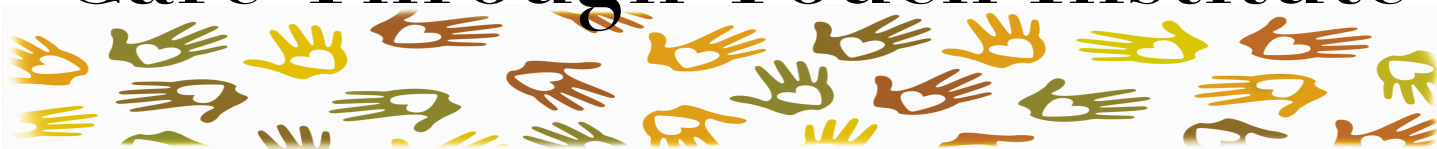




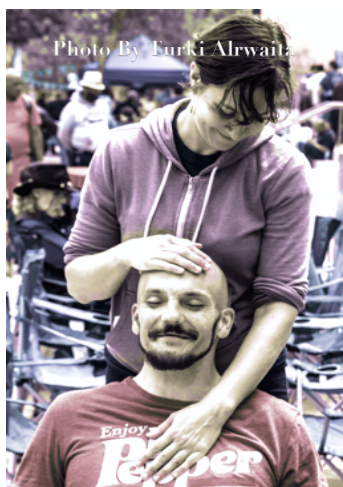
Care Through Touch Institute



Touch that Transforms Body, Mind, And Spirit

2019 In Review

“I think what Care Through Touch does means a lot to people who may not get touched or touched in a positive way. For some women, and especially trans women, there's a lot of violence against us; and having someone who isn't coming at us in a violent way is very beautiful and very much needed. A lot of healing needs to be done in our community and having the opportunity to be touched and massaged, especially by Care Through Touch, is an amazing experience that a lot of people like me don't often get.” Stazzi (Client)



The last year has been full of teachings for me and for all of us at Care Through Touch. We've added four new sites, welcomed six new massage therapists, elected a new board president, and participated in two community panel discussions. We've also expanded our

partnerships with several new organizations who have generously donated over 200 backpacks full of toiletries, 100 pairs of socks, hats, and scarves, as well as all of the massage supplies we have used this year. On top of all that, we are participating in a photo-book project that will be coming out in 2020 thanks to our generous and talented volunteers, John Verner and Jane Ebaugh (most of the photographs/stories enclosed in this Newsletter stem from this project). It has only been 1.5 years since I took on the role of director and yet we have already accomplished a lot together!

We look forward to trying out more new things in the new year, including bringing on several volunteers as part time staff to help fill in when folks are out of town or when volunteers call in sick. This

will also allow for us to provide services at more locations helping us reach more people. While we continue to be a primarily volunteer-run organization, times have changed, and most massage therapists in the Bay Area cannot afford to volunteer as much as they used to. We feel strongly that these changes will bring the organization further towards sustainability and will help us attract more massage therapists in the community who feel drawn to our work and who want to help carry CTI forward for many more years to come.

I want to thank our Care Community as well as all of our supporters and partners for being patient with me as I try new things and occasionally fail. This year has been full of experimentation and I am so grateful for your patience and support as we explore together the best way for the organization to move forward in the times in which we live.



With Love,
Heather
Dickison
Director &
Practitioner



Love Note From Mary Ann

CTI is definitely in business as you can see from our Director's report and thanks to our dedicated core of massage volunteers, our agency partners, our courageous clients, our funders, and to you, our faithful supporters and friends!

For my part, I have remained actively involved in CTI's continued growth service-wise and mission-wise. Together, Heather and I scrutinize each new venture and determine our response in light of CTI's long-standing mission of being a compassionate presence while providing therapeutic massage and nurturing care to those most vulnerable in our society.

In recalling our beginnings 35 years ago, Care Through Touch practitioners were like "first-responders" on the scene! Back in the early 80's we stood pretty much alone in what now is known as the field of trauma-sensitive care, intended to ease the harm that is self-inflicted or inflicted by others.

Today, Care Through Touch is proud to collaborate with a multitude of healthcare and social service agencies whose commitment like CTI's, is first and foremost to nurture healing relationships with clients who are among the poorest of populations. We are no longer "sole responders" but an honored part of a team, partners who share a common vision to be in solidarity with all who come to us; to listen to their stories, see their humanity, touch them where they hurt, and together be a community that CARES!



With Gratitude,
Mary Ann Finch
Founder &
Practitioner

Transition in Leadership

"I need you to find a new Executive Director for CTI" was the directive Mary Ann gave me when I stepped into the role of Board President back in early 2015.



I'm proud to report that our board DID find a new Executive Director for CTI and I could not be more thrilled for Heather Dickison's new legacy of leadership. After being a part of helping her to transition into her new role over the last year, I feel a deep peace and grace in stepping down as Board President in order to support and give other leaders an opportunity to guide the direction of CTI and support Heather in her role. I will always be one of CTI's biggest fans, supporters and volunteers offering healing touch to our friends most in need in the Tenderloin and beyond.

Jen Roy
Outgoing Board President & Practitioner

I've lived in the Tenderloin for four years. The intensity and the extent of human suffering that I have witnessed have been difficult for me to process. In that time I have not come to "understand" homelessness, although I am often asked to explain it. What I have learned, thanks to Mary Ann and to the work of Care Through Touch, is that being open-hearted profoundly changes the experience.



As board chair, I am committed to learning from Mary Ann, and our equally gifted executive director, Heather Dickison. I am committed to working to keep the lights on and our hearts open, as we enter a new chapter of leadership for the board and for the organization. It is a responsibility, but it is also a gift.

Carmen King
Incoming Board President



Being “In Touch” With Reality

"Touch is an action conceived in the mind, felt in the heart, and given birth by the hand."
- Irene Smith



Photo By John Verner

Touch is our first language. It is not something we learn, but rather the way we develop a relationship to the world around us and our own bodies. We use touch throughout our childhood as a way of connecting until we are trained in a verbal dialect. And then we are trained over time to no longer touch.

However, touch is a sacred offering. It is our most encompassing sense utilizing our entire body and we are constantly engaging in it. We are touched by what we see, hear, and smell. Without realizing it, we continuously make contact with one another through our voices, with our eyes, with our breath, and with our body language, and yet despite this many in our community are starved of positive physical touch. We now know that infants die in the absence of

physical touch, why do we think that anything changes in adulthood?

One of the most pressing issues of our time is the condition of isolation. We are more connected than ever to our devices and yet many are miserable. We are attempting to live more and more in the virtual world and the result of this is an increase in depression, addiction, mental illness, homelessness and suicide.

At Care Through Touch, we train our care providers how to bring awareness to their bodies and the present moment so that they can hold space, listen deeply, and sit with people where and as they are. In doing this, we foster some of the qualities you might associate with meditation or prayer: clarity, alertness, being responsive and open hearted. In this sense, caring through touch is a spiritual, heart-opening practice.

While many think touch is a luxury item, we experience otherwise when we head out onto the streets. Thank you for supporting our work and for allowing us to sit with all those who are isolated due to age, illness, or income, providing a much needed level of care in communities that would not otherwise have access. **It is only with your support and advocacy that we are able to do the work we are doing out in the community.** What follows are quotes and photos offered by the staff and clients at three of our newest sites.

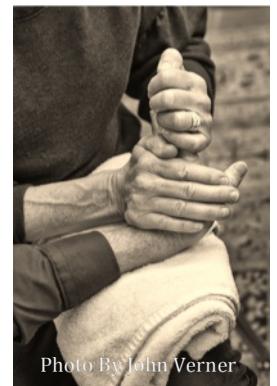


Photo By John Verner

Meet Our New Sites

Harm Reduction Therapy Center

In 2018, the SF Department of Public Health responded to the rising panic about the levels of homelessness, the visible mental health crisis, and substance use on our street by granting the Harm Reduction Therapy Center (HRTC) the opportunity to pilot new ways to reach people who need care, but who are disconnected from mainstream medical, emotional, and social services.



HRTC decided that if we were to truly meet people where they are, we must take our “clinic” with us. We bought a van (now three), converted it to a therapy office, purchased canopies, tables, comfortable chairs to create a pop-up drop-in center, and went to wherever there seemed to be a need or an invitation.



Care is, for us, the only valid and valuable engagement tool. If we are to care for the people we aim to serve, we need to bring resources that are vitally needed. So, we put together a mobile kitchen in order to serve hot food, and other times, sandwiches, fruit, and snacks.

The other most caring thing we could offer was massage. Care Through Touch and HRTC have been working in many of the same spaces for almost twenty years. We feel that we hold the same values, feel the same regard for the people we serve, and treat them with the same gentleness and love. We reached out, and they have been with us since May. As of this month, they will offer their loving massage at 5 of our 10 street sites.



Jeannie Little, LCSW
Executive Director

Mercy Housing Dudley Apartments

Care Through Touch has been coming to The Dudley apartments twice a month for almost a year now. Dudley is a unique 75-unit permanent housing center for formerly homeless adults and families living with disabilities. Our age range is from 3-80 years old. Many of our residents have no family or support outside of this building and deal with a multitude of stresses and illnesses that impact their daily life.

The care, compassion, and nonjudgmental attitude Heather brings to massage as well as the time she takes to listen to their stories is so therapeutic and healing for our residents. We look forward to many more years of service and your healing touch.

Jina Tanner
Resident services manager

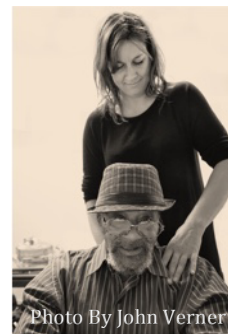


Photo By John Verner



Photo By John Verner

“The most significant part of the massage experience is a kind of healing, caring energy that for me is a certain kind of non-invasive intimacy that I think people are starving for.”

Hillary (Case Manager)

“People need touch. There's an energy that comes through and there's no other way you can get that energy except through touch. It gives you energy. I can feel it right now.”

Howard (Resident)

Human kindness can be as simple as a hug. For people who are more standoffish, a massage is a great way to communicate human kindness. It helps you feel like you're back in touch with humanity. The people in this neighborhood are often isolated or detached from society so having the opportunity to connect in any form is a positive thing. It's like, Oh I'm still here, I'm still a person.”

Heather (Resident)

“When people come out from having a massage they are like different people. They come out and they're pleasant, not as stressed. It's not only the massage though that does that. It's also the time the massage therapist takes talking and listening. A lot of times people who live here aren't used to people listening to them. That alone makes their day.”

Michael (Resident)



Larkin St. Youth

Larkin Street Youth Services is a nonprofit empowering young people to move beyond homelessness.



Photo By John Verner

"Dealing with homelessness is a lot of work and sometimes staff forget about themselves," says Karen, or Mama K as she's affectionately called by the young clients that frequent Larkin Street Youth Center. "The opportunity to get a massage here is awesome for both clients and staff. Our kids have so much to worry about - just thinking about where they're going to lay their head, staying safe, people stealing their things. Everyday is a struggle! Many have never had a stable person in their lives. For many, Larkin Street is their only family."

Mama K (Staff)



Photo By John Verner



Photo By John Verner

"That was really good! I have huge tension problems, got knots everywhere." Nataka shares that he was "technically" born homeless. "Legally, I was never on anybody's lease; I just lived in random houses. My step mom usually ended up getting something so I was able to stay inside most of the time. Right now I'm in a shelter, but I've got to get a job, maybe a janitorial one. I'd be cool with that." He pauses for a moment before standing up and saying, "Wow! I feel a lot better than when I first came in. I'll definitely be back and let others know about the massage."

Nataka (Youth)

Sharing Our Stories

JANE EBAUGH (interviewer/transcriber)



I am a retired Director of Special Education for the school district of Rhinebeck, NY. I was introduced to CTI 14 years ago and have been coming back ever since. Providing massage to people living on the streets and sleeping in shelters, I was touched by stories of resilience in the midst of suffering and of dignity in the midst of discrimination. I decided I wanted to tell/show this face of homelessness to the world. For the past year, I and my friend John Verner, a professional photographer, have been collecting stories and portraits of this beloved community that are not only testaments to their sufferings, but tributes to the transformation Care Through Touch is making in their lives.

JOHN VERNER (photographer)



I have a background as a writer and photographer. Jane and I talked about interviewing and documenting some of the stories of CTI's clients as a way of giving them a voice; a sense of recognition as a person; and as a way of capturing their resilience and creativity in the midst of unimaginable obstacles. It has been a heart-opening and humbling experience for me to step into their lives through the lens of my camera and my heart. We anticipate completing our book project and having an exhibition of our photo collection sometime in 2020. Stay tuned!

Partnerships in the Community

We give thanks to the organizations that have so graciously donated their products to our non-profit!





Ways To Support Care Through Touch

Donate: We operate on a shoestring budget and every donation, however small, helps us continue to do this work. Make sure and check with your HR office to see if your company will match your donation. We also accept sleeping bags, warm clothes, small size toiletries, gift cards etc. to hand out to clients as well as massage supplies, chairs, and clip-in face cradles.

Become A Legacy Donor: Create a powerful philanthropic legacy by setting up a legacy gift.

Change Your AmazonSmile Charitable Organization to CTI: Every time you shop a portion of the proceeds will come to Care Through Touch. 1. Sign into smile.amazon.com on your desktop or mobile browser. 2. Go to Your Account from the navigation at the top of any page, and then select the option to Change your Charity. 3. Select Care Through Touch as your organization to support.

Volunteer: If you are a grant writer, massage therapist, yoga instructor, sound healer, counselor, chaplain, photographer, filmmaker, or person who is deeply committed to our work, we are always looking for new volunteers. Whether you'd like to offer massage, do something nice for our volunteers to help them feel rejuvenated during our monthly meetings, or help in the office we are grateful for your time.

Become a Board Member: We are looking for individuals who have experience in finance, law, program management, volunteer recruitment, hands-on healing modalities, are in the medical community, or who have community connections.

Host a Fund-Raising Event: Help support the work of CTI by planning a fundraising event.

Join Us This December 20th At Peri's Bar In Fairfax, CA For A Benefit Concert!!!!

Every year CTI provides between 2,500-4,000 free massages to those in our community traumatized by poverty, homelessness, violence and life-threatening illnesses. Through your contributions by way of time, money, and encouraging others to support our work, we will be able to train more volunteers and extend our services to other vulnerable members in our community - youth, elderly, the sick and dying.

Thank you for being part of our Care Community!



Our Mission is to dismantle the walls built by pain and trauma and promote healing through human connection. We do this through the context of free seated Massage Therapy for people who are isolated due to age, illness, or income.

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