

October Newsletter



From the desk of the Community Manager

Fall is finally here — and for many of us, it's a favorite time of year. There's something comforting about the cooler air, the changing colors of the leaves, and the slower, cozier pace that autumn naturally invites. After a long, hot summer, fall feels like a deep breath — a gentle pause before the rush of the upcoming holidays and the chill of winter.

As the leaves begin to change and the crisp air signals the arrival of fall, it's the perfect time to pause, reflect, and reset. When nature begins to wind down, it's okay for us to do the same. This season of transition reminds us that change can be both beautiful and necessary — and what better time than now to "fall into" some good self-care habits?

This is your invitation to make space for what nourishes you — whether that means more quiet evenings at home, a return to routines that keep you grounded, or simply taking a bit more time for yourself.

Here are a few small ways to embrace fall and support your well-being:

- 🍂 Go for a walk and enjoy the fall colors — even 10 minutes outside can clear your mind.
- 🍂 Make a cozy corner to relax, read, or just be.
- 🍂 Get ahead of the holiday season by prioritizing rest and balance now.
- 🍂 Try a new habit that supports your health — journaling, stretching, meal prepping, or unplugging in the evenings.

As we appreciate everything this beautiful season brings, let's also use it as a reminder to care for ourselves with intention and compassion. The end of the year is full of movement and demands — so let fall be your time to slow down, breathe, and build the foundation you'll need to move through the months ahead with strength and ease.

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Community Manager
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973-579-1180 ext. 1025

**We're a Target Circle
participant.**

Vote for us.

**Voting runs from
October 1st - December 31st**

**For More
Information**



SCAN HERE



**The 2025-2026
Home Energy
Assistance Program
is Now Open!**

Call 973-579-1180 for more
information



Fall back into routine and positive habits!

7 Self-Care

THINGS TO DO THIS FALL

1. **Star gaze with warm cider**
2. **Read a cozy book outside**
3. **Ride your bike on a nature trail**
4. **Roast s'mores by a fire**
5. **Visit a fall festival**
6. **Watch an autumn sunset**
7. **Visit a pumpkin patch**



Autumn Apple Cider Punch

Ingredients

- ☐ 5 cups apple cider
- ☐ 2 cups lemonade
- ☐ 2 cups orange juice
- ☐ ¼ cup maple syrup, or simple syrup, optional
- ☐ 4 apples, cored and sliced
- ☐ 1 orange, sliced with rind on
- ☐ 5-6 cinnamon sticks
- ☐ 5 rosemary sprigs
- ☐ 5 cups sparkling water
- ☐ Ice, for serving

Instructions

1. In a large pitcher, mix together the apple cider, lemonade, orange juice, and maple syrup until well combined.
2. Add the apple, orange, rosemary sprigs and cinnamon sticks to the pitcher. Cover and refrigerate for at least 2 hours to infuse the flavors, or overnight.
3. Combine the infused cider mixture with the sparkling water (or wine) and ice before serving, enjoy!



Donation Drive

It's getting to be that time of year again when temperatures start to drop, leaving those who are unhoused even more vulnerable to the cold weather.



We are accepting donations for the following items:

- Pocket tissue packs
- Chapstick/lip balm
- Hand sanitizer
- Adult coats (preferably XL & XXL)
- Body wash
- Shampoo & Conditioner
- Toothbrushes & Toothpaste
- Deodorant
- Sunscreen

You can drop off items at
19 Church Street, Newton, NJ
Monday - Friday 9:00am - 4:00pm
Please contact Vicki at 973-579-1180 ext.
1034 for more information





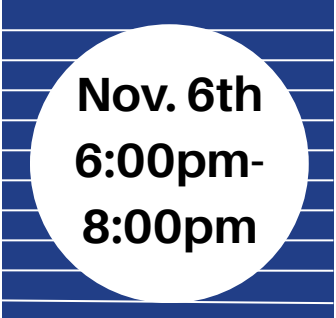
SERVICE STRONG

VETERANS FAIR



Featuring

JOB FAIR * VETERANS SERVICES * VENDORS
JOB SEEKERS ARE ENCOURAGED TO BRING RESUMES!



Nov. 6th
6:00pm-
8:00pm

For more information,
please call Vicki at (973)-579-1180 x1034
or email at vsadiwnyke@familypromisesussex.org

Sussex County Community College
Student Center - Building D
1 College Hill Rd, Newton, NJ 07860