Dear TNDC Supporter,

Every day, we see the real and human impact that stable housing and a supportive community provides. Our work goes well beyond housing, and this is especially meaningful at the holidays – knowing that many in our community struggle with isolation and the stress that comes from chronic health problems, poverty, and/or a lack of close family support. Finding ways to come together to celebrate becomes particularly important.

I am truly grateful for the larger circle of stakeholders in San Francisco and beyond, who help TNDC thrive – including funders, partners, institutions, volunteers and philanthropists of all kinds who believe as we do: that when people have homes, communities thrive.

I hope you see your own involvement reflected in our daily work. It is through you – TNDC’s wider community – that we fulfill our mission for the lowest-income residents of our city.

Thank you for helping to transform lives.

Donald S. Falk, CEO

December provides many opportunities for multicultural events and celebrations for residents. At TNDC, we aspire to create a culture of inclusion and plurality where all cultures and holidays are a reason to learn and celebrate each other throughout the year.

This spirit of open-mindedness helps to break down isolation and builds genuine community and understanding among TNDC neighbors. “Each holiday has a different meaning to different individuals,” notes Shatae Jones, a social worker and site coordinator at TNDC’s Curran House residence on Taylor Street.

A joint celebration of Black History Month with the Chinese New Year may center around a particular theme like a Funk Fest featuring music from the 70’s and 80’s and collaborating on a culturally inclusive menu. Many residents create and gift money pockets with memos inside wishing happiness and blessings to the receivers. Residents roll up their sleeves to prepare scrumptious mooncakes to ring in the Lunar New Year. Ramadan and Eid Al-Adha may conventionally represent prayer and fasting, but many residents reinvent traditional recipes and engage in creative endeavors like making their own prayer rugs. Hands freshly painted with henna honor Diwali, the spirit and celebration of a new beginning, while Cinco de Mayo celebrations may offer variations on the classic Mexican tostada! For Paról, the Filipino Lantern Celebration, many residents get together in the first week of December to craft beautiful lanterns.

Together, a fusion of music, arts, crafts, and food gives way to activities that resonate with the emotion connected to the event. Each holiday celebration underscores the sentiment of bringing people together, learning from one another, and capturing the richness of who we are, both as individuals, and as a community, not only in December, but all year long!

TNDC Developments

THIS ISSUE:
Holiday Celebrations at TNDC

Health & Wellness Home for the Holidays

TNDC Resident Profile: Teodora Gomez

TNDC Partner Profile: BlackRock

A Message from the CEO

 благодаря за то, что вы помогаете нам создавать уют и безопасность для них, а также за все, что вы делаете для них каждый день.
RESIDENT PROFILE: Teodora "Auring" Gomez

Teodora "Auring" Gomez comes from a family of 10 in the Philippines whose Christmas was an exciting celebration with lots of food.

More than 50 relatives streamed through their smallish house for two days. Auring cooked continuously, including the ever-favorite Pancit, the long noodle dish reputed to bring long life. The role delighted her.

"I was happy (that) all my friends and family were enjoying the food," she says modestly.

That feeling has been with her since she arrived in the U.S. at age 47. For 29 years, Auring's driven by initiative. Seeing something that needs doing, she gets up and does it. She volunteers Monday mornings at the Food Bank's drop to arrange items in the community room and helps distribute them to 140 of her fellow residents. At the monthly TGIF party, with 2-3 helpers, she'll take charge of the snacks for around 35 people. For the Halloween party she'll wrap, package and hand out candies. And at building meetings, guess who helps prepare food to serve.

"And she's like a Boy Scout," Duran teases, "always prepared."

For Christmas she'll be in the kitchen hovering over hams and Costco chickens, fixing potato salad and much more. It's a three-hour stint that includes the kitchen cleanup.

"I'm happy to help other people and serve the building," she says. "It's my home."

PARTNER PROFILE: BlackRock

Every year, the BlackRock team underwrites and serves Thanksgiving and Year-End holiday meals for hundreds of TASP kids & families. Colleagues Regina Rodgers, Michelle Clement and Yoko Saito engage local employees in a holiday "giving tree," ending in person-

ized gifts for each child in the TASP program. Aside from holiday cheer, BlackRock employees have also volunteered hundreds of hours over the years, providing recreational opportunities, tutoring and mentorship for generations of young people.

Regina Rodgers, who has led BlackRock's efforts for 14 of the 20 years, observes, "What we love about TASP is the depth of the support provided to the kids – not just for a few weeks or months, but years." She adds, "We hope to continue for another 20!"

BUILDING HOMES AND COMMUNITY SINCE 1981

Bringing Health & Wellness Home for the Holidays

Many of our residents have told us they feel depressed during the holiday season. Holiday stress and feelings of isolation can lead to sickness.

At TNDC, we believe healthy food is essential - and we strive to promote better nutrition and health equity among our residents. Since 2014, staff members have been offering free and voluntary workshops with two major components, Healthy Aging and Food & Nutrition.

In the upcoming winter months, the Healthy Aging Team will be focusing on flu prevention and early intervention for conditions affecting bones and joints (arthritis, gout, osteoporosis, etc.). We address these topics by creating monthly Health Information newsletters, health presentations, and expert health screenings.

Our Food & Nutrition program builds upon strategic partnerships with the SF Marin Food Bank, Leah's Pantry, Heart of the City Farmers’ Market and others. By creating a direct connection to fresh produce through five TNDC urban gardens – we help residents eat healthier foods while making the most out of modest budgets.

This summer, Alyssa Santos was hired as Food & Nutrition Supervisor to expand our food distribution and nutrition instruction in our community. A self-described "foodie," Alyssa’s pilot program involves smoothie-making workshops in TNDC’s senior buildings and in TNDC’s Tenderloin After-School Program.

She shares, “Eating fresh foods can play a significant role in managing chronic conditions and maintaining good health – especially during the wintertime cold and flu season. You can try our Cold-Busting Smoothie at home and see for yourself!”

Cold-Busting Smoothie - try it at home!

Ingredients

- 10 oz. Orange Juice
- 4 oz. peach or plain Greek yogurt
- 1 cup fresh or frozen strawberries
- 1 cup fresh or frozen peaches
- ½ cup fresh or frozen pineapple
- Handful of ice (optional)

Directions

Put all ingredients in a blender. Whirl until smoothly pureed and enjoy immediately!