

ST. ANN'S CENTER FOR CHILDREN, YOUTH & FAMILIES



A tradition of caring since 1860

A MOTHER'S WORDS | NAIROBE'S STORY

I was 17 when I found out I was pregnant with my daughter. I was living with my father at the time. I was so scared to tell my parents I was pregnant that I waited until I was 7 months pregnant to tell them. After my daughter was born, I moved in with my grandmother but I soon found out she wanted custody of my daughter.

A very special woman in my life, someone I call my godmother, told me about St. Ann's. It was the safest place for me and my daughter.

At the time we arrived at St. Ann's, I was 18 years old and my daughter was 6 months old. I

remember being extremely nervous that day because I wasn't used to living with other people my age. Ms. Rhonda was so helpful with getting me settled in.

I wanted to find ways to be involved in my community. I decided that I would volunteer at St. Ann's Child Care Center. After finding out there was an open position in the Child Care Center, I applied and now I am a member of the St. Ann's staff. Working here has been a great experience. I am able to be close

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FROM THE DESK OF

SISTER MARY BADER

A staff member recently hung a quote on her office door, the words of Christopher Robin to Winnie the Pooh: "You are braver than you believe, stronger than you seem, and smarter than you think." Encouraging words for anyone, but I think they are particularly apt for the young mothers who come to St. Ann's. The stressful experiences that have marked their lives and led them to our doors have left them feeling anything but brave, strong or smart.



When one young mother began attending St. Ann's High School last year, her low self-esteem and lack of confidence matched her poor academic record. Initially, she wouldn't even make eye contact with her teachers or classmates, let alone answer any questions or participate in discussions. But over time, immersed in the therapeutic atmosphere that St. Ann's promotes, she began to develop a healthy self-awareness – learning how to use her strengths to work through difficulties to achieve her goals. She formed a more positive view of herself and those around her. She realized that she could succeed in school and that motivated her further. By the time she gave birth, she had earned a place on the honor roll.

It is always a joy to witness the transformation that takes place when the young mothers at St. Ann's begin to realize that, in spite of the traumas they've experienced, they have strengths upon which they can build a better future for themselves and their children; and they find the courage to move forward in spite of the challenges they face.

In this newsletter you will read about Nairobi, a young mother who is making great progress on her journey toward independence. And there are many more families at St. Ann's who are working on their own success stories. You, our partners in the community, share in their success. The Daughters of Charity started St. Ann's 157 years ago, and we are dedicated to continuing this mission for decades to come. But our work has always been sustained by the generous support of our friends in the community. On behalf of all the families we serve, thank you!

Sister Mary Bader

Tell us how you were first introduced to St. Ann's.

I was first introduced through fellow board member, Mary Dee Clancy. We went to high school together and are members of the same parish. She informed me that Steve Heidenberger, who was then the Chair of the Building & Grounds Committee, would be leaving and that I should consider joining the board. Knowing the organization I said, "Certainly!"

What is the most rewarding part about being a member of St. Ann's Board?

The most rewarding thing for me is working with Sister Mary Bader and my fellow board members. I am amazed at how Sister Mary interacts with the families and staff. St. Ann's gives young mothers an opportunity to raise their children, work, and get an education. I am very fortunate to be a part of that.

What is the best advice you have ever received?

My mom used to say, "It's nice to be somebody important but more important to be nice."

What are your favorite places to visit in the DC area?

My wife and I love walking through Dumbarton Oaks in Georgetown and visiting the chapel at the Naval Academy.

What is your personal philosophy?

Try to help your family and friends as much as you can and laugh often.

What is the one thing you couldn't live without?

My wife of 45 years.

Where is your favorite place to travel?

Every place I've traveled to I've loved, within the US and abroad. I loved visiting France, Greece, Switzerland, and Italy. But if I had to pick a favorite, it would be Italy. From the food, museums, Vatican City, and the countryside - I was amazed by it all.

What is your favorite food?

Italian and anything my wife cooks.



Vernon Pizzi is Chair of the Building & Grounds Committee of the St. Ann's Board of Directors. He has been in the building and construction field since he was in high school. As a partner of K&P Builders, Vernon has helped to develop 1,300 Washington-area homes. As of November 2017, Vernon will celebrate 35 years with K&P builders. He and his wife, Susan, have three children and five grandchildren.

IN HER OWN WORDS | NAIROBE'S STORY

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to my daughter and the staff has been wonderful. Being at St. Ann's has given me the opportunity to really work on goals that I have set for myself. At the end of August, I will be taking online classes at the University of Maryland University College. I will be working toward a degree in Computer Science. I want to be a Digital Forensics Examiner.

Also, I have a passion for writing. Right now I am working on a book about my life. I've been holding onto a lot of things. Things that have been torturing me. I want to let these feelings and thoughts go. I am trying to learn how to forgive and writing this book has been a growing process for me.

The message that I have for young mothers like me is that it's important to stay optimistic and positive. It was hard for me to adjust to being a mother. I was depressed and anxious when I arrived at St. Ann's. That depression was alleviated soon after because I knew that everything was going to be alright.

What I've learned since becoming a mom is that every decision you make affects your child. I know that coming to St. Ann's was the best thing I could do for my daughter. I wouldn't have her now if I had not made that decision to come to St. Ann's.

I have hopes and dreams for my daughter. I don't ever want her to experience heartbreak, even though I know she will, and I can't protect her from that. I want her to see the world. I want her to be happy.

KEEPING UP WITH ST. ANN'S CENTER

Discover these stories and more on St. Ann's blog:

WWW.STANNS.ORG/BLOG

SNAPSHOT FROM ST. ANN'S DAY



THERAPEUTIC FLOWER ARRANGING CLASSES FOR ST. ANN'S MOTHERS



VOLUNTEER SPOTLIGHT | MENTOR PROGRAM

For more than a year, St. Ann's Mentoring Program has been matching female volunteers with young mothers living at St. Ann's. Many mothers in our programs have experienced some sort of trauma such as neglect, abandonment, and being witness to domestic violence. The partnerships between a mentor and mentee are intended to provide young mothers with non-judgmental care and support in a positive relationship.

We are delighted with the results of our new program. Since March 2016, fifteen mentees have been matched. One mentee reports that she is grateful for "...someone to show love and support to my daughter and me. I feel I have been matched with a mentor who I can really connect with." Although the program was designed for the purpose of supporting and uplifting the mentees, mentors have also expressed a sense of gratification. Says one mentor, "The most satisfying aspect of my mentoring experience has been watching my mentee open up, to see herself in my eyes, and expand her expectations..."

Volunteer mentors are provided support through monthly dinner meetings at St. Ann's. Guest speakers are invited to expand mentors' knowledge on relevant topics such as the necessity of self-care in a demanding life and issues facing homeless families in our community. These meetings are also a wonderful venue for mentors to share their experiences and to encourage each other during the slow process of building a relationship of trust with their mentee.

Whether a mentor and mentee are matched for several months or a lifetime, we believe that mothers and their families will be changed for the better through their Mentor Program experience.

TO LEARN HOW YOU CAN BECOME A VOLUNTEER, VISIT:
<http://stanns.org/get-involved/volunteer>

**HOPE BLOSSOMS RAISED
\$350,000 FOR ST. ANN'S FAMILIES**



**VOLUNTEERS & STAFF SORT FOOD FROM
MARYLAND EMERGENCY FOOD PROGRAM**



WON'T YOU JOIN?

The **Circle of Angels** is a special group of St. Ann's friends who make a commitment to help young mothers and their children at St. Ann's with regular contributions throughout the year. Knowing that we can count on this support is a real blessing as we struggle to meet the rising cost of providing for the many needs of the young people in our care.

Only you can decide how much you are able to give, but here is something to think about: A monthly gift of \$25 requires a sacrifice of only 83 cents a day, yet helps provide food, shelter, clothing, and therapy to a young family in need.

It's easy to enroll in the Circle, simply visit <https://www.stanns.org/donate>. As an Angel, you will be recognized in our annual report with this designation.

If you have any questions, please contact
Carolyn Boyle in the Development Office at 301-559-5500 or cboyle@stanns.org.

A gift for St. Ann's Future

PLANNED GIFTS & BEQUESTS

Make a lasting impact on St. Ann's mission by leaving a gift in your will. It is a simple way to ensure St. Ann's will continue to provide transformational care for mothers and children in years to come.

NAMED ENDOWMENT

Establishing a named endowment provides a perpetual legacy.

Only a portion of the fund is used each year to support St. Ann's programs. The balance remains invested.

ST. ANN'S DONOR TRUST

St. Ann's Donor Trust is another way to provide a long term investment in St. Ann's mission.

Funds contributed to the Trust are invested and a portion disbursed annually. Trust funds are used to maintain a safe and secure facility and enhance our quality programs.

Are you eligible for an IRA roll-over?

If you are age 70 1/2 or older, you may now instruct your IRA custodian to transfer any amount, up to \$100,000, directly to St. Ann's Center for Children, Youth and Families. Check with your IRA custodian today to find out if this type of contribution is right for you.

St. Ann's Earns Coveted 4-Star Rating on Charity Navigator

St. Ann's has received a first time, 4-star rating from Charity Navigator, America's largest independent charity evaluator, for demonstrating strong financial health and commitment to accountability and transparency. This designation from Charity Navigator differentiates St. Ann's from its peers and demonstrates to the public it is worthy of their trust. These ratings show givers how efficiently Charity Navigator believes a non-profit organization will use their support.

Visit www.charitynavigator.org to view St. Ann's profile.



FOR MORE INFORMATION, PLEASE CONTACT:
Beth Fromm, Vice President of Development
beth.fromm@stanns.org • (301) 559-5500 x163

STREET LAW AT ST. ANN'S



In the past year, Street Law, Inc., a locally-based non-profit that provides legal life education to vulnerable populations around the world, has partnered with St. Ann's. Using input from St. Ann staff, Street Law designed a tailor-made curriculum

for both our Teen Mother-Baby and Transitional Housing populations. Recruits from the staff as well as the community convened for a day-long "Train the Trainer" session in March, and the first session of classes began in April. The project was funded in part through a grant from the Prince George's County Bar Association.

Classes are taught by dedicated, trained volunteers. Street Law lessons impart practical legal knowledge on topics such as Landlord-Tenant Law, Child Custody Law, Credit Issues, Rights and Responsibilities during an Arrest, and Civic Involvement and Responsibilities.

Feedback from instructors as well as residents thus far indicate that the classes are a hit! Discussions are engaging, with course material clarifying many misconceptions and much misinformation. An end-of-session celebration for Transitional Housing residents was held on July 20th. Teen Mother-Baby participants will begin classes later this fall.

EARLY HEAD START

This year the St. Ann's Child Care Center, now 35 years old, has incorporated the Early Head Start program for children 0-36 months. With this program, we will provide intensive, comprehensive child development and family support services to low-income families in the DMV area. We will enhance our Center to promote physical, cognitive, social and emotional development of our infants and toddlers.

Aligned with our mission to serve the most vulnerable families, Early Head Start has allowed our Child Care Center to expand. We currently have 13 children enrolled in the Early Head Start program and we anticipate that we will bring in many more.

Early Head Start has provided valuable resources and equipment for the Child Care Center. Staff is receiving support and training to further develop the current curriculum. Our goal is to continue providing quality care while preparing the children for eventual success in school.

JOIN ST. ANN'S ONLINE COMMUNITY

OUR WEBSITE

Sign up for email updates, discover new ways to get involved and read our weekly blog.

STANNS.ORG

TWITTER

Follow us for interesting updates about St. Ann's programs and the issues we care about.

[TWITTER.COM/STANNSCENTER](https://twitter.com/stannscenter)

FACEBOOK

Be the first to know about upcoming events and view pictures from around St. Ann's.

[FACEBOOK.COM/STANNSCENTER](https://facebook.com/stannscenter)

INSTAGRAM

Check out fun photos from St. Ann's events.

[INSTAGRAM.COM/ST.ANNSCENTER](https://instagram.com/st.annscenter)

WORKPLACE GIVING

We are a proud participant of several local workplace giving campaigns.



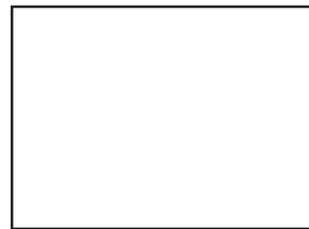
To request a St. Ann's client or staff member to speak at your workplace, please contact:



#53-0204626

Rendy Auguste
rauguste@stanns.org
 301.559.5500 x147





MARK YOUR CALENDARS

OCTOBER 4TH

IRISH OKTOBERFEST

Join us at The Irish Inn for
St. Ann's annual fall
gathering.

*Irish Inn
Glen Echo, MD
5:30pm to 7:30pm*

OCTOBER 21ST

Seton Guild Tea & Basket Auction

Join the women of St. Ann's
Seton Guild for their annual
Afternoon Tea.

*Normandie Farm
Potomac, MD
12pm to 3pm*

DECEMBER 2ND

St. Ann's Christmas Open House

Our annual holiday
celebration.

*St. Ann's Center
Hyattsville, MD
1pm to 3pm*

Visit our website for additional details about these events and registration information:

[HTTP://WWW.STANNS.ORG/EVENTS](http://www.stanns.org/events)