

# FAMILY PATHWAYS CONNECTIONS



Family Pathways Staff Newsletter

SEPTEMBER 2021

## Connecting with Leadership:

Where has the summer gone? It seems like time has flown by as we continue to pivot our lives both at home and at work. COVID and other adversities continue to throw off our plans, but as long as we continue to pursue opportunities, be flexible, and work together we can continue to pivot.

As our kids and grandkids go back to school we will again have to pivot, so make sure you are balancing time and energy, and putting some aside for selfcare. I am very proud of our staff as we continue to serve our community in different ways as those we serve have had to pivot as well.

I do not know what the coming months hold, but I do know that our staff, volunteers, and supporters will continue

to connect people to the services they need. I know we can do this!

I'm looking forward to Fall and seeing how we at Family Pathways continues to move forward.

*Tony B.*

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- Connecting with Leadership
- Mission Moment
- Connecting with Staff
- Staff Spotlight
- Connecting with Volunteers
- Connecting with Community
- Thrift Store Updates
- Connecting with Yourself
- Open Positions

### Staff Spotlight:

**Jennifer Baker** is the Family Pathways Marketing and Communications Manager. Before coming to Family Pathways, Jennifer worked for the MN Zoo, CAP Agency, and the YMCA in positions ranging from fundraiser to preschool teacher. Jennifer was hired in June 2020 and works to raise awareness about Family Pathways programs and services and to raise money for the agency. She also writes this newsletter :) Jennifer grew up in Woodbury, MN and now lives in Little Canada with her husband, 2 year old daughter, and two dogs. Thanks to staying at home so much this year, Jennifer has learned to love embroidery and baking. Normally, she loves to travel (her mom is her favorite travel companion) and has visited 18 countries so far! She loves that the work she does at Family Pathways directly contributes to making the lives of others better. If she could do one thing to make our community better, it would be to make sure that everyone has enough to eat and a safe place to sleep.

## Mission Moment

Last month, a veteran's group in Mora, MN invited Collette from Aging Services to speak at their monthly coffee group. Collette is an outstanding community educator and spoke to the group about the Dementia Friends Program. A Dementia Friend learns about dementia and then turns that understanding into action. The purpose of the program is to more effectively support and serve those across America who are living with dementia and their family and friend care partners. After the session with Collette, everyone in the group is now an active Dementia Friend in their community!



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Work Anniversaries: Congratulations to Shayna Anderson, Katherine Beagley (10 years!), Janet Chopp-Coatsworth, Kayla Goude-Ringler, Lindsey Koch, Terri Kuhlmeier, Crystal Line, Jessica Loucks, Cashmere Olzenak (5 years!), Georgia Powers (5 years!), Isabella Robinson, Alex Romero, Donna Roth, Joseph Solomon (5 years!), Wendy Thomas, Hailey Volk, Karen Vukich, Austin Waldow, Linda Wheeler, and Colleen Wilbur on their September work anniversaries!

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Thank you to the St. Paul Lutheran Youth Group that helped out at the Sandstone Food Shelf. We have seen an increase in service events happening. Groups help clean, organize and do a variety of tasks in our food shelves and thrift store. We appreciate all of the support!

Do you have a child that is going to school and they need to complete service learning hours for graduating or in a class? We accept student applications and work with all of the school programs. Have them go to [www.familypathways.org/volunteer](http://www.familypathways.org/volunteer) or reach out to Brooke Zank our Volunteer Manager at [BrookeZ@familypathways.org](mailto:BrookeZ@familypathways.org)



## Connecting with Community

- **Women's Empowerment Luncheon** –Date change! Due to public health concerns the date for the Women's Empowerment Luncheon has been changed to January 29, 2022. Check out the event page at [igfn.us/e/PacykA](https://igfn.us/e/PacykA) for more information and the latest updates!
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- The next online **Dementia Friends session** will be held Sept 14. Contact [collette@familypathways.org](mailto:collette@familypathways.org) for more information on this, and on the **Connect for Well-Being** education sessions happening this month!
- Our **Commit to Kids** Giving Day was August 31! Our goal was to raise \$24,000 in 24 hours to support Family Pathways programs and the kids we serve. We came close to meeting that goal! In total, the Commit to Kids campaign raised over \$20,000. Well done and thank you to everyone who helped out!

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### Open Positions: Please Share!

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Full time community advocate–Pine County, MN  
Full-Time Sales Associate - Forest Lake, MN  
Full-Time Sales Associate - Lindstrom, MN  
Full-Time Sales Associate - Wyoming, MN  
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Part-time Parenting Time Monitor-North Branch, MN  
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## Connecting with Yourself: Wellness

We all experience feelings of anxiety from time to time - it's one of the ways we navigate different situations in life. But for some-one living with anxiety, worry and fear isn't temporary. It can make everyday activities like school, work and relationships feel overwhelming.

Research shows that nearly one in five people in the U.S. faced a mental health condition in the past year. So no matter how you're feeling, know you're not alone.

Symptoms of anxiety disorders may differ from person to person. People with anxiety disorders may experience irritability, muscle tension, fatigue and insomnia (trouble sleeping), feeling "on edge" or tense, intrusive thoughts, compulsive behaviors, trouble letting go of past traumatic events or difficulty concentrating. If you are experiencing any of these symptoms, it might be a good idea to schedule an appointment with your primary care doctor.

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



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Open to Staff and Families

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Grandpa and Lucy: A story  
about Love and Dementia  
by Edie Weinstein



**This one hour class is for children ages 7 and up**

- This session will help children learn what dementia is
- Learn who is affected by dementia
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October 12  
Virtual via Zoom  
5:30 - 6:30pm

**To Register or for more information:**

Contact Collette at  
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This Family Pathways Aging Services program is sponsored, in part, by a 2022 MBA Dementia Grant from the Minnesota Department of Human Services and with support from local donors, cost share participants, and Family Pathways Thrift Store revenue.

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