



Felton Institute Newsletter

The *March 2020* Issue

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TRANSFORMING LIVES
& INNOVATING SINCE 1889

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SPOTLIGHT

Adrienne Abad Santos

Administrative Manager at
Felton Institute



Adrienne Abad Santos has a warm and reassuring demeanor that invites others to remain calm, even during challenging times. She works as an Administrative Manager and also works in Quality Management at Felton Institute.

The firstborn in her family of five and the first grandchild, Adrienne is the older sister to twin brothers. She was born in Manila, the capital of the Philippines; her parents are devout Catholics who were strict in training their children to practice good manners, right conduct and to treat others as they wanted to be treated. Adrienne's grandmother instilled in her the value of hard work, perseverance, and the importance of integrity.

An enthusiastic student, Adrienne graduated from Manresa School, then earned her Bachelor of Science degree in Psychology from Assumption College. Her goal was to go to medical school after college to become a doctor, but that plan changed when she was hired at the Australian Embassy in Manila after graduating from college.

"I started to enjoy the diplomatic work experience, being able to meet and collaborate with members of the consulate and government communities," Adrienne recalls. "I worked at the Department of Foreign Affairs and Trade (DFAT) and was given the opportunity to hold various positions in the Accounting, Human Resources and Property Divisions. I then moved to the Australian Federal Police Department within the embassy and worked as an administrative officer before I moved to the U.S."

Shortly after joining her parents in the United States, Adrienne first worked as a reservation agent, then she was hired at Felton Institute.

"I was attracted to work for Felton because of the agency's strong commitment to help those who are less fortunate and the dedication to improving the lives of the people they serve. I find Felton's innovative and comprehensive services across all ages, regardless of cultural, economic and social backgrounds, exceptional."

"The most rewarding aspect about my job is when our program's team effort and hard work result in achieving performance objectives, billing targets and passing county and state audits. It is also rewarding to work with supervisors and colleagues who are supportive, with big hearts and strong dedication to their profession.

"I am blessed to belong to a great team; they are like my second family. Work might be difficult and challenging at times, but it becomes easier when you work with people who are team players."

When she is not at work, Adrienne enjoys trying food from different cultures, hiking and traveling with her husband. Her personal credo reflects the values of her grandmother and her parents; Adrienne says, "I always go by the golden rule, treat others as you like others to treat you". ■

Message from Felton Leadership



We at Felton Institute hope that you are well during these unprecedented times. In light of [Governor Newsom's announcement](#) and the Department of Public Health Order requiring all California residents to shelter in place, we have made certain adjustments.

Felton Institute is continuing our delivery of critical life transformative mental health and social services for our community. Our staff members continue to provide essential services such as: family support, resource and referral, telehealth, and clinical services, including crisis assessment and intervention, case management, therapy, rehabilitation services and [crisis hotlines](#) throughout the [five counties that Felton serves](#). Department of Health physical distancing COVID-19 guidelines are being implemented throughout the agency.

We will continue to monitor this public health crisis daily and act promptly in response to the recommendations and guidance from public health authorities and in the best interest of the communities we serve. 📺

**For more information,
please call 415-474-7310;
we are here for you.**

Alameda Open House

Last month, we celebrated Felton's first anniversary at the new Alameda County site on 1005 Atlantic Avenue. Today, we take a fond look back at the Alameda Open House held last year.



Alameda [Mayor Marilyn Ezzy Ashcraft](#), Deputy Chief of Staff for Supervisor Wilma Chan Vanessa Cedeno and Alameda Chamber of Commerce President [Michael McDonough](#) spoke at a lively ribbon-cutting ceremony attended by [Felton board members](#), guests from local businesses, community leaders, partners, and nonprofit agencies. More than 100 guests and employees supported and participated in the event.

Many members of Felton's Alameda staff worked collaboratively to create a festive and engaging experience for all. The open house program was hosted by [Felton CFO/COO Marvin Davis](#) and [COO of CYF and TAY Services Yohana Quiroz](#) who shared their personal stories that inspire their years of dedication to Felton. Al Gilbert

provided a warm welcome to all and drew laughs when he joked that he taught the program salsa dancers, [The Purple Parsleys](#), some steps.

[Director of Felton Early Psychosis Programs Adriana Furuzawa](#), [Director of Business Development Dr. Robin Ortiz](#), and [Senior Division Director Cathy Spensley](#) provided a preview of the program information. In the patio area, the R&B band AM/PM entertained guests and upstairs, Marivel Mendoza provided a free salsa dance lesson.

We thank everyone who contributed to the success of the Open House through attendance or service and send out special thanks to Julie and the Trader Joe's team in Alameda for their donation. 🍷

VIDEO

Alameda Open House Speeches

Felton Institute Celebrates Alameda Site with
Ribbon Cutting Ceremony and Open House

“It is exciting to know that our island will be the hub for these services to young people, the elderly, and our deaf community. It is my honor to be here today to help you cut the ribbon to officially open Felton Institute's new offices in Alameda. Welcome to Alameda Felton Insitute.

- Mayor Marilyn Ezzy Ashcraft



Stress Busters While Sheltering In Place

Our hope is that the information here is useful whether you are performing essential services or are required to shelter in place and work from home.



We've included home fitness videos to get you moving, some recommended reading and watching material and some recognition of the many ways that people are reaching out to their loved ones and communities.

Recommended Reading from Psychology Today

Even with constant new developments, we think that Dr. Kristen Fuller's article, written earlier this month contains a great degree of useful information.

[Is the Coronavirus Impacting Our Mental Health?](#)

Article by Kristen Fuller, M.D.

Psychology Today, Posted Mar 10, 2020

Home Fitness

With working from home and social distancing becomes our “new normal,” it’s important that we still make an effort to stay active. Local government guidelines state it’s still a good idea to get outside and do some exercise, as long as you respect the six foot distance between people. There are also a lot of good YouTube resources for an instant 10-minute pick-me-up workout!

10 minute Cardio Home Workout



Family Fun 10 minute workout



10 Minute Pilates at your desk!



F.A.C.E. C.O.V.I.D. How to Respond Effectively to the Corona Crisis



Connecting with Community

What many people are reporting during this time is that they are expanding their professional and social networks, connecting more deeply with special people in their lives and having memorable conversations while using FaceTime, Zoom, Skype, WhatsApp and other visual means of communication.



Others are re-evaluating connections and limiting their time on social media and pruning their networks. Some companies are noting that their staff members are working together more effectively while focusing on the team mission.

Many artists continue to share their gifts with the world, including these students from Chino Valley, California, who improvised when their scheduled concert was cancelled. 🎵

We hope that you enjoy their performance and that you remain in good health.



Felton's Early Autism Program (FEAP)



One in six children in the United States, or about 15%, have one or more developmental disabilities. The challenges of developing awareness are that not all disabilities are noticeable. Many disabilities are not obvious just by looking at the person. However, autism, dyslexia, and Down's Syndrome are just some of the disabilities that are sometimes not apparent.

“There is one way to look at things until someone shows us how to look at them with different eyes.”

- Pablo Picasso

Awareness, education, and sensitivity are essential. Much progress has been made toward the inclusion of people with developmental disabilities in all areas of community life, including education, employment, and community living. However, much work still lies ahead.

One of the more significant problems special needs students face is bullying. Reports indicate that 85% of students with disabilities have experienced bullying. And this is not limited to children. Stereotypes about people with disabilities remain, contributing to the continued high unemployment rate among people with disabilities.


Felton Institute's Family Development Center believes in the power of inclusion through many of their programs such as [The Infant Development/Early Intervention Program \(GGRC\)](#), the [Medically Fragile Infant/Toddler/Preschool Program \(MOLERA\)](#) and the [Felton Early Autism Program \(FEAP\)](#).

[The Felton Early Autism Program \(FEAP\)](#) brings together an evidence-based intervention model specifically designed for children on the autism spectrum, and the child's natural learning environment. FEAP is the first inclusive center-based program in San Francisco with a curriculum designed specifically for children with autism.

**Witness how the FEAP Program
changes lives, through the eyes
of Tammi and Josh.**



Felton Institute works to assist families who suspect their child may have autism and to improve the lives of children already diagnosed with autism. We are working to increase public awareness about the day-to-day issues faced by people living with autism. As an advocate for appropriate services for those within the autism spectrum, Felton helps to provide the latest information regarding diagnosis, treatment, education, and research.

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HOW YOU CAN HELP



If you want a better life for people with developmental disabilities, there are plenty of things that you can do:

- Refrain from making assumptions about anyone's abilities or feelings.
- Don't shy away from making friends with someone with a disability.
- Give them equal job opportunities to someone with a disability.
- Treat all people as equals.
- Correct your peers when they make assumptions or treat someone poorly.

If you would like to support these programs benefitting the developmentally disabled, or any of Felton's programs, we ask that you consider [giving a gift to the Felton Institute](#).

FROM THE ARCHIVES

Providing Essential Services During Crisis



1918 Red Cross Volunteers in Oakland sew gauze masks to help deter the spread of the deadly Spanish Influenza. Masks were made mandatory in San Francisco under penalty of a \$100 fine and 10 days in jail, Photo: Oakland Public Library 1918

A History of Uninterrupted Services

During these challenging and unprecedented times due to COVID-19, Felton Institute continues to provide many essential services, just as the agency did during the 1918 “Spanish Flu” pandemic. Through 131 years of uninterrupted service, it is the support of those who believe in Felton’s mission that has made it possible to continue to provide services. 📺

Laughs for Life 2020 Cancelled due to COVID-19



Due to the recent spread of coronavirus and a concern for the health and safety of our community, it is with great consideration and care that Felton's San Francisco Suicide Prevention (SFSP) decided to cancel Laughs for Life, scheduled for April, 22, 2020.

Right now, during this time of heightened concern, all efforts are focused on keeping our programs and hotlines fully operational.

We are proud to report that no breaks in service have occurred.

To learn more about San Francisco Suicide Prevention visit: sfuicide.org.
Click [HERE](#) to Donate Specifically to San Francisco Suicide Prevention.

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We'd also like to remind everyone who shops on Amazon to please shop through AmazonSmile – Amazon's charitable foundation. When you shop at smile.amazon.com, you'll find the same shopping experience as Amazon, with the added benefit that Amazon will donate 0.5% of the cost of your purchases to Felton Institute. We know that some of you already take advantage of this Amazon fundraising option (thank you!), and hope that everyone will consider doing the same. All donations help!



How to shop on AmazonSmile and donate to Felton

1. Log onto smile.amazon.com. Your existing Amazon account is the same for AmazonSmile.
2. Select **Felton Institute** as your designated charity of choice.
3. Shop as you normally would, and instantly raise money for Felton; **0.5% of your purchase price.**

amazonsmile



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.



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