

ST. JOSEPH'S
NEIGHBORHOOD
CENTER



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NEIGHBOR TO NEIGHBOR

A Publication of SJNC

NEWSLETTER

Rooted in Community: Celebrating 30 Years of Growth



Jen Sahrle, Executive Director

In 1993, the seeds of compassion and service were planted when six Sisters of St. Joseph established St. Joseph's Neighborhood Center (SJNC). Like many other service organizations, SJNC was a response to unmet needs in the community,

and their dedication to “serving the neighbor without distinction” drove those sisters and their supporters to establish an organization focused on providing holistic health care to those often overlooked in our community. Over the past three decades, we've expanded and established ourselves as a steadfast presence, deeply rooted in the heart of the Rochester community, much like a resilient tree.

Just as a tree's growth begins with its roots, SJNC has been nurtured over the years by

numerous dedicated staff and volunteers. These individuals, much like the rain, light, and nutrients that sustain a tree, have invested their energy and care into the Center, enabling it to mature and thrive. From modest beginnings, the organization has flourished into a symbol of hope for those in need.

Today, as we stand in the shade of this remarkable tree, it is our responsibility to keep moving forward with our history as a guide. The wisdom of the past,

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SJNC By the Numbers

In September, the Center saw 283 patients with 488 visits, bringing our numbers for 2023 to 1,280 patients, clients, and neighbors with 4,379 appointments.



While these numbers are up slightly from 2022, we could use your help to spread the word about our services! Download our community health services flyer by scanning this QR code with your mobile device or visiting our website at



bit.ly/sjncservices2. You can print and post this flyer anywhere you think someone requiring our medical or mental health services might see it.

You can help ensure that anyone needing our services knows about them!

combined with our mission and values acts as our compass, helping us to navigate the path ahead as we plan for the next 30 years.

By looking forward to the next 30 years with a clear vision and a steadfast commitment to adapt and grow, St. Joseph's Neighborhood Center is poised to cultivate its deep roots even further, nurturing them to extend into the community with greater strength and purpose. This next phase of our journey is an opportunity to reinforce our commitment to the community and the values upon which this organization was founded.

Our vision is not merely a static concept; it's a dynamic force that propels us forward. It envisions a future where we continue to be a beacon of hope and support for those who need it most. Just as a

strong and sturdy tree reaches higher and provides more shade with each passing year, we aspire to reach new heights in our service to the community.

We recognize that the community's needs evolve, and we pledge to evolve with them. We are committed to being responsive to these changing needs, introducing innovative solutions, and expanding our services to encompass a broader spectrum of support. This adaptability is essential, as it allows us to remain relevant and effective in addressing the issues that matter most to those we serve.

Just as a tree's roots provide stability and nourishment, our unwavering dedication to nurturing our community's roots will result in an even more profound and lasting impact. We are de-

termined to reach deeper into the community, touching the lives of more individuals, and ensuring that no one is left without the support and resources they require to thrive.

In the next 30 years, our community will see the fruits of our labor in the form of empowered individuals, stronger neighborhoods, and a collective spirit that flourishes like the leaves of a mighty tree. The future is bright, and we are excited to embark on this journey, knowing that our roots are firmly planted and our branches will continue to grow, offering shelter, hope, and growth for all."

Peace,
Jen

Share Your SJNC Memory With Us!

The Center's story is one of community and in honor of our 30th Anniversary, we're wondering what stories YOU – our community members – have about St. Joseph's Neighborhood Center.

- Do you have a funny story to share about the Center?
- What are some of your favorite things about the Center?
- Do you have a memory to share with us?
- How has the Center touched your life?
- How did one of our patients impact you?

Share with us today by emailing development@sjncenter.org or calling Tiffany at 585-325-5260. We are eager to hear from you!



Nurturing Resilience: A Therapist's Journey with Black Female Clients

Hey there, Wonderful Readers,
Stepping into the world of being a Black female therapist supporting fellow Black female clients has been a profoundly transformative and enriching journey. It's a path that extends far beyond the realms of academia and professional growth—it's about fostering a genuine sisterhood and offering a safe haven for authentic healing.



In this space, clients entrust us with their stories, seeking guidance to navigate their emotions, understand themselves, and draw upon their strengths. It's about integrating spirituality, harnessing hope, and cultivating positive energy to facilitate their path to healing.

However, like any fulfilling journey, this role comes with its own set of challenges and rewards. While the work is certainly demanding, it is also a blessing to be a part of someone's journey towards empowerment and societal integration. As Black female therapists, we often face the query of understanding unique life experiences despite our education. What our clients may not know is that many of us have traveled similar paths, experienced our own healing through therapy, and emerged stronger and motivated to support those who've walked in similar shoes.

One poignant question I once faced was, "How are you different from other Black female therapists I've encountered?" This question caught me off guard, but it was an opportunity to explain that, while our paths may differ, we share a commonality in facing a society marked by discrimination and prejudice. It's a chance to emphasize that in our therapeutic relationship, I see them as the true experts of their own lives. My role is that of a guide, armed with evidence-based interventions, to assist in building sustainable coping strategies for better mental and emotional well-being.

Fundamentally, it's about establishing trust and rapport, ensuring that our clients view us not merely as professionals but as allies on their unique journeys. We invite them into our space, not as experts, but as individuals with profound respect for their resilience and strength. It's about empowering them to take charge, to believe in their worth, and to equip them with skills that will serve them well during challenging moments.

So, the core focus remains on competence, continuous growth, and genuine partnership—a journey we undertake together with our clients, striving to empower and succeed, one step at a time.

Warm regards,
Dina Johnson, MS MFT

Dina Johnson is a new, full-time Mental Health Provider at St. Joseph's Neighborhood Center. She began her tenure with us interning in our Counseling and Community Works department in October of 2022. Dina is a graduate of the University of Rochester School of Medicine and Dentistry and holds a Master of Science in Marriage and Family Therapy.



Welcome New Staff!

St. Joseph's Neighborhood Center has welcomed several new staff members to our team this year! Our most recent hires and their titles are below.

We're excited to have these talented folks joining our team to serve our patients, clients, and neighbors, and also add their voices in spreading the word about the transformational work being done at the Center.

- **Damon Butler**, Community Health Worker
- **Laurie Colasurdo**, Director of Finance
- **Mary Ann DuPré**, Volunteer Coordinator
- **Kelsea Fermin**, Care Coordinator -- Team Lead
- **Beverly Hudson**, AmeriCorps Volunteer
- **Dina Johnson**, MS MFT, Mental Health Provider
- **Vee Kpadenou**, Medical Assistant, AmeriCorps Volunteer
- **Angelee Marcial**, Care Specialist
- **Mary Mitchell**, Executive Assistant
- **Ed Patterson**, AmeriCorps Assistant Technology Coordinator



We hope you'll join us in welcoming our new team members. To see all staff, visit www.sjncenter.org/the-staff. To reach any staff, call us at 585-325-5260.

Keep Safe in the Cold Weather



With the colder weather upon us, SJNC wanted to share some safety tips for staying safe this winter. The Centers for Disease Control recommends preparing your home, preparing your vehicle, preparing for emergencies, and taking precautions outdoors.

For Your Home: Winterizing activities such as insulating windows, can help prevent dangerous situations. Ensuring you have a carbon monoxide detector that is in good working order is also an important part of safety during the winter.

For Your Vehicle: Use anti-freezing windshield washer fluid in your car. Make sure you have a winter emergency kit including food, water, a phone and charger, jumper cables, and a first aid kit will help mitigate dangerous circumstances.

In Case of Emergency: Keep canned foods, clean drinking water, extra batteries, and medications on hand during winter months. Also, keeping grills, camp stoves, and other cooking sources outside of the house even if the power is out, is highly recommended.

Take Precautions Outside: Note the forecast before heading outdoors. Winter weather clothing is a must - using layers, hats, mittens, and a windproof coat or jacket is preferable. Having cat litter on hand for icy walkways will help to keep outside slipping to a minimum.

For more winter preparedness tips, visit www.cdc.gov.

Be Part of Our Miracle

With our 30th anniversary upon us, we have been reflecting on our history. Staff, volunteers, and community members have shared their memories, some of which make us wonder how we persevered, and others serve as an poignant reminder of how critical our work still is today. Unfortunately, health care remains an often inaccessible, intimidating, and cost-prohibitive service that too many of our neighbors struggle to attain and maintain. Now, more than ever, our reputation as “the Miracle on South Avenue” rings true. The Neighborhood Center is a place for folks to turn when they have nowhere else.

St. Joseph’s Neighborhood Center -
the “Miracle on South Avenue”

Since we opened our doors, our staff and volunteer corps have broken down barriers to the healthcare system, provided person-centered healthcare, offered mental health counseling, and so much more. This wrap-around approach to health considers the whole person and their physical, mental, emotional, and spiritual needs. This is our miracle – this is what holistic care looks like at St. Joseph’s Neighborhood Center.

For 30 years, we have practiced a model of care that helps our patients, clients, and neighbors in the exam and counseling rooms, but also outside of our walls. We remove obstacles to living a healthy life. Thanks to donors such as yourself, we are able to provide emergency rent assistance, help with the cost of obtaining identification such as birth certificates, and even provide an address for neighbors to receive mail. When we provide these supports, those who count on us can focus on living healthier lives.

For us to continue our tradition of providing comprehensive care that counts, we rely on friends like you. Your gift to SJNC helps with more than just meeting the healthcare needs of our neighbors – it helps us provide miracles that save lives. Please join us in helping our neighbors on their journey to health; donate today at www.sjncenter.org/donate.

Helping Neighbors in Need

As the winter season arrives, we invite you to join us in making a meaningful difference in our community. Each year, St. Joseph’s Neighborhood Center provides essential winter accessories and personal care items to our neighbors in need. Your contribution can warm hearts and bodies alike, so please consider donating today and help us make this winter a little warmer and brighter for those who need it most.

We are in urgent need of the following items: lip balm, travel size shampoo and conditioner, soap/body wash, lotion, toothpaste, and deodorant, new gloves, mittens, hats, socks, and scarves for our neighbors.

Donating is easy! There are two ways to donate the much needed in-kind items to the Center: in person or online. If you shop our Amazon wish list, you can have the items shipped to us directly.

Please note that when you donate items to us in person, we ask that you complete our in-kind donation form so that we may properly account for your gift and thank you.

**Donated items can be dropped off at the Center at
417 South Avenue, Rochester, NY 14620
Monday - Friday 9 AM to 4 PM**

*Thank
you* 



Upcoming Events

As 2023 comes to a close, we want to take one more opportunity to invite you to join us at the Center!

Our December **Table Talk and Tasting** is Tuesday, December 12th at 5:30 PM and **Breakfast at the Center** is Wednesday, December 20th at 8:00 AM.

Additional information and registration options for these events are available on our website at www.sjncenter.org/events.



save the date!

St. Joseph's Neighborhood Center's
30th Anniversary
Open House

Friday, December 8th

417 South Ave., Rochester, NY 14620
More details at www.sjncenter.org/events



We'd be remiss if we didn't take this opportunity to thank you for the numerous ways that you support our work. Your generosity is an ever-present and crucial part of the Neighborhood Center. We are truly blessed to have you all be part of the SJNC community.

Thank You!

Memorial and Tribute Gifts

We are grateful to all who have designated St. Joseph's Neighborhood Center as a recipient of gifts in memory and honor of family, friends, colleagues, and loved ones.

If you wish to give a gift to St. Joseph's Neighborhood Center in honor or memory of someone who has impacted your life, contact Tiffany Paine-Cirrincione at 585-325-5260.

MEMORIALS

In Memory of Nancy Farrell Brennan

Dr. Therese Lynch

In Memory of William Castle

Betty and Alan Monahan

In Memory of Victor Cypher

Kathleen Kottka

In Memory of Sr. Joanne Deck and

Sr. Arlene Semesky

Anonymous Donor

In Memory of Nancy Fredericks

Edward and Heather Kelly

In Memory of Marilyn Galley

Joseph Galley

In Memory of Dr. Marvin Goldstein

Mr. and Mrs. Alan C. Lupack

Dr. and Mrs. David M. Schrier

In Memory of Christopher Gullo

Grace Gullo

In Memory of Elizabeth Spillman Halsted

Mr. Richard Halsted

In Memory of Merilyn Israel

Rev. Margaret Scott and Mr. B. Andrew Dutcher

In Memory of Kevin Maguire

Dr. and Mrs. Derek J. Tenhoopen

In Memory of Dorothy "Dot" McDonald

Mr. Daniel R. McDonald

In Memory of Nick and Josephine Meleo

Ms. Gloria and Mr. Steven Foster

In Memory of Bob, Joan and Katie Quigley

Ms. Patricia Quigley

Mr. and Mrs. Thomas Gagie

In Memory of Joe and Joyce Resch

Christopher Resch

In Memory of Jane and Mary Kay Schuler

John E. Schuler

In Memory of Lorri Sheck

Paul A. Sheck

In Memory of Jenny A. Smith

Mr. and Mrs. Roger B. Merrill III

In Memory of Timothy M. Sullivan

Annarose G. Sullivan

In Memory of Virginia Sullivan

Irondequoit Art Club

In Memory of Nancy Hanna Williams

Mr. Tim Lincoln

In Memory of William M. K. Zawacki

Mr. and Mrs. Gary Kessler

HONORS

In Honor of Bob and Jan Bausch

Rev. Michael J. Bausch

In Honor of Sheila Briody, SSJ

Elizabeth and Douglas Bufano

In Honor of Louis Decarolis

Jennifer Schneider

In Honor of Alfred Fields

Jerry W. Crissy

In Honor of Sr. Elaine Hollis

Mr. and Mrs. Robert E. Riley

In Honor of Dr. Louis J. Papa and Susan Papa

Ms. Amie Bush

In Honor of Don Potter

Mr. and Mrs. Alfred Fields

In Honor of Jennifer Sahrle

Margret Roberts

In Honor of Dr. Stephen Schultz

Dr. W. Stewart Beecher

In Honor of Paul Wojciechowski

Mr. and Mrs. David Liebert

Thank you for your generous contributions to St. Joseph's Neighborhood Center in memory and honor of others. Your gift helps provide person-centered medical and mental health care to those in our community who are often overlooked.

Because of your gift, we are able to help so many in an effort to make our community a healthier one.

Thank You!

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NEWSLETTER OF



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St. Joseph's Neighborhood Center, in the tradition of the Sisters of St. Joseph, seeks to identify and respond to the unique health and social needs of individuals and communities in the greater Rochester region.

Join St. Joseph's Neighborhood Center Online!

We're active in online spaces and would love to interact with you on these platforms. Be sure to like, follow, friend, and share with the Neighborhood Center online!

Connect with us online here:

LinkedIn: <https://www.linkedin.com/company/2775972/>

Facebook: <https://www.facebook.com/StJosephsNeighborhoodCenter>

Twitter: <https://twitter.com/sjncenter>

Instagram: https://www.instagram.com/sjnc_rochester

