



SHARE OUR SELVES NEWS

Fall 2009

www.shareourselves.org

Adopt A Family - An Orange County Tradition

Start the holiday season by giving to others! There is no better tradition. Please join SOS and our legion of supporters as we once again ensure that struggling Orange County families also share the joy of the season. As you all have heard many times, this year more than any other, the need will stretch limited resources. We are hoping we can count on your generous spirit to make this, the 40th year of Adopt A Family, the best ever.

The Adopt A Family program plans to connect donors with more than 1,500 families with children recommended to us by local schools. The kindness and compassion of you, our donors, helps ensure that the holidays will be a little brighter for these families. Check out the insert for the details on how to help. Once we have matched you to a family, we will send you information on the children's ages and sizes, and more detailed instructions for delivery. Donations will be collected on December 17th at the Orange County Fair and Event Center, who once again have generously offered the use of their facilities for this important program.

Also consider hosting a holiday food or toy drive. Each year we have a number of families that are not adopted and we never let these children go without. For more information, visit our **website, www.shareourselves.org, or email AAF2009@shareourselves.org, or call 949-515-5400, ext. 39.**



The Jean Forbath Room at the Inn Christmas Fund

Jean Forbath, the founder of SOS, has retired from the board of directors after 39 years of leading the organization, including being the unpaid executive director for 22 years.

In honor of her years of service to the cause of justice and her dedication to seeing that no one is homeless on Christmas Eve, the Jean Forbath *Room at the Inn* Christmas Fund has been set up to provide the homeless with warmth and safety at Christmas time. The fund will provide a motel room—a room at the inn—for the homeless people who come to SOS at Christmas time.

If you would like to donate to this fund in Jean's honor, and to continue her legacy of helping the homeless, please send in your donation to SOS with Room at the Inn on your check's memo line.

Wishing you a warm and happy holiday season,

We are servants who provide free care and assistance to those in need and act as advocates for systemic change.

Thank You

Thank you to all the following.

Foundation and Community Support

- ♦ Blue Shield of CA Foundation for generous support of the clinics
- ♦ The Foundation of the Family of C.M. and Edna Peyton Cotton for generous support of Back to School
- ♦ County of Orange for generous support of the dental clinic
- ♦ Allergan Foundation for generous support of the Women's Clinic
- ♦ City of Santa Ana for Social Services support
- ♦ Louis & Company for holding a food drive to benefit the Food Pantry

Services Donors

- ♦ Coast Mailing for donating mailing costs
- ♦ David Ballard Electrical for electrical service
- ♦ Mesa Center Automotive for van maintenance
- ♦ Westcliff Medical Lab for support of the SOS Lab

Volunteer News

We're off to a great start with a busy season approaching! Thank you to all the volunteers who were able to see us through the summer months and thank you to all our returning volunteers – we are happy to have you back! We could never provide the services we do without your help – SOS volunteers are the HEART of our organization!!!!

With the increased demand for services comes the increased need for extra hands – please contact Julie Larson, Volunteer Services Manager, if you are interested in any of the following MUCH NEEDED weekly positions:

- ♦ Drivers
- ♦ Food Packers
- ♦ Clothing Store Helpers
- ♦ Children's Corner Helpers
- ♦ Spanish Translators for the Clinic

If a weekly position isn't a good fit, how about a one-time position in the food pantry the week before THANKSGIVING? Extra help will be needed on Friday, 11/20, Monday, 11/23, Tuesday, 11/24, and Wednesday, 11/25. We guarantee you will find joy in helping a family celebrate the holiday!!

For more information contact Julie Larson at jl Larson@shareourselves.org

Star Team BBQ

On Sunday, August 16, SOS A Team, Star Team, and their guests attended a BBQ at the beautiful bay front home of Jerry and Kathy Thompson. The annual summer event is a way to recognize and thank the Star Team members for their contribution to SOS. A big thank you to the A-Team and Star Team members for the continuous support!



SOS Star Team members enjoy a delicious BBQ and beautiful view

Major Donor Appreciation

On Sunday, August 23, SOS Board Member Mary Cappellini and husband, Cesar, opened their beautiful home for a reception to honor Share Our Selves' major supporters. Over eighty guests attended the event and were treated to



Hosts Cesar and Mary Cappellini

delicious fare generously donated by Melissa's Produce and Sol Cocina. The event also honored SOS founders Frank and Jean Forbath for their many years of service to the organization and community. We thank all our supporters who continue to embrace our mission!



Frank and Jean Forbath with Karen McGlenn (Center)

Back to School

This year's Back to School program was the most successful ever! 1,751 backpacks filled with school supplies were given to students from low-income Orange County families.

Thank you to everyone who donated bags and supplies and who volunteered! Your generosity helped ensure that many local students started the school year with excitement and confidence!



Students proudly show off their new backpacks

A Gift To SOS And A Guaranteed Return For You

Purchase a Charitable Gift Annuity and you accomplish both. A CGA provides you with guaranteed income for life, a tax deduction, and a generous gift to SOS. The Orange County Community Foundation (OCCF) provides CGAs for SOS. Please call Jeff Swanson at the OCCF, 949-553-4202, ext. 39 for details, or Karen Harrington at SOS, 949-515-5400, ext. 31.

Save the Date for the Legacy Society Tea on February 18th - honoring those who look to the future of our community by including SOS in their wills!

The CCC and Integrated Behavioral Health

Dr. Margarita Pereyda, SOS Medical Director, Patricia Lenahan, LCSW, LMFT, BCETS, Director of the Comprehensive CARE Center, and Nancy Pierre-Paul, FNP-C, will represent SOS at the annual Collaborative Family Health Care Conference in San Diego. This is one of the premier organizations promoting integrated behavioral health care. The three will present posters describing the work of the Comprehensive CARE Center and clinics. These poster presentations will focus on promoting breast health awareness, depression and diabetes in the Latino community, and the use of alternative remedies to treat diabetes. These posters are a great example of the collaborative effort at SOS and include medical, dental and pharmacy as well as the CCC.

CCC Welcomes Five MSW Students

Five graduate students in social work have been assigned to work with the CCC for the academic year. Patricia Lenahan welcomed Rachel Gardner, Nelda Martinez, Carmen McCord, Rebecca Quiroz and Tranquilina Reyes to SOS in September. The students come from Cal State Fullerton and the University of Southern California. The interns will be working in social services, case management and in the behavioral health component of the CCC.

Sharps and Medication Disposal at SOS

Thanks to collaboration between SOS, the Costa Mesa Sanitation Department, and Curbside we now have both syringe and unwanted medication disposal boxes on site. This is a wonderful effort to keep our community safe, healthy and clean.

These boxes are for the convenience of our patients, community and friends who would like to dispose of syringes or medications in a secure and environmentally conscious manner. The green disposal box for syringes is located in our parking lot. Syringes should be placed in a hard plastic container or coffee can with a lid and then deposited in the disposal box.

The yellow medication disposal box is located in the Medical and Dental Clinic waiting room. Please feel free to use these boxes and help keep our community healthy and safe.



Sharps disposal box located in the SOS parking lot

SOS Board of Directors

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Ways to Benefit SOS

- Donate your vehicle. Download the form on our website.
- Renew & register your Ralphs card at www.ralphs.com and use the SOS number 84538. As of Sept. 1 all cards must be renewed.
- Register Vons grocery cards, credit or debit cards with eScrip at www.escrip.com and use the number 150239969.
- Donate old toner cartridges, iPods, laptops and cell phones to SOS. We recycle them for cash. Please visit our website for a list of accepted toner cartridges. www.shareourselves.org/donateNow.html

For details, call Kathleen Bruski at SOS, 949-515-5400, ext. 32



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SAVE THE DATE...SAVE THE DATE



Festival of Trees



December 1-3, 2009

Hilton Orange County/Costa Mesa
3050 Bristol Street, Costa Mesa

Bring your children and grandchildren and celebrate the holidays with SOS. This is a fun and festive way to kick-off the season. Details inside.

Wish List

The need for support continues all year. Here is how you can help:

- The SOS Medical Clinic is in need of CPAP or BI-PAP machines that are in good working order. Donations can be dropped off at SOS
- Sleeping bags, blankets and winter jackets
- Baby Items - clothing, food, & diapers in all sizes
- Birthday Boxes for Children, Hygiene Kits
- Formal dresses for Marine Corps Ball
- For ideas on how to help from home or ideas for youth leaders, call Julie Larson at 1-949-650-0640, ext. 227.

Go Green - Email Newsletter!



Go green and save SOS mailing costs! If you would like to receive newsletters and event invitations via email, please send an email to efevans@shareourselves.org.

Calendar of Events

October 11	19th Annual Celebrity Chef Dinner - Sunday Supper Club
November 5	SOS Open House 8:00am-1:30pm
November 16-20	Thanksgiving Food Drive
December 1	4th Annual Festival of Trees Board/Corporate/Sponsor Night
December 2	4th Annual Festival of Trees Free Open House Night 5-7pm Children's crafts, photos with Santa, & more!
December 3	4th Annual Festival of Trees Family Celebration Night 6-8:30pm Elegant buffet, kids' buffet, cookie decorating, Santa & entertainment!
December 14-17	Adopt A Family
February 18	Guardian Donor and Legacy Society Recognition Tea

For more information on these events, please call Ashley Carlton at 949-515-5400, ext. 34 or visit our website, www.shareourselves.org.