

HEART OF SOUTH JERSEY

Resource Central

May 2018

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FAMILY GARDENING FUN

There is nothing like fresh air and a little dirt under the fingernails to bring families together!

While the ultimate goal is some veggies or flowers for your table, you can also use gardening as a fun learning experience. The [Grange Co-op](#) suggests you decorate your garden by planting these quick growing colorful plants:

- Sunflowers
- Lettuce
- Radishes
- Snow Peas
- Patio Tomatoes
- Strawberries



- Nasturtium Flowers
- Bush Beans
- Carrots
- Potatoes
- Pumpkin

Other suggestions to make gardening fun are:

- Start small—use window boxes or containers
- Don't strive for

perfection—weeds are okay

- Leave a spot for kids to dig even after the garden is planted
- Find some child-sized tools at your local nursery or dollar store
- Make a secret place in the garden for your kids to play
- Teach your kids how to smell the herbs or flowers
- Teach your kids how to compost



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TIPS FOR FINDING DAYCARE

In a recently released article from [app.com](#), Best day care in New Jersey: Five tips for finding the best local care for your kid, we found a wealth of resources for helping you find the quality day care options for your family.

Let's look at the tips before we delve into the details:

1. What are you looking for?

2. Do your research.
3. How good is the care?
4. Take a facility tour
5. What if there is a problem?

To help answer some of these questions, the article provides links to [Tip Sheets](#) from [www.grownjkids.gov](#) which includes a list of participating programs and a printable checklist



Photo by [Element5](#)

to use while you look for child care.

Another resource is the State of New

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Our Directory is LIVE!

HEARTSJ.ORG

Life Skills Institute Classes

How to Be a Savvy Shopper

This workshop will provide you with strategies to save money on your weekly grocery bill, as



Photo by [frankie cordoba](#) on [Unsplash](#)

well as your other shopping trips. It will teach you how to pair printed and digital coupons with store sale ads, as well as how to use apps to get extra deals at the store you already shop at. It will explore techniques for organizing your coupons and lists to save time and money for you and your family. Presented by Ashlea Wesztergom.

Date: Monday, May 7

Time: 6:00—9:00 pm

Presented by **Ashlea Wesztergom**

Skills for the Office Professional

Office professionals are at times professional jugglers handling details and challenging situations simultaneously.

These multi-taskers keep things balanced while supporting the efforts of many different levels of management, staff and customers. Positive interactions with others, goal setting, and organizational and time management skills will enhance job performance and satisfaction. Come join us to learn how to best use your abilities, how to be a professional presence on the job, and how to become the “go to” individual at your place of employment.

Dates: Monday, May 21

Time: 6:00—9:00 pm

Presented by **Loretta Anthony**, Executive Assistant to VP of Student Services, RCGC

Registration for these workshops is MANDATORY

Workshops are held at:
Rowan College at Gloucester County
1400 Tanyard Road, Sewell, NJ 08080

Register by calling:
People in Transition
856-415-2222
or email peopleintransition@rcgc.edu

Tips for Helping Children, Teens, and Young Adults with ADD, ADHS, and Autism

Parents and caretakers are often faced with challenges when raising children with ADD, ADHD, and/or Autism. Come out to this workshop to learn some tips to help them learn, focus, behave and adapt in academic, social and home settings. If time permits, some advocacy tips will also be discussed.



Date: Wed., June 6

Time: 6:00-9:00 pm

Presented by **Jessica Jolly**, Associate Professor, Psychology, RCGC

DAY CARE (CONTINUED FROM PAGE 1)

Jersey’s [Licensed Child Care Center Explorer](#) which you can find at data.nj.gov/childcare_explorer

When you take a tour, look closely and consider whether the environment is safe and

friendly. Look at the staff/child ratio and assess whether there is enough supervision. Ask for the class size and schedule and check to see if the center uses a formal curriculum or is otherwise structured.

Look for tools for dramatic play (puppets, dress up); sensory materials (sand, water, play dough), gross motor tools (like gym equipment), and caring staff.

above & beyond the call

MAY 2018 ABC—GENERATION



Amanda Merrigan



Annalee Hennessey



Jack Darischuck



Christopher Crumb



Skylar Galanti



Evan Dare



Victoria Falkenstein

In August, 2013, magic was created, but no one involved knew the magnitude of what was to come. What the members of **Generation** didn't know was how their performances would change and enrich so many lives. While understanding they would raise a few dollars for charities, they didn't know they would change the spirits and hearts of so many.

Generation gave its first mini-concert for Alzheimer's patients five years ago. The original plan was to sing on a few occasions, raising money and awareness. Since then,

Generation has collectively dedicated over 1,000 volunteer hours through various endeavors, performed at over 100 events and raised over \$25,000. Members have never profited for their time dedicated during a charity performance, but rather donated the offerings to their choice charity.

Dan Glaudel, their singing and piano teacher, created this brilliant idea which was simple: do good for the community while allowing his students to bring music into others'

lives. "The experience has changed us," says Skylar. "People think of volunteering as helping others, but it's helped and changed me in many unexpected ways." Annalee adds, "Every experience is the opportunity to learn and discover new things about myself and the causes we support and enables me to positively impact others." Evan says, "Being able to play piano while helping others is amazing."

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GENERATION (cont. from page 3)

Christopher says, "Generation is more than volunteering. We started this hoping to make the world a better place one step, one song at a time, hoping to inspire others to do the same without expecting financial rewards. The rewards are far beyond money. What we receive supersedes anything material." Jack adds, "Generation has become my family. We've grown together through our love of music and volunteer work. It makes me happy giving the gift of music to others." Victoria comments, "When I started singing with Generation, the impact we made was seemingly limited. As we continued to perform, I realized just how meaningful our work was. I'm humbled by the community that supports us as musicians, and their willingness to aid those in need. The power music has to bring people together is one of the

greatest things. I never thought it would lead to such incredible opportunities." Amanda adds, "Being a member of Generation means more to me than just performing. For years we've raised money for various organizations. Through these experiences, I've had the opportunity to meet so many talented friends who I see grow every time they perform. Our teacher works so hard to train us professionally. We're thankful for all his time, effort, humor and love.

Dan never does this for recognition or accolades, in fact, quite the opposite. He is passing along his passion for music to students and always wants the spotlight on them rather than himself. He recognizes the great things they have accomplished but does not credit himself at all. Dan said, "It's a

privilege to work with such talented people. It's a win-win situation. They perform with professionals in amazing venues and raise money for charities. There isn't one person more important than another in these collaborative events. Everyone has their part."

You won't find Generation performing pop pieces, however, you may hear Bach or Handel. They've performed in numerous languages throughout South Jersey and their events offer classic pieces and familiar Broadway tunes. This is atypical for young performers, but so is their determination for making a difference in this life.

Contributed by the members of Generation

Construction Job Opportunities at Camp Salute

For more information: www.conifer-lechase.com/section-3-employment

HSJ Collaborators

People for People Foundation
The Center for People in Transition
Center for Family Services
Senior Corp
Clayton Public Schools

CONTACT US

Tel: (856) 579-8252
heartofsouthjersey@gmail.com
Or visit our chatline
www.heartsj.org



PASCALE SYKES
FOUNDATION

A Whole Family Approach Grantee