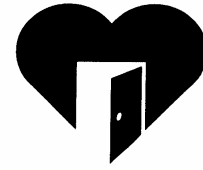


# Family Supportive Housing, Inc. San Jose Family Shelter

Empowering homeless families



[www.familysupportivehousing.org](http://www.familysupportivehousing.org)

April/May 2006

## INQUIRING MINDS WANT TO KNOW...

Our new roster of workshops includes many interesting, informative and helpful classes for the families living here at the Shelter. We are very appreciative of the many individuals and organizations that contribute to our programming. Our adult workshops cover topics that loosely fall under the headings of Relationships and Family, Health, and Financial/Legal and are presented both in English and Spanish. Here is just a sampling.

### **Relationships and Family Issues**

The **YWCA** presents parent /child communication workshops as well as teaching child abuse prevention.

**Candice Yu** teaches a series of 8 workshops on different topics within the larger topic of parenting.

**Judy Pursley** addresses parenting topics that seem especially timely.

**The Vanished Children's Alliance** talks about keeping children safe at home and away from home.

**Julie from Bring Me a Book Foundation** creates a delightful evening as she

teaches parents how to read to their children.

**Bea Thomas**, a local retired teacher is soon to start workshops on parent empowerment; learning to negotiate the school system and how to be an advocate for your child.

**San Jose State University psychology students** do several healthy relationship workshops a semester.

### **Health**

**Planned Parenthood** has a 4 part series on anatomy, healthy decision making, sexually transmitted diseases and birth control.

**Vicky from the Public Health Service** teaches oral health.

**The San Jose State University's Health Center** presented an 8 week series on health topics.

**The Northern California Hemophiliac Association** does a workshop on blood disorders and keeping your blood healthy.

**SJSU professor Richard Francisco Ph.D.** talked about depression at the holidays.

**Carmen Simmons from the University of California Extension Office** teaches nutrition.

**AIAnon and AIAten** both hold monthly meetings on site.

**The Gardner Health Van** is on site two evenings a week for residents.

### **Financial/Legal**

**Citibank's Irene Gee** makes it possible for residents to open a checking account.

**Bea Thomas** is starting a series of workshops on budgeting.

**Marsha Stewart** brings a class on creating your own opportunities.

**Fair Housing's Raymondo** talks about renters rights and the Fair Housing Act.

## **A**ND...

Employment search services are provided once a week to residents. They can sign up for an employment counseling session with a skilled volunteer who helps them create resumes and cover letters and locate potential employers. Residents receive both printed and electronic versions of their resumes so that they can apply for jobs in person or online. Training on the use of email and electronic job searches is also provided.

"A professional resume is an important tool for finding work in any field," says Elissa Miller, the volunteer who pioneered the program last September. Response to the program

has been very strong, with as many as eight residents in the computer lab during job-searching hours, and a waiting list for assistance.

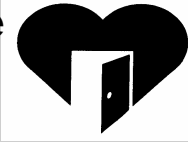
"Personalized resume help and job search training provide the necessary tools for residents to successfully manage their own job hunts," says Miller. "Once you have a good resume in your hand and an idea of how to use it, you can reap greater benefits from the many employment resources that are available."

The program is paying off: several residents have used their new resumes, cover letters, and job search skills to find employment. "One resi-

dent had great experience -- more than 20 years in the food services industry, with several years at each job. She didn't know about the local job ads on Craig's List, and after we created her resume and sent it to several restaurants who advertised there, she was hired within a week," says Miller.

The volunteer-operated program is available every Thursday morning and every other Friday.

San Jose  
Family  
Shelter



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Trish Crowder  
Executive Director

Diane Wesson  
Director of Development

### Mission Statement

To support and empower  
homeless families in Santa  
Clara County on their path  
to self-sufficient living.

**Family Supportive  
Housing, Inc.**  
**San Jose Family Shelter**  
1590 Las Plumas Avenue  
San Jose, CA 95133-1667  
Tel: 408.926.8885  
Fax: 408.254.2056

## DIRECTOR'S REPORT

Dear Friends,

Spring is finally here according to the calendar. I hope the good weather gods know this. By the time you read this hopefully warmer, drier days will be here. We have had a busy spring with all of the holidays we celebrated. Life continues on its merry pace at the Shelter. We had cause for many celebrations at the Shelter, the children are all in school and we have added many programs for the adults in the evening so everyone is busy. One night mid-week volunteers from AAUW cooked and served dinner for the residents. It was a particularly cold and rainy night, they prepared stew for the families, covered the tables with yellow and green tablecloths, had a bouquet of daffodils on each table and served the families the dinner. The wonderful food and the delightful decorations made such a wonderful impression on the residents and brought joy to all visitors for the next week. How we deliver services makes such a difference in the quality of the services delivered and that in turn makes a difference on the effectiveness of what we do.

Thank you for all who have partnered with us to assist homeless families find and retain permanent housing and thereby return to self-sufficiency.

Trish Crowder  
Executive Director

### WITH MUCH APPRECIATION....

Special thanks to **Jeff Sunshine**, Program Director at the **Community Foundation Silicon Valley**, who joined us for a tour of the San Jose Family Shelter with a Donor Advisor from the **Thomas R. Bettencourt Endowment Fund** in February. Because of their kindness and support, we received a very generous **\$100,000** gift from the **Thomas R. Bettencourt Endowment Fund**.

The money comes at a very important time for the organization as we attempt to improve our services while mitigating the effects of reduced funding from governmental sources. The important work of assisting families to self-sufficiency continues because of generous gifts like this. We are very grateful and appreciate their confidence in the work that we do!

### CELEBRATE THEIR SUCCESS

Rosa is a single mother of three children; Rachel, Daniel and Jessica. Rosa and her family were participants in the GlennArt Arms Transitional Housing program for the past two years. Rosa has now successfully graduated from the program. She accepted a full time job that will allow her to stay in her home with her children and be self-sufficient. She told her case manager in her last meeting that she has really valued the program; she has learned to save her money, deal with stress better and manage her life. Rosa is a strong woman. She has overcome domestic violence and many ups and downs in her life. The valuable life skills she has learned with the help of her case manager will enable her to continue to be self-sufficient. Over this past Christmas holiday she and her family adopted a family at her church and helped provide a little Christmas for them. Rosa said that even though it was not much she felt good giving back. She knows how much she has benefited from people helping her and really enjoyed being able to provide assistance to someone else. She said it was a very rewarding experience for her and her children. Rosa has a wonderful spirit; we know she will go on to do wonderful things.

## COMMUNITY CORNER

### A WARM THANKS TO Patrick Yam and Woodside Priory School

For a third year, Brian Yam organized a Warm Coat Drive to benefit the San Jose Family Shelter. Brian is a student at Woodside Priory and as a community service project, he spearheads a school-wide coat drive for the Shelter. The support is tremendous! The entire student body gets involved. Brian organizes this effort with the help of a few of his class mates. They receive all the donated new and gently used coats from the students and then bring them to the Shelter. This is a wonderful gift for our residents, a gift that makes many, many people warm and happy. We thank Brian for his continued support of the Shelter. We are fortunate to count Brian Yam and the Woodside Priory as our friend.



### THANK YOU Suzie Ushigima

Suzie's Skin & Beauty Centre  
1555 Meridian Avenue  
San Jose, CA 95125  
(408) 266-8989

Suzie's donated three gift certificates for Anti-Aging Treatments valued at \$130 each for our volunteer recognition this month!

New to the Willow Glen area this year, Suzie's offers Skin & Beauty Care as well as fabulous manicures and pedicures by Tammy's Nails!

### KUDOS TO KAMESH and the Sai Baba Group

The Sai Group has been a loyal friend to the Shelter for many years. They are one of our monthly meal teams. They provide Friday night activities for the children. This year they have begun participating as tutors in the Homework Program. They also put on a quarterly Health Screening Day for the adults and children. Volunteer doctors and dentists provide blood pressure, weight, vision and other screening. Counseling and referral resources, lunch, and activities for the children are also provided. We thank The Sai Group for their continued friendship and commitment to the Shelter.

### THANKS FOR THE WISHES Winchester Mystery House 525 S. Winchester Blvd. San Jose, CA 95128

Each year, thousands of visitors at the Winchester Mystery House toss a coin into one of their five fountains and make a wish. The money from the fountains is collected annually and donated to a local charity. This year, we have been selected as the recipient of this fund! Signs at each of the five fountains will inform the guests that their money will be donated to Family Supportive Housing.



Stop by the Winchester Mystery House, take a tour and make sure you stop by one or all of the five fountains, toss in a coin and make a wish!

### LOOKING AHEAD...

Summer is just around the corner. The Shelter will again be offering a week of summer camp to the children living at the Shelter. This opportunity is provided by Mount Cross Lutheran Camp, which significantly lowers their prices for Shelter children. Donations are being requested to help with camper fees. Other supplies are needed too. Each child needs a sleeping bag, bathing suit and beach towel. They also need personal items like sunscreen, insect repellent, toothbrush, disposable camera, etc. Your assistance in providing any of these items, or money to purchase these items would be greatly appreciated.

In addition to the overnight summer camp program, we are planning three weeks of summer day camp at the Shelter with the help of two supervised Occupational Therapy students from San Jose State University. If you are interested in a volunteer opportunity this summer and like working with children, this is the ticket. Please give Susan Webster a call at 408.926.8885 for all the details.

### SHELTER SPECIAL NEEDS

#### WISH LIST

The Shelter is grateful for donations both monetary and in-kind. The need is great! Can you help with any of these items?

- Fresh fruit like bananas and apples
- Meat, meat, meat! The Shelter cupboard is quite bare of beef and pork. Please consider a donation of meat.
- Resume paper, heavy cardstock paper, colored paper and laminate paper.

#### EMPLOYMENT OPPORTUNITIES

**SHELTER COOK:** We are looking for a full-time cook to prepare meals for the Shelter residents during the week.

**DAYCARE TEACHER:** We are in need of a full-time day care teacher for our Voyager Day Care Program.

If you are interested, please call Trini Valderrama at 408.926.8885.

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[www.familysupportivehousing.org](http://www.familysupportivehousing.org)



## Volunteer Meal Teams

### April 2006

#### Breakfast Teams

Apr 1 Sat. St. Joseph  
Apr 2 Sun. Sai Group  
Apr 8 Sat. SJ Christian Reform Church  
Apr 9 Sun. Sathya Group  
Apr 15 Sat. Saratoga Presbyterian  
Apr 16 Sun. Bethel Lutheran Church  
Apr 22 Sat. Sathya Group  
Apr 23 Sun. Evergreen Caring Heart Org.  
Apr 29 Sat. Siemens  
Apr 30 Sun. Sathya Group

#### Lunch Teams

Apr 1 Sat. Holy Spirit Church  
Apr 15 Sat. CRC  
Apr 16 Sun. Nandalala Mission

#### Dinner Teams

Apr 1 Sat. St Francis  
Apr 2 Sun. West Minster  
Apr 7 Fri. Ellie Shorka  
Apr 8 Sat. Hope Lutheran Church  
Apr 9 Sun. St. Clare' School  
Apr 15 Sat. St. Justin's Parish  
Apr 16 Sun. Mother's Kitchen  
Apr 22 Sat. Willow Glen United Methodist  
Apr 23 Sun. Good Samaritan  
Apr 29 Sat. San Jose Scales of Justice  
Apr 30 Sun. Prince of Peace Lutheran Church

### May 2006

#### Breakfast Teams

May 6 Sat. St. Joseph  
May 7 Sun. Sai Group  
May 13 Sat. SJ Christian Reform Church  
May 14 Sun. Sathya Group  
May 20 Sat. Saratoga Presbyterian  
May 21 Sun. St. John Vianney  
May 27 Sat. Sathya Group  
May 28 Sun. Evergreen Caring Heart Org.

#### Lunch Teams

May 13 Sat. Elim Korean Church  
May 20 Sat. CRC

#### Dinner Teams

May 6 Sat. St. Jude  
May 7 Sun. West Minister  
May 13 Sat.  
May 14 Sun. St. Clare's School  
May 19 Fri. St. James  
May 20 Sat. St. Justin's Parish  
May 21 Sun. Immanuel Lutheran Church  
May 27 Sat. NRC  
May 28 Sun. Good Samaritan

Thank you to all our dedicated and loyal meal teams!