

FAMILY PATHWAYS CONNECTIONS



Family Pathways Staff Newsletter

FEBRUARY 2022

Connecting with Leadership:

How's everyone doing with their New Year's resolutions? Did you make any?

For myself, it was hard to think of resolutions with COVID still around affecting my home, work, and leisure time. Resolutions can serve many purposes such as goal setting, planning, and motivation. More importantly, they can provide us with hope and a chance to review our priorities.

As we approach going into a third year of the pandemic we must transition from the mentality of "when the pandemic is over I'm going to..." and shift to "this year I'm going to...". So, if you haven't committed to any New Year's Resolutions yet, it's not too late and it's a good way to create hope and prioritize your life in 2022. Some good tips I have read for setting COVID era resolutions include: 1) Build off of small accomplishments 2) Make a "done" list, instead of a "to-do" list 3) Don't compare yourself to others and 4) Celebrate things that better yourself and don't shame yourself with failures.

My 2022 resolutions include: strengthening social connections with family, friends, and neighbors; and making at least four blood donations to the Red Cross. What are yours, I'd like to hear them!

You are doing great meaningful work, thank you!
Tony B.

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Staff Spotlight:

Austen Waldow, in the admin department, has been an incredible teammate and coworker since he was first hired in 2020. This year, when Samantha Jacobson was preparing for maternity leave, Austen (along with the rest of the admin team) stepped up to take over her duties while she was gone. Austen spent countless hours training on grant and contract billing, board reports, and IT. He spent many extra hours working above and beyond to make sure things were taken care of while Sam was out on maternity leave, and without him "things would have been a mess" according to Sam. "He is truly an asset to Family Pathways." Keep up the great work, Austen!

Mission Moment

A volunteer at a food shelf reached out to the Volunteer Manager to tell her about the experience at the food shelf. The volunteer talked about how isolated she felt during the last year, being at home by herself, and struggling with depression. However, she has now been able to meet new people and make friends. "Volunteering helped me refocus and gave me something to look forward to."

Connecting with Staff Updates and Information

New hires: Welcome to Laura Cooper (Forest Lake Thrift Store), Mackenzie Nelmark (Wyoming Thrift Store), Alicia Fehrman, Valerie Samons, (Cambridge Food Shelf), DeAnna McAbee, Alexandra Thompson, (Pine City Thrift Store), Barbara Olson, Mackenzie Thielman (Princeton Thrift Store), Sylvia Blonigen, Christine Wilkes (Cambridge Thrift Store), and Jared Howlett (Lindstrom Thrift Store). We're glad you're here!

Work Anniversaries: Congratulations to Connie Hanson (5 years!), Hailey Hendershot, Stephen Jorgenson, Ariel Keller, Dale Marx, Janine Moran, Tamara Olson, and Alexandria Pearson on their February work anniversaries!

Connecting with Community

- **Forest Lake Winter Plunge 2022 registration is open!** It's easy to participate! Form a team, pick a non profit organization you want to donate to, or Plunge for your own non-profit, and get cold for YOUR cause! The event will take place at Lakeside Memorial Park on Saturday, Feb 19. Any person, group or organization can form a team and take the Plunge. Register online at forstlakerotary.org
- The **March Campaign** begins February 28th and runs through April 10th this year! Family Pathways once again joins the MN FoodShare Campaign, the largest grassroots food and fund drive in the state. Every year this campaign brings together community organizations, businesses, individuals, and faith communities to help stock nearly 300 food shelves statewide, including Family Pathways Food Shelves. Check out our website for more information!



Thrift Store Updates

Pathways Perks

Our Pathways Perks loyalty program has been a huge success! As of the end of January, we have more than 7,500 Pathways Perks members.

Our new program allows members to earn 1 point for every dollar spent and bonus points throughout the year.

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.

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 www.familypathways.org/pathways-perks/

Donation Pickup Now Available

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. Items not accepted by Family Pathways are ethically disposed of.

We're currently doing a soft rollout of the program. You can book a donation pick up by clicking on the floating button on the lower right portion of <https://www.familypathways.org/thrift-stores/donate/>

www.familypathways.org/thrift-stores/donate/

Open Positions: Please Share!

Aging Care Associate - Homemaking & Door-Step Delivery-Princeton
 Aging Care Associate -Homemaking& Door-Step Delivery - Isanti
 Aging Services Coordinator-Mora
 Caregiver Consultant
 Domestic Violence Shelter Advocate-Cambridge
 Food Distribution Driver -North Branch
 Food Shelf/Thrift Store Assistant - Onamia
 Full-Time Assistant Manager - Forest Lake
 Full-Time Assistant Manager - Lindstrom
 Full-Time Community Advocate-Cambridge
 Full-Time Community Advocate-Pine City
 Full-Time Community Advocate-Mora
 Full-time Community Advocate-Carlton
 Full-Time Sales Associate - Forest Lake
 Full-Time Sales Associate - Wyoming
 Full-Time Sales Associate- Hinckley
 Operations Manager - Chisago City
 Part-Time Sales Associate - Wyoming
 Part-Time Sales Associate -Hinckley
 Part-Time Sales Associate- Cambridge
 Part-Time Sales Associate-Ham Lake,
 Part-Time Visitation Monitors - Isanti, Chisago, & Kanabec Counties

Connecting with Yourself: Wellness

February is American Heart month. It continues to be the number one cause of death in most men and women despite the fact that heart disease is highly preventable. You can make a difference in your heart health by making better everyday choices and by following the "30 Days of Wellness" to put you on the path to heart-loving, healthy habits.

30 Days of Wellness

Heart Health

<p>1 Check it. Stop and get your blood pressure taken today! It only takes a few minutes and could stop a lifetime of cardiac issues.</p>	<p>2 Take the steps. Instead of taking an elevator or escalator take the steps. Losing a few pounds will help to make your heart healthier.</p>	<p>3 Take 10. Stress is a major factor in cardiac disease, so stop and take time to read, enjoy good conversation or listen to your favorite tunes.</p>	<p>4 Pack it. Pack yourself a healthy lunch full of heart-friendly vegetables and fruits instead of eating out.</p>	<p>5 Switch it. Instead of white bread, choose 100% whole wheat bread. Increasing fiber in your diet is heart-healthy.</p>
<p>6 Schedule it. Call today to make an appointment with your health care provider. Yearly physicals will help monitor your heart-health.</p>	<p>7 Skip it. Avoid processed foods that usually are higher in sodium and add more home-cooked foods to your diet.</p>	<p>8 Stop it. If you smoke, do everything in your power to quit. If you don't smoke, encourage a friend to quit.</p>	<p>9 Park it. Park your car at the far end of the parking lot and walk. Daily exercise is the key to good health and a good heart.</p>	<p>10 Eat Less salt. Give up the salt shaker. Reducing your sodium/salt intake is better for your heart.</p>
<p>11 Did you take it? If you have been prescribed blood pressure, cholesterol or other cardiac-related medications, take them as directed.</p>	<p>12 Avoid "bad fats." Read food labels to avoid fats that are bad for the heart, like: trans fats, saturated fats and partially hydrogenated fats.</p>	<p>13 Ride less and walk more. If you ride a bus/ subway, get off an earlier stop and get a brisk walk in. Your heart will love you.</p>	<p>14 Cut back caffeine. Substitute the heart benefits of green tea or caffeine-free beverages, instead of consuming sugar and caffeine-laden drinks.</p>	<p>15 Move. A sedentary lifestyle contributes to heart disease. Take time daily to move: stretch at your desk; take the long way to the break room.</p>
<p>16 Try a DASH diet. DASH (Dietary Approaches to Stop Hypertension) focuses on a diet high in fruits, veggies & low-fat dairy. Web site: dashdiet.org</p>	<p>17 Learn how to reduce your risk for stroke. Visit the American Heart Association's Web site: powertoendstroke.org</p>	<p>18 What's your number? Know your cholesterol, blood pressure, glucose (blood sugar) and weight (or BMI) numbers to be heart-healthy.</p>	<p>19 It's not your pant size. Measure your waist circumference today! The weight around the belly-button makes the heart work harder. The lower, the better.</p>	<p>20 Try it...connection and community. Give back and volunteer. Social connectedness keeps you and your heart happy.</p>
<p>21 Eat more of the "good" whole foods like fruits, veggies, whole grains, nuts, etc. that have heart-healthy good carbohydrates</p>	<p>22 Take a stress break. Meditative breathing with one long breath in and one out will help you to relieve stress and lower blood pressure.</p>	<p>23 Make it a part of your daily routine. Exercise not only helps the body stay heart-healthy, it can also help the mind and spirit. Do it daily.</p>	<p>24 Control it. If you have diabetes, you are at high risk for cardiac issues and should monitor these numbers: A1c, fasting glucose and lipid profile.</p>	<p>25 Support helps. Walk with a friend, join an online support group or social networking site and stay connected, because the heart matters.</p>
<p>26 Strive for 150 minutes of moderate intensity physical activity per week. Use the American Heart Association's "start low and go slow" philosophy.</p>	<p>27 Fish oil is good! Studies show that Omega-3 fatty acids are heart-healthy. Take as either a daily supplement or by eating fish at least 3 times per week.</p>	<p>28 Schedule your daily quiet time. Sit quietly for 15 to 20 minutes a day, breathing deeply and visualizing a peaceful place.</p>	<p>29 LOL! Happiness is the key to health. Find something to laugh about daily.</p>	<p>30 Try something new. Find a new heart-healthy recipe for dinner tonight, like salmon over fresh greens with a side of brown rice.</p>

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



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