

FAMILY PATHWAYS CONNECTIONS



Family Pathways Staff Newsletter

FEBRUARY 2021

Connecting with Leadership:

A month being at Family Pathways and a month into 2021 and I feel proud, excited, and energized. Staff, volunteers, partners and Board members have welcomed me, oriented me to services, and I have seen the compassion in the work everyone does. Even though January 1st didn't magically change our current environment or erase the craziness of 2020, it does give us a chance to reflect on what we learned and how we changed both in our personal and professional and in turn made us more resilient and better prepared 2021. Some lessons I'll remember going into 2021 are: make sure to keep social connectedness with those I care about and love in a physically distanced world; look to keep homeostasis but don't ignore opportunities; there are chances to be a leader at many levels in various settings; and listen and share thoughts and feelings with others. What are some of the lessons you have learned and will use in 2021? I challenge all of us to make self-care a priority in 2021 as you can't help take care of others if we don't take care of yourself.

You are doing great meaningful work, thank you!

Tony B.

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Mission Moment

From Gayle at the North Branch Food Shelf:

A woman called regarding making a donation to the food shelf. She wanted to know if it would be ok to purchase items for a complete meal for a family in need. I told her that would be great and to just let us know when to expect it. I figured it would be a week or so before she brought it in so I had time to decide who it would go to. In a few days however she called and said, "I'm here in the parking area." I helped her bring in the food and by the time we were finished it had filled the scale to overflowing. It was obvious that this wasn't just for one meal but for an entire day of meals. Breakfast, lunch and supper were all taken care of. There was bacon, eggs, bagels, orange juice, pancake mix, cereal, hot dogs, buns, sandwich meat, bread, chips, fresh fruit and vegetables, chicken, hamburger, soup, and more. She also included dog and cat food, laundry soap, pop, bottled water, napkins, paper towels, toilet paper - the list goes on. It was amazing. I don't think anything was left out.

Staff Spotlight:

Shawnda Schelinder is the Family Pathways Thrift Store Marketing Manager and has been with Family Pathways since April 2019. Shawnda is originally from the Duluth area and now lives in Pine City. With an educational background including a Masters of Marketing & Communication and a BA in Communication, Shawnda is the one who gets the word out about our thrift stores, sales, and the many changes that have had to happen over the last year to keep our stores open and our staff and volunteers safe. Shawnda's favorite thing about working at Family Pathways is knowing that she is making a difference in her community. When not hard at work for Family Pathways, Shawnda enjoys fishing and teaching and creating blown glass art!

I hadn't chosen a family yet so I looked at the calendar to see if we had anyone coming in. Our last client of the day was already 20 minutes late. I called the client to see what was going on and if she would still like to come in. I could tell by her voice she might not be having a good day. She said her day was chaotic to say the least and she wasn't even dressed yet: I talked her into coming in by saying she could wear her pajamas if she wanted to, and she did!

She was overwhelmed by the generosity of this kind donor. Knowing that she wouldn't have to think about what to make for an entire day (or more) was enough to lift her spirits. Sometimes not planning is better than trying to set up a perfect situation. This thoughtful gift would have been beneficial to any of our clients as they deal with stress and uncertainty on a daily basis.

Connecting with Staff

Updates and Information

New hires: Welcome to Taylor Schultz (Shelter), Sebastian Studier (North Branch Thrift Store), Corra Christensen (Cambridge Thrift Store), Cadyn Goetz (Hinckley Thrift Store), Joseph Walters (St Croix Falls Thrift Store), Diana Salb (Onamia Food Shelf), Elizabeth Montgomery (Forest Lake Thrift Store), Taryn Junker (Wyoming Thrift Store), and of course Tony Buttacavoli (our new Executive Director.) We're glad you're here!

Work Anniversaries: Congratulations to Connie Hanson, Hailey Hendershot, Stephen Jorgenson, Susan Lawrence (5 years!), Ariana Ledesma, Dale Marx, Janine Moran, Tamara Olson, Kyle Pedersen, and Christopher Wines on their February work anniversaries!



Connecting with Volunteers:

- **Volunteer Nick Chamberlain from the Ham Lake Thrift Store contributed to over 727 hours in 2020.**His manager Kristen Nixon said that Nick is an all-around good guy with such a positive attitude. He works 5 days a week with our team and has been working with us for 2 years now! His passions are tailored suits and getting dressed up for social activities. He loves to color coordinate, clean and organize our clothing racks and interact with our customers. Nick not only show cases his skills on the sales floor he also helps us with donations and housekeeping. He takes on new jobs with gusto and never gives up! Things have been different coming back to work during a pandemic but Nick helps make this time more bearable and just a little easier on all of us just by being here. We value everything Nick does for us and our store and are looking forward to many more years of a wonderful friendship!
- We would also like to recognize long time volunteer **Kim Johnson-Calhoun**. She has served as a Board member when our DVSA program was still known as the Refuge Network and helped with events including The Women’s Luncheon. Kim has also worked as an employee, assisting and training other volunteers and educating the community about our services and programs, while also assisting sexual assault victims and being on call.
- **We are looking for volunteers in our Homemaking program for Aging Services in the Chisago area. If you know of anyone that is interested in helping out our clients with light housekeeping, picking up groceries or meal prep. Please pass the message on to reach out to the Volunteer Manager Brooke Zank.**

Connecting with Community

- Our community and donors stepped up in a big way for our End of Year campaign! Our goal was to raise \$200,000 (enough to provide half a million meals to clients.) **We ended up raising \$441,378!** Thank you to everyone who helped in this effort and to all of you who donate your time, money, and energy to this critical organization.
- Coming up in March is the annual **March FoodShare** campaign! Each year we partner with MN Hunger Solutions in this statewide campaign to restock the food shelves. We will be asking our donors and partners to donate food, funds, and non-food items to our nine food shelves. There is also information on how to host your own Food and Fund drive (in person and virtual) on our website. This campaign runs from **March 1-April 11. Help spread the word!**

Open Positions:

- Full-Time Sales Associate - North Branch, MN
- Full-Time Sales Associate - St. Croix Falls, WI
- Part-Time Sales Associate -Lindstrom, MN
- Part-time Sales Associate- North Branch, MN
- Part-time Sales Associate- Wyoming, MN
- Part-Time Sales Associate- Pine City, MN
- Shelter Advocate - Cambridge, MN

Family Pathways Thrift Stores Updates
Thrift Stores extending store and donation hours!

- Family Pathways Thrift Stores will open for business again on Sundays in waves. The first wave of stores will open Sundays from 11 am-4 pm but will not accept donations.
- Ham Lake and Lindstrom will begin Sunday hours on February 21.
 - Cambridge and Princeton will open on Sunday, February 28.
 - Stores will begin to expand donation hours to allow for more donor convenience in the evenings during the weekday.
 - All locations will be adjusting their donation hours starting Saturday, February 20.
 - Eight of the locations will accept donations Monday, Tuesday, Thursday, Friday, 10 am-5pm and Saturday, 10 am-4 pm.
 - Donations centers will be closed on Sunday and Wednesday.
 - North Branch will accept donations Monday, Tuesday, Friday, Saturday, 10 am-4 pm; Thursday, 11 am-5 pm; Closed Sunday and Wednesday.
 - Forest Lake Donation Center will be open Tuesday, Thursday, Friday, 11 am-5 pm; Saturday, 11 am-4 pm; and Closed Sunday, Monday and Wednesday

Connecting with Yourself:
Wellness Tips

This week’s tip is a staff submitted recipe! “This recipe has been great for getting my kid to eat more vegetables, and I think it’s pretty delicious too! I tend to make a double batch and just dump in a bag of mixed steamed vegetables from my freezer instead of the veggies called for in the recipe.”

Cook Time: 25minutes
Ingredients
230g self raising flour
120g Cheddar cheese, grated
3 tbsp olive oil
180ml full fat milk
1 egg, beaten
1 courgette, grated
1 carrot, grated
Small handful of spinach, finely chopped
4 tbsp sweetcorn
1 small onion, finely chopped

Method
1. Preheat the oven to 400°. Grease a muffin tin.
2. In a bowl, mix together the flour and cheese.
3. In a separate bowl, combine the oil, milk and egg.
4. Add the vegetables to the bowl with the flour and cheese. Stir in the wet ingredients and mix thoroughly until well combined.
5. Divide evenly into the muffin tin. Bake for 25-30 minutes, until golden brown and fully cooked through.
6. Allow to cool before serving.

Do you have a mission moment, photo, announcement, wellness tip, staff person or volunteer you want to celebrate? Email jenniferb@familypathways.org to have it included in the next Connections Newsletter!



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