

Fall 2011

### Welcome to Our New Nursery Supervisor

**T**he North Sacramento Nursery is proud to introduce a new Nursery Supervisor, Anne Schultze. Anne joins us with a strong background dedicated to improving the quality of life for at-risk children so that the Nursery can provide an even more outstanding child development program. For the past 22 years, she has worked as a mentor, coach and consultant to a variety of programs dealing with families in crisis. She is currently working toward a Masters in Early Childhood Education.



*We are pleased to welcome Anne Schultze to the North Sacramento Nursery.*

Anne resides in Davis with her twin 16-year old daughters. We recently sat down to interview our "new addition":

#### What drew you to this position at the Crisis Nursery?

I have always been passionate about children with challenging backgrounds and behaviors. So many children do not start out with the advantages of a stable home life and consistent parental direction. These children need extra special help and that's been my calling.

#### What do you see as challenges of working with the children at the Nursery?

The biggest challenge is the fact that most of them aren't here every day. This makes it difficult to develop trust and ongoing relationships with staff. That said, it is important to develop relationships quickly. Once the child feels safe, my goal is to provide at least one day where they can experience the regular joy of being a child, whether is working in the garden, playing with bubbles, or learning how to write their names.

#### How do you go about providing that "regular day"?

You need a variety of techniques to meet individual needs of these chil-

dren. We are currently developing an assessment tool for children that stay with us longer than five days. It will enable our pre-school teachers to take advantage of "teachable moments" that might be as simple as teaching children to write their own names and discussing who else has a name that starts with the same letter.

#### What about the parents of the children?

We hope to develop a new program for parents where they can learn about their child's strengths and needs. We'll share with parents what the child learned while at the Nursery and what they can do to continue the same types of "teachable moments."

#### What would you consider to be your dream goal for these children?

My dream goal is to provide literacy and school readiness for these children. As we know, preschool and kindergarten readiness have been proven to be essential to future academic success. I would like to find a way to facilitate enrollment in preschool programs for our children so that they can begin the learning process just like other children.

## President's Message

**Marty Opich**, President of the Friends of Sacramento Crisis Nurseries

**I** don't know about you, but my "new year" still starts in the fall. It used to be because of the excitement of the first day of school, with all our new school clothes (that were usually too warm for Sacramento – we stayed in our cotton until November). We transition with the seasons in supporting the Nurseries as well... looking back at the incredible success of a diaper drive at a warm-weather River Cats baseball game (we collected 85 boxes of diapers!) and looking forward to our Teddy Bear Tea in December, with its holiday theme.

However, some things are seasonless. No matter the season, there is always a need to provide a safe and nurturing environment for the youngest and most vulnerable among us, particularly those who are at risk or unsafe because of homelessness, domestic violence, or a parent's struggle with substance abuse, or who need shelter while their families work to improve their lives by searching for jobs and secure housing. I am very proud to have begun the leadership of a group of committed individuals who believe, as I do, that nurturing and educating our youngest and most vulnerable, and keeping them safe, are among the most important missions of our society.

Some of you know us already, and some of you are learning about the Nurseries for the first time with this newsletter. The first Nursery opened in 1996, and there are now two Crisis Nurseries in Sacramento County. Both are typically full to capacity each day. They both offer respite care from 7:00 a.m. to 7:00 p.m. seven days a week, and, for those with exceptional needs, 24/7 care for up to 30 days. Children from birth up to age six may stay at the



Martha Evensen Opich

Nurseries, and all care provided at the Nurseries is free, voluntary and confidential.

The Nurseries are the only program of its type in the area. With the economy in its unsteady state, the need for the Nurseries continues to grow. Please join us in supporting this vital service. There are so

many ways to help. You can become a member of the "Friends of the Crisis Nurseries" by sending the appropriate donation in the enclosed envelope. You can attend the Teddy Bear Tea (look for more information in this newsletter). Better yet, your business can sponsor the Teddy Bear Tea and receive recognition in the event program and on the Nursery website. You can donate diapers, food and supplies (please refer to the "wish list" on the back of this newsletter). Perhaps you are a member of a community, church or social group that would like to hold an event to benefit the Nurseries. Anything and everything is appreciated.

On behalf of all of the Friends of the Crisis Nurseries, thank you from the bottom of our hearts for the support you provide to these deserving children.

**Take a look at our  
"Wish List" on the back  
cover of this newsletter.  
Clip it out and carry it  
with you on shopping  
trips and see how  
easy it is to make a  
donation big or small  
to the Sacramento Crisis  
Nurseries!**

## 2011-2012 Friends of Sacramento Crisis Nurseries

### Board of Directors

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Annita Watson



SACRAMENTO  
CRISIS  
NURSERIES

### North Nursery

4533 Pasadena Ave., Sacramento  
Phone: 916 **679-3600**

### South Nursery

6699 South Land Park Dr., Sacramento  
Phone: 916 **394-2000**

**www.crisisnurseries.org**

To volunteer call

**Judy Schefer 916 452-3981**



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Sacramento, CA 95820  
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Funding provided by:



Funding for the Crisis Nursery program is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children ages zero through five. Additional information about the First 5 Sacramento Commission is online at [www.first5sacramento.net](http://www.first5sacramento.net) or by calling 916-876-5865.

## Manager's Report - North Crisis Nursery

**Barbara Nolan**, Program Manager of the North Sacramento Crisis Nursery

**A**s always, a lot of positive things are happening at the North Nursery! Anne Schultze, our new Nursery Supervisor (see front page story) has finally started and we are really excited to have her join us!

Ruth and Ross Foster hosted a great event for us called **The Function at**



1000 My Stuff Bags and counting

**the Junction**, a fundraiser for the monthly seasonal birthday parties. It was a lot of fun and there was even a square dance caller. Thank you Ruth and

Ross, the joy you bring to the children when you host the birthday parties is a treat to see.

When I first started at the Nursery, Linda Tinsman was the woman who made the **My Stuff Bags** for the children. At that time she said her goal was 1000 bags. Linda called me in June and said "I finally did it! I've reached my goal of 1000 My Stuff Bags." The My Stuff Bag is an adorable pillowcase sized



bag that each child spending the night at the Nursery gets to take home after their first stay. In the bag they find a homemade blanket, a stuffed animal, a book and a hygiene item. Now, even though Linda has reached her goal, she continues to make the bags. That's true dedication!! To keep up with the demand for the bags, we now have the pattern on the kidshome.org website, Crisis Nursery link.

The North Nursery has had a lot of support during this Spring/Summer season. Thank you to the Sacramento Community for all of your continued support. There have been so many individuals, groups and organizations, your generosity is overwhelming. Please call if you would like to tour the North Nursery. It would be my pleasure to show you around.

## Manager's Report - South Crisis Nursery

**Suzi Dotson**, Program Manager of the South Sacramento Crisis Nurseries

**W**hen I became the Program Manager at the Sacramento Crisis Nursery, I had a vision of what I wanted the Nursery to be for the children in the Sacramento community. I knew that the road would be rough, that there would be days when I would cry because of the hardships I see our families experience; but I also knew that through the development of a nurturing program, we could truly make a difference in the lives of many children. Since last July, the Crisis Nurseries have served over 2,000 children and while that number is impressive it does little to show the deep impact we can have in the life of a child. The children at the Crisis Nursery grow and learn in every moment. It's so much fun to watch them interact, develop social skills, concentrate on a difficult puzzle, make crazy noises bounce all over the place and imagine superhero scenarios.

Through these moments the staff of the Crisis Nursery becomes the most important part of the how the Nursery makes a difference in the Sacramento community. The dedication I see from the people who work with these often traumatized children is amazing. This is not a glamorous job, we wipe dirty faces (and other parts) all day long, we listen to cries for mommies and daddies that sometimes go on for hours, we see children who act out in anger because of the pain they have inside. This is not an easy job but it is one that has an enormous payback in the satisfaction of knowing that we've made a difference. Every day the staff at the Crisis Nurseries makes a differ-



ence in the lives of children.

We recently had a call from a frantic mother whose stress level was escalating because her 3 year old and 8 month old were hungry and tired. She had been looking for a job all day and was at her wit's end with nothing to give her children for dinner. The Nursery had room to take the children, but the mother had no way to get the children to the Nursery. It was late on a Wednesday afternoon when typically there is no staff available to provide transportation. Two staff members stepped up, one staying an extra hour and the other going to pick the children up so that the mother could get the rest she needed and the children could have a meal and a safe place to stay for the evening. This kind of dedication is amazing and inspiring and I am proud of how hard our staff works to care for the children of Sacramento.

# Having Fun Serving the Kids



above - The Rotary Club of Sacramento Breakfast holds a fabulous Fiesta and Auction every Spring to benefit the Sacramento Crisis Nurseries and Rotary Youth projects. Abby Hewitt presents a check for \$10,000 to Suzanne Henderson, Friends president 2010-11.



left - Wells Fargo employees all over Sacramento collected food for the Crisis Nursery Program when they heard our cupboards were bare. Most notable was the nearly 400 lbs of food and related items from a group at the Rancho Cordova Wells Fargo Insurance Services office!



above - Stephanie Cripe with Assemblyman, Dr. Richard Pan, co-host of the 11th Annual Healthy Kids Day event.



left - The preschool students at Bradshaw Christian School saved their coins to donate to the Nursery. Chris Weske gave Preschool Director, Carisse Tidwell, a tour of the North Nursery after she presented a check to Barbara Nolan.



above - The Foothill Highlands Rotary Club had a meeting at the Nursery and then they all took a tour. They have been a great support to the Nursery and have been very generous with their donations.

left - Carol Luery seems to always be driving around with her car loaded with diapers.

## Need Diapers? - Great Friends Come Through!



Thanks go to River Cats team owner Susan Savage and the entire River Cats organization for hosting a diaper drive for our Nurseries on August 17th at Raley Field. We were pleased to collect 85 boxes of diapers. Friends board members distributed informational materials to fans as they entered and we recruited many new supporters. left - Emily Higginson from the River Cats and Friends' new president, Marty Opich

When Tony's Fine Foods owners, Scott and Karl Berger, challenged their employees to "stuff the sausage truck," no one thought that they would literally be filling the truck with diapers! Employees held a diaper drive for the Crisis Nursery Program this summer, and in one month collected over 10,000 diapers! 488 employees participated in this "drive", where employees in each department challenged each other to see who could collect the most diapers.



## Renew. Energize. Donate.

On Thursday, May 12, 2011, 77,000 Keller Williams associates gathered in their communities and provided nearly 150,000 hours of community service, making R.E.D. Day the largest collective community service event in real estate history!

The South Sacramento Nursery was selected by a local Keller Williams team to benefit from a top to bottom, inside-out "extreme" makeover! New paint in almost every room, new carpet in the administrative area, new floors in the kitchen and dining room, refinished kitchen cabinets, as well as work to extend the outside patio deck and a new awning for the back. On top of everything, Keller Williams also provided new furniture for the family visitation room, including 2 new couches, love-



seat, coffee table, window coverings, chair, ottoman, and an entertainment center.

The total amount of the donation, including man hours, all supplies and materials, and new furniture is nearly \$16,000!

## GGs Fall Event!



**Celebrate** the centennial anniversary of the Right to Vote for California women at our next Gifting Grandmas' luncheon event, Friday, October 28<sup>th</sup> at 11:30am at North Ridge Country Club.

Our entertaining guest speaker will be Carolyn Martin, M.A. in U. S. History, University of Washington. Ms. Martin has created Women's History events for faculty, staff and students and taught U.S. History part-time in community colleges. Appearing in costume, she will share the history of women's suffrage, with a focus on the California campaign, which was an innovative, even daring campaign with women actually driving cars, marching in the streets and blaring trumpets to alert citizens to suffrage speeches.

Get in the sprit: wear your favorite suffragette hat! We'll celebrate the centennial, catch up on Nursery news, chat with friends while enjoying a delicious lunch, and more!

Watch for your invitation the first week in October.

**Did you know that in 1893 our CA state legislature approved suffrage for women only to have the governor veto the bill as unconstitutional?**

**It wasn't until 1911 that California male voters approved full women's suffrage.**

## Why We Are Here – A Family Story

On July 19th, Katy walked into the Crisis Nursery South with a big smile on her face. "It's over!", she said.

Family court had just granted her permanent guardianship of her grandchildren, five-year-old Chris and four-year-old Christa. Katy's daughter was a young mother who suffered from severe mental health illnesses and also engaged in illegal activities.

Over the course of the 14 months since she first contacted the Sacramento Crisis Nurseries in May of 2010, Katy's life had taken a 180 degree turn. It was a slow and gradual transition that she was willing to take for her daughter and her grandchildren. It involved her

attempt to connect her daughter with an AOD/MH service provider and to make appointments with county offices to receive financial support, in addition to legal and medical appointments.

The Sacramento Crisis Nursery was able to provide a safe and educational environment for Chris and Christa, while Katy went to these appointments and attended a grandparents' support group. The nursery also connected the family to a parent-child interaction therapy to enhance positive relationships among them. This is just one more example of another family that was saved because the Sacramento Crisis Nursery was there for them.

## "I would like to thank you all..."

This Mom's letter and one from her son along with his drawing remind us once again of the help and compas-

sion the Sacramento Crisis Nurseries provide to our community.

June 4, 2011

Dear Chizu, Miss Sadie, and Sacramento Crisis Nursery staff,

I would like to thank you all for having gone above & beyond with caring for my son while I was going through a difficult patch with my employment schedule.

Knowing how loved and cared for he was while he was there while I worked helped me feel comfortable that he was safe and he always enjoyed being there. You guys were like a second family and I truly appreciate this!

(He was so excited about the birthday party you guys gave him and I was deeply touched by the loving gesture!)

Thanks for everything!!

As a program of the Sacramento Children's Home, we are not affiliated with any business, hospital or government agency. Your donations make the difference!

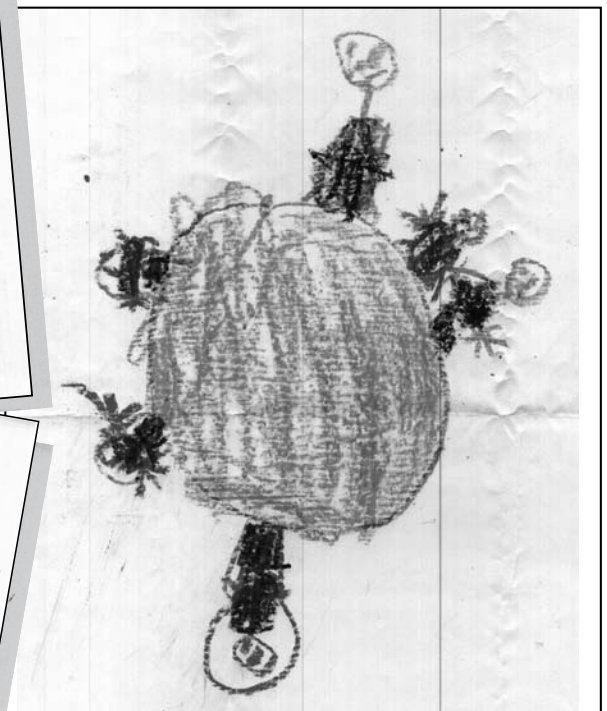
Dear Chizu, Sadie, Mo, Pam, Ofelia, Etc.  
Thank you for all of the fun days we shared. I will miss you!

## Where Does Your Money Go?

Often, donors ask, "What does Friends of the Sacramento Crisis Nurseries do with 1 money donated?" The answer simply is that our organization provides financial support to the Nurseries in two ways: supplying seriously needed operating funds and contributing to the Thomas P. Raley Fund.

The Thomas P. Raley fund was established with a \$500,000 gift from Joyce Raley Teel at the opening of the first Crisis Nursery 15 years ago. The fund is designated for the Nurseries with the intent to build it to the point that its income will sustain the Nurseries' continued existence. The Thomas P. Raley fund is worth over \$2,000,000 today.

Because of our donors' generosity, the Friends of the Sacramento Crisis Nurseries was able to contribute \$60,000 to the fund last year, in addition to providing \$50,000 for operating expenses. Thank you.



The young boy drew this picture showing lunchtime at the Nurseries. Many children who come to the Sacramento Crisis Nurseries rarely experience this kind of family-like interaction.

## The Teddy Bear Tea Returns!

**T**he Friends of the Sacramento Crisis Nurseries cordially invite you to join them Saturday, December 3rd at the Del Paso Country Club for our second annual Teddy Bear Tea. This event provides the opportunity to create a new family tradition filled with fond holiday memories for you and your little ones.

There will be singing with the Piano Man, storytelling and activities with a lively elf accompanied by a visit from Teddy and friends along with a special gift of a Teddy Bear for each child!

Adults will enjoy a traditional high tea service consisting of finger sandwiches, freshly baked scones and all the trimmings while the children will nibble on kid friendly treats especially created for the younger set.

Proceeds benefit the Sacramento Crisis Nurseries, a program of the Sacramento Children's Home. Ticket prices are



\$65 for adults and \$50 for children. There will only be one seating - 10:30 am to 12:30 pm, so we encourage you to make your reservations early!

Tickets are available for purchase online at [www.kidshome.org](http://www.kidshome.org). For more information and sponsorship opportunities call Chris Weske 916-988-5870 or email [cweske@aol.com](mailto:cweske@aol.com).

### Teddy Bear Tea Reservation Form Celebrate the Holidays with the Children in your Life!

**Saturday, December 3, 2011**

**Del Paso Country Club**

3333 Marconi Ave, Sacramento, CA 95821

10:30 a.m. - 12:30 p.m

Adults \$65 Children \$50

Tickets are available for purchase online at [www.kidshome.org](http://www.kidshome.org) or

Clip and mail this reservation form to

**Carol Luery:** 3510 Fair Oaks Blvd. PMB 162, Sacramento, CA 95864  
along with a check made payable to **FCN/SCH** by November 25, 2011.

Confirmation will be made by phone or email.

Name \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

\_\_\_\_\_ Adults @ \$65 each = \$ \_\_\_\_\_

\_\_\_\_\_ Children @ \$50 each = \$ \_\_\_\_\_

If sharing a table, please list the names of other adults at the table:

#### Questions?

Carol Luery: [cluery@gmail.com](mailto:cluery@gmail.com)

Christine Weske (916) 716-6264 [cweske@aol.com](mailto:cweske@aol.com)

Proceeds benefit the Sacramento Crisis Nurseries,  
a program of the Sacramento Children's Home

## Save these Dates!

- **Los Amigos Fashion Show**  
September 24  
at Del Paso Country Club
- **SCH Golf Classic**  
Monday, October 10  
at Catta Verdera Golf Club  
Information: [www.kidshome.org](http://www.kidshome.org)
- **Los Amigos Tennis Tournament**  
October 22th  
at Gold River Racquet Club
- **Gifting Grandmas Members' Fall Gathering**  
Friday, October 28  
at North Ridge Country Club
- **2nd Annual Teddy Bear Tea**  
Saturday, December 3  
at Del Paso Country Club
- **SCH Guild's Annual Crab Feed**  
Saturday, February 18, 2012  
Folsom Community Center.
- **Fiesta de Mayo**  
Saturday, April 21, 2012  
at the Sac State Alumni Center  
Rotary Club of Sacramento Breakfast

**Did you know that there are just over 80 Crisis Nurseries in the United States? There are only 6 in California, all located in Northern California.**

**The Sacramento Crisis Nurseries are 2 of the 6!**

### It's Time to Renew!

As our fiscal year 2011/2012 is now in full swing, please consider renewing your Friends membership using the enclosed remit envelope. It's a perfect way to support the Nurseries!



## Friends of Sacramento Crisis Nurseries

2750 Sutterville Road  
Sacramento CA 95820

If you no longer wish to receive *Nurseries News*, or would prefer to have it sent via email, please send your request to: [FriendsofSCN@aol.com](mailto:FriendsofSCN@aol.com)

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## SACRAMENTO CHILDREN'S HOME

*Investing in our children & families since 1867*

The Sacramento Crisis Nurseries is a program of the Sacramento Children's Home.

### All Donations are Needed and Appreciated • Thank You!

North Nursery: 4533 Pasadena Avenue • 916 679-3600

South Nursery: 6699 South Land Park Dr. • 916 394-2000

Monday – Friday 8:30-5:00 • Closed Holidays

*For safety reasons, stuffed toys and used car seats cannot be accepted.*

## Sacramento Crisis Nurseries Wish List

**W**ithout your generosity the Sacramento Crisis Nurseries could not exist. We suggest that you clip or copy this wish list and bring it with you when you shop. If you see good deals on wish list items, you can take advantage of them. Thank you!

### Food

- Juice (100%) apple, grape, mixed
- Canned peaches, fruit cocktail, pineapple
- Canned green beans, corn, mixed
- Canned chicken, beans, enchilada sauce
- Crackers- whole grain, saltines, graham
- Macaroni, egg noodles, potatoes
- Baby snacks
- Formula – all kinds plus EnfaCare (Enfamil), Enfamil AR, Enfamil Lipil, Prosobee, Gentlease

### Household

- Laundry detergent, bleach, Dreft
- Lysol spray, vinegar
- Garbage bags - 13 & 33 gallon
- Paper towels, roll & tri-fold
- Liquid hand soap, hand sanitizer

### Hygiene

- Baby wipes
- Diapers & Pull-ups, sizes 2-6
- Toothbrushes, toothpaste - infant and child
- Desitin
- Aquaphor Healing Ointment
- Eucerin Moisturizing Cream or Lotion
- Eveeno Baby Body Wash & Shampoo

### Crafts

- Construction, tissue & clear contact papers

- Craft sticks, felt, feathers, pom poms
- Paper plates, glue sticks, ice trays
- Tempura paint, food coloring, potters clay

### Gift Cards

- Costco, Raleys, Winco or Safeway
- Gas Cards
- Target, Wal-Mart, Sam's Club

### Special Needs

- Books with cassettes
- Shoes & socks (preschool sizes)
- Underwear, boys & girls sizes 2-12
- Shade structure for infant play yard
- Doll clothes

Monetary donations are also welcomed. All donations are needed, appreciated, and gratefully accepted. Thank you.