

Acupuncture Strengthens Recovery at Epiphany Center

With twenty five years of detox-acupuncture experience, John Kolenda L.Ac. provides acupuncture to clients in Residential Recovery to relieve stress, reduce cravings, and provide a consistent and much needed time of relaxation. For four mornings a week, women in the program voluntarily come together to ease their minds and improve their health.



The practice targets the body's organs, specifically the liver, kidney, and spleen, and John reports that women usually start to "feel the difference" in about a week or two. When writing about her experience with acupuncture, one client at Epiphany Center stated, "With the introduction of acupuncture things are slowly changing, and I feel a lot more relaxed. Challenges are becoming opportunities rather than obstacles."

Though the ancient Chinese therapy has been practiced for centuries, it has only recently gained popularity in the United States. According to the National Institutes of Health (NIH) one million more Americans started using acupuncture from 2002-2007 for ailments such as fibromyalgia, low back pain, and chemotherapy-induced

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FOCUS



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Learning to Live Healthfully

According to SFGate, "San Franciscans who live in the Bayview-Hunters Point neighborhood can expect to live 14 fewer years on average than people who live on Russian Hill."

Due to these health disparities, as well as individual background and lifestyle, many Epiphany Center clients are disproportionately impacted by health problems such as hepatitis C, hypertension, diabetes, dental problems, Methicillin-resistant Staphylococcus aureus (MRSA), and asthma. Epiphany Center's Residential Recovery program addresses this issue by including a Health Education class.

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MISSION STATEMENT

Epiphany Center strengthens family life through programs faithful to the beliefs of the Catholic Church, rooted in Judeo-Christian values and the tradition of service of the Daughters of Charity of St. Vincent de Paul.

Epiphany Center provides client-centered care to a diverse population of women, children, and families, who are most vulnerable in our society. Our purpose is to strengthen family life and to enhance the physical, social-emotional, intellectual and spiritual growth of each person in our care.

Our vision is to create a safe environment that reflects the belief that each person is created by God, is endowed with unique gifts, and is worthy of respect. We believe that our care for individuals enriches their present and future lives, the lives of their families and, through them, the community in which we live.

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Sister Margaret Ann Gainey, D.C.

Deacon Eugene Smith

EXECUTIVE DIRECTOR

Sister Estela Morales, D.C.

A Message from the Executive Director

Dear Friends,

As you noticed when opening this newsletter, we have a new look. We began “doing business as” Epiphany Center in 2008, and since then we have wanted to develop a logo that reflects the agency’s current services. There has been confusion in recent years, and this logo development project is part of our efforts to gain more name and service recognition in the community.

Since February of 2012 we have been working with a creative, local design firm UNIT partners to create a new logo and a “branding” strategy.

Lord, may your light always be the source of hope, joy, and meaning in our lives!

We revealed the new logo on February 19, 2013 to all staff with a celebration of our history and mission.

As we began the process, UNIT helped us to clearly define what we wanted our logo to represent. They interviewed donors, staff, and clients, who especially shared how our services impacted their lives.

The next step was to find words, colors, and images that represented Epiphany Center. Some of these ideas were compassion, family, young children, unity, hope, stars, light, revelation, change, recovery, dreams for the future,



and Catholic values. Our inspiration came from the meaning of “epiphany” (a moment of sudden insight) and from the church feast day that celebrates the revelation of Christ to the world.

We had a wonderful committee composed of representatives from the staff, Governing Board, and Epiphany League to lead the way. In the end, we chose the one that embodied all of our ideas. It even has an “epiphany” in the design—an

image that is revealed as you look at the logo. The logo means something a little different for each person but what I believe it says is that through strong relationships adults and children share hope and light for the future. A star guides and leads us to that future when we find our best selves and can give a helping hand to a child.

We hope the logo inspires you and that you will join us in making many epiphanies possible for our women, children, and families.

Blessings,
Sister Estela





Party co-chairs Sheila Kelly and Jamie Gersovitz



Therese Post and Katie Budge



Laurel Weil, Barbara Bally, LaVerne Reiterman, and Sister Camille Cuadra

Dinner & Duets

16TH ANNUAL BENEFIT PARTY & SHOW

Epiphany Center held its 16th annual Benefit Party and Show *Dinner & Duets* on February 28th in San Francisco. With Dr. Michael Pritchard as an inspirational dinner speaker, attendees then enjoyed a humorous and original show of duets from incredibly talented volunteers.

Many people came together to support life-changing services for women, children, and families. We thank Dr. Ann Marie Krejcarek, President of Convent of the Sacred Heart and Stuart Hall, for generously donating usage of the James Leary Flood Mansion—a most spectacular setting. We thank Epiphany League

members, who planned the event, the Host Committee, who endorsed the show before its production began, and the Sponsors, whose generous contributions sustain Epiphany Center’s important work.

We deeply appreciate contributions of party co-chairs Sheila Kelly and Jamie Gersovitz, playwright Adelaide Hornberger, producer Brenda MacLean, directors Frances Devlin and Vivian Sam, musical director Dwight Okamura, costume designers Pat Glass and Judy Gray, props mistress Terry Keyes, and set designers Sandy Lane and Jane Foster for volunteering their valuable time.

Above all, we thank the cast: Bill Boardman, Stephanie Case, Erik Davis, Victoria Stewart Davis, David Fleishhacker, Mindi Hadan, Sara Hauter, Don MacLean, Bill Mittendorf, David Navarro, D’Arcy Owens, Tom Owens, Hiedeh Saghi, Lizanne Suter, and Donald Van de Mark. We celebrate their talent and applaud their generosity!

Last but not least, we thank all who attended. Because of your support of Epiphany Center, families are strengthened, women’s lives are restored, children have hopeful futures, and the inter-generational cycle of poverty is broken.



Connie Mittendorf, Joan Mittendorf, and Jeanne Cahill



Show producer Brenda MacLean, Sheldon Marsten, Heather Marsten, and Pam Engel



Gerald Ballard and Roberta Flynn



Ann Peterson, David Peterson, and Debbie Mitchell



Eber Jaques and Gareth Hornberger

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WRITER

Adelaide Hornberger

PRODUCER

Brenda MacLean

DIRECTORS

Frances Devlin

Vivian Sam

MUSICAL DIRECTOR

Dwight Okamura

COSTUMES

Pat Glass and Judy Gray

PROPS

Terry Keyes

SETS

Jane Foster and Sandy Lane

TECHNICAL DIRECTOR

Beth Fatum

CAST

Bill Boardman

Stephanie Case

Erik Davis

Victoria Stewart Davis

David Fleishhacker

Mindi Hadan

Sara Hauter

Don MacLean

Bill Mittendorf

David Navarro

D'Arcy Owens

Tom Owens

Hiedeh Saghi

Lizanne Suter

Donald Van de Mark

HOST COMMITTEE

Jeanne and William Barulich

Courtney Benoist and Jason Fish

Romana and John Bracco

Jeanne and Bill Cahill

Erin Doyle Ebeling

Pam and Greg Engel

Vicki and David Fleishhacker

Ceseli and Hugh Foster

Lisa and David Gruber

Muriel and Hugh Harris

Anna and Barry Kane

Kathy and Rick Kimball

Sue Fisher King

Susan Lupica and Michael Galardi

Joanne Maher

Joan and Bill Mittendorf

Jill and Jim Mooney

Joanne and Pete Murphy

Nora and Michael Oliver

Claire and Emil Pesiri

Laura King Pfaff

Norma Quintana and Sergio Manubens

Gerry and Jim Sangiacomo

Yvonne and Angelo Sangiacomo

Debby and Bruce Smith

Addie Sullivan

Maureen and Craig Sullivan

Lizanne and Ben Suter

Sue and Ed Ward

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Jan and Dick Yamagami



Tom Owens and D'Arcy Owens



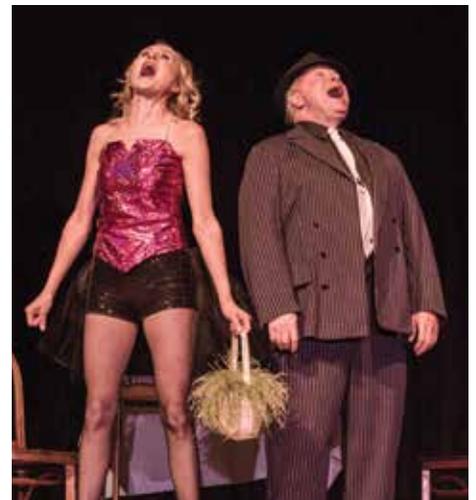
Victoria Stewart Davis and Erik Davis



Stephanie Case and Bill Mittendorf



The Company



Lizanne Suter and Bill Boardman



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Acupuncture Strengthens Recovery at Epiphany Center

nausea and vomiting. Advances in technology have helped researchers gain more understanding on how the practice subtly adjusts the body's nerves, tissues, and hormones. For people who are going through detoxification or have a mental health disorder, acupuncture especially helps reduce the physical symptoms of withdrawal and relieves depression, anxiety, and insomnia.

Epiphany Center utilizes the protocols of the National Acupuncture Detoxification Association (NADA), which is used by over 400 drug treatment programs, 40% of drug courts, and almost all addiction researchers who study acupuncture in the United States. By incorporating a practice that focuses on mind, body, emotion, and spirit, Epiphany Center hopes to holistically improve the health of every woman who comes through its doors while reinforcing a safe and inclusive environment.



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Learning to Live Healthfully



Nurse Coordinator Melissa Belbahri conducts the class once a week for an hour and a half, teaching about health issues that are specific to, but not limited to, women's health like breast cancer, HIV/AIDS, and PMS. Covering a range of topics, Melissa provides information on the effects of tobacco and drug use, diet and exercise, how to read food labels, and disease transmission. Pediatric topics such as Sudden Infant Death Syndrome (SIDS) risk factors are also covered.

Educating clients about their health helps them to become more interested in prevention as well. "It is very rewarding when clients tell me they

are reading food labels, reminding people to wash their hands before they pick up their infants, or exercising more," says Melissa.

At Epiphany Center, women in recovery experience a structured routine of healthy living and gain education that will help sustain their health for years to come. For more information on San Francisco's "Community Vital Signs", visit:

www.healthmattersinsf.org



Save the Date

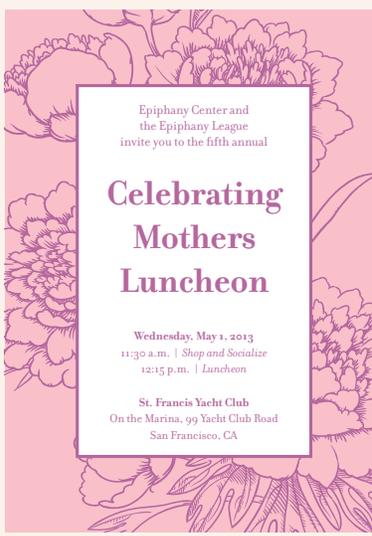
Epiphany Center supporters look forward to this uplifting event each year.

Epiphany Center's 5th annual Celebrating Mothers Luncheon will be held at 11:30 a.m. on Wednesday, May 1st at the St. Francis Yacht Club in San Francisco. The luncheon will include an inspiring client testimonial, a beautiful orchid sale, and a lively silent auction. Additionally, the orchid sale and silent auction offer gift opportunities for a special person in honor of Mother's Day.

Luncheon Co-Chairs Joyce McGuire and Michelle Kleier and the Epiphany League invite you to attend. Epiphany Center supporters look forward to this uplifting event each year. Many attendees bring friends, daughters, and mothers, making it a special day for all.

Individual tickets are \$75 per person, and a table sponsorship with ten seats is \$1,000. The event supports life-changing services for women, children, and families in San Francisco. If you have questions about the event, please call the Development Office:

(415) 351-4055



WISH LIST

ITEMS YOU COULD DONATE

Would you or your group of friends like to donate to Epiphany Center? The following is a list of items that could be funded by your financial contribution or donated as an in-kind gift:

- * Bus passes
- * Children's books
- * Children's clothing
- * Children's educational toys
- * Cookware and dishes
- * Craft projects for adults
- * DVD players
- * Gift cards to retail stores, movie theaters, and grocery stores
- * Journals
- * Knitting needles and yarn
- * Sheets and towels
- * Women's clothing (all sizes)

Donated items should be new or gently used. If you are considering an in-kind gift, please contact us:

**(415) 567-8370 ext. 4205 or
hbrewer@TheEpiphanyCenter.org**

VOLUNTEER OPPORTUNITIES: HOW YOU CAN HELP

Would you or your group of friends like to volunteer at Epiphany Center? The following opportunities are available:

- * Arts and crafts group for women
- * Book club for women
- * Carpentry
- * Celebrations for families (Thanksgiving and Christmas)
- * Choir for women
- * Exercise group for women
- * Family photography
- * Organic gardening
- * Tutoring for GED

If you are interested in one of these volunteer opportunities or have other talents to share, please contact us:

**(415) 567-8370 ext. 4205 or
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Children Helping Children

On January 22, 2013 six hundred students from St. Cecilia School (K-8), in the Inner Parkside neighborhood of San Francisco, enjoyed a guest presentation by Director of Children's Services Sister Fran Kearney. Sister Fran engaged the students as she told them about Epiphany Center's 160 year history and about its current programs.

Since Fall 2012, St. Cecilia School's students have adopted Epiphany Center as the recipient of their collaborative efforts to stay connected to their community and to support those in need. Their "Free Dress Day", where students were able to leave their school uniforms at home for a small price, raised \$1,000 for Epiphany Center. More recently, the students conducted a coat drive, and gave approximately 500 gently worn (and some new!) coats to Epiphany Center's children and families. Thank you, St. Cecilia School and Principal Marian Connelly for helping our families—one dollar, one coat, and one child at a time!



Students at St. Cecilia School enjoy Sister Fran's presentation about Epiphany Center.

Join Our Mailing List

Focus is a semi-annual newsletter from Epiphany Center (Mount St. Joseph-St. Elizabeth), a ministry of the Daughters of Charity of St. Vincent de Paul. If you would like to make an address correction, be removed, or added to the mailing list, please contact us:

**(415) 567-8370 ext. 4205 or
hbrewer@TheEpiphanyCenter.org**

