

Memorandum from



The newsletter of Friends of Prado Day Center
P.O. Box 12444
San Luis Obispo, CA 93406
www.pradodaycenter.org/donate.html

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New Logo - New Web Site - New Nameplate!!

Many thanks to Sean Houser, Lead Graphic Artist, and Tim Blaire, Executive VP of Native Trails in San Luis Obispo, who have designed our great new logo and updated our entire Web site. (We've added a new nameplate for the newsletter to complete the new look.) The Web site URL is the same – pradodaycenter.org. If you haven't already visited the new site, take a look!

There's no room in this issue for our usual "Wish List" section, but you can find it on the revised site at <http://pradodaycenter.org/how-you-can-help/>.

Summer Camp Program Makes a Big Splash!

This summer we sponsored a 16-month old little girl in the "Mommy and Me" summer swimming class. At Sinsheimer Pool, she has learned how to jump into her mother's arms, put her head under the water, and kick her legs. In the photo on the back, she takes a break on the grass.

We also sponsored a brother and sister (ages 9 and 10), and a 5-year-old girl (photo below) in the "Sun 'N Fun" summer camp through the SLO Parks and Recreation Department. They enjoyed a number of field trips and swimming.

Success Story

In the past couple of years, we have seen a growing number of single women over the age of 50 who are finding themselves homeless. Being homeless can be especially difficult for these women, who never expected to find themselves homeless at this time in their life. Homelessness takes a toll on their physical and emotional health, and is a very lonely experience. One group of women who come to Prado almost daily have become good friends and have found many things in common. They are all working with case management in order to get housed. They play card

games and ride together back and forth to the Shelter or to the library for a change of scenery. They stick together and share in one another's concerns, goals, disappointments and certainly their successes. It is really wonderful to see how they take care of each other, and how their growing friendship is making a positive difference for them collectively and individually at this difficult time in their lives.

Case Management

Case management is the program that helps Prado Day Center clients achieve their own level of self-sufficiency. This issue introduces a new series on case managers and their clients.

Our first interview is with case manager **Mary Lou Zivna**. Her early career was in the banking industry in the L.A. area. As a single mom, she wanted a better environment for her son, so left that career and moved to SLO. Starting out as a part-time clerk for Senior Health Screening (she has a degree in psychology), Mary Lou eventually became a case manager for the Homeless Services division of CAPSLO, where she has been since 2001.

Mary Lou currently has about 20 clients. She meets with her homeless clients every single week. A few clients are already housed, but she continues to contact them at least twice a month to stay in touch. She also conducts assessments of clients new to Prado Day Center, to find out what resources they need. Some clients come to Prado with nothing at all, and need help finding a source of income, housing, and referrals for physical and mental health services. A number of local agencies are working to provide more low-income housing, but the waiting lists are long, and it's important for homeless clients to have a case manager to help them navigate the system.

Mary Lou is happy to see an increase lately in resources for veterans. This is important because we have so many veterans returning from duty overseas, only to face difficulty finding housing and employment.

Mary Lou calls herself a “people person”, so the best part of the job for her is meeting with clients, getting to know them and their story, and helping them find the resources they need. The hard part of her job, she says, is when one of her clients just walks away from case management. It takes a lot of effort on the clients’ part, as they must meet regularly with their case manager, establish goals, and set aside a part of their income – which might be quite small to start with – for future housing. Some clients aren’t able to stick with the program the first time around – or even the second time. But Mary Lou is always available to them if they want to come back and try again.

We thank Mary Lou for all her efforts, and for being interviewed for this issue. Next issue, we hope to bring you an article about one of Mary Lou’s

clients, to get a perspective on case management from the recipient.

Donations and Volunteer Opportunities

For more information about Prado Day Center, visit www.pradodaycenter.org. To make donations, go to www.pradodaycenter.org/donate.html.

If you would like to volunteer, either at the Center or on a committee with the Friends of Prado Day Center, please call (805) 786-0617.

Since 1997, **Prado Day Center** has provided essential day-to-day services for homeless and working poor members of our community. The Center provides food, showers, phone message service, and many other services. **Friends of Prado Day Center** provides support funding for Prado Day Center. **CAPSLO** (formerly EOC) manages the day-to-day operation of Prado Day Center. **The People’s Kitchen** coordinates hot lunches served daily at the Center by organizations throughout the county.



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A 16-month-old participant in the “Mommy and Me” swimming class at Sinsheimer pool (see article inside).



A 5-year-old Sun ‘n Fun participant enjoys playing in the sand.