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Make A Donation and Make A Difference.

Saint Saviour's depends on your generous funding to run its programs. In fact, 80 percent of the money used by Saint Saviour's comes from supporters.

Inside, you can find our 2010 Annual Report so you'll know exactly where the money goes.

We welcome your support. You can give by going to our website at saintsaviourcenter.org or mailing a check to Saint Saviour's Center, 616 Tucker Street, Raleigh, NC 27603.

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Memorial and Honor Donations

Send a contribution in memory or in honor of someone and we will send a letter acknowledging receipt of your gift to the recipient you designate. All proceeds go to operate our programs and are tax deductible. Saint Saviour's Center is a 501 (c)3 non-profit organization.



DIAPERS MAKE A DIFFERENCE FOR FAMILIES IN NEED

BY DANE HUFFMAN

Imagine you are poor, with small children to raise in Raleigh. You have received help on housing and food and in many other ways, but there's one expense that has never been covered until now: diapers.



If you've ever taken a pack of diapers to a check-out counter, you know how expensive they can be. For many people in our community, the \$100 a month that diapers average for a single child can be an impossible-to-meet expense. Jim Adams, the new rector at Christ Church, had seen this need for diapers in his former home in Maine. His wife, Allene, joined with Ginny McKay to do some homework in the Triangle to see if there was a similar need. They quickly found that the need was overwhelming.

So in November 2010, they helped Saint Saviour's begin a diaper program. It started to function almost immediately, and we now have a vigorous Healthy Baby Program which regularly dispatches diapers to low-income families with young children. From the inception of the program to the end of March, Saint

Saviour's had distributed more than 13,000 diapers.

The Healthy Baby Program is a wonderful example of how Saint Saviour's, in its mission as an outreach center, works to help the community. The diapers are gathered at Saint Saviour's and then sent to agencies that work with those in need. "We didn't want to be responsible for deciding who is worthy of getting diapers and who is not. We didn't believe we were qualified for that," said Sharon Hayes, Executive Director of Saint Saviour's. "We thought it would be best to work with particular agencies that we know which already work with families. That way we can be assured that the diapers are going for the purpose they are intended, and we will get good feedback from those agencies to build our program." The diapers are

currently distributed to StepUP Ministry, Growing Together Preschool, Wake Relief, the Women's Center, SAFEchild, Interact, and other agencies are interested in being included. "I have received many hugs and thank you's from my preschool mothers and grandmothers," emailed one grateful agency representative. "When I walked in the office this morning I was overwhelmed with your generosity! FABULOUS!" emailed another.

Many churches and other organizations have joined the effort to collect diapers, and the list continues to expand. Already involved in addition to Christ Church are White Memorial Presbyterian, Hayes Barton Baptist, St. Michael's Episcopal, Church of the Good Shepherd and Temple Beth Or. The program has grown so fast that Saint Saviour's needed to build a storage room in the basement to hold all the diapers.

"The need is so great," Allene Adams said. "This allows families to spend the money they would have used for diapers on other essentials. It helps them tremendously."



Address Update

Questions? Is your name and address correct? Are you receiving more than one newsletter? Please let us know. Call 919-833-6400. (Fax) 919-833-5500.

HEALTH AND WELLNESS PROGRAM EXPANDING ITS REACH IN 2011

BY SYLVIA HARLEN, RN, MA
Community Health Nurse Saint Saviour's Center

The Saint Saviour's Center Health and Wellness Program entered 2011 with an exciting list of possibilities for new program offerings.

Our Health and Wellness Committee, which was formed to identify community needs and develop new programs, is working on several ideas for increasing services to those already receiving support and for offering new programs to our neighbors as well. Our mission is to assist underserved individuals with health education and nutrition programs that maximize independence and improve quality of life. We strive to meet their needs in ways that complement their wishes, resources and lifestyles.

We are considering a fall seminar on Medicare Part D prescription drug benefit. Participation in this benefit is mandatory for those receiving Medicare health insurance, yet benefit parameters change yearly and involve complicated choices. Saint Saviour's Center would offer annually an expert panel to discuss how to make the best choices, at the lowest premiums, out of the more than 44 plans available. We would also offer individual consultation for medication issues.

In expanding our focus on community health, we are pursuing a partnership with StepUP Ministry, which provides life and self-sufficiency skills programs, to begin a pilot project this summer. Called EAT SMART, the program would teach basic principles of health and nutrition. The main concept is that with some nutrition education and a few lifestyle changes, participants will learn that they and their families can be healthier and more physically active—important steps on the road to good health and wellness.

Recently, our Cooking For One class began at Carriage House and was well received by the residents. We use fresh, unprocessed foods and focus on easy cooking techniques that are engaging and educational for our underserved individuals and adaptable to our neighbors in the surrounding communities. Our goal is to integrate health and nutrition education into each class to improve their daily diet. We incorporate simple ideas, such as switching to 100 percent whole wheat bread to improve nutrition and add an extra dose of much-needed fiber.

We also plan to assist the Healthy Baby Program in developing and implementing a health education and nutrition teaching component to provide support to participating families.

And of course, we are maintaining our popular ongoing programs. We continue to teach weekly interactive classes and facilitate support groups for the residents of Raleigh Housing and Capital Towers. We offer monthly blood pressure clinics and outings. Additionally, our program provides individual counseling and assistance with medical matters such as obtaining motorized wheelchairs, completing Medicaid and transportation applications and helping to select primary and specialty physicians.

It has been a rewarding year and we look forward to taking our health education and nutrition programs to new levels. Change will only happen when we have the vision, resources and willingness to do the work. We are energized by this challenge!





Kay Leager and Kate Rivers

OUR SAINTS: GALA CHAIRS KATE RIVERS AND KAY LEAGER

— BY MARY MACLEAN ASBILL —

Kate Rivers moved to Raleigh from Virginia Beach a little more than three years ago to be closer to grandchildren. She joined St. Michael's church and soon responded to a blurb in their bulletin regarding Wake Relief. After volunteering at Wake Relief for a year or so, she had become well-known around its location on Saint Saviour's campus.

Kay Leager, Director of Admissions for the College of Engineering at NC State, became involved at Saint Saviour's through the Outreach Committee at Christ Church. She had attended the Saint Saviour's Gala for years and eventually became the treasurer.

She did such a good job with finances that Kay was asked by the SSC Board to chair the 2009 Gala. She agreed, knowing it to be a wonderful event, but only if she had a co-chair. Julie Nau, long-time Wake Relief volunteer, came up with an inspired suggestion

for the position: Kate Rivers. The two didn't know each other but soon found themselves spending a lot of time together. They worked extremely well as a team, had a great time and grew to be close friends. It worked so well that they did it all again, co-chairing the Gala once more in 2010. "Kay and Kate are the dynamic duo!" Executive Director Sharon Hayes said fondly.

According to Kate, Kay did all the "hard stuff," such as "data bases, mail merges and the like." She compliments Kay, saying she couldn't have done it without her. The feeling is mutual, and Kay called Kate "a tireless champion" of Saint Saviour's. "Kate was a great co-chair and has become a great friend," Kay said. "She loves to solve problems and create a nice event for everyone while working on a good cause like Saint Saviour's."

These ladies started an important new chapter in the history

of the Gala. After thinking seriously about how bad weather had dampened spirits at some of the events under a rented tent here on Tucker Street, they decided it was time to go off-site. They found the State Fairgrounds venue to be a great facility, affordable and well-suited for the Gala, and they engineered a move. After two Galas at the Fairgrounds, all involved now agree that wherever the fundraiser might be held, off-site is the way to go.

This year's Gala will likely move again. Planning leaders are looking at locations in the Glenwood South area in an effort to increase visibility and recognition in our own neighborhood.

As recent Co-Chair and incoming Chair of Wake Relief, Kate Rivers very much "looks forward to being a guest at the 2011 Gala!" Her friend Kay Leager agrees! Thank you, wonderful ladies, and we look forward to seeing you there.



VOLUNTEERS

Saint Saviour's Center is honored to have 125 individual volunteers, without whom we could not succeed. These individuals gave their time and talent last year.

Allene Cooley Adams	J.B. Davis	Marie Jones	Mary Riddick
Jim Adams	Mary Davis	Sandy Jordan	John Rivers
Colleen Aguirre	Linda Dennison	Madison Kelleher	Kate Rivers
Beth Alley	John Eaton	Jennifer Knox	Ralph Roberson
Peter Anderson	Cameron Ellerbe	Marshall Lamb	Norm Robertson
Sandra Archer	Tom Emmel	Suzy Lamb	Linda Rogers
Mary Maclean Asbill	Michael Fain	Kay Leager	Andrea Sasser
Bob Auman	Sandy Fain	Marilyn Lynch	CeCe Scott
Richard Barnes	Casey Gardner	Walker Mabe	Mark Self
Rick Benton	Ken Gaito	Bo Maddison	Dave Simons
Elizabeth Bertsche	Lynn Gaito	Elaine Mason	Jenny Skinner
Steve Bertsche	Sally Garrett	Sara Jo Manning	McLeod Skinner
Sue Boeggeman	Patty Gibson	Dick McKay	Susie Small
Barrett Brewer	Mary Anne Grabarek	Ginny McKay	Emily Smith
Charlie Blunt	Jody Grayson	Bob Metz	Rachel Smith
Ann Brooks	Caroline Griffith	John Monaghan	Sandra Smith
Howard Brooks	Bill Hayes	Al Moore	Dell Strayhorn
Jenny Brown	Nancy Haywood	Gwinn Moss	Judy Tardiff
Doug Bryant	Bob Herbert	Julie Nau	Avery Tatnall
Emily Burgess	Hank Hoomani	Carole Nicholson	Nancy Titus
John Boylan	Jan Hoomani	Bryant Paris	Ann Triebert
Muff Carr	Dane Huffman	Margie Pipkin	Frances Viano
Craig Caviness	Ben Hughes	Lisa Pittman	Chris Wagner
John Cella	Miller Hunter	Lillian Poole	Idana Weiss
Bob Chapman	Lisa Ives	Ann Proctor	Katherine Westbrook
Sally Chapman	Elizabeth Jackson	John Purrington	Dennis Williams
Valerie Cozart	Irene Jewell	Suzy Purrington	Elaine Wood
Morgan Crawford	Lou Johanson	Joseph Qubain	Stewart Woodard
Philip Crawford	Dick Johnson	Cecil Register	Hunter Wyche
Kaye Culp	Gloria Johnson	Nancy Register	Susan Wyche

COLLABORATING PARTNERS

Many of our volunteers in 2010 came as part of a group. These organizations worked with us to create volunteer service opportunities.

Christ Church	NCSU
Church of the Good Shepherd	Progress Energy
Edenton Street Methodist Church	St. Mary's School
Flower Shuttle	St. Michael's Episcopal
Glenwood South Neighbors	Stop Hunger Now
Hayes Barton Methodist Church	White Memorial Presbyterian Church
Hillyer Memorial Church	YouthWorks
Meredith College	

Note: Saint Saviour's Center makes every effort to keep accurate records. If your name was inadvertently omitted from the volunteer list, please contact our office at 833-6400 or operations@saintsaviourcenter.org.

THANKS FOR ADOPTING A CHAIR

In recognition of those who made our Adopt-a-Chair campaign a success, a new plaque hangs in the hallway of the center. It reads:

Adopt-a-Chair
Appreciation
2009-2010

The Prayer Room and Board Room chairs in Saint Saviour's Center were lovingly refurbished through generosity and craftsmanship. We acknowledge and give thanks to:

Sandra Archer
Craig Caviness, restoration
Marion Church
Lisa Ives
Lou Johanson
Jennifer Knox, caning
Martha Leak
Cece Scott
Emily Smith
Myrtle Talton
Dennis William, upholstery
Elaine Wood
Stewart Woodard, fabric



WISH LIST

Saint Saviour's programs are currently in need of the following items:

Healthy Baby Program

- Baby diapers (all sizes)
- Pull-ups
- Wet wipes

Health & Wellness For Older Adults

- Adult disposable underwear
- Bath towels and wash cloths
- Ensure (nutritional supplement)
- Toothbrushes and toothpaste
- Deodorant (regular size)
- Word-find puzzle books (large print)
- Dish cloths and towels
- Tote bags

For a complete list of items, visit our website at www.saintsaviourcenter.org. Items can be dropped off at the center Monday-Friday between 8:30 and 5:00.

DONATE ONLINE

Contributions can now be made online at our website, www.saintsaviourcenter.org. Go to the Donate page, and click on the *Network for Good* button.



OUR WEBSITE

If you are looking to get engaged, the Saint Saviour's Center website is a great way to find out what is happening at the outreach center. Just go to saintsaviourcenter.org and there's a wealth of information about the programs and how you can get involved. Making a donation is easy through the secure website as well. There is information on the history of the Center, where to park and how to contact staff members. The site explains the Center's booming Healthy Baby Program and the Health and Wellness for Older Adults. There are also links to the other services based at the Center: Meals on Wheels, Wake Relief, Community Music School and Haitian Evangelical Community Church. If you missed a newsletter, you can find copies of them on the site, too.