

Nurseries News



Friends of
Sacramento
Crisis Nurseries

NEWS FROM THE FRIENDS OF THE SACRAMENTO CRISIS NURSERIES

Winter 2011

Celebrate the Nurseries' 15th Anniversary with 4-the-babies!

Fifteen years ago the doors opened at the South Nursery location welcoming families and providing a safe place for their small children while they received the resources they needed to resolve their crisis from our trained staff. Six years later a second location opened in the north area providing additional space to serve the needs of families throughout Sacramento.

Through the years the program has evolved with the needs of our community. Primary funding from First 5 Sacramento added emergency child care to the initial program, which provides overnight care to children, ages birth through 5 years. Since then a pre-school literacy program has also been added. Beginning with the original \$500,000 contribution by the Raley family the nursery has been supported by the generous donations of time and money from community volunteers and local businesses.

The Friends of the Crisis Nurseries created the 4-the-babies campaign in 2007 to give all of our donors, young and old, the opportunity to create their own individual fundraising ideas. The results have been tremendous. From brownie troops collecting diapers to businesses donating portions of their daily sales, to special occasion parties with donations collected in lieu of gifts, there are no limits to the possibilities.

We invite you to join the Friends of the Crisis Nurseries in celebrating the program's 15-year anniversary by creating

You Are Invited!

To join the
Friends of the Sacramento Crisis Nurseries
as we celebrate the
15th Anniversary
of the
Sacramento Crisis Nurseries!

Throughout the month of April, 2011 the
4thebabies
Fundraising Campaign will be in full swing!
You can create your own fundraiser to support the Nurseries:

- Sponsor a 'Food Drive'
- Collect 'Wish List' items
- Launch a 'Diaper Drive'
- Host a 'Baby Shower'
- Host a 'Party with a Purpose'
- Collect 'Spare Change'

The Friends will be happy to provide graphics, information and advice for your event.
For more information and events updates visit to www.crisisnurseries.org or call:
North Nursery – 679-3600

a fundraiser with the help of your family, friends or colleagues. The Friends will be happy to provide graphics and nursery information to make your activity a success.

As the nursery program celebrates its 15th year take time and ask yourself, "Where would these small children go if there weren't a crisis nursery program?"

President's Message

Suzane Henderson, President of the Friends of Sacramento Crisis Nurseries

I want to begin by congratulating our Sacramento Crisis Nursery Program on its 15th Anniversary. Since 1996, the program has served 10,028 children and 6,340 adults. The success and longevity of this program is a significant accomplishment, especially since it has survived and thrived with very little government support. This is the only child abuse prevention program of its kind in Sacramento County providing parents and guardians in crisis with emergency day care and overnight care for children 0-5 years.

The program's success would never have been achieved without the foresight and commitment of the program's founders; excellent Nursery managers and staff; dedicated volunteers and ongoing financial support from the community. While we celebrate this success, we realize the need for emergency child care has never been greater. In larger numbers than ever, parents and guardians need a safe place for their children while they seek help to alleviate stress brought about by unemployment, homelessness, domestic violence, medical or mental health issues and substance abuse. These are people from all walks of life that lack support systems most of us enjoy. The Nurseries not only provide a temporary, safe environment for children, the staff provide referrals and assistance for parents to access local agencies that provide employment training, housing, counseling, medical or mental health, counseling legal or education providers. Based on data from initial and exit assessments, families that utilize the services of the Nurseries report reduced parental stress, improved parenting



skills and a greater capacity to deal with their children in a healthy manner, thus reducing the chances of abuse or neglect. The program works.

During 2010, both Nurseries have experienced marked increases in need for services. Each has been operating at capacity, forcing staff to turn away an average of 45 families per month. Obviously, the Nursery Program is crucial during these difficult times.

How can you help? In this newsletter you will find many ways you can support the Nursery Program. We will be celebrating the 15th Anniversary throughout this year. In April, Child Abuse Prevention Month, we will launch our annual 4-the-babies Campaign. For more information about how you can be involved, please see the accompanying article on the front page of this newsletter or visit www.crisisnurseries.org.

On behalf of the Friends of the Sacramento Crisis Nurseries, I want to thank all who have supported our program over the years and hope you will continue that support for another 15 years! **We can do this!**



Opening Day celebration at the South Sacramento Nursery in 1996

2010-2011 Friends of Sacramento Crisis Nurseries

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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



SACRAMENTO
CHILDREN'S HOME
Investing in our children & families since 1867

2750 Sutterville Road
Sacramento, CA 95820
(916) **452-3981** • www.kidshome.org

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 or by calling 916-876-5865.

Manager's Report - North Crisis Nursery

Barbara Nolan, Program Manager of the North Sacramento Crisis Nurseries

The generous spirit of community giving during the Holidays is overwhelming. It is always fun to be asked to go to various other organizations' holiday events and update them on the year at the Nursery. On December 3rd I was at such an event, so I was wearing my dress shoes and slacks. When I got back to the Nursery I went to see the children dividing the lettuce in the garden with one of our volunteers. Before I knew it I had been out in the dirt with the children for an hour and a half. We were digging for worms and making worm habitats to bring inside. Some of the children had never dug for worms before and at first they were a little intimidated, but soon were holding them. The joy of playing with children, dirt and worms is PRICELESS, but my shoes will never be the same again!

During 2010 the North Nursery served 1882 children and 1339 families. While it is exciting to have been able to serve so many children and families,

it is also hard to have had to turn away 630 children and 373 families because we did not have any room.

Thank you to all of you who gave and continue to support the Nursery during these difficult times. You support the Nursery in so many ways - rocking the babies, reading to the children, making blankets, going to outreach fairs, having fundraisers so we can train our staff, helping in the office, bringing in food and diapers, are just a few of your many generous gifts. Please know that your support is impacting the experience of a child and that your generosity truly enables us to provide services that have a lasting impact on so many families and children. You are really appreciated!



Fiesta de Mayo

Please join the Rotary Club of Sacramento Breakfast at their **8th Annual Fiesta de Mayo!**

A fun-filled evening of
**South of the Border
Dinner & Drinks**

Music • Live & Silent Auctions

Saturday, May 14, 2011 - 6:00pm
At the Alumni Center, Sacramento State

**Fiesta de Mayo benefits
Sacramento Crisis Nurseries
& Rotary Youth Projects**

\$50 per person

\$450 Tables for 10, paid by 4/18/11
Sponsor opportunities available.

For sponsorship information and to donate auction items, please contact
Nancy Garton, 916-921-2110.

For tickets please contact
Abby Hewitt, 916-348-6168
or email: abby@caconnections.com

Manager's Report - South Crisis Nursery

Suzi Dotson, Manager of the South Sacramento Crisis Nurseries

There are moments in the hectic day to day operations of the Crisis Nursery when I am encouraged to step outside of my office and reconnect with the mission of the Crisis Nursery. I let worrying about the budget, staffing, or when the next report is due go for a few moments and I walk into the classroom. This is truly my favorite place to be.

Today, I came across five children playing happily in the classroom. While watching their smiling faces and listening to their little excited voices I realized the most amazing thing, not one of the children seemed to have a care in the world. Regardless of what brought them here, the situations their parents are facing, or my concern over

the Crisis Nursery operations, they were just being kids. Moments like this inspire me and remind me of the importance of what we do, what we are blessed to do.

At the Nursery, we feel like we have been given a precious gift, the gift of being able to care for our community's most vulnerable children. We know that we have made a difference in the lives of these children and of all the other children we have served throughout the years.

We are so very thankful for every gift



that has come our way in 2010 and we all know here at the Sacramento Crisis Nursery that we could not have such a wonderful program if we did not have the support from such a giving community. From the very young to the very old, the Sacramento community has proven that they truly know the meaning of generosity and volunteerism.

We look forward to an equally amazing 2011, a year where we continue to make a difference in the lives of families, a year where the Sacramento community continues to value the work of the Sacramento Crisis Nursery, and a year where I can step outside my office and hear the most wonderful sound in the world, the happy voices of children playing.

Wonderful Acts of Kindness

*"From what we get,
we can make a living;
what we give,
however, makes a life."
- Arthur Ashe*

The Sacramento Crisis Nurseries have been so very fortunate in that they are in the hearts and minds of so many here in the community. These are just a few of the acts of kindness that came the Nurseries' way:

- Two **UC med students**, visited the North Nursery in October. They wore their white coats and played "What's in the Doctors' Pockets?" where children discovered uses for medical items used during exams.
- The **Future Pharmacists Club** from Sacramento State brought costumes and candy to the North Nursery for the children's Halloween celebration.
- **McGeorge School of Law Women's Caucus** brought Christmas stockings filled with goodies for all the children at the North Nursery so that each child found a stocking from Santa when they awakened on Christmas morning.
- **Quality Travelers** invited Nursery staff to their annual Holiday Party and presented them with several gift cards and items from the Nurseries' Wish List.
- The **Royal All-Star Dance Team** came and brought Christmas gifts and food to the South Nursery for all the children.
- **Mercedes Ben** donated \$1000 in Rayley's gift cards to the South Crisis Nursery. This gift will feed the children for about seven weeks.
- **Joe Miguel**, a professional Santa donated his time to the South Crisis Nursery to hand out presents to the children at their Holiday party.
- The **Florin Rebekah Lodge #20** donated household items, clothes and money in a special ceremony at the lodge.
- Two different **Communications**



Left: Brad and Debbie Horner came to the Nursery for the Holiday Party dressed as Santa and Mrs. Claus. They handed out presents to all the children in attendance. The following week Debbie came to the Nursery with a group of her co-workers that brought bags of groceries and supplies for the Nursery.



Left & above: Volunteers from AkzoNobel (a Glidden Paint Company) painted several rooms at the North Nursery: the kitchen, parts of the welcome room, the infant dining area and the staff bathroom.



Above: LexisNexis came to the North Nursery for their volunteer day. The group pruned and weeded outdoor areas, washed windows and cleaned inside.



Above: Three 10 year-old girls from Girl Scout Troop 1375 were earning their junior leadership badge and came to the North Nursery to help with the diaper drive.

Classes from the local community college held fundraisers and diaper drives for the Nursery over the holidays.

- **Planning Company Assoc.**, a company based out of Pasadena, CA chose the Crisis Nursery as their annual beneficiary.

- **Dale Reinhard**, a retired child psychologist met one of the South Crisis Nursery preschool teachers at a community event. She was so impressed, she came to the Nursery and presented a check for \$500 so the teacher could pick out some special equipment for her classroom.

The Teddy Bear Tea was Magic!!

What do you get when you combine a roomful of eager young children, Frosty the Snowman, a giant Teddy Bear, two elves and the Piano Man? **The Teddy Bear Tea!**

On Saturday, Dec. 3rd the main dining room of Del Paso Country Club was transformed by Linda Shower and her talented committee into a winter won-



Planning Committee and Volunteers

derland filled with Teddy Bears and tea cups. Teddy Bears of all shapes and sizes filled the festive rooms as our young guests were greeted by Frosty and Snowflake the Elf.

Balloons and a stuffed Teddy bear decorated the seats of each of the young guests who were served cups of steaming hot chocolate followed by a stunning array of tea sandwiches, scones, tiny cakes and pastries. A surprise visit from Teddy, bringing gift bags filled



The children enjoyed story time with Snowflake and songs with the Piano man

with more goodies was followed by an afternoon of balloon making and interactive storytelling with the Elves and musical entertainment provided by the



Edie Richmond and Pauline Buck enjoyed afternoon tea with the young ladies!

wildly entertaining Tim Williams, also known as the Piano Man.

The Friends of the Crisis Nursery want to thank Sharon Winkel, the event chair for making her idea a reality; Donna Purdy of the Imagination Shoppe for her generous donation of time and talent to the event by providing us with the elves



Kevin Weske and Jacqui Barnett, our Frosty and Teddy

and all the costumes. The characters of Frosty and Teddy were brought to life by Kevin Weske and Jacqui Barnett.

The following members of the Sacramento business community supported the Tea by purchasing advertising space in our Teddy Bear Tea booklet so graciously underwritten by Dr. Lisa Nielsen Laptalo.

- Paul E. Cripe, D.D.S.
- Finderskeepers Boutique
- Gatherings, Gift, Garden, etc.
- Goore's Furniture & Accessories
- The Imagination Shoppe
- Koukla Kids
- Lisa Nielsen Laptalo, DMD
- Netpay Payroll/Jessie Baratta
- Olsen & Partners, CPA
- The Piano Man
- Kelvin A. Tse, D.D.S.
- Weideman Pediatric Dentistry & Orthodontics

The Friends of the Crisis Nurseries are indebted to all of those who donated their time and talent, purchased tickets, advertising and worked to produce a little bit of holiday magic to benefit such a deserving program.

Save-the-Date!



Everyone is invited to enjoy a delightful spring lunch and fashion show featuring the latest in golf attire and casual spring fashions. This will also be the GG's Annual Spring event!

Location: North Ridge Country Club

Date: Wednesday, April 13th

Time: 11:30 social/cocktails
12:15 lunch

Cost: \$40

Watch for details on our web-site and your invitations in the mail. All proceeds will benefit the Sacramento Crisis Nurseries.

What Keeps the Doors Open!

If you have ever wondered how the Sacramento Crisis Nurseries are able to exist, you can thank the following supporting organizations. All of these organizations have given the Nurseries large grants which have made it possible for us to offer more services and to make long-range plans. They have seen the success of the Sacramento Crisis Nurseries program in helping those in critical need, and have chosen to help support these endeavors.

- **First 5 Sacramento** has approved a five-year grant to support the operation of both Sacramento Crisis Nursery locations.
- **Sacramento County / HUD's** grant will make available four new beds to children whose families are facing homelessness.
- **In-N-Out Burger's** grant will be used to purchase food and clothing for the little Sacramento Crisis Nursery residents.
- **Kaiser Permanente** funded a grant to support one case worker at the North Sacramento Crisis Nursery.
- **Mercy Foundation's** Matching Grant will support the Sacramento Crisis Nursery Program.
- **Ronald MacDonald House Charities**, in conjunction with **Pacific Coast Builders**, awarded a grant to purchase food for the Sacramento Crisis Nursery locations.

Thank you all so very much.

right: Karen Ames with Executive Chef Yves Blondeau

below: GGs picked up a few tips from the Chef at Northridge Country Club



Should the Nurseries Be Part of Your Estate Plan?

The Sacramento Crisis Nurseries provide a valuable and much needed service in our community by keeping young children safe when their families are in crisis. One way you can help us is by reviewing your estate plan with your advisors. Because the Nurseries are a tax-exempt charity, there may be significant income and estate tax advantages for you by including the Nurseries in your plan.

Planned giving usually refers to gifts to be completed through a will or trust after the death of the person (called the grantor or donor) making the gift. These testamentary gifts can be used to fund an endowment, create or complete a special project, or even be allocated to fund current needs. The person

making the gift has great flexibility in planning. Some families wish to have their gifts acknowledged publicly with a plaque, sign or certificate while others prefer anonymity. The Crisis Nurseries can work with the donor and his or her professional advisors to make the most appropriate arrangements.

Some planned gifts make provisions for income to the grantor (and sometimes the spouse) during life with the remainder of the specially designed trust going to the Nurseries at death. This works very well with appreciated property like real estate or securities.

Should you or your advisors wish more detailed information, please call current member of the Friends, Nancy Garton at (916) 921-2110.

GGs' Fall Lunch

On a sparkling October morning Gifting Grandmas (GGs) gathered at North Ridge Country Club for a cooking demonstration by Executive Chef Yves Blondeau. We first sampled his awesome ahi won ton appetizer, and then after lunch, Chef's delicious apple tort dessert. Barbara Nolan, manager of the North Nursery, gave us an update of nursery program.



Gifting Grandmas (and 'Wannabees') support the Nurseries with a minimum donation of \$200 per year. Anyone who loves children and wishes to support the Nurseries is welcome to join. For information please contact Diane Cooper at 916-698-5252 or email: dcooper9019@att.net.

Grateful for...

January 6, 2011 was a cold and foggy day but the room was warm and glowing at the North Nursery when members from the National Council of Jewish Women (NCJW), Sacramento Section, gathered with Friends of Sacramento Crisis Nurseries board members and staff from the Sacramento Children's Home and the Sacramento Crisis Nurseries.

The occasion was the presentation of a check to the Friends of Sacramento Crisis Nurseries in the amount of \$3,350. The donation will be used toward a training program for nursery staff to better understand the regressive effects of trauma and how it affects children. NCJW fundraising events included a Mah Jongg afternoon, a benefit performance of "SUDS" at the Cosmopolitan Café and small donations collected at various events. In addition, members of the group brought large donations of clothing, diapers and food staples to their annual Founder's Day event.

Story of a Family

At the Sacramento Crisis Nurseries, some families receive one-time assistance from the teachers and case managers, whereas others receive services on multiple occasions for various reasons. This is a story of an instance when the mother's core problem was shared with her case manager after they had developed a trusting relationship while going through a less threatening crisis.

Diana called the Crisis Nursery South in October 2010 to request emergency childcare for her 2 year old son in order to attend a parenting workshop. She was a 26 year old single mother of four children. She and her youngest son had just moved to South Sacramento while three older children continued to reside with Diana's mother in San Joaquin County. The nursery provided emergency child care for Diana so that she could continue with her parenting group throughout the month of November.

When Diana returned to the Crisis Nursery in December, she disclosed to her

case manager that she was in a domestic violence relationship and had been meaning to flee from her partner. She had been experiencing severe physical and verbal aggression by her partner, isolation from her family, and feelings of guilt towards her son. At this time, she also revealed to her case manager that she had attempted suicide in 2009 suffering chronic depression.

Diana's case manager provided information to her on domestic violence (cycle of violence in particular), introduced her to local domestic violence programs, and assisted her in developing a safety plan. Diana soon agreed to call the WEAVE Crisis Line with her case manager's support and went through the telephone screening. She and her son were admitted to the WEAVE Safe House two days after the screening call, where they could stay together, under the same roof, in a safe environment. The Nursery provided safe and loving 24 hour care for her son until Diana was able to be reunited with him at the WEAVE Safe House.

Celebrating Collaborative Support

On Saturday, October 9th, First 5 Sacramento held its annual Sacramento Children's Celebration at Fairytale Town, in William Land Park. The event was free to children and their families, and included a community resources expo, free health screening for young children, and tons of fun activities for the kids. Included in the celebration was a special area designed for the youngest attendees –Baby Stop, furnished by IKEA, in support of Healthnet. The area was set up with changing stations, a play area with child size tables and chairs, and a comfortable setting for nursing moms.

At the conclusion of the celebration, IKEA generously donated all the furnishings and coordinating products to the Sacramento Children's Home's Crisis Nurseries Program. As one of IKEA's community partners, the Sacramento Children's Home was chosen to receive IKEA's generous donation.

Children Helping Other Children – Thanks Kids!

Over the past several months, the Nurseries have been deeply touched by the kindness and generosity of the young people in our community.

Rock Harbor Youth Group, a group of high school students, cooked the Thanksgiving Feast and Holiday Party for the North Nursery. When the group decorated cookies with the children at the party both group members and children had a great time.

Three 10 year-old girls from Girl Scout Troop 1375 were earning their junior leadership badges and came to the North Nursery to help with the diaper drive. Mary, Mallory and Haley collected \$158. and filled the back of their troop leader's SUV with diapers.

Young brothers, Cole and Miles, held a holiday pajama drive in their neighborhood. They left a note attached to bags tied with a bow on each neighbor's doorstep asking them to donate new pajamas. The boys collected and delivered 160 pairs of pajamas for the nurseries!

Seven year-old Dylan and five year-old Drew were encouraged by their school, StoneLake Elementary, to give back to their community. This prompted the two young men to ask all their



Dylan & Drew

friends and family for wish list items. They then presented these gifts to the South Crisis Nursery right before the holidays.

An anonymous church youth group donated \$500 in gifts for the children at the South Nursery

Marisa Glass and her teenage friends from East Valley Church came to the South Nursery, fed the children lunch and worked on a special art project with them.

Stefani, age 6, who collected cans and bottles for recycling and then used the money she received to buy items from the Nurseries' Wish List.

Isabel (age 9) spent her own money to buy baby wipes for the South Nursery.

Sacramento Crisis Nurseries Wish List

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. *Without your generosity the Crisis Nurseries could not exist. Thank you!*

Food

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

Household

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

Hygiene

- Baby wipes
- Diapers & Pull-ups, sizes 2-6
- Vaseline
- Toothbrushes, toothpaste (child size)
- Eucerin Moisturizing Cream & Lotion
- Aquaphor Gentle Wash & Shampoo
- Eveeno Body Wash

Crafts

- Construction, tissue & clear contact papers
- Craft sticks, felt, feathers, pom poms
- Paper plates, glue sticks, ice trays
- Tempura paint, food coloring

Gift cards

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

Special Needs

- Books with cassettes
- Shoes & socks (pre-school sizes)
- Underwear - boys & girls sizes 2-12
- Batteries, sizes C & D
- Warm Mist Humidifier
- Crayon melter

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.



**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

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