

Family Promise of Sussex County

WINTER NEWSLETTER

2018

Winter can be a fun time of year with activities such as ice skating, skiing, and sledding; however, long exposure to cold temperatures can lead to a dangerous condition known as hypothermia. The U.S. Center for Disease Control defines hypothermia as having an abnormally low body temperature due to exposure to extremely cold temperatures. Hypothermia can affect many individuals, specifically those who are homeless, being that they are exposed to extremely cold temperatures along with inadequate clothing and little to no access to heat. Warning signs can include shivering, confusion, and even memory loss. Infants with hypothermia may experience bright red, cold skin and have very little energy. Body temperature falling below 95 °F is considered to be a medical emergency.

If you encounter someone who is experiencing symptoms of hypothermia, there are some things that you can do. Get the person to a warm building or shelter immediately. A warm beverage can also aid in raising the person's body temperature. If the person has wet clothing, remove it immediately. If the person is unconscious, call 911. CPR should be performed if there is no pulse, until medical assistance arrives.

If you are going to be out in cold temperatures for an extended period of time, it is best not to wear cotton being that it is insufficient in keeping the core body temperature up. The best way to avoid hypothermia is to ensure all exposed skin is covered (gloves, hat, scarf over face). Layering socks is also important and can help keep extremities warm and protected from frostbite. Be proactive this winter, and check weather updates frequently.



Agency Staff

Executive Director:

Chris Butto, LSW, LMSW

Housing Specialists:

LeeAnn Trott, MSW
Meghan Arahill, LSW
Patricia David, BA

Development Specialist:

Christine Nostray, BA

Administrative Assistant:

Tara Smith

Transporters:

Mike Shihinski
James Ganley

Receptionist:

Helen Boyle



Board of Trustees

Merle Tanis, President
Dolores Fliss, Vice President
Thomas Purnell, Treasurer
Diane Rude, Secretary
Colleen Duffy
Connie Rutsch
Deana Sehnert
Julie Schuldner
Kevin Lopez
Rev. Patrick Sileo

Upcoming Seminars for Spring 2018!



Healthy Eating On a Budget!

Atlantic Health's Health Educator, Trixy Thibodeau, will be joining Family Promise on Thursday, March 22 from 5-6:45pm for a presentation on how to eat healthy while staying on budget.

Dinner will be served at 5:00pm followed by a Presentation at 5:45pm



Bullying & How to Build Confidence with Acting-A-Part's Erica Lupo

Join Family Promise on Thursday, April 26 for an educational presentation on bullying and building confidence.

Dinner will be served at 5:00pm followed by a Presentation at 5:45pm

Pass it Along Springtime Activities



Family Promise invites you to join us and Pass it Along Volunteers for a night of springtime fun games and cute crafts on Thursday May 17!

Pass it Along Advisors attending are Kathy Rathbone, Kailey Denzer-Weiler and Karen Baldini

Questions regarding this event? Email Karen Baldini at karen@passitalong.com

Client Success Stories

NN enrolled in classes at Sussex County Community College. MW has obtained a valid ID. LW and JW moved into an apartment. CL has increased hours at work and is now employed full-time. JA is actively seeking case management support and has begun working with a Housing Specialist. DN found support of a friend during the housing crisis. RB has been approved for housing assistance. BP signed paperwork to begin supportive permanent housing services. GH is working with doctors to meet medical needs. CW obtained full-time employment and moved the family into an apartment. KC is working full-time. AN's child has begun preschool. MB and children received dental care. BP obtained a housing voucher. LH has obtained housing and is actively working with a Housing Specialist for financial repair. RB has secured a lease and will be moving into housing. CK has moved into a new home and has increased household income. GH moved into supportive housing. DK was approved for housing. JA is working on a budgeting plan. MW secured employment. LW has learned her credit score. SH obtained needed clothing items. CW has increased household income. CK moved the family into new home. MF is staying with a friend. MV is receiving legal support. SD and family moved into a new home.

Meet New Board Member

Deana Sehnert

Family Promise of Sussex County welcomes Deana Sehnert as a new member of the Board of Trustees. Deana, a mother of six children, has a background in business and paralegal studies and is a self-proclaimed news buff and current events enthusiast.

Deana has been a resident of Sussex County for 16 years, and she is looking forward to becoming more involved with community outreach and spreading the mission of Family Promise. Although Deana is a new board member, she has supported Family Promise of Sussex County with previous fundraising and volunteer efforts in the past, and she has attended the annual Gala event for 10 years, which Deana says has opened her eyes to a cause that needs more attention.

Deana states that she is most excited to collaborate with other agencies and businesses, especially in completing outreach for this year's Gala event, as well as help change lives, empower others, and give back to the community she loves so dearly. In addition, Deana hopes to set a positive example for her children and inspire them to continue to give back.

Meet New Board Member

Colleen Duffy

Colleen Duffy of Andover, New Jersey, joined the Board of Trustees during the Summer of 2017. Colleen has been involved with Family Promise for over 20 years. Family Promise has worked closely with the First Presbyterian Church where Colleen is employed as an *Associate for Family Nurture*. When Colleen first started with the First Presbyterian Church, the Day Center for Family Promise was located in their facility. Colleen was able to get to know the staff well and develop close relationships with them resulting in the First Presbyterian Church becoming a host congregation for the agency.

Colleen has always felt ardent for helping others and spent her early career working at as a case manager serving low income and impoverished clients. Colleen graduated Douglass Residential College of Rutgers University with a double major in Sociology and Religion, with a minor in Women's Study. Colleen states that she is very passionate about Family Promise and helping the homeless population. "Family Promise is able to help the population despite how little there is available to them here in Sussex County." In her free time, Colleen enjoys creating beautiful pottery and spending time outdoors caring for her garden. Colleen is a great asset to the community and the Board of Trustees warmly welcomes her.



Helping one person might not change the whole world, but it could change the world for one person.



Join us for an enchanted evening helping families find their "happily ever after"

*Dinner, Music, Awards,
Silent and Live Auction*

*Lake Mohawk Country Club
21 The Boardwalk
Sparta, New Jersey 07871*

Saturday April 21, 2018

6:30 - 10:30 pm

\$75.00 per person

Please RSVP by April 6, 2018

Making dreams come true

