

HEART OF SOUTH JERSEY

Resource Central

June 2018

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SUMMER FUN THAT WON'T BREAK THE BANK



You can't wait for school to end, but by mid-summer, you're probably wondering how you're going to fill the hours until school starts up again. We've compiled a list of fun summer activities that are inexpensive or free.

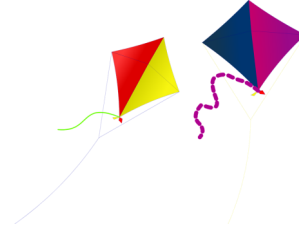
From Woman's Day



1. Stargaze—<https://sites.rowan.edu/planetarium/>
2. Make a waterblob (it's hard to explain but you use duct tape, plastic sheeting and a hose—directions at: bit.ly/waterblob2)
3. Fly a kite—here's how to make one <https://www.wikihow.com/Make-a-Kite>

From VeryWell Family.com

1. Pick your own...whatever. Find a farm near you at <http://www.pickyourown.org/NJ.htm>
2. Make smores (chocolate + marshmallow + graham cracker)
3. Go to a park or playground. For a 25 great playgrounds in SJ and Philly see <http://bit.ly/NJplayground>
4. Set up a lemonade stand and donate the profits to charity
5. Plant a butterfly garden
6. Make fairy houses using moss, bark and leaves
7. Plan a different kind of treasure hunt using nature (beach, birds, smells, found objects) see bit.ly/huntnature



From Care.Com

1. Bake cookies for ice cream sandwiches
2. Volunteer at a nature center
3. Write and illustrate your own book
4. Go for a walk and make a collage from your found objects
5. Use a cheap salad spinner to create art (place paper inside, dab tempera paint, spin away!)
6. Make paper boats and race them in a kiddie pool
7. Make a giant twister game out of spray paint or chalk



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TALK TO US!
HEARTSJ.ORG

Life Skills Institute Classes

Tips for Helping Children, Teens, and Young Adults with ADD, ADHD, 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

Safety Awareness and Self-Defense

Self-defense helps prepare you for unexpected situations and helps develop increased mental and physical health. Take the first step in self-defense by learning the importance of

safety awareness. In this workshop, we will discuss risk avoidance, mental and physical preparedness, pre-assault indicators, and threat assessment, as well as the basic principles of self-defense.

Date: Monday, July 9

Time: 6:00-8:00 pm

Presented by **Officer Justin Walker**, Washington Township Police Department

Internet Safety: Protecting Yourself Online

In this workshop, you will learn useful tips for keeping yourself and your family safe while browsing the internet. Tips will include: avoiding computer viruses, evading scams, safe shopping, and the importance of passwords to protect yourself. It will also provide you with some helpful tips for

monitoring your children's computer use as well.

Date: Thursday, July 26

Time: 6:00-8:00 pm

Presented by **Amy Charlesworth, BA**, People in Transition

Tips for a Successful Interview

You've got the interview, now what? Securing an interview in today's market is, in itself, a major victory. Close the deal by getting that job! What you do before, during and after the



interview can make a big difference. Join us for information and tips on how to successfully navigate a job interview.

Date: Thursday, August 30

Time: 6:00-8:00 pm

Presented by **Nancy Howard, B.S. Accounting, M.S. Human Resource Management**, People in Transition

Registration for these workshops is **MANDATORY**

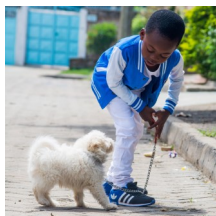
Workshops are held at:

**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

MANNERS FOR KIDS



We all watched how well behaved the Royals' children were last month.

According to 10

Best Manners to Teach Kids

(grkids.com) the top ten are:

1. Say please.
2. Say thank you.
3. Apologize
4. Smile and have a good attitude.
5. Make small talk.
6. Ask questions of others.
7. Say excuse me.
8. Look for opportunities to compliment others.
9. Share.
10. Treat others the way you would like to be treated.

above & beyond the call

JUNE 2018 ABC—Ingres Simpson and Samaritan Center of Glassboro, Inc.

Our Above and Beyond the Call (ABC) for June, 2018 is **Ingres Simpson** and the **Samaritan Center of Glassboro, Inc.** Ingres serves as the organization's president and is passionate about continuing its mission.

Born in a small town in North Carolina, Ingres moved to Glassboro in 1975. She worked in the Clayton Public Schools for 26 years as a music teacher and supervisor of instruction prior to retiring in 2011. She is currently an adjunct professor at Rowan University.

But what makes Ingres so impressive is her desire and efforts to give back to the community. You can also call her a pioneer in the field of local government. Ingres was the first woman to be elected to the Borough Council in Glassboro where she served 15 very distinguished years in the



Ingres Simpson

ranks. She gained the respect and admiration of not only the people in her town, but also the people she served with.

In 2014 Ingres joined the board of the Samaritan Center in Glassboro and has never looked back. Taking over the responsibility of president, the Samaritan Center could not be in better hands. What started as the Mayor's Committee on Human Services back in 1981 by then Mayor William Dalton, the goal

was to provide Glassboro residents with emergency services. Food and clothing were collected through the churches, Boys Scouts, the college and others.

After setting up a food pantry at the First United Methodist Fellowship House in Glassboro and a clothing bin built along side of the American Legion, the organization moved forward in helping Glassboro residents in need. This arrangement worked for a while, but a larger home was needed. Through the efforts of one its founders, Bettye Bell, clergy, other community leaders, meetings with the mayor and council and a generous donation of \$25,000 from Henry and Lee Rowan, a permanent home was built at 123A

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SAMARITAN CENTER

(cont. from page 3)

East High Street.

The Samaritan Center is run by a deeply committed Board of Trustees, a part-time manager and dedicated volunteers. It serves Glassboro residents ONLY, who deal with economic difficulties, by providing free food once per month. Individuals and families must be able to prove they are Glassboro residents and provide proof of any government assistance they receive.

The center is a 501c3 that qualifies for surplus state and federal food provided by the Southern Region Food Distribution Center. Non-perishable food and monetary support are also donated by local churches, other service organizations

and individuals. Financial support is used to purchase additional food and pay for services that directly support its mission. Donations are tax deductible.



Dave Walters & Ingres Simpson

The Samaritan Center also operates a "Clothing Closet" at the same location where residents can purchase gently used clothing for the entire family at a very low cost. Prices

range from 25 cents to \$2.00.

Ingres and The Samaritan Center of Glassboro, Inc., we salute you and are proud to call you friends.

If You Go

The food pantry is open on Wednesdays from 12 noon to 3:00pm and Saturdays from 9:00am to 12:00pm. The Clothing Closet is open every Tuesday and Thursday from 9:00am to 11:00 am. The center's email address is glassborofood-bank@gmail.com. Visit their website at www.glassborofoodbank.org

Contributed by Paul Blackstock

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