



Felton Institute Newsletter

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TRANSFORMING LIVES
& INNOVATING SINCE 1889

SPOTLIGHT

Roger Truskonoff

Felton SCSEP Participant Assistant



For Felton SCSEP Participant Assistant Roger Truskonoff, 2020 is looking like a great year so far, and he feels like a lot of that is related to his participation in Felton’s [Senior Community Service Employment \(SCSEP\)](#) program. Just over 12 years ago, the forecast for Roger’s future wasn’t nearly as bright. He was homeless and sleeping on the streets and in shelters before he secured his apartment in May of 2018. With the security of a roof over head, Roger had hopes of getting back into the workforce, but for months he sent out resumes and received no responses.

One day, he went into the Tenderloin and Sixth Street Self-Help Center, where the [Senior Community Service Employment Program \(SCSEP\)](#) had just presented an informational session and outreach event. Roger saw a flyer for [SCSEP](#) posted at the center and took a chance on sending in his cover letter and resume. He enrolled in [SCSEP](#) on September 27, 2018.

Within the next several months, he began assisting in the [SCSEP](#) main office, gaining valuable customer service and administrative experience. Roger immersed himself in the world of workforce development and says he picked up many key points along the way. At the main office,

he began receiving emails about job opportunities and updated his resume with his new [SCSEP](#) site and responsibilities. He was able to receive the support system he needed in all areas of workforce development and was able to rebuild his confidence. He remembers receiving his first stipend and investing in a laptop, so that he could continue searching and applying for jobs at home. In the span of several months, he submitted over 100 resumes to employers.

Roger started receiving calls for interviews and stated, “There has been a direct connection between [SCSEP](#) and my success. I was applying for jobs prior to being in [SCSEP](#) without any success. Suddenly, having this experience on my resume helped me build my confidence in all areas.” He added, “I now know the importance of good leadership. It was very important to have positive mentors in [SCSEP](#) that guided and supported me through my journey. That was the key to my success. Everyone at the main office motivated me every step of the way.” ■

For more information about [Felton’s SCSEP Program](#) that provides workforce training for adults ages 55 and older, please visit www.felton.org or call 415-4747-7310.

VIDEO

Roger Truskonoff

Felton's Senior Community Service Employment Program (SCSEP) is a program designed to help adults over the age of 55 develop new professional skills and find employment.

SCSEP Participant Assistant Roger Truskonoff shares how the program has made a difference in his life.

“ There is dignity in work and they're seeking to have a more dignified life and I think that people's donations go a great distance towards helping us to do our work and assist people in these situations.

- Roger Truskonoff



Felton Hosts Safety and Crime Prevention Forum

On December 16, 2019, Felton hosted a Safety and Crime Prevention Presentation at its 66 Raymond site in San Francisco.



On December 16, 2019, Felton hosted a Safety and Crime Prevention Presentation at its 66 Raymond site in San Francisco, CA, to address the growing number of scams and burglaries against Chinese residents in Visitacion Valley and other San Francisco neighborhoods.

More than 60 Cantonese speaking older adults attended, and Josephine Zhao, President of the [Chinese American Democratic Club](#) moderated the panel. The speakers included Officer Vong from the [Ingleside Police Department](#), Wesley Chu, Lead Public Safety and Community Engagement Specialist for [San Francisco Safe](#); and Kathryn Guo, from [Adult Protective Services](#).

The event was organized to address an increase in Chinese homes being targeted because of a belief that large amounts of cash are kept in those homes. Many Chinese seniors who have limited English skills may not feel comfortable answering the doorbell, so the panel offered concrete tips, such turning on the television or radio loudly, showing someone is at home. Phone scams were also addressed, and when it was asked how many in

the audience had received a recent call from a well-known phone scam, about a third of the audience raised their hands, showing how widespread this problem is. Four Chinese media outlets attended the presentation to help get out the word in print and television.



The safety event was held just weeks before the passing of an [89-year-old Chinese grandmother, Yik Oi Huang](#), also known as “Huang Popo,” who was brutally assaulted in a San Francisco park while exercising just over a year ago. Her death at Laguna Honda Hospital was attributed to the injuries that she suffered, according to her family. Mrs. Huang’s granddaughter, Sasanna Yee, often teaches chair yoga at Felton’s 66 Raymond site. Felton’s Program Manager of [Aging Services](#) Edith Yamanoha attended the Huang memorial service and extended condolences to the family.

This panel presentation was created in response to a discussion at the Visitacion Valley Roundtable, a group of older adult leaders that Felton hosts to tackle community wide issues. showing how widespread this problem is. Four Chinese media outlets attended the presentation to help get out the word in print and television. 📺

SAFETY & PREVENTION TIPS

AT HOME:

Use a door viewer before opening your door.

Always demand identification from strangers (even repair or salespersons).

Do not answer personal questions about your home, such as type of alarm, daytime occupancy, etc.

Do not let people inside your home (to use the bathroom, phone, etc.)

WHEN WALKING:

Plan your route ahead of time.

Never walk alone at night; walk with a friend or your dog.

Use well-lit streets, not dark alleys or bushy areas.

Carry signaling devices like shriek alarms or a whistle.

SFSP Media Buzz

A flurry of press inquiries at San Francisco Suicide Prevention (SFSP).

In December, the announcement of a delay in the installation of the suicide prevention net at the Golden Gate Bridge and the FCC's unanimous vote to approve a new three digit National Suicide Prevention Hotline number, 988, led to a flurry of press inquiries at [San Francisco Suicide Prevention \(SFSP\)](#).



SFSP received requests from KRON 4, KTVU, the Los Angeles Times, SF Weekly, the Bay Area Reporter and Spanish radio station KIQI 1010. SFSP's Lina Sheth, Van Hedwall and Meg Sierra were interviewed on related topics.

The [Federal Communications Commission \(FCC\)](#) members voted unanimously to approve a new three-digit number, 988, as the new National Suicide Prevention Hotline number. 988 will help support access to crisis services and reduce the stigma surrounding suicide and mental health conditions. [Felton Board member](#), Peter Rojo,

who also served on SFSP's board for decades before [SFSP merged into Felton Institute](#), was elated with the news. "We are beyond thrilled to have a designated number for crisis and mental health for all Americans across the country. We have been an advocate for many years to have a designated three digit number for our community. As the first hotline in the country, we continue to provide 24/7 confidential support for anyone in suicidal crisis or emotional distress. In time, we hope the public will use 988 as the suicide prevention hotline, the way 911 is known as the emergency number." Implementation of 988 will occur over the next 18 months.

“ We are beyond thrilled to have a designated number for crisis and mental health for all Americans across the country. We have been an advocate for many years to have a designated three digit number for our community. As the first hotline in the country, we continue to provide 24/7 confidential support for anyone in suicidal crisis or emotional distress.

- Peter Rojo, Felton Board Member

The installation of a net to save lives at the Golden Gate Bridge, known as the [Golden Gate Bridge Suicide Deterrent Project](#), has been underway for about 18 months, but the bridge highway and transportation district announced in mid-December that the project will be delayed by up to two years. Officials reported that nearly 1,700 people have jumped since the bridge opened in 1937 and that bridge patrols to intervene and prevent people from harming themselves will continue. Former SFSP Executive Director Eve R. Meyer has been a leading advocate for installation of the metal net, which will be 20 feet below the sidewalk and extend 20 feet out from the bridge. Suicide is the 10th leading cause of death in the United States. 🇺🇸

For help, please call Felton Institute's [San Francisco Suicide Prevention Hotline](#) at 415-781-0500 or 1-800-273-8255 or text MYLIFE to 741741.

EVENT

Laughs for Life 2020

Tickets are now on sale for San Francisco Suicide Prevention's Annual Gala and Comedy Show "Laughs for Life"!



This year's fundraiser will be held at the [Regency Ballroom](#) at [1300 Van Ness Avenue in San Francisco, CA](#), on Wednesday, April 22, 2020. True to tradition, it will feature a dazzling lineup of entertainment, inspiring speakers, and delicious food and drink.

[Laughs for Life](#) will bring our community together to celebrate the positive impact San Francisco Suicide Prevention continues to have on the lives of those in crisis and the shared vision of continuing the conversation of de-stigmatizing suicide. "Laughs for Life" includes a cocktail reception, silent auction, followed by a seated dinner, awards and comedy show.

Proceeds from the evening support [San Francisco Suicide Prevention's 24/7 hotline](#) and [community programs](#) which empower individuals to help themselves and each other through moments of crisis. 🍷

To learn more about San Francisco Suicide Prevention visit: www.sfsuicide.org.



WELCOME TO 2020

With a Roar and Resolve.



2020. Happy New Year! The 20s are back in full force. A brand new decade. The new year represents a fresh start and beginning. We greet the year, facing a clean and blank slate, full of possibilities and promise ahead.

Even though January is almost over, we invite you to take a moment before fully loading up your calendar and the digital map of what comprises your life.

Before we dig in deep and tackle that plan for this year of our lives, we invite you to take pause and reevaluate. Slow down. Take a look around yourself and see what's happening. Wisdom says we should live our lives in deep accord with nature. It's cold. The water is still. Now is an excellent time to take inventory, reassess, and reevaluate.

What matters most in life? What is important to us, and how shall we craft our year to reflect that?

At this time, we typically launch into goal setting, and it's incredibly important to be realistic about what we want to accomplish. The year 2020 is no different. Many historians say we face the same social struggles that we had a century ago. The dark side of the 1920s was marked by a divided government, shattered American values, unemployment, poverty, and homelessness. Most of us long for

a new era of "normalcy." What's important is that we, as a society, hold on and anchor ourselves in the work that matters. And make our days count.

- [Train to be a suicide crisis line volunteer with San Francisco Suicide Prevention.](#)
- [Sign up to be a Foster Grandparent or Senior Companion](#)
- [Donate a spare dollar when you can.](#)
- [Have the power to transform lives, with Felton Institute](#)
- [One goal at a time.](#)

Instead of being overwhelmed by the daunting tasks ahead, we encourage you to choose the advocacy closest to your heart. [Felton Institute](#) is one of the oldest non-profit agencies in the San Francisco Bay Area, serving a wide array of underserved communities. From [children to young families](#) to the homeless, [mental developmentally disabled](#), [the elderly](#), and those at [risk for suicide](#). Find a cause that moves you. And craft a goal around that one cause, to feed your soul and know you have made a difference in someone's life. ■

Felton's Senior Division

Photo Highlights from Felton Senior Division Programs

OUR SENIOR DIVISION PROGRAMS...

Provide citywide services and workforce opportunities to help older adults remain in the community and age with dignity, security, and a high quality of life.

Learn more at www.felton.org



Visitation Valley Older Adult Choir
Highlights | DEC, 2019

On December 10, 2019, our Visitation Valley Older Adult Choir performed at neighborhood branch library, led by Choir Director Rita Lackey on the keyboards. The choir, specializing in R&B, gospel and pop, continues to grow in size and receive requests for playing gigs in Viz Valley and beyond.



Visitation Valley ESL Class
Holiday Celebration | DEC, 2019

Felton's Visitation Valley English as a Second Language (ESL) Class celebrated the holidays on December 18, 2019, by presenting a card of appreciation to Paul Giusti from Recology for funding the class. Thirty students learning basic English meet three times a week and will continue until June 2020. Starting in February, Recology will fund Felton's Cantonese language class for English speakers in Visitation Valley.



Geriatric Mental Health Party
Holiday Party | DEC, 2019

We finished up 2019 with a fabulous holiday party for the clients in our Geriatric Mental Health Programs. Here are Paul Hickman, Community Specialist, and Monique Hamilton, Program Manager, dishing up the Hawaiian Feast.



Aging Awareness Fair
Highlights | FALL, 2019

DC Spensley volunteered at Felton's table at an Aging Awareness Fair at the Civic Center, showcasing our "When I grow older, I hope to be..." wheel game.



Hiring Fair for Older Adults
Highlights | SUMMER, 2019

In 2019, the Senior Division, along with partners, hosted two Hiring Fairs for Older Adults, with Mayor Breed in attendance. 📍



Make a *Donation* to Felton Institute today!

Help Felton continue creating impact in the Bay Area by making a monthly or yearly commitment.

All contributions are tax-deductible.

Felton Institute is a tax-exempt organization registered 501(c)(3) nonprofit under EIN 94-1156530.



DONATE



Help transform your community!



MOBILE PHONE DONATION:
Text 'FELTON' to 41444 to donate today!



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