TNDC Acquires Historic YMCA Building

TNDC has made one of the most significant acquisitions in its history by recently taking ownership of the Shih Yu-Lang Central YMCA building at 220 Golden Gate Avenue. With the support of the Mayor’s Office of Housing (MOH) and the Department of Public Health (DPH), TNDC and partner AF Evans Development, Inc. (AF Evans) will renovate the nearly 100-year-old building to create approximately 174 affordable apartments for homeless individuals. Among the building’s most innovative features will be a neighborhood health clinic and wellness center. Through this blend of housing and health services, residents can fight the vicious cycle of homelessness with increased odds for success.

Housing and health are intrinsically linked. Well-being is fostered by having a safe place to live. The renovation of the Central YMCA goes one step beyond, providing a comprehensive and holistic approach to supportive housing. “Our partnership with DPH allows for an incredible opportunity to offer chronically homeless people housing, health services, and other critical social support all in one place,” explains TNDC’s Executive Director Don Falk.

More Than Housing

When renovation is complete in 2010, the building’s residents and other low-income individuals will benefit from a full range of services. “Our goal is to provide a comprehensive set of services that will meet the needs of our residents,” says TNDC’s Chief Operating Officer Amy Smits. “We are excited to work with DPH to explore new ways to meet the needs of our chronically homeless residents.”

Community Efforts

Promote Safety

Page 3

Music is “a Hit” for Residents

Page 5

College Bound Teens Tour Windy City

For 15-year old Shocktavia Brown, the prospect of going to college seems like the next logical step after high school. She, alongside 15 other youths, benefited this year from college preparedness activities provided by TNDC’s After-School Program (TASP) that culminated in June with the center’s Eighth Annual College Tour to Chicago.

Many of the center’s youths will be the first generation in their family to attend college. By helping them feel comfortable with notions of college life, they might be more likely to attend. “The goal is to expose students to as many college environments as possible,” says Program Manager Laura Cho. “We hope they see college as an option.” To accommodate varying interests, the teens visited diverse institutions, including the University of Chicago, University of Illinois at Chicago, the Art Institute of Chicago, and DePaul University.

A New View

The students toured campuses and learned from counselors about admission requirements, financial aid, student services and campus life. “These tours have helped me think about college in a new way,” says Shocktavia. “I’m looking for diversity, a nice campus environment, and programs for students.” In fact, Shocktavia kept note of graduate programs that she could enter.

Join Us!

October 10, 2007
6:00-10:00 p.m.
Phoenix Hotel, 601 Eddy Street
Poolside food and libations.
Auction and dunking of local celebrities.
For Tenderloin children and their families.
Tickets are $125 each.
Buy yours at www.tndc.org.
Promoting Public Safety

Since January, I have been developing and implementing the vision of TNDC’s newly-launched CommunityOrganizing Program. Its mission is to spearhead efforts that mobilize residents and other stakeholders in San Francisco’s Tenderloin to make the neighborhood a better place to live. Among the goals are to increase resident participation in community issues, help them strengthen their presence and voice, and to assist them to organize and campaign city officials and other decision-makers to respond to their needs effectively and for the long-term.

We have made progress. TNDC participated in the formation of the New Tenderloin TNT, a network of people and organizations committed to addressing public safety concerns in the neighborhood. Together with other community members, including organizations from the Safety Network, we created a safety forum that was attended by over 120 people and led a march to City Hall that attracted more than 300 participants.

Or homeless members of the community can access health services, including a clinic offering free medical visits and wellness center for healthful activities like yoga. “The redevelopment of the Central City YMCA will embody what we have learned about creating successful, life-affirming communities for people who have spent far too long living in isolation and despair,” says Marc Trott, DPH Director of Housing and Urban Development. “This building will be more than a place to live — it will be a place to make friends, receive health care, participate in fitness activities, and most importantly, reintegrate into the rich life that San Francisco has to offer.”

The nine-story, 150,000 square feet building is among the largest properties along San Francisco’s waterfront and offers exceptional opportunities for people who have spent far too long living in isolation and despair. “This endeavor will mark a significant advancement in the City’s plan to end chronic homelessness,” says MOH Director Matt Franklin. “This building will be more than a place to live — it will be a place to make friends, receive health care, participate in fitness activities, and most importantly, reintegrate into the rich life that San Francisco has to offer.”

The YMCA project promises to be one of the most innovative projects in TNDC’s history because of its scope. Not only do we have the opportunity to house people, we can directly impact their health and well-being in ways service-enriched housing alone cannot.

The YMCA project promises to be one of the most innovative projects in TNDC’s history because of its scope. Not only do we have the opportunity to house people, we can directly impact their health and well-being in ways service-enriched housing alone cannot.

Thank you for your continuing support of TNDC’s efforts to improve the Tenderloin and address the issues faced by people struggling with circumstances of poverty.

Sincerely,

Donald S. Falk
Executive Director
Soothing Salvador’s Soul

Sixty-two-year-old Salvador Gonzalez’s greatest passion is music. As a young man in his hometown of Durango, Mexico, he listened to the likes of Elvis Presley, the Beatles, the Doors, Led Zeppelin, Queen, and a host of other rock music legends. Salvador and his friends were so inspired that they formed a band and spent a decade playing the songs they loved. Today, Salvador still enjoys music. He has a sizable collection of CDs, plays the guitar, and participates in the music group at TNDC’s Civic Center Residence (CCR).

Salvador came to TNDC after finding himself homeless. He immigrated to the United States 35 years ago in hopes of finding greater opportunity. But having lived primarily in San Diego and Los Angeles, he wanted a new start and moved to San Francisco in 2005. Little did he know the challenges he would face and the impact TNDC would make on his life.

When Salvador arrived in San Francisco, the first things he did was find housing and work. He settled into a residential hotel and got a job in the kitchen of a San Leandro restaurant. He cleaned hotel rooms to supplement his income and was a day laborer. The threat of homelessness was still very real. Salvador’s income was just enough to support his most basic needs and when he lost his job at the restaurant, the result was devastating. “I couldn’t pay rent and had nowhere to go,” he says. “That’s when I went to the homeless shelter.”

Healthy Living

Living at the shelter only made the situation worse. Salvador is HIV positive and because his immune system is compromised, he is vulnerable to getting sick. While at the shelter for three months, he caught tuberculosis, a contagious respiratory infection, and became hospitalized at UCSF Medical Center for 18 days. He would need eight months to fully recover.

Thankfully, a social worker at the homeless shelter referred Salvador to TNDC soon after his bout with TB. He was placed into his own apartment at CCR where he resides today. In addition to low-cost rent, residents benefit from on-site social workers who connect them to neighborhood resources and community activities. “Salvador is very sweet,” says Barbara Fitzpatrick. “He has befriended all of the social workers here.” He is certainly appreciative, both of his home and the support he gets. “I just came from a doctor’s appointment,” he says. “Since moving here, my blood cell count has gone up.” That’s good news and simple proof that housing is linked to advancements of health and safety.

Linked In

Salvador’s progress is certainly facilitated by being linked in to neighborhood resources. Lutheran Social Services provides him with free money management and payee services. He takes advantage of weekly food deliveries to his building by the San Francisco Food Bank and he walks mere blocks for Project Open Hand’s hot meal programs. In the future, he can be among Tenderloin residents to access free medical and health care at TNDC’s newly acquired YMCA building at 220 Golden Gate Avenue.

Of course, near the top of the needs list in Salvador’s view is continuing his favorite pastime — playing and listening to music. As a member of CCR’s music group, he joins in on weekly jam sessions that bring fond memories of touring with his band in Mexico. “We need more instruments and sounds,” he says of the current group. “And we need more practice time.” Each session lasts an hour but it seems to go by too fast for Salvador. He wants to play and…rock out.

Music is “a Hit” for Residents

The jam session taking place in the basement of TNDC’s Civic Center Residence (CCR) was a far cry from the hustle and bustle of the streets outside. A rock tune by Creedence Clearwater Revival was playing on the stereo as Salvador Gonzalez plucked in harmony at his acoustic guitar. Social Worker Barbara Fitzpatrick strummed an electric one and retired musician Richard O’Connel played on the drums. They were “warming up.” But before the next song could play, Barbara looks up from her guitar and says to the room, “Welcome to the CCR Music Group.” The session continues.

Having been a musician, Barbara organized the group as a community building activity for CCR residents, most of whom live by themselves in single room occupancy (SRO) units. “We are here to appreciate and enjoy music,” says Barbara. “Knowledge of playing an instrument is not required.”

An Inclusive Group

Not surprisingly, the range of musical experience in the group is broad. Tracy Thompson, a writer, singer, and self-admitted “haunt” is learning to play the guitar by ear. Salvador, who plays the guitar, played the drums for over a decade in Mexico. “We traveled around,” he said of himself and his former band mates. “We’d perform at shows.” Someday, he hopes to buy a drum set like the one he had.

The most seasoned veteran is Richard. He is unassuming for someone whose musical career has spanned more than three decades — playing for Stephen Stills, Carl Carlton, Etta James, the Rolling Stones, America, Oingo Boingo, and a host of other rock, folk, jazz, and rhythm and blues legends. Richard plays on his drum methodically, matching beat for beat to each song. On the stereo next is, “I Want to Hold Your Hand” by the Beatles. He listens, plays, and is completely focused, except for moments when emotion sweeps his face and he can’t help but grin. That happens when the group is in sync and the harmony is flowing just right. Richard has been playing the drums since he was four years old and it’s still a thrill. Smiling, he taps away again.

Creating Harmony

For an hour, everyone in the basement and ad hoc music room is care-free and happy. “More people should enjoy music,” exclaims Dorothy Wong, a retired senior. She came to listen but ended up dancing alongside Social Worker Gale Myracl. Gale and Barbara couldn’t agree more with Dorothy more and have been formalizing the music group so it meets weekly.

The social workers have also been trying to get rhythmic instruments donated. “We need drums, tambourines, triangles, maracas, and the like,” says Barbara. “We want more people to join us even if they haven’t played an instrument before.” Barbara plans to dress up the room as well. By providing a friendly space where music can be played and appreciated, she hopes to continue the camaraderie amongst the building’s residents and create more harmony.

If you would like to donate musical instruments to CCR’s Music Group, please contact Fund Development’s Ara Bushnell at (415) 776-2151. Thank you!
### Racing Against Homelessness

Team TNDC Homebuilders (#37) was the team to beat on July 29th at the San Francisco Marathon — at least we thought so! The group representing TNDC participated in both of the 13.1 mile half-marathon races and placed an overall score of 16th place out of 49 teams.

Board Member Tangerine Brigham and former Board Member Noreen Beiro were among the runners. “My half-marathon race was easier and mostly downhill,” jokes Noreen. “I give Tangerine credit. She went for the tougher, hillier first half-marathon race.” Noreen completed her run in 2:01:22 hours in a route from Golden Gate Park through the Upper Haight and Lower Potrero Hill neighborhoods, to the Embarcadero, and ending at the Ferry Building. “The marathon was an inspiring way to fundraise for TNDC,” added Noreen, who got her sister to run and other family and friends to donate.

Tangerine did just as well, running her stretch alongside the Embarcadero to Crissy Field, crossing the Golden Gate Bridge and back, and ending at Park Presidio in a little over two hours. “It was my first half-marathon,” she said. “But I run regularly.”

When told of Noreen’s compliment, Tangerine laughs, “You do know that Noreen’s a triathlete, right?” Talk about good sportsmanship. Our thanks to Tangerine, Noreen, and the other members of Team TNDC Homebuilders. You’ve helped us raise $1,150.00 and spread awareness for much needed affordable housing in San Francisco. That’s a winning situation all around.

### College Tour

directly after graduating from high school. “I want to study Biology and Medicine,” she says. “I want to be a doctor.”

Another aim of the college tour is for the center’s teens to see cities and participate in activities that are outside of San Francisco and the Tenderloin neighborhood. “We want our students to be well-rounded,” states Laura. “We get to visit new cities and learn about different cultures.” The youths visited the Adler Planetarium, took a ride to the top of the Sears Tower, and watched fireworks at the Navy Pier. The best part for many students was the National Museum of Mexican Art. Students learned about Mexican history and culture by viewing paintings, sculptures, and photographs that they had never before seen.

### Preparing for College

Prior to the trip, program staff organized a 10-week workshop to prepare students for the college application process. The teens were coached on writing personal statements, familiarizing themselves with the various majors, and applying for financial aid. “I learned how to structure my essays,” says Albert Sanchez who attends Archbishop Riordan High School. “I feel more confident with my writing.”

The workshop made a big difference preparing youths for the Chicago trip as well. “Our students were ready,” exclaims Laura proudly. “They had great questions and responses for the college tour guides.” By all accounts, TASP’s college tour and recent academic and career development efforts were a success. Students learned about the college experience and explored a dynamic new city. Perhaps most gratifying for program staff is that our teens are considering higher education as a real option for themselves. Now that is a pretty cool accomplishment.

### Save the Date!

**Tuesday, December 4, 2007**

**Do well by eating well.**

**Put another way — it’s comfort food for a cause.**

**Home Cookin’ brings together San Francisco’s culinary gems to benefit TNDC programs.**

Participating restaurants to be announced will donate a portion of your bill to further our work.

**It’s a delicious way to donate.**

**More information to come at www.tndc.org.**

---

**See TNDC in Action!**

If a picture is worth a thousand words, what about a motion picture? See TNDC’s inspiring work firsthand and meet our residents via an online video at [http://fcfox.org/tndc/](http://fcfox.org/tndc/). To get a free DVD copy mailed to you, contact Fund Development Associate Arlo Bushnell at (415) 776-2151.

---

**Racing Against Homelessness**

**College Tour**

can’t from cover

directly after graduating from high school. “I want to study Biology and Medicine,” she says. “I want to be a doctor.”

Another aim of the college tour is for the center’s teens to see cities and participate in activities that are outside of San Francisco and the Tenderloin neighborhood. “We want our students to be well-rounded,” states Laura. “We get to visit new cities and learn about different cultures.” The youths visited the Adler Planetarium, took a ride to the top of the Sears Tower, and watched fireworks at the Navy Pier. The best part for many students was the National Museum of Mexican Art. Students learned about Mexican history and culture by viewing paintings, sculptures, and photographs that they had never before seen.

### Preparing for College

Prior to the trip, program staff organized a 10-week workshop to prepare students for the college application process. The teens were coached on writing personal statements, familiarizing themselves with the various majors, and applying for financial aid. “I learned how to structure my essays,” says Albert Sanchez who attends Archbishop Riordan High School. “I feel more confident with my writing.”

The workshop made a big difference preparing youths for the Chicago trip as well. “Our students were ready,” exclaims Laura proudly. “They had great questions and responses for the college tour guides.” By all accounts, TASP’s college tour and recent academic and career development efforts were a success. Students learned about the college experience and explored a dynamic new city. Perhaps most gratifying for program staff is that our teens are considering higher education as a real option for themselves. Now that is a pretty cool accomplishment.

---

**See TNDC in Action!**

If a picture is worth a thousand words, what about a motion picture? See TNDC’s inspiring work firsthand and meet our residents via an online video at [http://fcfox.org/tndc/](http://fcfox.org/tndc/). To get a free DVD copy mailed to you, contact Fund Development Associate Arlo Bushnell at (415) 776-2151.

---

**Racing Against Homelessness**

**College Tour**

can’t from cover

directly after graduating from high school. “I want to study Biology and Medicine,” she says. “I want to be a doctor.”

Another aim of the college tour is for the center’s teens to see cities and participate in activities that are outside of San Francisco and the Tenderloin neighborhood. “We want our students to be well-rounded,” states Laura. “We get to visit new cities and learn about different cultures.” The youths visited the Adler Planetarium, took a ride to the top of the Sears Tower, and watched fireworks at the Navy Pier. The best part for many students was the National Museum of Mexican Art. Students learned about Mexican history and culture by viewing paintings, sculptures, and photographs that they had never before seen.

### Preparing for College

Prior to the trip, program staff organized a 10-week workshop to prepare students for the college application process. The teens were coached on writing personal statements, familiarizing themselves with the various majors, and applying for financial aid. “I learned how to structure my essays,” says Albert Sanchez who attends Archbishop Riordan High School. “I feel more confident with my writing.”

The workshop made a big difference preparing youths for the Chicago trip as well. “Our students were ready,” exclaims Laura proudly. “They had great questions and responses for the college tour guides.” By all accounts, TASP’s college tour and recent academic and career development efforts were a success. Students learned about the college experience and explored a dynamic new city. Perhaps most gratifying for program staff is that our teens are considering higher education as a real option for themselves. Now that is a pretty cool accomplishment.

---

**See TNDC in Action!**

If a picture is worth a thousand words, what about a motion picture? See TNDC’s inspiring work firsthand and meet our residents via an online video at [http://fcfox.org/tndc/](http://fcfox.org/tndc/). To get a free DVD copy mailed to you, contact Fund Development Associate Arlo Bushnell at (415) 776-2151.