

NUESTRA COMUNIDAD

Mission Neighborhood Centers | Monthly Community Newsletter

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For Our Families

COVID-19 VACCINATION



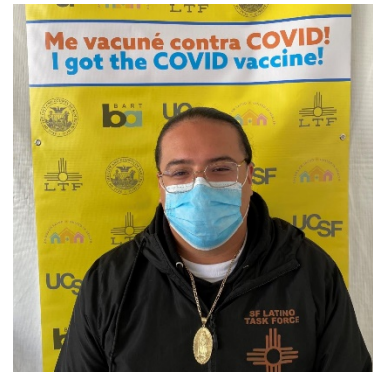
OUR COMMITMENT TO OUR COMMUNITY

Each of our programs have established a vaccination communication and support plan to ensure our programs' participants have the information they need to get their vaccination. This includes sharing resources such as online seminars, vaccination locations and how to get appointments. In addition, we have been providing transportation to vaccination sites to those in need of transportation and one on one support with the process.

One of our most vulnerable participants are the ones in our Healthy Aging and Disability Program. Our program staff has tirelessly been working on getting our participants vaccinated and as of now 90% of them have received the second dose of the vaccine. Their participation sets an example of civic and human responsibility for the community and our younger generations.

OUR COMMITMENT TO OUR STAFF

Through a collaboration across MNC programs, we have also been providing our staff with the information and resources they need to get vaccinated. This includes helping them get on vaccination lists and providing them with the time to coordinate and get to the vaccines' sites. Our goal is to provide staff with what they need to solidify their confidence in the vaccine and get vaccinated while reinforcing the preventive measures we have implemented since the pandemic started last year. Our goal is to have all staff vaccinated by summer.



PROGRAM PARTICIPANT SPOTLIGHT

Children's and Families Services
Mom: Lili Ramirez Son: Kevin Espinal



"I came to San Francisco starting at zero with no home, no job, no self-esteem, an open immigration case and alone with no family, just my son. I have gone through many processes during these past two years. Some of which involved my legal status, living in two different shelters, adjusting to a new culture, language and trying to cope through my own trauma history. This program has supported me through all these stages in my life. MNC has connected me to various organizations in the community, all of which have contributed to my overall well being and progress. I was able to get a job and later a place to live that is safer and more comfortable for me and my son. In addition, through MNC my son receives ongoing support at school, with his teachers, therapist, behavior interventionist, etc. As a single mom, it has been very difficult to carry all this weight, but I have learned to continue to fight for the things I deserve. Now, I am going to move into permanent housing, and I feel blessed. Being faced with language, communication, income barriers and a tight deadline, I asked for

help. With the guidance of Natalie Aleman, my family services specialist, and a staff from my previous shelter, we were able to get it done. I am nowhere near where I was before in my life and so I continue to look for opportunities for progress".

En Español "Vine a San Francisco comenzando en cero; sin hogar, sin trabajo, sin autoestima, con un caso de inmigración abierto y sin familia, solo mi hijo. He pasado por muchos procesos durante estos dos años. Algunos de los cuales involucraron mi estatus legal, vivir en dos diferentes albergues, adaptarme a una nueva cultura, idioma y tratar de sobrellevar mi propia historia de trauma. Este programa me ha apoyado en todas estas etapas

de mi vida. MNC me ha conectado con varias organizaciones en la comunidad, todas las cuales han contribuido a mi bienestar y progreso en general. Pude conseguir un trabajo y luego un lugar para vivir que es más seguro y cómodo para mí y mi hijo. A través de MNC, mi hijo recibe apoyo continuo en la escuela, con sus maestros, terapeuta, intervencionista conductual, etc. Como madre soltera, ha sido muy difícil llevar todo este peso, pero he aprendido seguir luchando por las cosas que merezco. Ahora, me voy a mudar a una vivienda permanente y me siento bendecida. Ante las barreras del idioma, la comunicación y los ingresos y una fecha límite ajustada, pedí ayuda. Con la guía de Natalie Aleman, mi especialista en servicios familiares, y un personal del albergue anterior, pudimos hacerlo. No estoy ni cerca de donde estaba antes en mi vida y por eso sigo buscando oportunidades para progresar”.

HEALTHY AGING & DISABILITY PROGRAM



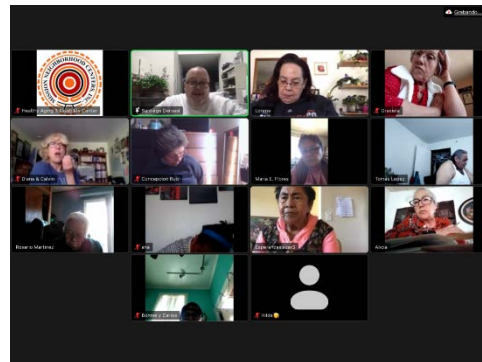
n4a LUNCHTIME WEBINEAR SERIES

After receiving the [National Association of Area Agencies on Aging \(n4a\)](#) Award this year for Aging Innovation, MNC was invited to participate in one of n4a's five-part lunchtime webinar series. This provided MNC with the opportunity to share best practices and an overview of our

innovative programs. We shared with the participants the process we went through when developing, implementing and sustaining our Intergenerational program within our agency. Kudos to all of our Healthy Aging and Disability program staff members who deserve this important recognition.

DIABETES EMPOWER EDUCATION PROGRAM

Our Healthy Aging and Disability program participants completed an 8-weeks Diabetes Empower Education Program (DEEP) workshop. The program provided our participants with a unique opportunity to learn more about diabetes, how to self-manage their condition, and how to maintain a healthy and active lifestyle.



Small groups meet once a week for 2 hours via Zoom to explore a variety of topics, including:

- Decreasing diabetes risk factors, such as obesity and hypertension
- Managing stress and meeting your short- and long-term health goals
- Managing diabetes with diet and exercise
- Preventing complications
- Communicating with medical providers and caregivers

CHILDREN'S SERVICES PROGRAM



STAFF SPOTLIGHT - JESBI SERRANO

After hard work and dedication, Jesbi Serrano, Early Head Start Associate Infant Teacher at Southeast Families United (SEFAU) earned her Associate Degree from San Francisco City College

Jesbi has worked with MNC since October 2017 while continuing her education and working in the classroom. Jesbi shares, "It was hard being a mom of 3 and a wife work and full time student but I did it! I have accomplished things that I never dreamed of, surviving violence in my country, being told that I could not be anything but a mom cleaning the house and now, look at me, making dreams

come true Thank you, for the opportunity to work for MNC. I'm so grateful for being part of the team! I even went to take a picture with my diploma to motivate me and hang it on the wall so that my children know that they can do it too. No matter how many obstacles life has you can do it if you really want to!"

STEAM LEARNING

The Teachers at Valencia Garden - Giraffes and Tigers class rooms along with the distant learning teachers have been participating in evening webinars each month. The topic of the webinars is Supporting STEAM Learning during COVID-19. These are strategies for at home and classroom learning. The pictures show some of the activities based on light, shadows, creating faces and building with objects found in the classroom or homes.



YOUTH SERVICES PROGRAM

NEW ENGLISH AS A SECOND LANGUAGE (ESL) COHORT FOR ADULTS



This month our Student Services Program successfully launched a new ESL cohort for transitioning adults youth. We currently have five students enrolled and hope to enroll more in the near future as demand increases. ESL students focus on English language skills development including but not limited to: pronunciation, grammar, vocabulary, and semantics. We are very excited to see this program grow even more every month and hope to refer more students to the free SF City College ESL programming to get higher certification and easier access

to the workforce. We are currently accepting students on a waitlist for enrollment. Please have any interested students complete this form and we will reach out to them to schedule a class: [Google Form](#)

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WE ARE HIRING! COME JOIN OUR FAMILY!

The Children Services department is growing and we're hiring teachers in Early Care and Education. Working alongside with the recruiting team, we hope to bring new teachers before the new school year.

We are especially in high demand for a Early Care Education Coaches, EHS Lead Teachers, and EHS Associate Teachers.

If you or someone you know is interested in learning more, please reach out to our HR Department by contacting sandra.escajadillo@mncsf.org or apply directly at [BambooHR](#)

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