

NEWS & NOTES

FOND FAREWELL

When you mention our Dining Room to guests, volunteers or staff three things come to mind: an inviting room filled with people, the aroma of delicious food and Josh Skinner, our chef, who has made it all happen for the last nine years. The Dining Room and Josh are inseparable in the minds of those who know Face to Face. Since 2003, Josh has prepared dinner for up to 200 people a day as though he were preparing a meal for his family. It is not an exaggeration to say that Josh is family to the hundreds of people he feeds each week. Josh graduated from Temple University in 2003 with a degree in Communications. Fortunately, for us,



he didn't want to work in the field, so he called Eileen Smith, the then Director of Face to Face to ask if she needed help in the dining room. She did not, but she did need a tutor in the after school program; Josh took that position and then was asked if he wanted a part time job in the kitchen. When he showed up however, Eileen asked if he wanted the full time job as chef; the rest is history. Thanks to being the second of five children, Josh had experience cooking and learned the rest on the job. At the time, we served meals only 2 days a week. During the last nine years Josh has overseen many changes including opening our doors early in the morning and increasing our service from two days a week to four. He would love to extend service to five days a week because he believes food is what brings people in and that's how they discover the many other ways Face to Face can help them.

(continued ...)

FOND FAREWELL (continued)

When I asked Josh what he thought were the keys to running the Face to Face dining room, he answered "organization, flexibility and remaining calm." To anyone who has ever cooked for a crowd, not knowing your ingredients until the last minute seems like an impossible challenge; not for Josh. "I loosely plan and then work with what I have", he explained. He has become expert at adapting recipes for large groups and spending very little. Josh feels that he has changed more in the last nine years than Face to Face has; "I am more patient, than when I started." Patience, he notes, is the key to working with so many guests and volunteers. One regular volunteer observed, "No matter how many times his name is called, whether by a client, a volunteer or a fellow worker, he always answers with a pleasant 'Yes'." Over the course of his time here, many of Josh's family members have gotten involved; his sister worked as a nurse in the Health Center, his parents donated a new refrigerator to the Dining Room and his grandmother volunteers in the Dining Room on Thanksgiving and Christmas.

Beginning in August Josh will attend Drexel University School of Nursing. Over the last year and a half he has taken all the requisite science classes and is prepared for the academic challenges ahead. While he is leaning toward a career in mental health he is open to experiencing a variety of fields in nursing before choosing a specialty. At a farewell barbecue attended by volunteers, staff and guests, it was clear that Josh is part of the fabric of Face to Face and will be deeply missed; one of the men who works with him in the kitchen professed that he preferred the days that he worked with Josh to the days that he had off. In the words of Vince Cuce', a Saturday morning volunteer for the last 6 years, "Our loss at Face to Face is the win of Josh's future patients."

TURKEY TROT

**Save the date:-
Thanksgiving Morning
Thursday
November 28th, 2013**

**The 21st Annual
Face to Face Turkey Trot in
Fairmont Park**

**Five Mile Race /
One Mile Family Fun Walk**

**Give Thanks by showing
your support for the Face
to Face Community.**

**Call (215) 849-0179 for
registration information**

2013



Turkey Trot



PHILADELPHIA INSURANCE COMPANIES

A Member of the Tokio Marine Group

HEALTH CENTER



Poverty, mental illness and poor health are inextricably linked. The many facets of poverty such as material deprivation, social exclusion, lack of education and unemployment all work together to limit choices, reduce opportunities, undermine hope and as a result threaten health. Since 2000 the Face to Face Health Center has worked to address the health consequences of poverty and mental illness in the Germantown Community. It is a free health care center that is managed by nurses who employ the nursing model of holistic health care which integrates health promotion with primary care. For the last seven years our Health Center has been led by Donna Whitehead, RN, BSN. Ms. Whitehead is also a Kidney Pancreas Transplant Coordinator at the University of Pennsylvania Medical Center.

Each week our Health Center sees approximately 70 patients for complaints ranging from wounds to the flu to stress and anxiety. Our patients include elderly folks on limited incomes, mentally ill individuals who struggle to care for themselves and homeless individuals. The Health Center is an inviting, non-threatening place that does not require an appointment, insurance or co-pay. Our nurses take the time to get to know the whole person which enables them to make connections between the person's life and the state of his or her health. We use tests such as blood pressure screening to begin conversations with patients about their broader health needs. We also offer Reiki/ Reflexology and stress reduction, because toxic stress is a common consequence of poverty. Because foot problems are serious issues for the homeless and the poor, we have a licensed podiatrist who volunteers his time in the center. We even have a Washeteria where people can take a hot shower and receive a new set of clothes.

In her years at the Health Center Ms. Whitehead has overseen a growing collaboration with many local nursing schools such as Drexel University, Villanova University, La Salle University and the Gwynedd-Mercy College School of Nursing. Our staff nurses have become mentors to an increasing number of young nurses who are interested in community health. According to Ms. Whitehead education is the greatest need of our patients and is their key to a healthier life. To that end, we offer classes about diabetes, hypertension, smoking cessation and stress reduction. Ms. Whitehead has noticed that repeat patients begin to teach each other as they bond through the health center.

Under Ms. Whitehead, the nurse managed model works to connect patients with other social services at Face to Face to make sure that they receive all the help that they need. Holistic care is the focus of the nurse managed approach which is why it is a perfect fit for Face to Face.

VOLUNTEERS NEEDED

We are always looking for volunteers to help serve a meal in the dining room, especially during the summer months! Many of our volunteers are vacationing and our high school/university groups are out of school. If you can volunteer to serve a meal in July or August, please contact Patty McDonough, Volunteer Coordinator,

at

patty@facetofacegermantown.org

or (215) 849-0179

In addition, we also need a Computer Lab Volunteer to monitor our Computer Lab on Mondays and/or Saturdays from 10:00 AM - 12 Noon. If you have basic computer skills and a desire to help others, please contact us at (215) 849-0179 for details and information.

WISH LIST

Your in-kind donations are greatly appreciated and allow us to continually meet the needs of our Germantown community. We couldn't do it without you!

Coffee

5 lb. Bags of Sugar

Toothbrushes and Toothpaste

Deodorant

Shampoo

Body Lotion

Plastic Grocery Bags

White All-Purpose Paper for Copiers and Printers

No. 10 Envelopes

Items may be dropped off at Face to Face Fridays through Tuesdays from 9AM to 3PM. Call 215-849-0179 for additional information.

OUR NEW IMPROVED FACEBOOK



You may have noticed our increased Facebook presence. We owe our new "likes" to our creative volunteer Lynn Carroll. Lynn contacted us and offered to help with our social media outreach. She took over before our auction and helped increase the number of guests that attended. Lynn grew up in the South and has brought her Southern sense of hospitality to the Face to Face Facebook page by connecting with many community groups that strive to make Germantown a better place. She shares posts about events held by our partners such as La Salle University, Vernon Park and Grumblethorpe; in turn they share news about Face to Face, strengthening our community. Lynn understands the dynamic power of social media; we are so grateful for her energetic assistance. Lynn believes, "Social justice through social media only happens when everyone helps spread the word." So if you haven't already, "LIKE" our page and share it with your friends!

<https://www.facebook.com/facetofacegermantown>
