

*“The most satisfying thing is watching the clients move on with their lives. They’re headed towards their goal, whatever their goal is, and they’re happy.”*

Ludwig Leota  
Housing Facilitator at Next Door

## STRATEGIC INITIATIVES TO END HOMELESSNESS

ECS mobilizes very low-income individuals and families to overcome homelessness within a safe, supportive environment. Our comprehensive programs — from shelters, supportive housing, and employment training, to counseling, educational services, senior services and childcare — are all highly leveraged strategies to help people find permanent housing and develop the skills to maintain it.

# Shelters:

## The bridge from homelessness to housing

### *Strategies that work*

Many people are inspired by Anthony Mackey’s energetic and positive dedication at both Next Door and The Sanctuary shelters where he works as part of

the maintenance staff. Anthony was homeless and addicted to drugs for 14 years when “Casey”, his friend of 13 years, said that she was going to check in to a shelter and would he like to join her? It was 2003 when Anthony and “Casey” walked into Next Door Shelter. They are both sober and housed today.

*(continued inside)*

# ECS

Episcopal Community Services

165 Eighth Street  
San Francisco, CA 94103

ECS is challenged to raise  
\$800,000 by the end of June.  
Your gift contributes to the  
strength of our programs.

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## WHAT'S INSIDE:

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Coping with Freedom

From the Desk of  
the Executive Director

## Episcopal Community Services

# Who we are

ECS is a public benefit organization with a family of programs that provide creative responses and offer solutions to the challenge of homelessness.

Save the Date!

## *SummerTini*

A benefit for CHEFS

Friday, June 23, 2006

6:00 pm – 8:00 pm

Yerba Buena Center for the Arts  
701 Mission Street  
San Francisco

For more info call 415-487-3736  
or e-mail [hlukas@ecs-sf.org](mailto:hlukas@ecs-sf.org)

*Sanctuary participants Todd Stricker, Rudy Velasquez,  
Art Silvani, Mark Maisonet, and Linda Mora*

# Dear Friends,

This issue of the newsletter highlights our Shelters program – for many, the first level of support in the “continuum of care” that is so integral to eradicating homelessness.

ECS offers safe, clean, and attractive accommodations to nearly 500 homeless men and women each night and day at The Sanctuary, Next Door, and the Interfaith Shelter. Our shelters are service-enriched – meaning program participants have access to individual counseling and group activities to help them work productively on their health, education, employment, and housing challenges.

I have great regard for our Shelters director, Linzie Coleman, and her staff. Their work is demanding – 24 hours a day, 365 days a year – and they carry it with grace. Over half our Shelters’ staff members have themselves experienced homelessness at one time or another in their lives, and the opportunity to “give back” is usually part of their motivation for the work. What a difference it makes.

I’m reminded of Maya Angelou’s powerful words: “When we cast our bread upon the water, we can presume that someone downstream whose face we will never know will benefit from our action, as we who are downstream from another will profit from that grantor’s gift.” We who are staff of ECS are blessed to see the faces of those coming after us. You, our donors, don’t often get to know those you help, but your help makes all the difference.

*Ken Reggio with Sanctuary staff members  
Eva Rouse and Shaun Rodgers*

We are most grateful to you.

Sincerely,

Ken Reggio

*“The Sanctuary  
has been a very  
healing place  
for me.”*

Christine

*“The Sanctuary  
is my life  
support system,  
because it’s  
keeping me off  
the street.”*

Leonard

# Strategies *that* Work

{continued from cover}

53-year-old Anthony recalls when he was sleeping “from pillar to post.” He was on state parole and probation after having been incarcerated, and ECS gave him an opportunity he didn’t know existed. “I thought I’d never see another job in my life.” He was surprised by the effective and supportive case management, housing and substance abuse support groups, information on how to get free clean clothes, and the fact that ECS would help him save money to make his dream of being self-sufficient a reality.

Anthony wanted to repay ECS for housing and feeding him, so he completed four times the required volunteer work each week. “Without the help of Next Door and the staff who work there, I believe I’d probably be dead. But now I have a nice apartment, and I’m employed. I have medical benefits I didn’t think I’d ever have. I have a life again. I have a small bank account, which I’m rather proud of. ECS gives people the opportunity to get back into society without making it too stressful or embarrassing. Also, I love me more now than I did three years ago.”

## Next Door

Next Door, a 280-bed shelter located in the Tenderloin, is designed to successfully transition people from the street to a more stable life. In phase I, clients work with a case manager to establish an individualized plan which includes saving 60% of their income for future housing, and volunteering at least 2 hours a week in the shelter. Phase II allows a 6-month stay while the client continues to work an individual plan with activities that include looking for work, taking academic and computer classes, receiving vocational guidance, taking care of health issues, and finding a place to live. Nearly 40% of clients who are case-managed find a more permanent housing situation upon completion of the program. Phase III provides 6 months of follow-up support.

## Learning *to Ask* for Help

When Mark Maisonet walked into The Sanctuary in December of 2005, it was due to a relapse in his drug addiction and subsequent loss of his job and home. Mark said, “That’s what happened, just a brief relapse, but it’s just amazing how fast my world crumbled.”

Mark really appreciates all of the extra help Grace Telcs, his case manager at ECS, provided. He is working consistently with health care professionals at South of Market Mental Health Services and SAGE to address his chronic health problems. Mark is determined to change his life for the better: “The drugs and alcohol are just something to numb the pain. That’s not the problem. If I handle my deeper issues then I can wipe drugs and alcohol out of the picture.”

# Infinite Compassion

Marilyn Saner has been a leading volunteer for most of the 16 years that the Winter Interfaith Shelter Program has existed. The Interfaith Shelter began as a temporary emergency shelter in the crypt of Grace Cathedral, much like the Sanctuary began in 1983.

Marilyn's three sons have been involved as long as she has been. "My kids grew up in the shelter. They can run the program as well as I can."

While Marilyn was undergoing treatment for breast cancer, she talked often with her priest. He pointed out that there were people worse off than she was, and she needed to stop feeling sorry for herself. He convinced Marilyn to manage the meals for the Interfaith Winter

Shelter from start to finish. "It was my gift actually," says Marilyn. "It made me get up in the morning."

That year Marilyn rose before sunrise every morning from November to December and two weeks in January to prepare and serve the morning meal. She developed menus, acquired the food, and coordinated the evening meal which she oftentimes cooked. These days, Marilyn manages the evening meal and spends 3 hours each day shopping.

Marilyn continues to be proud of the "four star meals" her guests receive. "It's like having a dinner party every night. You have to be enthusiastic, greet your guests, and treat them warmly. All of my volunteers who help cook and serve the meals do it joyfully," explained Marilyn. Feeding the homeless is a

city-wide Interfaith effort. Congregations from outside the Tenderloin area help cook, serve, and donate food or money every year.

"My problem throughout the years is being unable to ask for help, so I'm learning to do that now. I'm amazed, it works, people care. The (Sanctuary) staff are always there to help you. A lot of them are recovered so they understand, and are never too busy to sit down and

talk," explains Mark. He has endless positive things to say about The Sanctuary staff, "...especially the shift from 4 pm to midnight. There's a lot of chaos going on, and the gentlemen that have that shift handle it very well. It's not an easy

job." Mark also found a supportive community among the clients. "I have made some very good friends over there, true friends."

## The Winter Interfaith Shelter

The Winter Interfaith Shelter was the brainchild of the San Francisco Interfaith Council, which has sponsored the program for the past 16 years. Council Vice President, Rita Semel, has tirelessly coordinated the entire endeavor, each year networking with local churches, synagogues and mosques to open their spaces and their hearts, providing shelter and meals, to 80 homeless men during the winter months. While many, many congregations actively participate in the Shelter each year, Trinity Episcopal Church, Saint Mary's Cathedral, First Unitarian Universalist, Saint Mark's Lutheran Church, The Islamic Society of San Francisco, and Old First Presbyterian have been particularly strong leaders in the work.

*Rev. Jim Lange, Rita Semel and Marilyn Saner*

# The Sanctuary

The Sanctuary is a 200-bed shelter that offers emergency and short-term stays to homeless men and women in San Francisco. In addition

to a bed with clean linens and a storage locker for personal belongings, clean clothing is provided when needed. Breakfast and dinner meals are provided each day. All Sanctuary clients have access to case management support, mental health services, and vocational guidance and training. In the past year, over 33% of Sanctuary clients were

*Sanctuary participant De Forrest Woods talks to staff member Dennis Hall*

fifty years or older; 40% had experienced chronic mental health issues and over 60% had problems with alcohol and other drug use.

## Coping with Freedom

Kate (not her real name) had a breakdown in 1993, and was misdiagnosed with schizophrenia. She spent nine years on the wrong medications until she was diagnosed with Bipolar Disorder in 2002. Kate liked The Sanctuary because she would, “get up in the morning and there was so much love going around, you could feel it.” She remembers the random acts of kindness she experienced in the shelters. “I fell out of bed one night, some years ago I badly hurt my hip by falling out of bed, so when it happened at Next Door all I could do is sit and sob, ‘I fell out of bed I fell out of bed’. All of a sudden, all these pairs of hands were lifting me up, and they put me back into bed. I didn’t even know who they were. All these women came and helped me.”

Thomas Ambelang, Kate’s case manager at Next Door, helped her adjust to her new home, a room in an SRO hotel.

“I was kind of freaking out when I first moved into a room. You come from a situation where everything is controlled, to where you’re in a hotel room all by yourself with nobody to talk to.” Of her new place she says, “It’s the nicest hotel I’ve ever lived in, and I found it thanks to the Canon Kip Senior Center.”

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