2016 Annual Report

Everybody needs a place.
This year has been one of growth for St. Mary’s Center. In early 2015 we opened a new housing site, Presentation House; this spring we celebrated the one year anniversary of Lakeside Senior Apartments, a complex where we provide service coordination for formerly homeless elders; and currently, we are in the process of integrating Friendly Manor and its programs for women into St. Mary’s Center.

Thank you for your support which helps to make all of our work possible.

We are delighted to welcome Friendly Manor to the St. Mary’s Center family of programs. Started as Friendly Place in a storefront in 1990, providing a refuge for homeless women during the day, it has grown to include a residence for low-income single adult women of all ages. We provide a safe environment where women can rebuild their lives within a supportive community. You can find out more about Friendly Manor on the next pages and on our website.

Earlier this year, St. Mary’s Center received a beautiful mosaic of our logo permanently displayed on our building facing the garden. Originally, Oakland jewelry maker and artist, Celeste Howell, agreed to create the mosaic art piece on behalf of the Institute of Mosaic Art. Tragically, she died unexpectedly before she was able to do so. Fellow artists, Carol Bevilacqua, Randi Casenza, Carol Compton, Elizabeth Frindon, Marha Murray, and Jill Stevenson Ritter stepped forward to complete the mosaic. Over the years we have had the pleasure of a number of artists who have created art and art projects for St. Mary’s Center. We are inspired by their commitment and grateful for their creativity that continues to benefit our senior and preschool participants.

Through artistic expression, structures of support, and a healing community, we are proud to be a place that provides hope and enriches the lives of so many. We are so glad that you are a part of it.

Warm regards,

Carol Johnson, MSW   John Graf
Executive Director   Board Chair
It’s an early July morning, and reliably foggy, as women make their way to Friendly Manor located near West Grand and San Pablo Avenues in Oakland. Started in 1990 by three Sisters of St. Joseph of Carondelet, Friendly Manor provides both a day center for homeless women and a housing program for women, some transitioning from a shelter and some coming out of drug or alcohol rehabilitation programs.

Today, Friendly Manor is ably overseen by Sr. Marti McCarthy, Program Director (pictured above). Open Monday through Friday, 8:30am–2:30pm, the Day Center serves coffee and pastries in the morning and a modest lunch at noon. Women can take showers, wash their clothes, relax, play cards and get away from life on the streets for a little while.

Above the Day Center is our “SRO-style” transitional housing complex for 25 adult women. Residents are able to go to school, secure employment, and build new relationships. Taken together, these programs provide responses that are very needed in our society. Long term housing programs for women coming out of rehab programs are scarce—most offer 4-6 months at best. Not nearly long enough to really create a new life, and shelters and housing for the poor are inadequate to meet the need. Our Day Center for Homeless Women also fills a crucial gap in services.

Who comes to the Day Center, you might ask? A little bit of everybody. Many of the women suffer from mental health and/or addiction issues and spend much of their time on the streets. A number of women have been coming for years, long after they have found housing, finding comfort in a familiar community. Some women come in straight from the Greyhound bus station, two blocks away. There are also women who work full time, yet cannot find an affordable rental in the Bay Area. They sleep in their car or ride the bus all night until the Day Center is open.

For Ron, “How can I help you” were the first words he heard at St. Mary’s Center. After four years of homelessness, he walked from Berkeley into St. Mary’s Center on February 25, 2015, heard those words and never looked back.

Born and raised in Oakland, Ron’s father persuaded him to join the Merchant Marine when he was just 17 years old. Terrified and cut-off from his family, he quickly adapted to a culture on the boat of daily binge drinking. By the age of 21 he was a full-blown alcoholic and starting to self-medicate with drugs.

Despite his addictions, Ron remained with the Merchant Marine for 28 years. During that time, he married three times and bought and lost homes. One crisis too many and his life spun out of control as addiction began to consume him.

As soon as Ron came into our Winter Emergency Shelter, he was determined to learn everything that he could to take back control of his life. He willingly participated in the daily wellness classes, helped around the shelter, met with his social worker, Sr. Mary Nolan, LCSW, and attended Recovery 55 meetings. Eventually he secured a room in Closer to Home, one of our senior housing sites. He went on to facilitate the Men’s Group at St. Mary’s Center for eight months.

Today Ron is happily living in a one bedroom apartment at the Orchards Senior Apartments in Oakland. He continues to be active in our Senior Advocates for Hope and Justice Program telling his story to highlight the plight of poor seniors. Hoping to help young people avoid some of the pitfalls he fell into, Ron coordinates the Teen Rap Sessions at St. Paul’s Baptist Church. He has also completed the first level in the Alcohol and Drug Abuse Studies program at UC Berkeley Extension where he is working on a counseling certificate. Now, when Ron visits his family he can hold his head high. This is quite an achievement in less than two years.
February 26, 2013 is an important day for Heather—it marks her first day of sobriety. Now living at Friendly Manor, Heather manages our Day Center for Homeless Women.

At 37, much of Heather’s life experiences mirror many of the issues that older St. Mary’s Center participants have faced. As a teenager in Fremont, she often felt like something wasn’t right, but she couldn’t put her finger on it. After high school, Heather found a good clerical job and then worked as a real estate assistant, but when the real estate bubble burst in the Great Recession, both her job prospects and her mental health took a deep dive. Major depression engulfed her—she couldn’t get out of bed and had suicidal thoughts. Not that this was new, exactly. Like others in her family, for much of her life, Heather had bouts of depression but a combination of moderate drug use and a job she liked had kept her on a pretty even keel. Now she could barely function, and a growing addiction to methamphetamines became a lifestyle.

Heather’s life was increasingly untenable. A breakup with an abusive boyfriend left her homeless and she was soon couch-surfing with friends and acquaintances, engaging in low-level criminal activity to pay for drugs. Eventually she ended up doing six months in Santa Rita County Jail, which turned out to be a life-saver. One of the many challenges that people with mental health issues face is that treatment can take a long time to take effect. In the past Heather had received only a partial diagnosis for her depression, but the usual drug treatment didn’t seem to work for her and in any case, she couldn’t wait long enough for the treatment to really work.

In jail Heather had time—time to receive a correct diagnosis of a major depressive disorder with bi-polar features, which led to more effective treatment and medication. She also had the time to see that her medication did, indeed, work for her, so she was able to commit to sobriety. While in jail, Heather completed the D.E.U.C.E. program for substance abuse. Once out, Heather enrolled at Options Recovery Services in Berkeley and successfully graduated from the program. She then moved to Friendly Manor to continue her stabilization and sobriety in a safe place.

Today, Heather loves her job! Seeing herself in many of the women who come through the day center, she is very grateful for the opportunities that led her to Friendly Manor and now St. Mary’s Center.

She wanted to let our donors know that their charitable contributions to St. Mary’s Center and Friendly Manor and tax dollars for programs like SSI and MediCal can really make a difference in peoples’ lives. Thank you!
St. Mary’s Center Preschool: Learning for the Whole Family

It is no secret that many families have a tough time, particularly in Oakland where rents continue to soar and violence in many neighborhoods continues unabated.

It’s difficult to create a stable atmosphere and families increasingly look to community organizations for help. St. Mary’s Center Preschool provides just such an environment for stability and growth.

Thanks to underwriting by Charlie and Karen Couric, for the second year in a row we have operated a summer school for the month of July, which provides continuity for children’s learning and development. This year 40 children participated in summer school.

The summer session also presented an opportunity for parents to build parenting skills via a weekly parents support and education program. For this summer session, the parents program module was on “How to help your Child Succeed in School.” Parents learned the importance of developing a good relationship with their child’s teacher so that any impediments to learning can be tackled and, hopefully, solved before they get to be an even bigger problem. Each weekly session ended with an activity that was shared by parent and child.

One key learning from the parents program was the value of our public library. Preschool staff took parents to the local library and showed them how to obtain a library card, where the children’s book section is—both in English and Spanish—and let them know about the story time that the library offers. Any assistance that a parent can give a child to help learn to read is time well spent.
A Community of Support

We are grateful to many individuals, families, organizations and municipalities who support the vital work of St. Mary’s Center. These financial gifts were received between January 1, 2015—June 30, 2016.

INDIVIDUALS

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CORPORATIONS
AT&T Employee Giving Campaign
Abbott Laboratories
Pharmacy Consulting, Inc.
Allied Food Sales Company
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Blue Fin Pool Service
Camp, Rousseau, Montgomery, LLP
Chevron Matching Employee Funds
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Kaiser Permanente Community Giving Campaign
Perforce Foundation
The Clorox Company
Wells Fargo Community Support Campaign

ORGANIZATIONS
AARP Chapter, 20
Alternatives to Violence Project
Attitudinal Healing Connection, Inc.
Barbara Lee for Congress Center for Elders Independence
Community Economics, Inc.
East Bay Asian Local Development Corporation
Episcopal Senior Communities
Koppa Gamma Pi-San Francisco East Bay Chapter
Ladies of Grace, Ch. 15
Mathematics Policy Research
Mercy Retirement Center New Harbinger Publications, Inc.
Northern California Community Loan Fund
Oakland Athletics
Community Fund
Oakland Center for Spiritual Living
Oakland Institute
Oakland Rotary Endowment
Oakland Schools Foundation
Partners in Caring for Seniors
Raskob Learning Center
United Way Capital Region
Vietnam Veterans of America
Wilma Chan for Senate
Women’s Economic Agenda Project

REligious
Cathedral Parish of Christ the Light
Catholic Charities of the East Bay
Catholic Community of Pleasanton
Catholic Daughters of America #1854
Church of Santa Maria
Dominican Sisters of Oakland
Khrmw / Laotian Pastoral & Cultural Center
Knights of Columbus
Council 4588, Livermore
Knights of Columbus
Fr. John C. Murphy Council
Knights of Peter Claver
Ladies’ Auxiliary
Lakeshore Avenue
Baptist Church, Inc.
Lakeside Temple of Practical Christianity
Newman Hall - Holy Spirit Parish
Oakland Center for Spiritual Living
Our Lady of Lourdes
Catholic Church
Sierra Pacific Synod
Sisters of Social Service
Sisters of St. Joseph of Carondelet
Sisters of the Holy Names
Sisters of the Presentation
Society of the Sacred Heart
St. Agnes Catholic Church
St. Benedict Parish
St. Cornelius Parish
St. Felicitas
Catholic Church
St. Joan of Arc Parish
St. Leander Parish
St. Mary Magdalen Church
St. Michael Parish
St. Monica’s Men’s Club
St. Monica’s Church
St. Monica’s Women’s Guild
St. Paschal Baylon Church
St. Paul’s Lutheran Church
St. Raymond Parish
St. Theresa of the Infant Jesus

GOVERNMENT
County of Alameda:
Behavioral Health
Care Services
Alcohol and Drug Outpatient Services
Alcohol and Drug Prevention Services
Innovations: Peer Elders
Mental Health Older Adult Homeless Services
Health Care Services
MediCal
Medicaid Administrative Activities
Public Health
Medication Safety
Social Services
Area Agency on Aging, Senior Injury Prevention
Area Agency on Aging Visiting Program
California Preschool
California Child & Adult Care Food Program
City of Oakland
OCAAP Community Action Partner
Permanent Access to Housing (PATH)
Federal Emergency Management Agency

St. Mary’s Center has earned Charity Navigator’s four star rating for its fiscal management six years in a row. Charity Navigator is America’s leading independent charity evaluator and assesses the Financial Health and Accountability and Transparency of nonprofit organizations.

FY16 Audited revenues and expenses. FY16 Unaudited revenues and expenses.

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Revenue by Source FY16

<table>
<thead>
<tr>
<th>Private Revenue</th>
<th>$1,141,256</th>
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<tbody>
<tr>
<td>Program Revenue</td>
<td>$91,373</td>
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<tr>
<td>Public Support</td>
<td>$1,269,699</td>
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<tr>
<td>Total Revenue</td>
<td>$2,502,228</td>
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Expenses by Program Area FY16

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<thead>
<tr>
<th>Homeless Services</th>
<th>25%</th>
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<tbody>
<tr>
<td>Resources for the Third Age</td>
<td>20%</td>
</tr>
<tr>
<td>Administration</td>
<td>13%</td>
</tr>
<tr>
<td>Preschool</td>
<td>10%</td>
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<tr>
<td>Recovery 55</td>
<td>9%</td>
</tr>
<tr>
<td>Friendly Manor</td>
<td>9%</td>
</tr>
<tr>
<td>Shelter/Housing</td>
<td>8%</td>
</tr>
<tr>
<td>Food</td>
<td>6%</td>
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</table>

FY16 Unaudited revenues and expenses.
St. Mary’s Center is a community of hope, justice, and healing that serves at-risk seniors and preschoolers in the heart of Oakland. We strive to improve quality of life through counseling, shelter, nutrition, advocacy and social support.