

FAMILY PATHWAYS CONNECTIONS



Family Pathways Staff Newsletter

JANUARY 2022

Connecting with Leadership:

Happy New Year!

January is not only a new year for me but also marks my one year anniversary at Family Pathways! This past year has truly flown by for me, and along the way we have faced tests but also many great achievements. The common factor that has been there to traverse the challenges and amplify the successes is you. Our employees and volunteers are the ones that make things happen, and I'm ever grateful to be among you. Many times this past year as I visited different programs, locations, and people, I was impressed and humbled from the energy, ideas shared, and ownership I witnessed. I'm very proud of our staff and volunteers and to say I work at Family Pathways. We will continue to invest in our staff, programs, and communities in 2022 and look for ways to provide even greater assistance to those we serve.

I'm as excited to be here today writing this message as I was the very first day I walked in the door on January 4, 2021 and I thank you for that.

Warmest wishes for safe and healthy New Year,
Tony B.

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Staff Spotlight:

Jane Larson has been with Family Pathways for 7 years and is an indispensable part of the team at our shelter. Jane came to Family Pathways with a background in human services and as a Veterinary Technician. For fun Jane enjoys showing horses! Jane is originally from Cloquet and now lives in Sandstone. She enjoys working one on one with our shelter residents, and would love to see safety in our communities become a higher priority. If you get a chance, say hi to Jane and thank her for 7 years of dedicated work!



Mission Moment

One of the many ways that we serve our communities during the holidays is our senior gift program. Lisa Lovering, Chief Deputy for Isanti County Sheriff's Department was a huge part of the program this year. Pictured here is one of our clients receiving his gift!

Connecting with Staff Updates and Information

New hires: Welcome to Tammy Solheim, Kayla Bach (Cambridge Thrift Store), Molly Wakefield, Justin Kennetz (Forest Lake Thrift Store), Deborah Drost (Shelter Advocate), Kaia Leibel (Pine City Thrift Store), Katherine Suloff (Visitation Monitor), Brenda Sexton (Chisago City Thrift Store), Emilee Berg (Wyoming Thrift Store), Dale Forslin (Food Rescue Driver Assistant.) We're glad you're here!

Work Anniversaries: Congratulations to Tony Buttacavoli, Carolyn DeWitt, Kilian Donovan, Crystal Klar, Jane Larson, Elizabeth Montgomery, Kristen Nixon, Sarah Rowe, Sebastian Studier, Julie Temich, and Joseph Walters on their January work anniversaries!

Connecting with Volunteers:

During the holidays we had some amazing groups help us out at the food shelves with prepping holiday meals or donating toys and goodie bags for kids.

Thank you to all of our wonderful volunteers that have helped our programs and clients this past year. We are looking for support at our Food Shelves and Thrift Stores.



Connecting with Community

- The **By Your Side end-of-year Campaign raised \$323,631** from Businesses, Churches, Civic Organizations, and Individuals! These funds make it possible for us to continue doing our vital work in the community in 2022.
- 2022 Family Pathways **Scholarship Applications are now open!** Spread the word! All the information can be found at FamilyPathways.org/family-pathways-scholarship/ If you are interested in being part of the scholarship selection committee, email JenniferB@FamilyPathways.org
- Did you know that we partner with Pine Technical and Community College to make sure that none of their students have to go hungry? They were recently honored with a **Hunger Free Campus** award!



Thrift Store Updates

Pathways Perks

Our Pathways Perks loyalty program is now underway! We kicked off the program on January 1, with triple points for in-store purchases.

Perks members earn 1 point for every dollar spent and bonus points on your birthday and when you activate your profile. We're also offering double points every Monday. For every 250 points earned, you'll receive \$10 in Pathways Perks for your next shopping trip.

Pathways Perks is for everyone! For our shoppers who do not have access to email or phone, we'll create a profile for them. While our cashiers will no longer stamp Frequent Buyer Bucks cards, we will allow redemption of cards until June 30, 2022. Full and partial cards may be redeemed.

For more information about Pathways Perks, please go to

Donation Pickup Available in 2022

Family Pathways is teaming with ReSupply, a Veteran founded organization, to provide an at-home pickup service of donations. ReSupply accepts all donations for a nominal fee that reflects the operating costs and is often much less than a moving company or junk hauler fee.

Your donations will be provided to your community Family Pathways Thrift Store. Items not accepted are ethically disposed of. We will start offering the service in early 2022. Look for more information coming soon!

Shoppers Give Generously at Thrift Stores

Throughout November and December, each of our Thrift Stores displayed Giving Trees to encourage shoppers to donate while shopping. Over 51% of our shoppers donated throughout the campaign, netting a total of \$38,599! While more than half of our shoppers gave during the campaign, some went above and beyond. At the North Branch Thrift Store, a customer came in on December 23 and purchased all the tags off of the Giving Tree – a \$725 donation! "This gave me and all of my staff working that day such a wonderful feeling of purpose for what we do here at Family Pathways!" said Shannon Blume, North Branch Thrift Store manager. The customer preferred to remain anonymous, but it was so wonderful and helped the store to meet their goal.

The generous Christmas spirit was also alive at the Lindstrom Thrift Store. This holiday season, two shoppers made large gifts. One customer donated \$500. Another couple purchased all the tags off the Giving Tree which totaled \$940!

Open Positions: Please Share!

Caregiver Consultant

Full-Time Assistant Manager - Forest Lake, MN

Full-Time Community Advocate - Cambridge, MN

Full-Time Community Advocate - Pine City, MN

Full-Time Community Advocate—Mora, MN

Full-time Community Advocate-Carlton, MN

Full-Time Sales Associate - Forest Lake, MN

Full-Time Sales Associate - Lindstrom, MN

Full-Time Sales Associate- Hinckley MN

Part-Time Sales Associate - Lindstrom, MN

Part-Time Sales Associate - Wyoming, MN

Part-Time Sales Associate -Hinckley, MN

Part-Time Sales Associate- Cambridge, MN

Part-Time Sales Associate- Princeton, MN

Part-Time Sales Associate-Pine City, MN

Part-Time Visitation Monitors - Isanti, Chisago, &

Kanabec Counties

Shelter Advocate - Cambridge, MN

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!

Connecting with Yourself: Wellness

Aside from the physical benefits, one of the best benefits of yoga is how it helps a person manage stress, which is known to have devastating effects on the body and mind. Yoga can be very effective in developing coping skills and reaching a more positive outlook on life. Because there are so many different kinds of yoga practices, it is possible for anyone to start. Whether you're a couch potato or a professional athlete, size and fitness levels do not matter because there are modifications for every yoga pose and beginner classes in every style. Try a few of these poses anytime you feel like you just need a minute.

12 basic yoga poses



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