

FAMILY PATHWAYS CONNECTIONS

Family Pathways Staff Newsletter

NOVEMBER 2021

Connecting with Leadership:

November brings the beginning of the winter season and also what I feel is the season of reflection and thankfulness. It is a busy world we live in; we all have multiple demands and competing priorities and November 'officially' causes us to pause a couple of times to express our thankfulness. November 11th is dedicated as Veterans Day, to recognize and thank Americans who have served in our military both past and current. We pay tribute to them for their commitment and sacrifices for the betterment of everyone. Then, on the fourth Thursday in November we pause for Thanksgiving (this year the 25th) to give thanks and express gratitude. Even though the original significance may have changed: it still centers on sharing time and a meal with those family and friends we have in our lives. Besides eating and the start of holiday shopping, volunteering and giving are also common Thanksgiving activities. So as we enter November, remember to take time to reflect on those things and people we appreciate and are thankful for; it's also an opportunity to volunteer or help others in need. If you or someone you know is interested in volunteering by hosting a virtual or traditional food & fund drive go to our website at www.familypathways.org/host-a-food-and-fund-drive.com.

I'm thankful for our wonderful staff, volunteers, and supporters at Family Pathways and grateful to those who have served in our armed forces; thank you for your service!

Tony B.

Staff Spotlight:

Kim Houle is the Operations Manager for the Domestic Violence and Sexual Assault Services Program. She started out with the Refuge in 2009 and stayed on when they merged with Family Pathways. She has been a shelter advocate, community advocate, and manager of community before taking on her current position. Kim is originally from Centerville and now lives in North Branch. Kim loves that her work at Family Pathways allows her to help others in our communities, and has loved seeing families move forward to better lives over the years. When asked for a random fact about herself, Kim revealed that she loves "sauerkraut on just about everything!"

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Mission Moment

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Work Anniversaries: Congratulations to Emily Matoga, Chanhden McCord, Courtney Moran, Angela Reed, Gayle Schmitt and LuAnn Schulte on their November work anniversaries!

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Connecting with Community

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Pathways Perks

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Connecting with Yourself: Wellness

November is National Family Caregivers Month! And this month isn’t just about our caregiver consultants in the Aging Services program. Many of you are in the role of caregiver in your own family—to a child, a parent, a loved one. This role is not easy and can sometimes feel overwhelming, especially when you’re trying to balance everything else in your life as well.

WORKING AND CAREGIVING: FINDING THE BALANCE

- Prioritize your time at home and at work. Keeping a calendar of activities helps to identify priorities.
- Learn to delegate. Share your responsibilities with others. Do not be afraid to ask for help. It is not a sign of weakness.
- Help your company recognize your needs and the needs of other employed caregivers.
- Keep communication channels open with your supervisor or your Human Resource department
- Utilize your company’s available resources. **FamilyPathways.org/our-work/aging-services** and the **Employee Assistance Program** are here for you to use!
- Use your vacation time and make sure the time is spent nurturing you.
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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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