

FINDING HOME

FPSC NEWSLETTER

MAY 2024



FOODIE CORNER

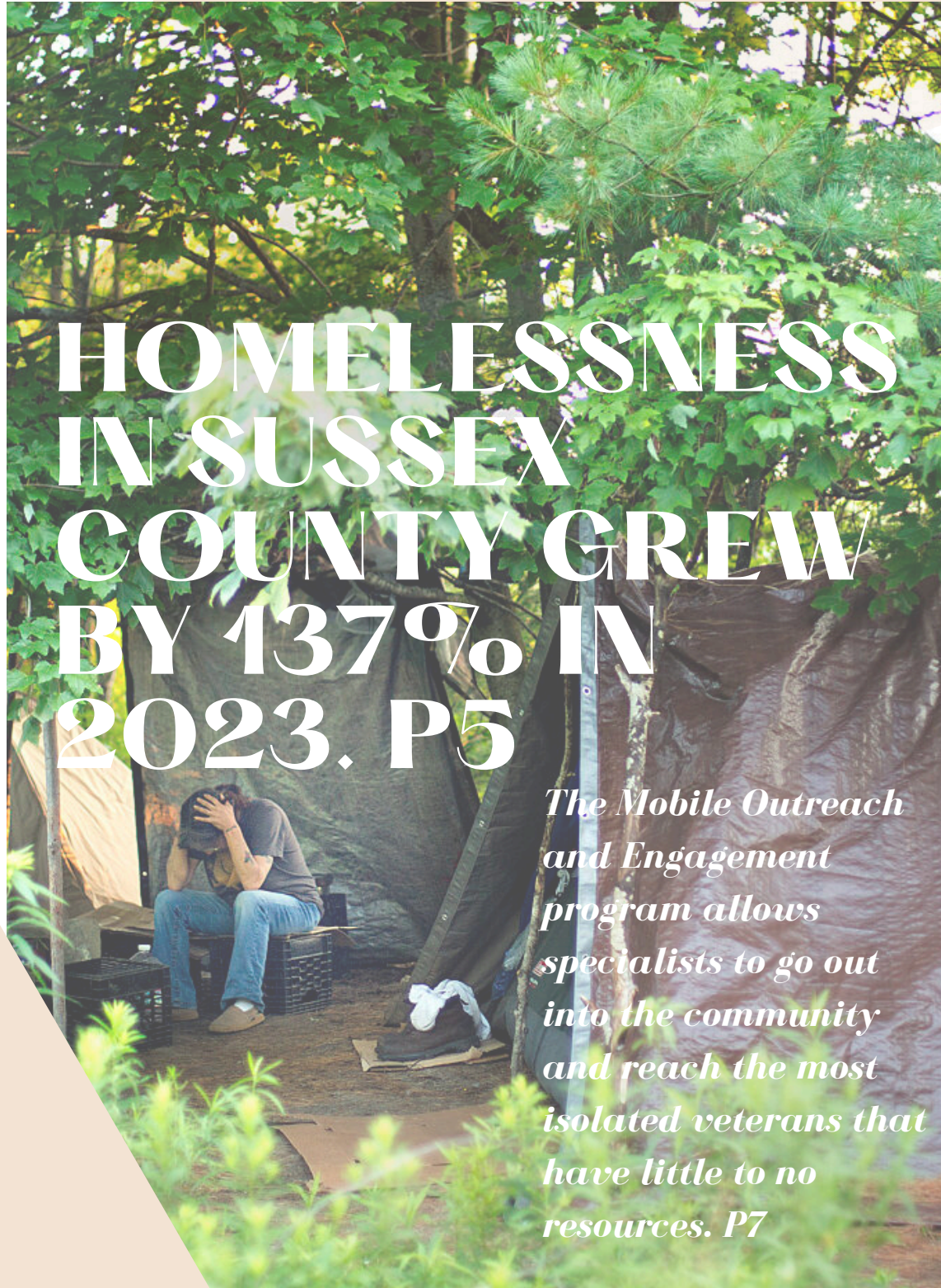
EVENTS IN SUSSEX

MIND BLOWN

HOMELSSNESS IS
ON THE RISE IN NJ

HOMELSSNESS IN SUSSEX COUNTY GREW BY 137% IN 2023. P5

The Mobile Outreach and Engagement program allows specialists to go out into the community and reach the most isolated veterans that have little to no resources. P7



Find Us Everywhere



FamilyPromiseSussex.org

Let us Help You Save On Utility Bills

FPSC can create applications, approve benefits, and ensure payments are issued on fuel deliverables, electric, and natural gas bills.

By Dawn Hendershot

Newton, NJ – With a knowledgeable team of dedicated professionals, Family Promise of Sussex County can assist with applications for the Low-Income Home Energy Assistance Program (LIHEAP). Credit amounts for low-income families in Sussex County start at \$961 for fuel deliverables, \$606 for electric, and \$383 for natural gas. To be eligible for these valuable LIHEAP benefits, the applicant household must be responsible for home heating costs and fall within the following gross monthly income limits.

Household Size	USF & LIHEAP Program	Household Size	USF & LIHEAP Program
1	\$3,676	7	\$9,543
2	\$4,807	8	\$9,755
3	\$5,938	9	\$9,968
4	\$7,069	10	\$10,180
5	\$8,200	11	\$10,392
6	\$9,331	12	\$10,604

Cont'd on page 5.

Ask about other programs you can benefit from.

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FAMILY PROMISE OF SUSSEX COUNTY
 Betting on a Better Future: All-In to End Homelessness

Casino Night

JOIN US FOR A NIGHT OF DRINKS, HORS D'OEUVRES,
 DINNER AND FABULOUS PRIZES. PLAY THE TABLES
 AND ENJOY MUSIC BY DJ RAY SIKORA

All of your favorite Games!
Blackjack | Roulette | Craps
Giant Money Wheel | Poker | Slots

THURSDAY, MAY 16, 2024 AT 5:00PM
 THE CONSERVATORY AT THE SUSSEX COUNTY
 FAIRGROUNDS
 37 PLAINS ROAD, AUGUSTA, NJ 07822

Thank You to Our Sponsors



Smith-McCracken
 Funeral Home



PATTI & PATTI, LLC



HEALTH WATCH

Symptoms of Cow's Milk Allergies

The symptoms of cow's milk allergies can vary from person to person and can affect multiple body systems, including the skin, respiratory system, gastrointestinal system, and cardiovascular system. Some common symptoms of cow's milk allergies include:

- Skin rash or hives.
- Swelling of the face, lips, or tongue.
- Wheezing or difficulty breathing.
- Nausea, vomiting, or diarrhea.
- Abdominal pain or cramping.
- Rapid heartbeat or drop in blood pressure.

It's important to note that the symptoms of cow's milk allergies can be similar to those of other allergies or intolerances, such as soy allergy or lactose intolerance. Therefore, it's essential to speak with a healthcare professional if you suspect you or your child has an allergy.

About Family Promise of Sussex County

The mission of Family Promise of Sussex County is to secure housing stability and sustainability for those in crisis...because everyone deserves a home. Our vision is that every individual and family shall have a home, a livelihood, and the chance to build a better future. We offer many services and a dedicated team of individuals that are available to assist our clients in attaining these goals. To learn more or get help visit us at <https://familypromisesussex.org> or our offices in Newton, Sparta and Sussex or contact us at fpssc@familypromisesussex.org.

How do you treat Cow's Milk Allergies?

The primary treatment for cow's milk allergies focuses on strict avoidance of all milk and milk-derived products. This includes:

- Obvious sources: Milk, cheese, yogurt, butter, ice cream, etc.
- Hidden ingredients: Whey, casein, lactose, milk solids, butterfat, etc. found in baked goods, processed foods, soups, sauces, and many others.

What are the Symptoms of Cow's Milk Allergies in Babies?

Cow's milk allergy symptoms in babies can vary in their severity and timing. Here's a breakdown of common symptoms and their appearance:

- Immediate Reactions (within minutes of milk consumption):
- Skin: Hives, redness, swelling around the lips, mouth, or eyes, eczema flare-ups.
- Digestive: Vomiting, diarrhea, abdominal pain, colic-like symptoms.
- Respiratory: Wheezing, difficulty breathing, cough, congestion.
- Other: Runny or stuffy nose, irritability, fussiness, lethargy.

Focusing on the Problem



Homelessness in Sussex County grew by 137% in 2023

Homelessness has grown, but Family Promise of Sussex County offers hope to people who have lost or are at risk of losing their homes.

By Ashley Helaudais

Newton, NJ—Sussex County has a homelessness problem and it's growing. Last year's Point-in-Time (PIT) count found a 137% increase in homelessness in Sussex County.

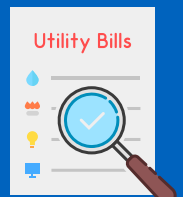
The PIT count is an annual measure of homelessness in New Jersey, including individuals in emergency shelters and transitional housing. In January 2022, the PIT count recorded 67 individuals experiencing homelessness on a single night in Sussex County while the January 2023 count documented 159 people experiencing homelessness. To put this into perspective, the state of New Jersey saw a 17% increase, and nearby Warren and Morris counties both saw homelessness increase by about a third, compared to Sussex County's 137% increase.

In recent years the Sussex County area has experienced an explosion in housing costs as an influx of new renters moved into the area to escape New York City congestion both during and after the pandemic. In fact, Fair Market Rent for Sussex County, as determined by the Department of Housing and Urban Development, has gone up \$402 since 2019, from \$1,188 to \$1,590 for 2024, leaving many people with extremely limited or no housing options. Cont'd on page 6.

Utility Bills. Cont'd from page 2.

Data collected in December 2022 by the National Energy Assistance Directors Association indicated that only 27.2 percent of eligible households in New Jersey were receiving benefits through this federally funded program. Family Promise of Sussex County aims to increase awareness to get this assistance out to the more than seventy percent of households that are qualified for, but not currently receiving these payments.

Reach out to us today to find out more about the application process or availability to discuss the program with groups within your communities who may benefit. We are eager to help. Dawn Hendershot, Manager of the Utility Assistance Programs, can be reached at 973-579-1180 x1025 or dhendershot@familypromisesussex.org.



LIHEAP
information
and application



FPSC Can Help



Did you know "Q" is the only letter that doesn't appear in any U.S. state name?

Go through the list of the fifty nifty states and we can guarantee you won't find any state that has the letter Q in its name!

Did you know Winston Churchill was hit by a car and nearly killed during a New York visit?

Talk about an all-American welcome! During a lecture tour in the U.S. in Dec. 1931, Winston Churchill was struck by a car while crossing Fifth Avenue and nearly killed. Fortunately, he survived the accident.

Did you know Neil Armstrong once threatened to sue his barber for selling his hair?

In 2005, Neil Armstrong once threatened legal action to his former barber who had earned \$3,000 for selling a lock of the astronaut's hair. The barber took no heed of the threat and went on to make over \$38,000 in 2016 by selling both the hair and the barber's comb and scissors.

Homelessness - Cont'd from page 5.

Lack of affordable housing isn't the only cause of increased homelessness in the area. Two of the most cited causes in the 2023 PIT count were domestic violence and eviction or threat of eviction. The Covid-19 eviction moratorium was lifted in January 2022, and as the courts continue working through their eviction backlog, more people are finding themselves with nowhere to go. Likewise, multiple sources reported increases in domestic violence during the pandemic, and incidents have remained high.

But there is hope for people struggling with housing expenses and those already experiencing homelessness. Family Promise of Sussex County provides a range of services to help people stay in their homes or find new homes, including an emergency shelter, mobile outreach services, eviction prevention and financial support for utility bills, rent payments, back-rent costs and security deposits and supportive services like a food pantry and computer lab. FPSC also provides supportive housing for people with disabilities or chronic illness, transitional housing for survivors of domestic violence and rapid rehousing for people who need a little extra help to get back up on their feet.

FEELING LUCKY? YOU'RE INVITED TO
FAMILY PROMISE OF SUSSEX COUNTY
Betting on a Better Future: All-In to End Homelessness

CASINO NIGHT

Thursday, May 16, 2024 at 5:00pm
The Conservatory at The Sussex County Fairgrounds
37 Plains Road, Augusta, NJ 07822

Struggling to pay utilities?

Family Promise of Sussex County Can Help!

LIHEAP

The Low-Income Home Energy Assistance Program is designed to help low-income families and individuals meet home heating and medically necessary cooling costs.

This program will help with propane, gas, oil, and electricity bills.

The amount of the LIHEAP heating benefit is determined by income, household size, fuel type, and heating region.

Family Promise of Sussex County has professionals who are experts in navigating the online application process for this program.

Call us today!

973-579-1180

Family Promise of Sussex County Brings Aid to Homeless Veterans

FPSC makes caring for our nation's heroes a priority and has a variety of programs to support veterans experiencing a housing crisis.

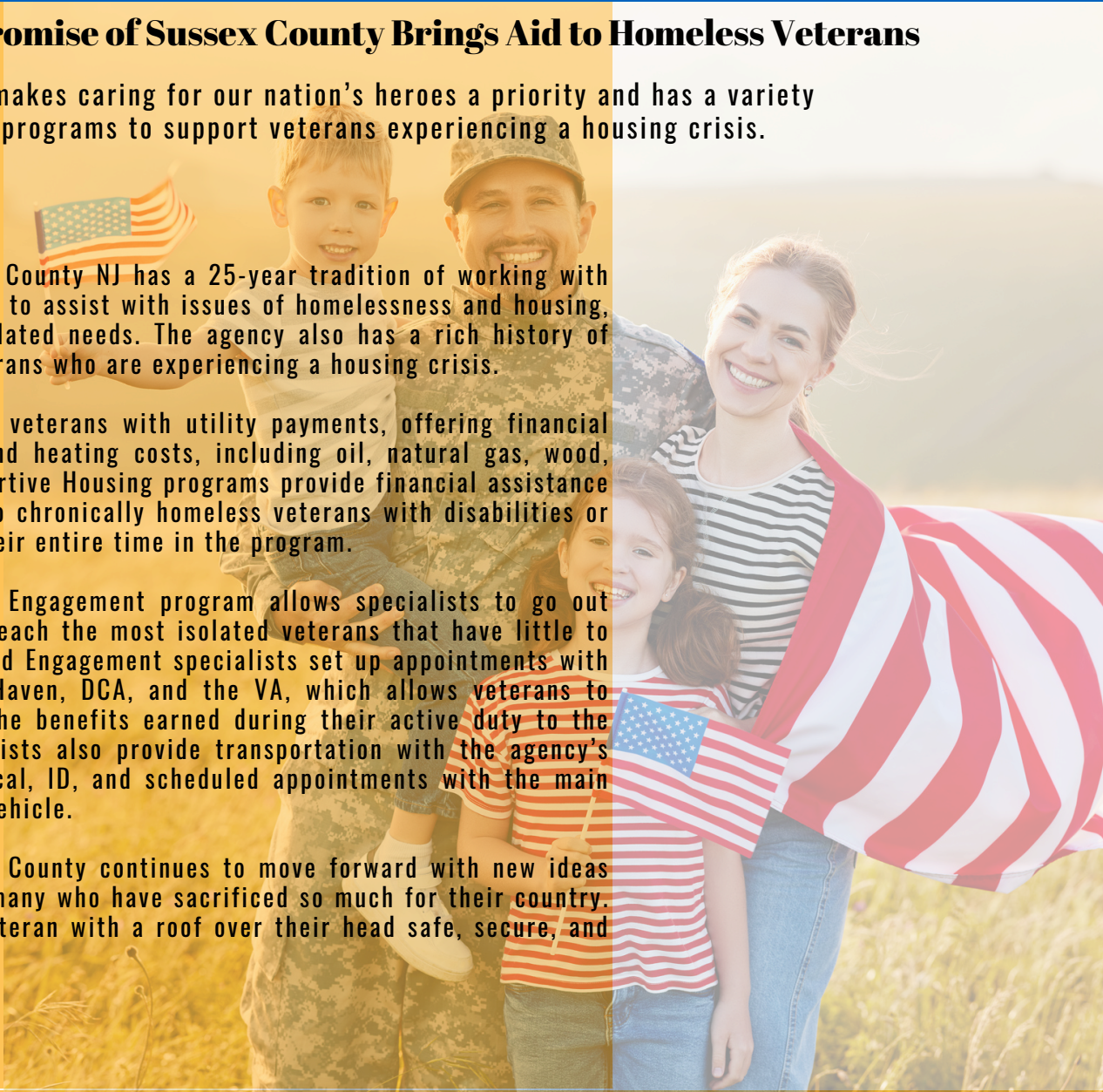
By Mike Leyman

Family Promise of Sussex County NJ has a 25-year tradition of working with families in the community to assist with issues of homelessness and housing, as well as many other related needs. The agency also has a rich history of providing services to veterans who are experiencing a housing crisis.

Our LIHEAP program aids veterans with utility payments, offering financial assistance for electric and heating costs, including oil, natural gas, wood, etc. The Permanent Supportive Housing programs provide financial assistance and supportive services to chronically homeless veterans with disabilities or chronic illness through their entire time in the program.

The Mobile Outreach and Engagement program allows specialists to go out into the community and reach the most isolated veterans that have little to no resources. Outreach and Engagement specialists set up appointments with Community Hope, North Haven, DCA, and the VA, which allows veterans to gain access to some of the benefits earned during their active duty to the country. Outreach specialists also provide transportation with the agency's outreach vehicle to medical, ID, and scheduled appointments with the main office with the outreach vehicle.

Family Promise of Sussex County continues to move forward with new ideas and programs to help so many who have sacrificed so much for their country. We strive to see every veteran with a roof over their head safe, secure, and cared for.



Foodie CORNER

PF Chang's Chicken Noodle Soup Copy Cat Recipe

Ingredients

- 1 can (48 oz) nonfat chicken broth.
- 1/4 cup soy sauce.
- 1 tablespoon brown sugar.
- Sriracha sauce.
- 2 tablespoons fresh lime juice.
- 1 -inch piece fresh ginger, peeled and cut in 8 slices.
- 3/4 pound boneless chicken breasts, cut in thin 3-inch-long strips.
- 3 tablespoons cornstarch.
- 1 cup sliced shiitake mushrooms (or white button mushrooms).
- 1/2 cup sliced grape tomatoes.
- 1 teaspoon lime zest.
- 2 tablespoons chopped fresh cilantro.
- PREPARATION Combine broth, soy sauce, sugar, Sriracha sauce, lime juice, and ginger and boil 5 minutes.
- Meanwhile, toss chicken with cornstarch until completely coated.
- Add chicken and shiitakes to broth and simmer 15 minutes.
- Remove the pan from the heat and stir in tomatoes.
- Pour soup over udon noodles cut in 2 pieces. Top with cilantro and Sriracha sauce.
- Let soup stand 2 to 3 minutes before serving.



Directions

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Easy Baked Chicken Cordon Bleu (Nuwave Ovens) Recipe

- 12 boneless skinless chicken breast halves, pounded to 1/2 inch thickness
- 6 pieces mozzarella string cheese cut in half
- 6 slices ham - cut in half
- 1/2 cup butter, melted
- 1 cup seasoned dry bread crumb
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- toothpicks

Directions

1. Cook on high heat for 10 -12 minutes (can also use chicken tenders).
2. Lay out the pounded chicken breasts on a clean surface.
3. Place a slice of ham on each piece, then one stick of cheese.
4. Roll the chicken up around the cheese and ham, and secure with toothpicks.
5. Dip each roll in melted butter, then roll in bread crumbs.
6. Place on wire rack (lowest).
7. Cook until the outside of chicken is browned (crispy) and juices run clear.



General Information about Family Promise of Sussex County

Homeless Prevention Program

HPP is for families and individuals who need temporary assistance after being displaced as a result of natural disasters, domestic violence, or who are about to be displaced via the eviction process.

Qualifying financial issues include temporary layoffs; medical emergencies/disabilities; substantial permanent changes in household composition; or large or unexpected expenses, like a car repair.

HPP can pay a number of rental arrears, or it can pay the security deposit and first month's rent for those who need to be rehoused after being served with a Warrant of Removal.

An applicant must have a docket number in Sussex County Landlord/Tenant Court OR a Warrant of Removal (the docket number is necessary to pay rental arrears and the Warrant of Removal is necessary for rehousing services).



In addition, the following criteria are also necessary.

- There must be a 12-month lease.
- There must be a relationship between the amount of rent due and the reason the tenant did not pay their rent.
- There must also be a relationship between the time of the problem and the unpaid rent.
- The applicant's income must be at or below 80% of the Area Median Income, which is to be calculated for all members of the household.
- The applicants must be able to prove their legal presence in the United States and must also be Sussex County residents.

Those who receive a housing subsidy, are being released from prison or jail, receive TANF or SSI, are illegal residents, or who are renting from a family member do not qualify for HPP.

HPP is a one-time assistance program. It can be used in conjunction with other programs if the applicant's rental arrears extend beyond the three (3)-month HPP allotment. However, all combined efforts must result in the applicant's debt being completely resolved.

Coordinated Entry Services

The Coordinated Entry Program provides a single point of entry for individuals and families experiencing or at imminent risk of homelessness. Persons who are homeless or at risk of homelessness complete an intake immediately after calling or walking into the agency and are then assigned a case manager to complete a comprehensive assessment of their housing needs.

Following the assessment, case managers work with the individuals and families to link them to housing supports and services both within Family Promise and with other agencies in the community to achieve housing stability. As a part of case management, individuals set career, financial and educational goals to ensure they not only find housing but can sustain it moving forward. Case managers provide person-centered services, meaning we assess all the needs of the person and provide referrals to support physical and mental health, access to food, showers and clothing, and support households with children to avoid any disruption of their education. Additionally, we work closely with the housing navigation team to identify and link families with affordable housing opportunities in the community.

Would you like to be a volunteer?

Check out the FPSC page on the
POINT app to see our upcoming
volunteer opportunities!



The News Across the Country

Supreme Court appears to side with an Oregon city's crackdown on homelessness

HEARD ON ALL THINGS CONSIDERED

Jennifer Ludden Source: NPR.org



In a significant case involving homelessness, the U.S. Supreme Court seemed to support the ban on public camping in Oregon on Monday. The choice may have far-reaching effects for the record number of individuals living in cars and tents, as well as the states and cities that are finding it difficult to accommodate them.

In 2019, the Supreme Court turned down a case from Boise, Idaho, that was comparable. But the number of homeless people has increased since then. Over 250,000 people were discovered living in parks, on streets, and in their cars during an annual official count. Encampments on the streets have grown larger and spread to new locations, provoking strong opposition from locals and businesses. Read more using the QR Code.

Mayors seek solutions to U.S. homeless crisis

Source: MSNBC

More than fifty mayors from across the country have come together this week to meet with members of Congress and the White House cabinet, partly to talk about fighting homelessness. Morning Joe is joined by Los Angeles Mayor Karen Bass and Oklahoma City Mayor David Holt for a discussion.

Look at the video interview using the QR Code Below.



Homelessness is on the rise in NJ, report says

Source: Nj Spotlight News

The Point-In-Time Survey is a yearly initiative that aims to estimate the number of homeless and housing-insecure individuals in the state and country. According to the most recent poll, there are more people suffering homelessness than there were the previous year. In New Jersey, 10,267 persons were counted as homeless, a 17% rise from the previous year.

See Videos via the code below.

SCAN THE QR CODES BELOW FOR VIDEOS ON THE RESPECTIVE STORIES ABOVE



"The Mobile Outreach and Engagement program allows specialists to go out into the community and reach the most isolated veterans that have little to no resources".



Events in Our Community



Here are some events by us and other organizations in Sussex County.

Pretty as a Postcard History Walk

Date and time

Saturday, May 18 · 10am - 12pm EDT

Location

High Point State Park and New Jersey Veterans' Memorial
1480 State Route 23 Sussex, NJ 07461

About this event

- **2 hours**

Take a walk around High Point's historic district to visit views memorialized in postcards during High Point's early years. Come see how much things have changed and how they've stayed the same! We'll cover about two miles on mostly easy terrain (grass and pavement) at a fairly slow pace. For adults and children ages twelve and up. Meet at the Interpretive Center.

Storytelling Workshop

Date and time

Saturday, May 18 · 1 - 2:30pm EDT

Location

Stony Lake, Stokes State Forest
Coursen Road Branchville, NJ 07826

About this event

Inspired by the Moth, we will explore the art of storytelling and discuss the principles of telling an intriguing story! Later in the month, we are holding a Story SLAM at Stokes that you are invited to as well. No pressure to share, a safe space to share if comfortable!

Economic Outlook Forum 2024

Date and time

Tuesday, June 4 · 8:30 - 10:30am EDT

Location

The Barn at Perona Farms
70 Perona Road Andover, NJ 07821

About this event

- **2 hours**

The Economic Outlook Forum brings together business leaders in Northern New Jersey to focus on business opportunities and challenges.



MONEY MANAGEMENT CLASSES

By Family Promise SC

T

Every Tuesday
Starting June 4th
Ending July 2nd

2:00pm-
3:30pm

OR

W

Every Wednesday
Starting June 5th
Ending July 3rd

5:00pm-
6:30pm

Classes will be held at
19 Church Street, Newton, NJ
RSVP to
(973)-579-1180

SEE PAGE 14 FOR DETAILS

First Time Home Buyer Seminar

Date and time

Thursday, June 13 · 6 - 8pm EDT

Location

Veterans of Foreign Wars
313 New Jersey 94 Vernon Township, NJ 07462

About this event

- **2 hours**

Welcome to the First Time Home Buyer Seminar! Join us at the Veterans of Foreign Wars for an informative event designed to help you navigate the exciting process of buying your first home. Whether you're feeling overwhelmed by the real estate market or just need some guidance on where to start, this seminar is perfect for you. Our experienced speakers will cover everything from budgeting and financing to finding the perfect home for your needs. Don't miss out on this valuable opportunity to learn from the experts and take the first step towards owning your dream home!

FPSC - Casino Night

Date and time

Thursday, May 16th 5pm to 10pm

See our ad on page 2 for details.



FPSC New Locations

Family Promise of Sussex County Welcomes Clients to Sussex Boro Office

By Vicki Sadiwnyk

For more than 25 years, Family Promise of Sussex County has supported families in the Sussex County area through housing instability and crises. Our office on Church Street in Newton has become a staple of the community, helping to provide hope and resources for countless families experiencing hardship.

Since the COVID-19 pandemic completely changed the way that Family Promise houses families in crisis, the need for static facilities and satellite offices has increased. In order to better serve all the residents of Sussex County who need housing stabilization services, Family Promise of Sussex County has expanded to another location!

Our newest office, inside the Sussex United Methodist Church on Bank Street in Sussex Boro, will allow citizens of Sussex Boro and the surrounding areas to enjoy the same level of care and service that members of our Newton community benefit from,

without the hassle of finding or accessing transportation! The Sussex location accepts walk-in clients from noon to 4:00 p.m. on Monday and Thursdays and even houses a small food pantry for immediate access to essential items.

The demand for shelter and housing services, as well as food and other necessities, has increased across the county as basic necessities have become less affordable, but with the expansion of Family Promise's programs and services, we are here to meet your needs.

If you need assistance, call (973) 579-1180 or walk into one of our offices today to speak with a caring professional who can help you access the resources you need.

Family Promise of Sussex County Invites Clients to Sparta Office

By Debby Rowlands

Family Promise of Sussex County would like to invite the community to our Sparta office, located at 32 Main Street in the First Presbyterian Church.

The agency has occupied our main office at 19 Church Street in Newton for many years, but has added additional offices in Sparta and in Sussex as the needs in the area have grown.

Our Sparta office consists of three employees including a DASH Specialist and two Housing Navigators who provide support to clients who are enduring the difficult search for housing. They search for safe, suitable housing and work with landlords and realtors to help clients find their new homes.

The Sparta office also offers an efficient and versatile computer facility. Clients can utilize the computers for housing searches, apartment applications, employment searches, creating resumes, applying for benefits, and much more. To utilize this resource, you must be an FPSC client and must make an appointment.

If you are not already a client and you're experiencing a housing crisis, please contact us at 973-579-1180 to complete an intake.



“The demand for shelter and housing services, as well as food and other necessities, has increased across the county as basic necessities have become less affordable, but with the expansion of Family Promise’s programs and services, we are here to meet your needs”.

Take a look at our videos on

How to Create a Budget



Your Credit Report



Financial Literacy

CLASS SCHEDULE

Pick between Tuesday or Wednesday Classes

T

Every Tuesday
Starting June 4th
Ending July 2nd
2:00pm-3:30pm

OR

W

Every Wednesday
Starting June 5th
Ending July 3rd
5:00pm-6:30pm

Would you like to be a volunteer?

Check out the FPSC page on the
POINT app to see our upcoming
volunteer opportunities!



LIKE &



SUBSCRIBE



Our YouTube Channel

FREE

Money Management Classes



Refreshments will be served during the break.



Class 1

Class 1 will cover **Credit Reports**. You will learn how to pull your credit report, how to understand the report, and how to repair any negative inquiries.

Class 2

Class 2 you will learn about **FICO**. You will be taught what it is and what the scores mean. The instructor will teach you how to improve your credit score.

Class 3

Class 3 is about **Budgeting**. You will learn how to make a budget, why it's important to have a budget, and what tools you need to make a budget for yourself.

Class 4

Class 4 will talk about **Debt and Payment**. This class will cover how to manage debt, how to pay your debt, and how to lower your debt.

Class 5

Class 5 will be about **Saving**. This class will teach you to pay yourself. This class teaches you how to reach your goals by saving.

MEET OUR TEACHERS!



ELISA SERANO
Utility Assistant
Certified Financial Counselor



DEBORA ROWLANDS
Housing Navigator
Certified Financial Counselor

CLASS SCHEDULE

Pick between Tuesday or Wednesday Classes



Every Tuesday
Starting June 4th
Ending July 2nd

2:00pm-
3:30pm

OR



Every Wednesday
Starting June 5th
Ending July 3rd

5:00pm-
6:30pm

Classes will be held at
19 Church Street, Newton, NJ
RSVP to
(973)-579-1180

"Join us and take the first step towards living the life you have always wanted, and leaving the life you don't want by learning to take control of your finances." -Karen Salmansohn



Students who complete **all** five classes will receive a Money Management Class certificate and gift card at graduation!

