning our restaurant. Volunteers from Intel are building planter boxes for us, as well as fixing up the look of our outdoor patio. We thought it would be a shame to have a nice summer patio without a bit of BBQ to complete the picture. For a limited time, we are cooking up tasty summer BBQ, to the joy of everyone able to come in for a taste, or even just a quick smell. A lot of work has been taking place over the summer at Plates, and thankfully, there doesn't seem to be an end in sight. Feel free to come by, try some of our cooking, hear a few stories, or even get your hands dirty working in our gardens.

Looking for catering this upcoming holiday season? We would love to cater your event! Give us a call at (916) 381-2233, or e-mail us at catering@eatatplates.com.



BASIC COMPUTER SKILLS are easy to take for granted, but if you don't have the appropriate educational resources, these essential tools in today's work place will be hard to develop. Through our partnership with Intel Corporation, we are able to provide all moms who enter Saint John's an opportunity to learn basic computer skills that are crucial to employment.

During the past 10 months using the Intel Easy Steps Program, 76% of the women who entered Saint John's earned a certificate by completing three to five modules. This program has significantly increased their skills and their self-confidence. We are so grateful to Intel and to the volunteers who have assisted in this program!

TECHNOLOGY IS A DOORWAY, **WE** **PROVIDE THE KEY**



Along with the success of the Intel program, we have experienced growth in the Career Education Center. We are excited to welcome a new member to our team, Lyndsey Moya. As the new Career Center Manager, Lyndsey will be working one-on-one with the women in job readiness and employment search, instructing the Intel Easy Steps course, as well as maintaining the daily operations of the Career Center. If you are interested in the possibility of employing one of our program graduates, please contact Lyndsey at lmoya@saintjohnsprogram.org or call (916) 453-1482.



PLATES2GO CHANGES IT UP DOWNTOWN.

THE TENSION BETWEEN STABILITY AND CHANGE is real. We do more than serve great meals. We change lives. We have been working hard redefining our menu to bring you more inventive and time-sensitive meals. We've gone from being a grab-and-go, to being a welcoming place to sit and enjoy a meal with a co-worker; to meet new friends and enjoy brunch.

Our change continues as we unveil our beautiful outdoor patio space, serving you with triple the amount of seating space, expanded hours (now open seven days a week), and the best beer and wine selections in the region. Please visit our website at Plates2go.org or our Facebook page at facebook.com/platesmidtown to keep abreast of our continued changes.

If you are interested in using the new Plates2go patio space or the Plates2go conference room for your private/holiday events please contact Laura Zieg at Lzieg@eatatplates.com or call (916) 381-2233.

PLATES2GO IN THE PRESS

The following is an excerpt of an article published by Submergemag.com

...With such a credible and impressive affiliation as Mulvaney's B&L, you probably don't need us to tell you that the food was good. Real good. And in keeping with the benefits of locally sourced, seasonal fare, it's affordable, too. They even make all their sauces and dressings from scratch..

Nicholas Wray (who was taking photos while I took notes) split lunch with me so we could try a few items. We had the spicy Greek vegetarian sandwich, a careful assemblage of marinated eggplant, roasted red peppers, English cucumbers, feta cheese, arugula, balsamic vinegar and homemade hummus on Grateful Bread's lightly toasted nine grain bread. We also tried the CalMex salad, a colorful and crisp mélange of hearts of romaine, sweet corn, black beans, avocado, cherry tomatoes, red onion, cilantro, radishes, Cotija cheese and tortilla strips, all tossed with a fire-roasted pasilla chile ranch dressing..

- Niki Kangas.

This article in its entirety can be found at Submergemag.com/featured/plates-2-go.

SAINT JOHN'S QUICK FACTS:
96% of our employment-training graduates have been placed in employment.

JOIN THE CIRCLE. JOIN THE REVOLUTION.

SAINT JOHN'S CIRCLE is the primary driving force for raising funds and awareness for our organization. The extraordinary members of the Circle are committed not just to the growth of Saint John's, but also to the mothers who are working hard to turn their lives around. Circle members support Saint John's events, they organize special events, and serve as important ambassadors to the region.

LUNCHEON SERIES - WEDNESDAY, SEPTEMBER 24TH,

11:30 - 1:30 p.m., Plates Café, \$30/person. - Plan to attend our next luncheon benefiting the Saint John's Program. "A Plate Full of Summer Vegetables - a Cooking Demonstration and Luncheon featuring Paulette Bruce." Paulette, Owner of Good Eats Cooking School and former Sacramento Magazine Dining Diva, will be conducting a demonstration on how to use your garden's or farmer market's vegetables. A special menu will be created by Paulette incorporating the Farm to Fork concept. (Note: This event will be during the week of the Sacramento Farm to Fork Festival.) Limited Seating. For reservations, please contact Debbie Vorous, debjeanx@aol.com.

THE CIRCLE IS GROWING AND IN NEED OF PEOPLE WHO WANT TO HELP. Join us to make a significant difference in the lives of mothers who are making significant change in their lives. Please contact Kim Majetich, President, at kmaj@comcast.net, or Alida Rodebush, Membership Chair, at imbrecht@sbcglobal.net for more information.

THE VOLUNTEERS OF SAINT JOHN'S

VOLUNTEERS ARE VALUED HERE AT SAINT JOHN'S, they are the oil in our engine, the salt in our kitchen, the bubbles in our soda. You get the point. We need our volunteers. We are so grateful for every second of time graciously given to the women and children of Sacramento. We rely on over 300 volunteers every month to donate thousands of hours of time and talent to keep our programs running. All sorts of helpers come through our doors, from local professionals, to high school students. If you ever find yourself wondering how to make a difference in the lives of homeless mothers and children, please visit our web site at www.SaintJohnsProgram.org and go to the Make a Difference section to find out more.

SAINT JOHN'S QUICK FACTS:
It costs us just \$35,000 to help a family become self-sufficient within 18 months - well under the estimated cost Sacramento County incurs to keep a family in the welfare system for one year.

THE VOLUNTEER LIFE:



Hi! My name is Franchesca, I am a senior in high school. I have had the opportunity to volunteer at Saint John's Program for

Real Change the last several months. After my first day of working in the day care, I knew that this program meant a lot more to me than just hours that I needed to get done for school.

Since I first started I have been involved in the day care, the kitchen, and the donation center. All of the staff have been very friendly, welcoming, and informative. The kitchen is my favorite, it is such a lively atmosphere and has given me the opportunity to talk to some of the residents. But, no matter where I serve, each area of Saint John's brings new and positive experiences.

LIFE AFTER SAINT JOHN'S

Alicia Portillo; A mother with a desire for change.

On March 9, 2012, at the age of 46 and a mother of 9 children, Alicia entered Saint John's with her youngest daughter, Memes. Soon thereafter, her 2nd youngest, Hillary, joined them. She came to us with a lifetime of addiction issues that began at the age of 9 years old.

Alicia began training at Plates Café on April 20, 2012. Simultaneously, she obtained her GED through the Career and Education program at Saint John's in June 2012. Later that year, Alicia transitioned from our shelter to our supportive housing program. She completed the Plates training program in early 2014 and was immediately hired on as a temp at the Pick 'n Pull corporate office. Two months ago, she was offered, and she accepted, a full time permanent position.

AT THE AGE OF 46 AND A MOTHER OF 9 CHILDREN, ALICIA ENTERED SAINT JOHN'S

Recently, Alicia has been facing frustrating car troubles that left her with transportation issues that could have affected her ability to work. Thankfully, the team down at Red Rocket Auto Tech stepped in to refurbish a 2002 Jeep Liberty that was generously given to us by Tim LeBas. We stand beside Alicia in thanking both the vehicle donor as well as Red Rocket for providing their invaluable services in a time of need. Alicia will be driving to work with the support of Red Rocket and her family at Saint John's for years to come!



THE CONTRIBUTORS TO REAL CHANGE.

The businesses and foundations that have graciously awarded us grants so far this year play an essential role in providing for the mothers and children of Saint John's. We are so very grateful for the resources so generously provided.

Organizations and foundations that have awarded grants to Saint John's Program in 2014

Arata Brothers Trust

Blue Shield of California

Evangelical Lutheran Church of America

Kaiser Permanente

McClatchy Foundation

Soroptimist of Sacramento

South Sacramento Rotary

Teichert Foundation

Verizon Foundation

Walmart Foundation State Giving Program

SAINT JOHN'S QUICK FACTS:

Every day, we serve approximately 200 mothers and children, and we have to turn away an average of 350 more daily.

THESE ARE JUST A FEW OF THE THINGS OUR FAMILIES NEED

For a complete list of needs, as well as donation locations and times, go to saintjohnsprogram.org and click on “Make a Difference”.

ONGOING NEEDS

- Warehouse space needed for donated furniture items for After-Care clients
- Microwaves
- Gift cards for gas and food
- Gift cards for Home Depot, OSH, Lowe's, Target
- New high chairs
- New porta-cribs
- Bus passes
- First aid kits
- Umbrellas
- Hand and bath towels
- Shower caps
- Laundry detergent
- Powder bleach
- Heavy duty garbage bags (45 -35 gal.)
- Napkins, kleenex, paper towels
- Dish soap
- Toilet paper
- Foil wrap, plastic wrap
- Ziploc bags
- Powder-free gloves
- Antibacterial and baby wipes
- Sanitary napkins and tampons
- Twin size pillows
- Twin and full-size sheets
- Blankets: twin and full
- Women's undergarments, pajamas, and sweats (especially sizes 1X-4X)
- Career/interview clothes
- Winter coats for women & children
- Back packs
- Sporting supplies: balls, outdoor equipment
- Gifts and incentives for teens
- Children's DVDs & CDs
- CD player/radio
- Baby bottles, bottle brushes & nipples
- Sippy cups
- Baby toiletries: powder, shampoo, lotion, diaper rash ointment
- New fold-up playpens**
- New toddler, booster and newborn car seats**
- Underwear & socks
- Pajamas
- Computer academic software
- New tricycles, scooters, and bikes**
- New board games for kids over 6
- Pull-up diapers

** By law, we cannot accept these items used.

SHELTER KITCHEN NEEDS

- Serving platters
- Bus tubs
- Serving pitchers
- Industrial blender
- Lunch food: canned tuna, canned chicken, granola bars, box drinks
- Non-perishable foods: spaghetti sauce, applesauce, vegetables, canned fruit
- Breakfast foods: cereal, instant oatmeal, hot chocolate mix



Join us as we bring you a night of incredible food prepared by our featured Guest Chef, along with wine tasting and music.

September 4th

Patrick Mulvaney
Farm to Fork Collaboration

October 9th

Matt Woolsten
Supper Club + Spoto Wines

November 6th

Darius Somary of Hotel Sutter

December 4th

Luis Becerra from Dad's Kitchen

Hosted at

Plates Cafe & Catering:
14 Business Park Way ~ Sacramento.

Tickets are \$50 per person, table sponsorships are available. For more information go to SaintJohnsProgram.org and click on “Attend an Event”.

Wine tasting and appetizers at 6:00 pm dinner at 7:00 pm each night.

PLATES GUEST CHEF DINNERS





saint john's
PROGRAM FOR REAL CHANGE

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