

# FAMILY PATHWAYS CONNECTIONS

Family Pathways Staff Newsletter

MAY 2022



## Connecting with Leadership:

May is Mental Health Awareness Month. I like the definition of Mental health being our emotions (how we feel); our brains (how we think) and our social well-being (how we act). Again, the last couple of years has brought different types and amounts of stress and has probably altered all three of these areas for us and how we operate both at home and work. Sometimes this shows up on how we relate to others and/or make healthy choices. Mental Health for some people just means paying attention to your thoughts and feelings and doing positive things to improve or keep healthy; for others this might mean there's an actual mental health challenge happening and professional support is appropriate. Just like physical health, everyone has mental health that should be



monitored and supported in a way that's right for them. I recently visited St. Croix Falls Food Shelf over lunch to help staff and volunteers install new shelving for food storage and enjoy a potluck lunch together. There was quite a turnout of volunteers and food! Thank you to Krista Schlecht (Food Coordinator) and crew; the camaraderie, food, and physical activity was a great boost to my mental and physical health that day.

### In This Issue:

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

To your health,  
Tony B.

## Staff Spotlight

May is Older Americans Month! We'll be highlighting the work done by our Aging Services staff throughout the month on Facebook. Collette Colucci is the Community Outreach and Education/Aging Coordinator for the program. Leading Dementia Friends sessions, Collette does an incredible job educating our community about dementia. Before coming to Family Pathways, she worked in healthcare for 30 years with a focus on the aging population. Her favorite thing about working at Family Pathways is "Making a difference in peoples lives and seeing and hearing the stories about how a volunteer has changed a seniors life."

## Mission Moment

One afternoon, a young man knocked on the front door of one of Family Pathways' food shelves. "Is there any way I can get some food?", the young man asked quietly. The staff person brought him in and set him up with a bag of groceries. Told him to come back every week for fresh produce and dairy. Before he left, he said that Mom always told him that if he needs any help, and she's not able to help at the time, to go to Family Pathways.

## Connecting with Staff Updates and Information

**New hires:** Welcome to Ella Lundgren (Cambridge Food Shelf), Shelly Gulick (Princeton Thrift Store), Sheila Bauer (Visitation), Ellen Letourneau (Aging Services), Donna Ostlund (Wyoming Thrift Store), Melanie Castellano-Swanson (Shelter Advocate), Jenny Sundermeyer (Pine City Thrift Store), Laci Goffin (Princeton Thrift Store), Kyle Pedersen (Community Advocate—Welcome back!), Starr Wills (Community Advocate), Jovi Fahey (Pine City Thrift Store), Chris Wines (Cambridge Thrift Store), Alyssa Klepsa (Pine City Thrift Store), Molly Trieschmann (St Croix Falls Thrift Store), Amber Ward (Shelter Advocate.) We're glad you're here!

**Work Anniversaries:** Congratulations to , Lise Arseneau-Lee, Kristine Barwin, Dara Cavallin, Takoda Cooley, Alayna Forliti, Catherine Gese, Tina Graham, Ellizabeth Jansen, Lilianna Johnson, Amelia Laman, Chasity Livingston, Vicki Minder, Jayne Mund, Tara Oestreich, Krista Schlecht, Alicia Skroch, Thomas Stuen on their May work anniversaries!

## Connecting with Community

### SAVE THE DATES:

- **Barn Bash**—May 25th 5-8pm @ Erickson Farmstead in Isanti  
Our biggest fundraising event of the year! We're back in person for 2022 with an amazing event planned. Check out [FamilyPathways.org/BarnBash](http://FamilyPathways.org/BarnBash) for more details. Staff attend free but must RSVP at [www.surveymonkey.com/r/GLMFJSB](http://www.surveymonkey.com/r/GLMFJSB)
- **Women's Empowerment Luncheon**— October 22, 2022 11:30 AM @ Maranatha Church, Forest Lake  
Also back in person this year is this inspiring event to benefit our Domestic Violence and Sexual Assault Services

**SPREAD THE WORD!**

## Thrift Store Updates

### Manager changes at Forest Lake and Wyoming Thrift Stores

As April came to a close, we said goodbye to Forest Lake Thrift Store manager Rhonda Nelson. We are very appreciative of all the hard work and accomplishments that Rhonda has demonstrated over the past seven years. Rhonda has always been dedicated and committed to our mission at Family Pathways and we will miss her passion, resolve, and professionalism. Rhonda is taking the opportunity to semi-retire in a warmer climate.

Christina Steiner, current Wyoming Thrift Store manager and former assistant manager at Forest Lake, has transferred to Forest Lake. This resulted in a vacancy at our Wyoming Thrift Store. If you or someone you know is qualified and interested in becoming store manager at our Wyoming Thrift Store, please apply online.

### Grandma's Attic at the Princeton Thrift Store

Princeton Thrift Store manager Emily is excited to launch a new event at the Princeton location. Grandma's Attic will feature a variety of vintage toys, jewelry, accessories, kitchenware and home décor - all the treasures you'd find in your grandma's attic. Start exploring Grandma's Attic on May 6.

### Memorial Day Sale

Family Pathways Thrift Stores will offer 25% off to all customers (white tag merchandise is excluded). Pathways Perks members will receive triple points on Memorial Day. Stores are open 9 am-5 pm.

### Donation Pickups Available

Family Pathways' partnership with ReSupply is now live! Donors can have large donations, such as furniture, picked up and delivered to their neighborhood Family Pathways Donation Center. The cost is often lower than furniture movers and junk hauler fees, and all items are picked up. Items that are not accepted for donation by Family Pathways is disposed of ethically. Book your pickup today by clicking on the "Donation Pickup" button on <https://www.familypathways.org/donate/goods/>.

### Pathways Perks update

Our new loyalty program, Pathways Perks, has exceeded our expectations! We will close out April with more than 20,500 active Pathways Perks members. In March, Perks members spend an average of \$19.05 per visit, which is well above the average \$15.30/visit spent across the chain. Pathways Perks members get double Perks Points every Monday, as well as bonus points and offers throughout the year. It's free to become a Pathways Perks member. Pick up your card today at any of our 10 Family Pathways Thrift Store locations.

### Open Positions: Please Share!

Domestic Violence Advocate–North Branch  
Food Distribution Driver - North Branch  
Full-Time Community Advocate- Pine City  
Full-time Community Advocate-  
Full-Time Community Advocate-Chisago City  
Full-Time Sales Associate - Wyoming  
Full-Time Sales Associate- Princeton  
Full-Time Store Manager - Wyoming  
Part-Time Sales Associate- Princeton  
Part-Time Supervised Visitation Monitor - Chisago  
Part-Time Supervised Visitation Monitor-Isanti  
Part-Time Supervised Visitation Monitor-Kanabec

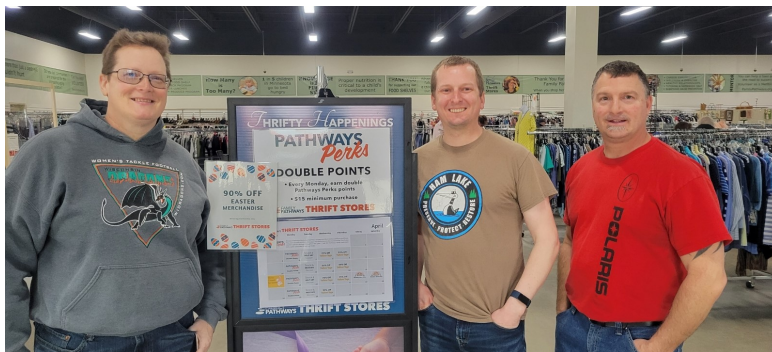
## Connecting with Volunteers

Thank you to the Polaris Group for helping us with a large group event at our locations!

### Volunteer Opportunities-

We are still looking for volunteers for our doorstep program. Volunteers will be reimbursed on gas.

- Sunshine Callers for Aging Services.
- Cambridge Mobile- looking for extra help with packing.
- Onamia Store and Food Shelf.



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!

## Connecting with Yourself: Wellness

May is Mental Health Awareness Month. Your mental health is very important and there are so many resources available for anyone who may be struggling with their mental health. During the month of May, HR will be sending out weekly emails with resources regarding mental health. We encourage all staff to view the resources and remember that Family Pathways has a great Employee Assistance Program (EAP) that provides many wonderful resources on many different topics. If you have any questions about EAP or the resources available, please feel free to reach out to [HR@familypathways.org](mailto:HR@familypathways.org).



@familypathwaysnb



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# Grandma's Attic

**Start exploring May 6**  
Princeton Thrift Store Only



**Your stuff,  
picked up by  
contracted  
haulers and  
Resupplied  
to our store!**



Pickups within  
48 hours



We remove  
everything!



Item retrieval from  
anywhere in home



Donate today and  
keep items out of  
the landfill

[Visit familypathways.org/donate/goods/](https://familypathways.org/donate/goods/)