

FELTON NOVEMBER 2019 NEWSLETTER

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FSA
Family Service Agency
of San Francisco

Lives Transformed



November 2019

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Felton Spotlight: Effie Cockrell, Payroll Specialist



When Effie Cockrell is focused on payroll, she makes it clear that she is a woman on a mission.

Growing up in Tel Aviv, Israel, Effie thought there was no other place in the world for her; she never imagined leaving home. The middle child of three and the only girl, Effie recalls that she was a lively young lady with big dreams, but she knew to follow her parents' household rules. At the age of 28, Effie decided that she wanted to travel, and it proved to be a fateful decision.

"When I was growing up, I never wanted to leave Israel. I thought, this is my place and I didn't care about other places. I was not interested in any other place. I like where I am. I traveled to Europe and I was there for a year and a half traveling all over Europe. I spent maybe nine months in London, and I came back to Israel. I was there maybe about a year, and I decided Israel is not my place. It was too small after I saw some other bigger places," she remembers.

Effie was told that San Francisco, California, was the most beautiful place in the United States, so she decided to see for herself. After one month, she decided to make the Bay Area her home.

"When I came here, my English wasn't that good," Effie shares with a smile. "And I was doing all kinds of odd jobs, basically working in a restaurant. After [that] I was working in retail, and I decided to go back to school. And I go back to school and study accounting."

Effie's career in accounting led to work at a law firm, an architect firm, and an advertising company. Then the recession hit and she was laid off. Effie felt fortunate to have a roof over her head and she used her financial skills to stretch every dollar, but those years without work were frightening. "After I was laid off, I was looking for a job for a couple of years. I couldn't find a job; it was in the hard time when nobody could find a job. And I ended up at SCSEP."

Felton's Senior Community Service Employment Program (SCSEP) is part of The National Council on Aging (NCOA). The program for adults 55 or older who are unemployed and looking for work places workers in temporary paid community service training to prepare them for permanent employment outside the program. SCSEP currently operates 22 projects in 11 states and is funded by a grant from the U.S. Department of Labor.

Effie started out as a back up receptionist for Donna Legenza, who began at SCSEP the same day. The two close friends shared their appreciation of their SCSEP experiences at Felton's 130th Anniversary celebration on October 30, 2019.



While working at Felton sites, Effie got to know staff members in the fiscal department. When they learned of her accounting skills, Effie was hired within her first year in the SCSEP program. She felt lucky to find a job in her field. "I felt great," Effie recalls with enthusiasm. "It's not like everybody at SCSEP is working with their profession. Normally, they send you to a different location and you do whatever they tell you to do. And that's how I ended up working for the fiscal department.

"I felt welcome to the team from day one. When I joined the team as a SCSEP person, they told me, 'You're part of us. You're part of the department.' And every time they go out for lunch or birthday party, they included me. Everything they had, they included me. All the fiscal meetings they have, I'm the one in there. And I felt that I'm part of the fiscal department, they welcome[d] me, and after I [got to] know the other people at Felton, everybody was very nice. It felt like they were real family.

"It changed my life. I'm more confident. I'm more secure, and I feel that I'm very lucky to have nice people that I'm working with, especially my department, and all my managers, and I'm kind of like blessed."

Now that she feels more financially secure, Effie is planning to resume traveling next year with a trip to Europe. The anticipated adventure is a testament to her personal credo, "Life is short; enjoy every day".

For more information about Felton's SCSEP program,
call 415-474-7310 ext. 611,
Or email Program Manager Amy Yu ayu@felton.org

Felton's 130 Years of Innovation Celebration

Many thanks to all who supported Felton Institute's 130th Anniversary celebration at the San Francisco War Memorial and Performing Arts Center on October 30, 2019!

The engaging and informative evening featured award recipients and client testimonials as Felton commemorated 130 years of innovation in social services.



The program featured a warm welcome from Mistress of Ceremonies Janice Edwards, heartfelt greetings from Felton President and CEO Al Gilbert and dynamic opening remarks by San Francisco Mayor London Breed. Mayor Breed celebrated the many service collaborations of Felton and San Francisco and proclaimed October 30, 2019, Felton Institute Day in the City and County of San Francisco.

[VIDEO: Mayor Breed Proclaims Felton Institute Day](#)



Felton Board President Amy Solliday brought genial greetings from the board and Felton COO of Children , Youth and Family and Transitional Age Youth Division Yohana Quiroz provided an inspiring testimonial before introducing charismatic keynote speaker Jenée Johnson.

Keynote speaker Jenée Johnson presented a moving and thought- provoking presentation on mindfulness. Ms. Johnson is the Program Innovation Leader of the Mindfulness, Trauma and Racial Equity Trauma Informed Systems Initiative and has been called the Chief Mindfulness Officer of the San Francisco Department of Public Health.



Ashley Cheng, Operations Manager of Infrastructure Design & Construction for San Francisco Public Works introduced Felton Early Autism Program (FEAP) clients Tammi Abad and her son Josh, who provided a charming. testimonial.

[VIDEO: Felton Board President Amy Solliday and Yohana Quiroz](#)



[VIDEO: Ashley Cheng of SF Public Works, Tammi and Josh](#)



SCSEP participant Roger Treskunoff and former SCSEP participants, now Felton staff members, Donna Legenza and Effie Cockrell inspired all attendees with their stories of resilience.

The festive evening included a cocktail reception and dinner catered by The Red Door. The World Famous Rick and Russ Show featuring CJ Flash provided great music and the Someday Sweethearts wowed the guests with a classic performance and an interactive Charleston dance lesson.

Felton's 130 Years of Innovation Celebration



The Kitty Felton Maverick Award was privately presented to media mogul and philanthropist Oprah Winfrey for her internationally acclaimed work that has transformed the conversations about mental health. Oprah is the recipient of countless awards in her lifetime for achievement in the arts and humanitarian efforts. One of her recent projects is a multi-part documentary on mental health in collaboration with Prince Harry, Duke of Sussex.

President and CEO Al Gilbert presented the Felton Institute Legacy of Love Award to the former Executive Director of San Francisco Suicide Prevention Foundation (SFSP) Eve R. Meyer for her dedication to suicide prevention. Eve has been frequently featured in print and broadcast media. During her thirty years of leading the organization, financial contributions to SFSP tripled, despite annual cutbacks in public funding.



[VIDEO: Al Gilbert's Welcome and Eve Meyer's Acceptance Speech](#)





The Felton Institute Inclusivity in Action Award was awarded to Coach Snoop Dogg in recognition of Snoop's Special Stars division of the Snoop Youth Football League. Will Bryant, Felton's Facilities Manager and President of the Northern California Snoop Youth Football League, presented the award to Snoop Youth Football League Commissioner Khalil Wadood, who flew in to accept when Snoop Dogg had a last minute scheduling conflict.

The Felton Institute Community Bridge Builder Award was presented by Felton CFO and COO Marvin Davis to Bridge Bank for investing in communities and providing opportunities for growth and development. Bridge Bank EVP and Regional President Fred Voss accepted the award.



[VIDEO: Fred Voss Accepts Felton's Community Bridgebuilder Award](#)



Photo Highlights



Felton's 130 Years of Innovation has been sponsored in part by:



Acceleron Law Group, LLC



Gallagher Insurance



Bridge Bank



Harrington Group

Early Psychosis Program's Autumn Highlights



It's been a busy season for the Early Psychosis Division!

Felton was well represented at the American Psychiatric Association's Institute on Psychiatric Services conference held October 3-6, 2019, in New York.

Adriana Furuzawa, MA, LMFT, Felton Early Psychosis Division Director, who participated as a panelist highlighting Felton's award winning Early Psychosis programs at last year's conference in Boston, MA, returned this year to present a workshop on "Structured Support for the Coordinated Specialty Care Team: Strategies to Address and Prevent Burnout". Bruce Adams, LMFT, Early Psychosis Associate Director, was a co-presenter. Events that week included the Second National Conference on Advancing Early Psychosis Care in the United States, with this year's theme "The Complexities of Real-World Care" as a pre-conference on October 2, 2019.

Adriana and Bruce "advanced" the dialogue in the field of early psychosis, drawing attention to the implementation of trauma-informed care services with measures at organizational and individual provider levels to address indirect trauma in the early psychosis specialized workforce. Adriana noted, "Whenever I am invited to present at national conferences, I am reminded of the extraordinary work that is done every day by our team members, our program participants, and their loved ones. The science-to-service bridge that we built makes cutting-edge approaches accessible and available to communities, but it also helps inform academic and research settings about what works best in the real world."

On October 16, 2019, (re)MIND Monterey held its first Open House, hosting various community organizations including the MCBH ACCESS team, AVANZA TAY Team, First Five, NAMI Salinas, Interim, and the Deputy Director of Adult Behavioral Health, Michael Lisman.

On the same day, (re)MIND San Francisco held its first formal fall graduation. The graduating cohort consisted of 11 individuals who had overcome significant mental health challenges to achieve meaningful recovery, employment, and personal discovery.



Laura Weissberger, Program Manager, opened the joyful evening as staff reflected on the inspiring strength of the graduates and their families. The graduates recounted their experiences, and family members expressed their gratitude to everyone involved in the care of their loved ones.

The next day, (re)MIND|BEAM Alameda held its first graduation at Felton's 1005 Atlantic location.

The Early Psychosis team members also participated at Stanford Medicine's Community Day for Early Psychosis on October 19, 2019. That day brought together Adriana Furuzawa, Dr. Demian Rose of UCSF and Dr. Kate Hardy of Stanford. Together they represent the "real" community-academic partnership that created Felton's Early Psychosis Program. The three are pictured in the second row below, along with Anna Ballas. Both Dr. Rose and Dr. Hardy were with UCSF at the time of the Felton's Early Psychosis program launch.

For more information about [Felton's Early Psychosis Programs](#), please call 415-474-7310.



(re)MIND[®]
Recovery In Mind

Foster Grandparent and Senior Companion Luncheon



Annual Volunteer Recognition Luncheon

PLEASE JOIN US IN CELEBRATION OF OUR FOSTER GRANDPARENT AND SENIOR COMPANION VOLUNTEERS

On November 1st, 2019, public officials, community leaders, Felton staff, [Foster Grandparents](#) and [Senior Companions](#), and other collaborative partners gathered at Paramount Superstars Restaurant in San Francisco for the annual appreciation lunch for Foster Grandparents and Senior Companions.

Before lunch, the Young at Heart Band kept it lively with music that drew attendees to the dance floor. Speakers included Ashley Cheng, Operations Manager for Infrastructure Design & Construction at San Francisco Public Works, Felton Board Chair Emeritus Michael N. Hofman, Felton's President and CEO Al Gilbert, Senior Division Director Cathy Spensley, and Program Manager Tieu Ly. Ashley Cheng noted that the Foster Grandparents program has personal significance for her because both of her daughters benefitted from having foster grandparents in their classrooms. Michael N. Hofman shared that attending the luncheon each year is one of his favorite activities.

Felton's Foster Grandparent Program began as one of 20 original national pilot projects. Limited income, mobile seniors, ages 55 and older, receive small stipends for providing support services for 20 hours a week to children. Seniors serve in classrooms, pre-schools, and children's units in hospitals. They develop one-to-one consistent relationships with the children, by tutoring, mentoring, and providing emotional support.

Senior Companions are limited-income, mobile seniors who provide companionship services 15-30 hours per week to frail, isolated and housebound older adults. These programs have had profoundly positive impact on the senior volunteers and the people they serve.



The festive afternoon ended with the ever popular raffle and dancing. This 53rd anniversary celebration was memorable. Many thanks to everyone who attended.

For more information about the programs,
Contact 415-474-7310 ext. 238
or Tieu Ly at tly@felton.org



FELTON AND YOU: Alzheimer's Awareness



“Suffering is always hard to quantify - especially when the pain is caused by a cruel disease like Alzheimer’s. Most illnesses attack the body; Alzheimer’s destroys the mind. And in the process, annihilates the very self.”

— Jeff Kluger

The month of November is known as Alzheimer’s Awareness Month. According to the Alzheimer’s Association, there are about five million people living with the disease. Alzheimer’s is a type of dementia that leads to memory, thinking, and behavioral problems. It is the most common form of dementia, accounting for 60 to 80 percent of all cases. It is also the sixth leading cause of death in the United States. There is no known cure.

You may know someone whose life has been impacted by Alzheimer’s. Patients with this disease typically live an average of eight more years after diagnosis, but some can survive an additional 20 years, based on other health factors.

Alzheimer’s disease is also known as a “family disease” because of its impact upon family members and loved ones. The chronic stress of watching a loved one slowly decline impacts everyone around the patient. An effective treatment must address the needs of the entire family. Emotional and practical support, counseling, resource information, and education should be made available for the patient and their supportive family members and friends.



[Felton Institute's Long-Term Care Ombudsman Program for San Francisco](#) is designed to help those older adults who can no longer advocate for themselves. A large number of those clients served include those with Alzheimer's and dementia-related illnesses.

The service is mandated to receive and investigate complaints regarding the welfare, health, safety, and rights of residents of nursing homes, assisted living facilities, or hospital discharge units. Complaints about care may be made by or on behalf of the resident.

This month, consider a contribution to Felton Institute for its programs. The [Long-Term Care Ombudsman Program](#) is just one of many services Felton provides for older adults.

Donating is easy!

To donate, text FELTON to 41444 on your mobile device, it's quick and easy. You may also give online through our [official MobileCause Donation Page](#).

DONATE TODAY!

Thank you for your generous support!

#GIVINGTUESDAY

The Season and Reason for Giving



A promotional banner for Giving Tuesday. The background is a gradient of purple and green. At the top, the text "#GIVINGTUESDAY" is written in a large, bold, black font. The letter "I" in "GIVING" is replaced by a purple icon of two hands holding a heart. Below this, the text "Text FELTON to 41444. to help us help others." is written in a smaller, white font. The date "DECEMBER 3, 2019" is centered below that. On either side of the date are two purple heart icons, each with a hand holding it. At the bottom of the banner, the website "www.felton.org/donate" is written in white.

#GIVINGTUESDAY

Text FELTON to 41444. to help us help others.

DECEMBER 3, 2019

www.felton.org/donate

As the cooler temperatures start to roll in and the leaves start to fall away, the true and beautiful scenery underneath is revealed. It is the season to be thankful and be surrounded by the people you love. And the holiday months encourage us to reflect on the rest of the year, while looking forward to new happy times ahead.

The Fall Equinox also represents the balance between the seasons, as well as the balance between light and dark. Fall provides us an opportunity to balance ourselves with our earth, and with others. If we have received in abundance, it's time to give back.



It isn't difficult to think of reasons to be thankful for Felton Institute, for providing vital services and giving voice to the voiceless. With an array of services for people of all ages, Felton has filled close to every role imaginable on the giving tree.

Felton Institute transforms lives and enriches them. Felton has mobilized communities and has built them.

One early major test came in the form of the 1906 San Francisco Earthquake, when over half the population of San Francisco needed aid. Kitty Felton mandated that San Francisco citizens in crisis must have access to social services and resources to help them build upon their inherent strengths and develop self-sufficiency. After 130 years of continuous service, Felton Institute remains the oldest nonsectarian, nonprofit social service provider in San Francisco.

#GivingTuesday was launched in 2012 and began as a day when anyone, anywhere can give freely to support the causes in which they believe and the communities in which they live. The movement has become a global day of giving and a year-round platform for strengthening civil society.

This year on #GivingTuesday, December 3, 2019, you can help thousands by giving back to Felton Institute.

Just text FELTON on 41444 on your mobile device. Donating is empowering, fun, and easy. Please support Felton Institute.

You may also give online:

DONATE ONLINE

Thank you for your generous support!



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