

FELTON SEPTEMBER 2019 NEWSLETTER

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FSA
Family Service Agency
of San Francisco

Lives Transformed



September 2019

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Felton Spotlight: Rod Cooper

San Mateo Office Manager for (re)MIND & BEAM



Rod Cooper, Office Manager for Felton's (re)MIND and BEAM programs in San Mateo, has a wide smile, mellifluous voice, and an exuberant spirit with which he greets all who enter the building. The oldest of three in the Cooper family, Rod grew up in Los Angeles, where his dad worked at the post office and his mother was an account administrator at European American Bank.

Among the life lessons that have remained with him are "live life with joy", "[give] service to others" and "knowledge is power".

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"My values were formed directly by my parents' progressive attitudes and the social liberation theology of the Jesuits at the Catholic schools I attended, Loyola High School and Loyola Marymount University," Rod recalls.

Rod was also fascinated with LA 's music industry. "Growing up in Los Angeles, you are surrounded by music, musicians, local radio stations, and concert venues. The music industry was a very exciting field, and I knew a lot of musicians, but I had no musical talent. "

Rod's dream of a career linked to music came true in the early 90's when he worked at Lee Bailey's [Communications/Radioscope](#), now called EUR.

New York was the next stop on Rod's career path, but a rent increase there led him back to California. He remembers the time fondly with a touch of irony. "I came here by way of New York; I was living in Manhattan, in a quaint little section of town, west of Theater District/Times Square called "Hell's Kitchen" with two artists as roommates. The landlord wanted to raise the rent from \$300 a month to \$500 a month, so I moved back to California to SF because the rents were cheap!

When Rod returned to San Francisco, he first worked at accounting firm KPMG as a Compliance Coordinator, and during the next twenty years, he worked at accounting firms Deloitte and PwC. He joined the Felton team in 2015.



"I was attracted to Felton for their level of service to the community, the long track record of the organization, and the mission and goals of Kitty Felton. What I consider exceptional is the level of the commitment that we bring to our jobs every day and the satisfaction we receive from serving our clients and participants. Seeing our clients smile when they leave the office and hearing how much they truly appreciate what we do to assist them in getting their lives back on track is so rewarding," Rod says with his trademark smile.

In his time away from work, Rod enjoys hiking, biking, walking, visiting street fairs and festivals, traveling and taking in theater and concerts. Whatever he does, he remembers the lessons and values from childhood, and as an adult, he has added a few additional credos- "keep It simple", "don't sweat the small stuff", and "always live your best life"! Rod's charisma and encouraging spirit are proof that he has taken those lessons to heart.

Join Us for Felton Institute's 130 Year Anniversary Gala!



CELEBRATING 130 YEARS OF INNOVATION!

Wednesday, October 30, 2019

From 5:30PM till 9:30PM

Ticket Price: \$130 | Dress Code: Cocktail Attire

On October 30, 2019, award-winning Felton Institute will celebrate 130 Years of Innovation at the San Francisco War Memorial and Performing Arts Green Room at 401 Van Ness Avenue in San Francisco, CA. The event will include a lively cocktail reception featuring a performance by [Someday Sweethearts](#) and songs from 2019 to 1919 with [The World Famous Rick and Russ Show featuring CJ Flash](#), a dinner and an awards program.

Felton Institute has the longest-running history of continued service in the San Francisco Bay Area with more than 50 social work programs. Our agency serves thousands of low-income and under served children, families, and adults of all ages. The anniversary celebration is an opportunity to express appreciation to everyone who continues to make this possible and to look ahead to the next 130 years!



We look forward to having you join us! Please invite your friends and family to attend. Tickets are now available through our Eventbrite Event:
<https://felton130years.eventbrite.com>

BUY TICKETS!



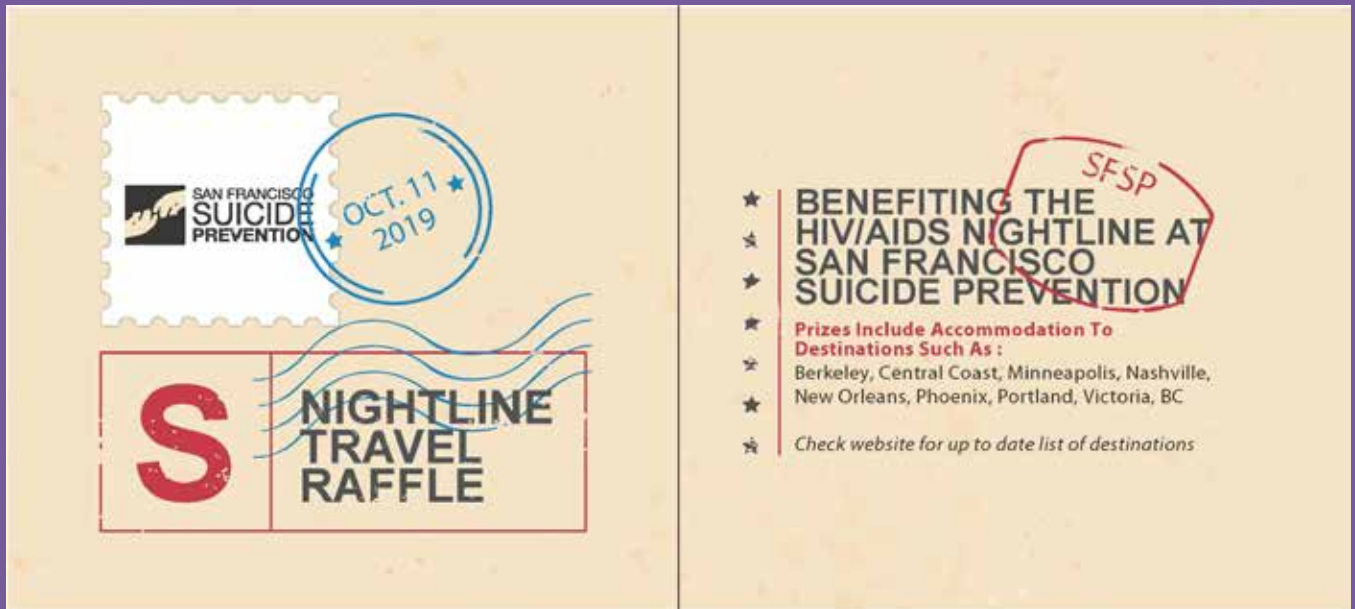
SFSP Launches Nightline Travel Raffle 2019 for National Suicide Prevention Month



This month, [San Francisco Suicide Prevention](#) (SFSP) began its annual Suicide Prevention Awareness Month campaign to increase awareness of warning signs and resources for people who may be struggling with suicide and their mental health. Each day, SFSP's hotlines receive approximately 300 calls from community members and concerned loved ones who need extra support.



On October 11, 2019, SFSP will hold a Travel Raffle drawing to benefit its HIV/AIDS Nightline -- the only emotional support telephone line for people living with HIV/AIDS, people worried about risks, and for loved ones caring for someone with HIV/AIDS.



Are you dreaming of your next vacation or weekend getaway?

Prizes include accommodation to destinations such as: Berkeley, Central Coast, Minneapolis, Nashville, New Orleans, Phoenix, Portland, and Victoria BC.

Ticket Prices:

- 1 Ticket for \$25
- 5 Tickets for \$100
- 10 Tickets for \$200
- 25 Tickets for \$500

TICKETS AVAILABLE ONLINE!

Rules and Conditions:

Felton employees are not eligible to join the raffle. You must be 18 years old or older to purchase a raffle ticket. All federal, state and local laws and regulations apply. Void where prohibited. Unless specified at the time of purchase entries will be put into a general drawing and prizes will be assigned at random. Destinations will be added on a rolling basis as they are confirmed.

Foster Grandparents and Senior Companions Annual Appreciation Luncheon



Annual Volunteer Recognition Luncheon

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

On November 1, 2019, at 11:30 am, Felton Institute's Foster Grandparents and Senior Companions will be honored at their annual luncheon. This year, the popular event will be held at Paramount Superstars Restaurant at 939 Clement Street in San Francisco. Each year, staff, family, friends, and clients gather to celebrate the dedicated volunteers.





Foster Grandparents work in classrooms across the Bay Area, mentoring, tutoring, and supporting young children who may not have an older adult figure in their lives. In the video above, at the 50th anniversary celebration of the Foster Grandparent Program, Ashley Cheng, then Deputy Director of the Mayor's Office of Neighborhoods, shared that her daughters learned patience from the foster grandparents in their classroom, and that she felt added comfort leaving her daughters at school, knowing that both teachers and foster grandparents in the classroom were taking care of them.

Senior Companions provide friendship and support to disabled seniors, combating the isolation that can come with being disabled or elderly. They work at senior centers and adult day health centers. [The Senior Companion program](#) also provides peer counselors for those who have mental health concerns.

These volunteers create life-changing relationships for both themselves and the people with whom they work. Their support helps bring Bay Area communities closer together.

To our incredible Foster Grandparents and Senior Companions, we hope to see you at this year's Annual Volunteer Recognition Luncheon!

**Paramount Superstars Restaurant
Friday November 1st, 2019
11:30 AM**

Please RSVP by October 18th to Eileen at 415-751-9786 or ekincaid@felton.org

DOWNLOADABLE INVITATION

FELTON AND YOU: Keeping the Golden Years Golden



Americans are living longer, and life expectancy has recently expanded. According to 2017 U.S. Statistics, the life expectancy for male individuals born in the U.S. is 77 years, and for women, it's 81 years. What does this mean? The United States now faces this hard fact. The elderly population is projected to double to 66 million by the year 2030. An estimated 85% of people over the age of 65 will have one chronic illness. About one-third of the elderly population will need some medical and social assistance.

Felton Institute's programs for seniors are designed to help them thrive in their golden years. Watch what two sisters say about the Foster Grandparent Program in the link below.

[The Senior Companion Program](#) is just one of those programs, aimed at providing companionship services to limited-mobile seniors. Qualified participants may spend up to 30 hours a week in adult health care centers and senior centers. Case managers supervise them, and there is a staff of specialists who work with older adults with mental health concerns.





Meanwhile, isolation and depression are prevalent among the elderly, especially for those who have retired. There are myriad studies of the correlation between health and employment for older adults. They agree that the loss of a community or social environment is often devastating to elders. Work offers routine, connection, and a reason to get up in the morning. Felton builds upon that research with innovative services, including the [Foster Grandparent Program](#).

Active participants in our [Foster Grandparent Program](#) are adults, ages 55 and older who offer support, love, and wisdom to children and youth in the San Francisco Bay Area. The program provides a multigenerational avenue for developing meaningful relationships, deep connections, and shared experiences that are long-lasting. Foster Grandparents serve between 15 and 30 hours a week in preschools, elementary schools, and various community settings. The foster grandparents receive stipends and transportation reimbursement, but the essential benefits go beyond the monetary. Volunteers remain physically and mentally active while forging relationships with young students and building community. Experts agree, volunteering and paid work produce better physical and mental health.

Let's keep the golden years golden.

If you would like to support these programs benefitting the senior population, we ask that you consider giving a gift to the Felton Institute.

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!



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Help transform your community!

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