



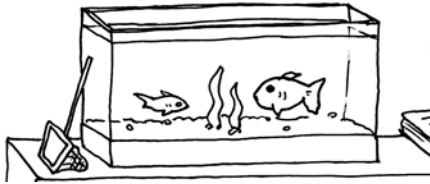
# HOLY FAMILY DAY HOME

# 2019 Newsletter

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## DIRECTOR'S NOTE

### We Are the Village

Heather Morado, Executive Director

For nearly 120 years Holy Family Day Home has partnered with families to break the cycle of poverty and abuse. Each year, new problems arise for our community that require flexibility and an innovative view on the family support programs that we have designed. At the heart of each program is the desire to empower families and restore their dignity, because we believe that whole-families need support if we are to effectively partner with them to care for their children.

Families need our services because it takes a village to raise a child. We serve Bay Area families who are vulnerable to instability because of their income, or because one parent is raising a family alone. 22% of our families are currently experiencing homelessness, a status that can onset overnight. 19% of our families are immigrants to the United States, and new to their communities. 21% of our families have a child with special rights. These situations add tremendous burdens to their day to day lives. We are here to be their village.

Every child deserves the chance to realize their full potential and contribute meaningfully to their community. We have adopted a Reggio Approach to our educational programs in order to support their development as individuals. Their future leadership takes root now, as children in our care take an active role in their educational process.

Thank you for supporting our mission and investing in our vision.

With Gratitude,

*Heather Morado*



## INTERVIEW with a SHADOW THERAPIST: Erica Morales-Cruz Wants Everyone to Be Prepared

### HFDH: Will you introduce yourself?

EMC: I'm a social worker. I was born and raised in San Francisco. I first went to school at UC Davis to study Sociology and Political Science because I was originally going to become an attorney... until I took an internship with a criminal law office. After seeing how the court system works and how clients needed help in different ways, I was pushed to become a social worker. I then got my Masters in Social Welfare at UC Berkeley.

### What does the day to day work look like for a "shadow therapist?"

Shadow therapy is basically working one-on-one with a child in their classroom. I work with parents and teachers to identify children that might have particular needs. These can look like very basic things with children: difficulty sharing, entering play, or communicating during play. For example, learning how to not, say, knock somebody's blocks over! When children aren't regulated well, they tend to lash out. Their frustrations come out with things like hitting, pulling hair, or maybe destroying their friends' Lego setup. So working with a child is teaching them to identify: what's going on in your body? What are you feeling? What other ways could you use to communicate? Could you use your words to say "I'm upset right now!" or "I want someone to play with me?" I do this as individual work with students and also in groups. We're starting our third group series now, which is focused on social skills.

Outside of the classroom, I also do a lot of research.

I'm always reading new books. I go to my local library and read all the new parenting books—there's a new one called "Parenting as a Whale." [she laughs] So what does that look like? I read them so I can know when a parent comes to me and says "I'm reading this new book," I can know where they are coming from. I'm also very interested in any new research that comes out about brain development.



### Is it effective to teach these social and emotional skills at such a young age?

Early intervention always seems the best. If we can identify it, help the child catch it, and give them the words to use in the future, that would always be more helpful than waiting for it to become a bigger problem. If children are not given skills to help them become verbal, or if they don't learn basic skills like playing and sharing, it can make it more difficult for them to establish positive friendships. For example, if a child does not learn that it is not ok to hit or shove then they will just use

CONTINUED PAGE 11



**THE TOBONIGROUP**  
SAN FRANCISCO'S PREMIER BUILDER

**HOLY FAMILY DAY HOME** Thanks the Toboni Group for its ongoing support!



Holy Family Day Home

is a

# Reggio Emilia

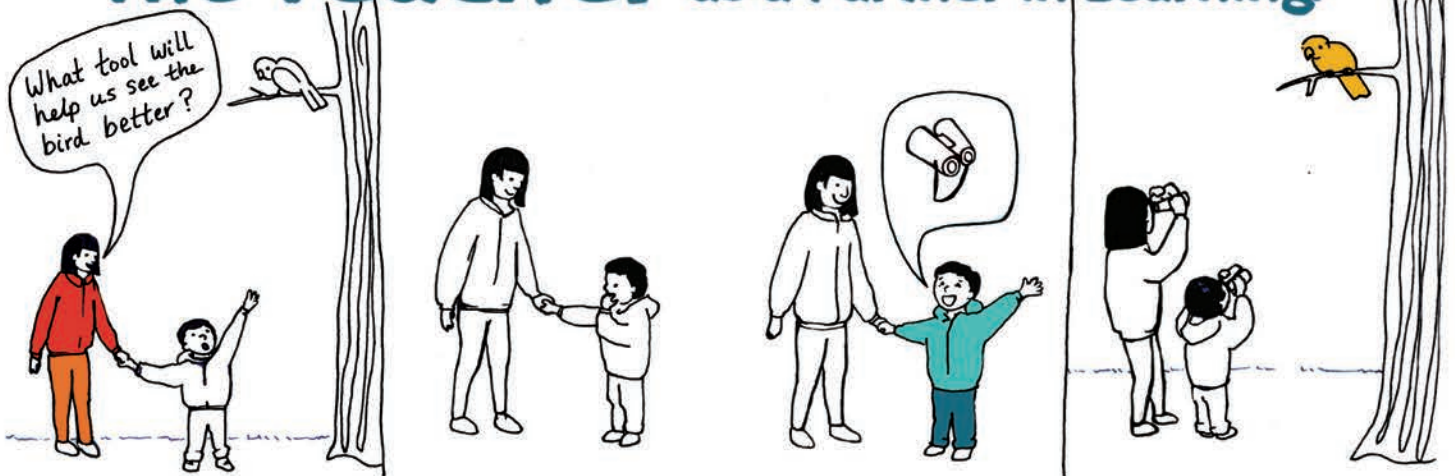
Inspired Program

## We see the Child

as a Capable Learner, and a Citizen of the Community with Rights and Opinions.



## The Teacher as a Partner in Learning.



Teachers Listen, Observe, and Inquire alongside Children, then Document & Reflect to Support their Learning.

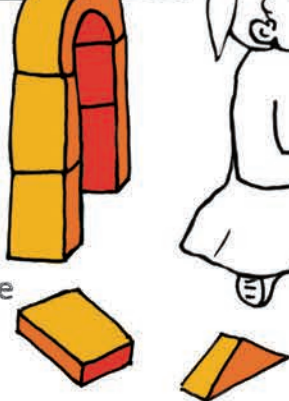
## The Classroom is itself a teacher.



Children Learn by Exploring Spaces & Materials available in their Environment.

**Natural Objects** offer rich sensory experiences.

**Open-Ended Materials** allow children to explore possibilities.



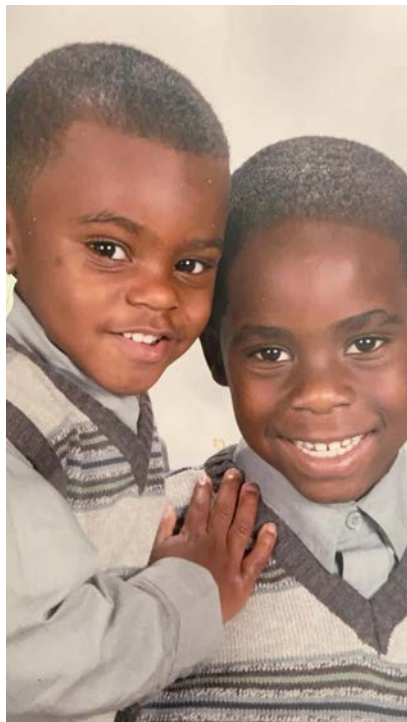
**Differing Spaces** within the classroom allow children to specialize and focus on a task, or take time alone.

Illustration by Helen R Gaus



## HOW FAST THEY GROW

### Day Home Alumni



*Alumni students Kanye and Christopher, pictured (at left) during their time at Holy Family Day Home, and today with Social Services Manager Susan King (at right).*

Day Home Alumni Kanye (Class of '10) will graduate from Thomas Edison Charter Academy this spring, and has been admitted to Saint Ignatius College Preparatory. He hopes to focus his future academic career on robotic engineering. His older brother Christopher (Class of '06) is currently a junior at Riorden High School, and a star athlete on both the football and soccer teams.



### CLASS OF '05

#### Joshua is Not Afraid

*We caught up with alumni Josh Martinez before he heads off to college this fall, in order to hear about some of his interests and goals for the future.*

#### **I understand that you're now a seasoned traveler. Where are some places you've traveled to?**

I went to Africa, Uganda and Kenya. I had been to Mexico, but this was a whole other thing, a new continent. I noticed where I was in Africa that it's totally different from here. But what's cool is that they haven't known life with as many material things as we have here, and they're happy without that. I have always wanted to go to Athens and Greece. I am sort of into History. I like studying the Greek and ancient Rome history. And at Saint Mary's College there's an opportunity to go to Italy and Greece as a study abroad program. I wouldn't mind

maybe travelling as part of a job someday, or just something I do on my own.

#### **What are you expecting of college?**

I think in high school I was more independent than your average high school student because I was boarding, living away from home. So I think going into college I'll have an advantage with that. I'm going to major in kinesiology. Actually the plan is to get a master's degree in kinesiology. It is the study of the way the human body moves and works. I'm doing a concentration in sports and recreational management because I want to work for professional sports franchises.





## Once you're out in the working world, are there things you would change about society?

For me, something I've always thought about is the diversity in private schools. The diversity, at least in my school, is not what I would want it to be. So something I would want to change is to give more access to minorities to have the same education. The importance of education and where that can take you is something we shouldn't take for granted.

## Will you share a hope and a fear you have about the future?

I am hopeful that I end up getting a job that I love doing. If I get a job that motivates me, I'll want to go to work every day. I don't try to think too much about fear, but I guess a fear is that things won't go as planned. But even that's not necessarily a fear because you can learn so much from that. ■



*Josh during his travels in Africa.*

## A Night of...

SHOPPING, LIBATIONS & LIVE  
MUSIC IN SUPPORT OF THE DAY HOME



Join us for a spring fling  
at White Rabbit featuring  
PlumpJackSport fashion,  
April Martin jewelry and  
live music.

  
**PLUMPJACK**  
SPORT

\* A percentage of the proceeds from purchases  
from the PlumpJack pop-up and White Rabbit  
sales to benefit the Holy Family Day Home.  
Must be 21 years or older to attend.



WEDNESDAY JUNE 12  
5:00-9:00 PM

**WHITE RABBIT BAR**  
3138 FILLMORE ST. SAN FRANCISCO



# LIGHT UP THE NIGHT

## Wow! Our 2018 Gala was a success because of the generosity of our donors.

Our annual fall gala contributes to our yearly scholarship fund for low income and homeless families. Additionally, donations to the evening's "Fund-A-Need" allowed us to complete an outdoor yard renovation and fund our family pantry for the remainder of the year. We were blown away by your support!



*Clockwise, from top left:* Jim Jenkins and Richard Davis-Lowell; Tables set for dinner in the Julia Morgan Ballroom; Mayor London Breed and Heather Morado; Anne Marie Conroy and Claude Perasso; Ceci McGraw and George Donovan; Geoff Callan and Clint Reilly; Barrett Hahn and Austin Hahn



*Above left:* Clare Matschullat, *Above right:* Pat Pendergast and Sr. Michaela O'Connor



## We'd Like to Recognize Our Top Gala Supporters

Ava, Clint & Janet Reilly

Mark & Meredith Herrenbruck

Dorian Kendal

Clare Matschullat

Stephen Kempainen

Debbie & Steve Dells

Anne & Tom Oertli

Camilla Cotchet

Maureen Sullivan

Cathy & Richard Osgood

Jeff & Molly Lane

Brit & Dawn Hahn

Gabriella & Stephen Papale

Azlina & Rick Howard

Alex & Darlene McDow

Joy & Tom Jow

Sue Smith

Ann & David Papale

Jeannee & Mike Martin

Liz & Tom O'Connor

Kevin and Anne Ryan

Mary Anne Scarlett

Gerry & James Sangiacomo

Larry & Sue Truccolo

Linda & Sophia Rizzo

Geoff Callan

Ellen & James Jenkins

Sean Barrett

Jim Wilson

Kurt & Melanie Johnson

Brian & Donna Cahill

Joan & Michael Maher

John & Mary Bruno

Angela Russo

Sam Wan

Zack Barulich

Austin & Barrett Hahn

Mary Ann Collier

Diana Whitehead

Nina Morado

Josh Evans

Jim McDermott

Tessa Cafiero





*Clockwise, from top left:* Kevin Ryan, Heather Morado, and Anne Ryan; Anne Papale, Mary Toboni, and Janet Reilly; Jeff Callan, Hillary Newsom Callan, James Sangiacomo, and Heather Morado; Fr. Mike Healy and Kevin Ryan; Mayor London Breed and Joe Toboni

## ONGOING VOLUNTEER OPPORTUNITIES

- FRI**  
**1pm-3pm**
- Family Meal Packaging**  VOLUNTEERS NEEDED
- As part of our effort to help all our families achieve food stability, we offer take home meal packages for the weekends. Volunteers package and label healthy, chef-cooked food into nutritious meal combinations that feed hungry families.
- MON-FRI**  
**11am-1pm**
- Family Pantry Support**  VOLUNTEERS NEEDED
- The Family Pantry is used by over 100 parents, guardians and children daily. It stocks food, hygiene products and more, and provides a space to congregate and eat, plus computers with internet access. Volunteers can sign up for one or more daily shifts to assist the Family Child & Community Coordinator with stocking the Family Pantry and organizing inventory.
- THURS**  
**2:30-5:30pm**
- Farmers Market**  VOLUNTEERS NEEDED
- Our Free Farmer's Market offers our families the chance to take home fresh produce and whole foods. Volunteers are needed to help set-up and manage the market, as well as provide nutrition information and offer food samples.

## UPCOMING EVENTS

- SAT**  
**June 30**  
**10am-1pm**
- San Francisco Pride Parade**  VOLUNTEERS NEEDED  
**Market Street San Francisco**
- We're proud of the diversity of our families, and we'll be marching in Pride for the second time this year to show it! Families, Staff, and Community Members are invited to join our contingent and march down Market Street with us. This is a fun and ACTIVE event that requires a mile of walking. T-shirts, leis, and sunscreen provided!
- FRI**  
**June 21**
- Graduation**  
**Holy Family Day Home**
- Preschool students graduate to Kindergarten programs and begin the rest of their academic careers!
- SAT**  
**Aug 17**  
**12-3pm**
- Sr. Marianne Ice Cream Social**  
**Holy Family Day Home**
- Join us for Mitchell's ice cream in honor of one of the Day Home's most beloved members. This event celebrates our alumni community as well as the legacy of the Sisters of the Holy Family.
- THURS**  
**Oct 24**
- Light Up the Night Gala**  VOLUNTEERS NEEDED  
**Julia Morgan Ballroom**
- Our Gala is our most important event of the year, raising critical funding for scholarships and programs. Detail-oriented and sociable volunteers are needed to support the flow of the evening, including guest registration and a live auction!
- DEC**  
**TBD**
- Holiday Tree at the Symphony**  
**San Francisco Symphony Hall**
- Come see our Christmas tree, proudly decorated by our students, standing at the Symphony Hall during their Holiday season.



# & Opportunities

## DONATIONS AND DRIVES

SEPT-  
OCT 31

### Halloween Costume Drive

During our Family Fall Fest, we provide Halloween costumes so that every child is able to participate. We collect new Halloween costumes appropriate to a school environment.

SEPT-  
JAN 15

### Winter Warm Clothing Drive

Many of our families need help clothing their rapidly growing children each winter season. We gratefully accept new and very gently used winter jackets, hats, and gloves for both children and adults.

ONGOING

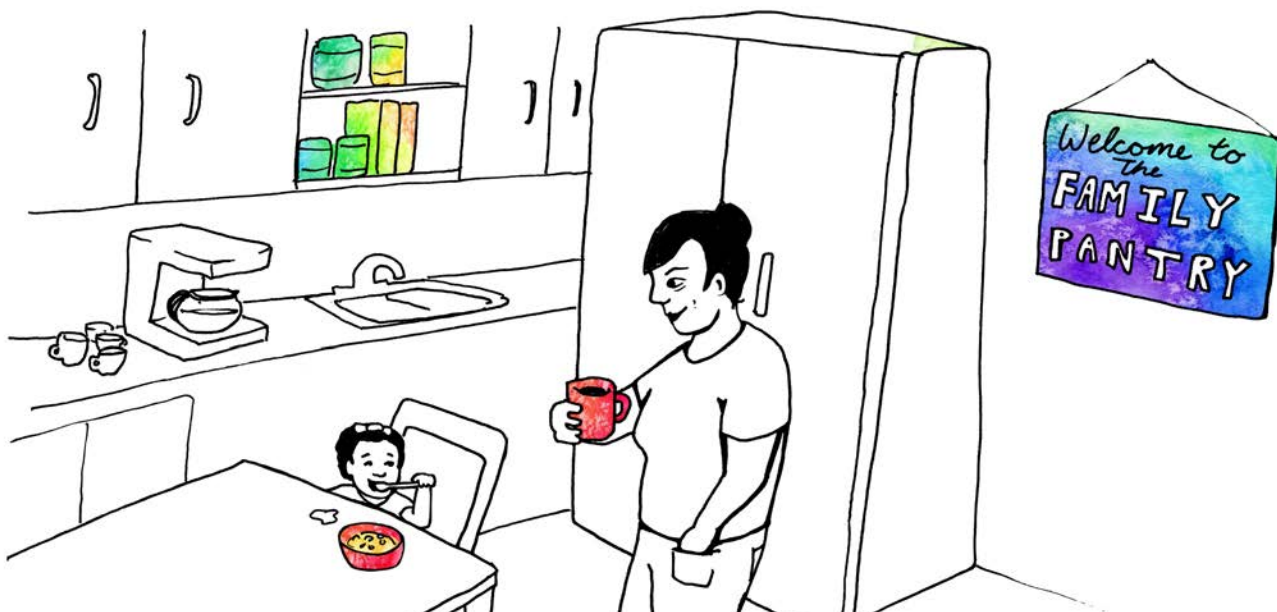
### Family Pantry Items

We are taking ongoing donations to supply our Family Pantry of the following items.

**With respect to food allergies, please NO NUTS.**

- Cup of Noodles and other “just add hot water” noodle soups
- Applesauce cups
- Canned goods-canned soup, chili, and vegetables
- Ready-to-eat, microwaveable meals
- Tuna lunch kits
- Jerky
- Instant oatmeal
- Full-size boxes of cereal (to refill the cereal bar)
- Protein bars (no nuts)
- Fruit and vegetable cups
- Individual yogurts
- Cheese sticks
- Deli meats
- Gallons of milk
- Lunchables
- Individual wrapped hard boiled eggs
- Snack packs (w/ cheese or vegetables)
- Packaged salads
- Frozen ready-to-eat, microwaveable meals

In addition to food we accept and offer personal hygiene items such as hygiene kits, head-to-toe cleansing cloths, toothpaste and toothbrushes, feminine hygiene products, individual laundry detergent packs, toilet paper, deodorant and other necessities.



We would love your help! To inquire about volunteering or to arrange a donation, please contact:

Emilie Struthers, Community Outreach Manager

(415) 565-0504 ext. 203 or [estruthers@holyfamilydayhome.org](mailto:estruthers@holyfamilydayhome.org).

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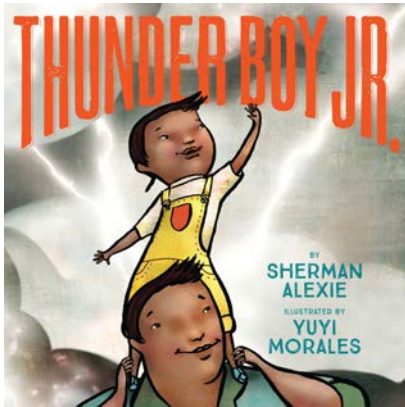


## CLASSROOM READING

### Thunder Boy Jr.

By Sherman Alexie, Illustrated by Yuyi Morales

In the classrooms, teachers and students have been working together to think and talk about identity. We find the book *Thunder Boy Jr.* useful, because it is a story about a child who is working to build his own unique identity out of his relationship with his father.



Left: *Thunder Boy Jr.* book cover. Right: Dolphin students explore their individual identities through self portraiture.

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#### Continued from page 2

that behavior when they are upset. By the time they enter kindergarten they have difficulty making friends, and they may feel like an outsider. This can lead to more trouble and spill into misbehavior in the class and trouble learning.

#### Do you see societal factors as playing a role in the fact that some students need more support?

We live in an area that is extremely expensive. Parents are struggling to make it, and sometimes that means working several jobs. They are maybe not spending the amount of quality time that they would like to with their children. There are families that are also struggling to find where to live. They are bouncing around from home to home, or from a friend's house to another friend's place, just to try and make ends meet until something more stable comes along. So that's a really big problem in our community.

#### What is the most challenging aspect of your job, and what makes you stick with it anyway?


I work with the teachers, and then the kids themselves, and then their parents, and so there is a lot of work to do just in making sure everyone stays on the same page! That can be challenging, but really in the end we're all just hoping for what's in every child's best interests. My biggest hope is that when kids leave here they are moving on to kindergarten with a good start. Not only academically but socially and emotionally—I want them to be prepared. Because that makes them able to learn as they go on into their whole education. ■



# HOLY FAMILY DAY HOME

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Visit us online to support our work today!



Save the Date! Light Up the Night will return to the Julia Morgan Ballroom in San Francisco on 10/24/2019  
with Gala Chairs John and Nichole Ring