



The Promise Neighborhood Beacon

JANUARY 2016



ASK US ABOUT:

- Youth tutoring
- Cursos de Ingles
- How to get a FREE kitchen appliance

Honesty Box

Is there something you'd like to see in the newsletter? Is there something we could be doing better?

We look forward to your call or visit. Can't make it? We'll see you on our walk-throughs of the community!

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HAPPY NEW YEAR!

As we ring in the New Year here at Promise Neighborhood, we bring a fresh face to the success center. Juan Rivera opened the center's doors three years ago, and we are delighted to announce that he has taken his expertise to begin a new program within Center for Family Services. While Juan may not be present each day, he still plays an integral role in Promise Neighborhood.

Promise Neighborhood would like to introduce the new program director, Tracey Miller, and she has kindly written a letter of greetings on page 2.

NEW YEAR, NEW YOU!

This month, Promise Neighborhood Family Success Center will be emphasizing a better self through the various workshops and sessions being held in January. 2016 should be a time of self-reflection and Determination and the opportunity to create a better self. PNFSC is here to help you along the way!

In preparation for the holidays, frequent volunteers Tina and Ms. Khadijah work together to create gift bags of baked treats that were provided to family participants as they left PNFSC on Tuesday, December 22nd.



With the support of the volunteers, PNFSC is able to accomplish many endeavors. Join us today and share your time on Benson Street!

For more information, attend our volunteer sign-up on Wednesday, January 20th at 10am or call 856.964.8096.

A letter from our director...

Hi, my name is Tracey Miller and on December 1st of this year, I began my position as the new Program Director here at the Promise Neighborhood Family Success Center! I am humbled and honored to follow in the footsteps of Mr. Juan Rivera, who has been a pioneer here in Camden and a wonderful mentor to so many! I wish him the greatest of success in his new role at Power Corps. He will be missed here and will always have a spot in our hearts.

Going forward I would like to say that I am whole heartedly dedicated to empowering, honoring, respecting, and inspiring my co-workers and all the wonderful families that come to our Family Success Center. My greatest hope is for all families, across every culture, to come together and build a healthy and loving community, starting right here in our Promise Neighborhood.

In the New Year, you may see some new faces and some new changes. Please know that everything the staff is working on is to improve our family's experiences here at the center. We are exploring new and better ways to serve the community and welcome your feedback and input.

This month we celebrate Martin Luther King Day and will do so by honoring our amazing volunteers, hosting a Volunteer Roundup Day with prizes, and offer workshops on self-empowerment, parenting and eating healthily.

As we begin this New Year, let's reflect on all the glorious gifts around us each day and remember that every day is a new chance to begin again, start anew, and be the person you want to be.

See you at the Promise Neighborhood Family Success Center!!

Welcome Senator Stephen Sweeney!

On Monday, November 30th, New Jersey State Senate President, Stephen Sweeney, visited Promise Neighborhood along with Camden Mayor Dana Redd and Assemblywoman Patricia Jones. Senator Sweeney toured the facility and met with Center for Family Services executives to learn more about what the City of Camden is doing to address certain issues and what the rest of New Jersey can learn from initiatives coming out of Camden.

For complete coverage of the morning, visit www.nj.com.



Left: Chief Operation Officer Merilee Rutolo speaks with Senator Sweeney at Promise Neighborhood **Center:** Director Juan Rivera discusses the various programs at PNFSC **Right:** AmeriCorps VISTA Kaitlyn Saal-Ridpath explains the culinary arts program offered.
Photo credit: Tim Hawk, nj.com

Winter Craft: Stained Glass Snowflake

Materials needed:

- Construction paper
- Tissue paper
- Glue stick
- Scissors
- Tape

Directions

- Cut a snowflake from construction paper
- Arrange tissue paper over cutouts on snowflake and glue down. This will become the back.
- Hang your snowflake in a window and let the sun shine through!

<http://www.parentteachplay.com/stained-glass-snowflake-craft/>



INTERESTED IN VOLUNTEERING?

Come to Promise Neighborhood at 580 Benson Street to learn more about our volunteer opportunities that are available.

Tasks range from welcoming new participants to the center to developing and teaching new workshops and classes for the community!

**Join us on
Wednesday, January
20th from 10am-1pm
to sign up and have the
chance to win awesome
giveaways!**

Promise Neighborhood Resources



Quote of the Month:

“Faith is taking the first step even when you don't see the whole staircase.”

- Dr. Martin Luther King Jr.

ShopRite

Center For Family Services has partnered with ShopRite to bring your groceries to you! The Healthy Routes Neighborhood Delivery Program will assist families in buying groceries online and picking them up from the PNFSC or Mickle Towers. Need help registering or ordering online? Stop by the Promise Neighborhood Family Success Center and use our FREE computer lab.

Call 856.964.8096 for more info

24/7 Dads

All fathers and male caregivers are invited to participate in 24/7 Dads. This is a six-week workshop on Tuesday nights, from 4pm-5:30pm where fathers, of all ages, will get tips and advice on caring for their children. Come in and discuss topics like relationship skills, what it means to be a man, communication and lots more! Stop by the Promise Neighborhood Family Success Center and ask how you can join our next session. Did we mention that upon completion, every dad will receive a certificate and a free suit? That's right! So tell the men that you know who are married fathers, single fathers, grandfathers or simply raising children, to contact us today.

Call 856.964.8096 for info on how to register

This Month at the PN Family Success Center

**Tuesday, January 12th
3:30pm-5pm
Beauty Shop Café**

Come for an afternoon filled of pampering and relaxation. Open to people of all ages!

**Tuesday, January 19th
11am-1pm
Wellness Session**

This session will focus on the empowerment of individuals to lead a life of wellness. Spirituality for the religious and non-religious and mindfulness will also be highlighted as parts of a healthy life.

**Friday, January 22nd
10am-11am
Volunteer Appreciation Breakfast**

Join us as we celebrate our volunteers for all of their accomplishments and hard work at PNFSC.
Light refreshments will be provided.

**Thursday, January 28th
10am-11am
Parenting Café
by Baby's Best Start**

Interested in safety and the overall wellbeing of your child? Come to this session, hosted by Baby's Best Start to hear what other parents and leaders suggest for a healthy baby.

What does January 18th mean to you?

Each year, Dr. Martin Luther King Jr. is celebrated on the third Monday of January. Passed in 1983 by President Ronald Reagan, the day is a time to reflect on the contributions of Dr. King and to also engage in one's own community.

Four days after Dr. King was assassinated on April 4, 1968, legislation was introduced for a federal day commemorating Martin Luther King Jr. It took nearly fifteen years for this to become a reality.

Join Promise Neighborhood Family Success Center on Wednesday, January 20th where we will be recruiting volunteers looking to dedicate time in their community. On Friday, January 22nd, there will be a volunteer appreciation breakfast from 10am-11am.



<http://www.tutufoundationusa.org/>

FREE TUTORING:

Does your child need extra support in math and reading outside of the classroom?

PNFSC and our partners are offering free tutoring for children in kindergarten through twelfth grade that attend school in Camden. Classes will be Monday, Tuesday and Wednesday from 4:30pm-6pm

Please contact Terrell Hurst at 856.964.8096 to enroll your child!

January Family Recipe:

Baked Barley Risotto with Butternut Squash

What you need:

- 2 tablespoons olive oil
- 1 small butternut squash (about 1 1/2 pounds)—peeled, seeded, and cut into 1-inch pieces (about 3 cups)
- 1 onion, finely chopped
- kosher salt and black pepper
- 1 cup pearl barley
- 1/2 cup dry white wine
- 3 cups low-sodium vegetable broth
- 5 ounces baby spinach
- 1/2 cup grated Parmesan (2 ounces), plus more for serving
- 1 tablespoon unsalted butter

Yield: 4 servings

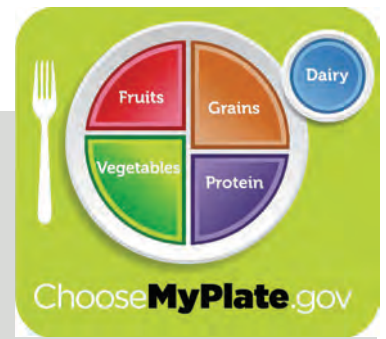
Prep time: 20 minutes

Total time: 50 minutes

January Culinary Arts Theme: Thrifty Winter Soups

Come to Promise Neighborhood Family Success Center each Friday at 2pm for a cheap eats cooking class that focuses on nutrition and being family friendly!

- ◇ January 8th: Chili
- ◇ January 15th: Kale and White Bean Soup
- ◇ January 22nd: Minestrone Soup
- ◇ January 29th: Black Bean Soup



What you do:

1. Heat oven to 400° F. Heat the oil in a Dutch oven or large oven-safe saucepan over medium-high heat. Add the squash, onion, $\frac{3}{4}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper and cook, stirring often, until the onion begins to soften, 4 to 6 minutes.
2. Add the barley to the vegetables and cook, stirring, for 1 minute. Add the wine and cook, stirring, until evaporated, about 1 minute. Add the broth and bring to a boil; cover the pot and transfer it to oven. Bake until the barley is tender, 35 to 40 minutes.
3. Stir in the spinach, Parmesan, and butter. Serve with additional Parmesan.



What has Promise Neighborhood been up to?

- ~ **Career Café 2.0** - Assisting families in career development through lessons like applying for higher education, obtaining a small business loan and establishing/maintaining credit
- ~ **Healthy Routes Neighborhood Grocery Delivery Program** - bringing fresh food and groceries into the city of Camden for free
 - ~ **Family Dinner Night** - serving dinner to the community as a family.
 - ~ **Culinary Arts Class** - teaching healthy and budget friendly recipes with monthly themes
- ~ **ESL Classes** - helping our English as a Second Language speakers learn to speak and write in English
 - ~ **Community Café** - bringing residents together to discuss issues facing the community
 - ~ **24/7 Dads** - covering a state - certified curriculum based on the National Fatherhood Initiative
 - ~ **Financial Literacy Classes** - providing our families with money management and budgeting skills

This month's PN events! Join us!

 Promise Neighborhood Family Success Center January 2016 Calendar of Events 580 Benson Street—Camden, NJ 08103 856-964-8096						ACTIVITIES ARE FREE & OPEN TO ALL	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
ShopRite delivers here every Thursday from 4pm-5pm. No delivery charge. Order online and pickup from the Family Success Center. Register with us today! Prizes are available for frequent shoppers! 					1  CLOSED		
3 24/7 Dads Tuesdays @ 4:00pm-5:30pm		4 College Access Program 9:00am-5:00pm Computer Classes 2:30pm-4:30pm		5 ESL Classes @ Rowan-Cooper 8:45am-9:45am 24/7 Dads I 4:15pm-5:45pm		6 Metro Public Adjustment Inc. "Orientation & Job Opportunities" 11:00pm-12:00pm Job Readiness Workshop 3:00pm-4:30pm	
10 Come out and join us on 12/16/16 for our Martin Luther King Jr. Celebration. Watch "KING" The Movie Enter our MLK Essay Contest. Refreshments will be served.		11 College Access Program 9:00am-5:00pm Computer Classes 2:30pm-4:30pm		12 ESL Classes @ Rowan-Cooper 8:45am-9:45am Beauty Shop Day 3:00pm-5:00pm		13 ACCU Job Staffing 10:00am-12:00pm Metro Public Adjustment Inc. "Job Training" 11:00pm-12:00pm PRUP: Banking & Budgeting 3:00-4:00pm	
17 Join Us For Born To Read on 1/20/16  New books for 2-4yr olds		18 Martin Luther King Jr. Day  Closed		19 ESL Classes @ Rowan-Cooper 8:45am-9:45am 24/7 Dads II 4:15pm-5:45pm Stress Therapy Class: "Grace Is Born" 11:00am-1:00pm		20 Volunteer Roundup 10:00am-11:00am Metro Public Adjustment Inc. "Job Training" 11:00pm-12:00pm Born to Read 3:00-4:00pm	
24 ESL classes are held on Tuesdays 8:45am-9:45am, Wednesdays 3:30pm-4:30pm and Thursdays 1:00pm-2:00pm @ Rowan-Cooper Medical School.		25 College Access Program 9:00am-5:00pm License Restoration 11:00am-12:00pm Computer Classes 2:30pm-4:30pm		26 ESL Classes @ Rowan-Cooper 8:45am-9:45am 24/7Dads III 4:15pm-5:45pm		27 BBB Parenting Class 10:00am-11:30am Metro Public Adjustment Inc. "Job Training" 11:00pm-12:00pm Community Cafe 3:00pm-4:00pm	
				28 ESL Classes @ Rowan-Cooper 10:30am-11:30pm Family Dinner Night 4:00pm-5:30pm ShopRite Delivery Pickups 4:00pm-5:00pm		29 College Access Program 9:00am-5:00pm Culinary Arts Class "Black Bean Soup" 2:00pm-3:30pm	
						30 Are you looking to give back to the community? Get involved with PN&C Volunteer Opportunities.	
31 HOURS OF OPERATION: Mon/Wed/Fri 9am-5pm Tues/Thurs 10am-6pm Alternate Saturdays 10am-2pm Call 856-964-8096 or email pnpsc@centerffs.org for more information.							



Contact us or stop by today!

Promise Neighborhood Family Success Center

580 Benson Street
Camden, NJ 08103
Phone: 856.964.8096
E-mail: pnfsc@centerffs.org

Hours of Operation:

Monday, Wednesday and Friday
9am-5pm
Tuesday and Thursday
10am-6pm
Saturday, January 16th
10am-2pm

Visit us on the web at: www.centerffs.org

Read the CCLPN Blog at: www.centerffs.org/promise-neighborhood/blog



The Camden Cooper Lanning Promise Neighborhood

Camden Cooper Lanning Promise Neighborhood (CCLPN) is an initiative led by Center For Family Services (CFS) that is designed to strengthen Camden families. This initiative covers families living in the 08103 zip code, which consists of the Cooper Plaza and Lanning Square West neighborhoods. In efforts to break down barriers and encourage working together to better the community, Cooper Plaza and Lanning Square were united and the one community is now Cooper Lanning. With funding from a 2013 Department of Education Promise Neighborhood Planning Grant and your personal consent, CCLPN Team members will be able to track your family to ensure that all residents of Cooper Lanning receive the services and resources necessary to lead healthy and successful lives.

The CCLPN Team is working with:

- The City of Camden
Cooper University Hospital
Cooper Lanning Civic Association
Lanning Square Residents Association
Rowan University at Camden

And more than 20 other providers to guarantee that we are:

- Remaining community-based and focused on local community needs
Maximizing educational achievements for children in Cooper Lanning
Ensuring that each of the individual programs within the initiative is effective, fostering strong links across programs to ensure smooth transitions and continuous services for families

We ask that you, the residents of Cooper Lanning, hold us accountable to our commitments to you and your family.

Your CCLPN Team



Pictured from left to right

Nicole Sheppard
Associate Vice President

Tracey Miller
PNFSC Program Director

Veronica Franklin
Family Partner

Terrell Hurst
Volunteer & Community Partnerships Coordinator

Jennifer Pullas
Family Partner

Kaitlyn Saal-Ridpath
Food Access Coordinator
AmeriCorps VISTA

Kyle Harris
Data & Evaluation Associate
AmeriCorps VISTA