



Your *support* provides  
**COMFORT**  
to those in need



# FACE TO FACE REDUCES SUFFERING AND EMPOWERS LIVES

Your *support* makes this possible

We are all feeling the shock of the price increases of food, gas, and housing. For many households, rising inflation rates are causing significant challenges. Inflation disproportionately impacts people experiencing poverty since these families spend a larger portion of their income on meeting basic needs. Hunger, unstable housing, compromised health, poor education, and safety concerns add to their persistent worry. This complex, continuous stress is harmful to one's mental and physical health. Recently, Face to Face hired a behavioral health coordinator to focus on offering behavioral health services. Thanks to your generosity, guests are comforted through weekly group classes on meditation, mindfulness, and stress management along with individual sessions.



## COMPLEXITIES OF UNSTABLE HOUSING

Your *compassion* helps bring comfort in challenging times



“My legs and feet are tingling,” says Renee as she calmly sits with her mentally challenged son, waiting for lunch to be served. Her blood sugar was running high because she has been unable to take her prescribed insulin which requires refrigeration.

Ten months ago, Renee lost access to her Section 8 housing and became homeless. Not wanting to be separated from her adult son in a shelter, they opted to live in their car. Unfortunately, a few months later, Renee's car was totaled when it was hit by an uninsured driver. Now without their car or home, they decided riding public transportation all night was their safest option. Finding safe, stable housing became a priority. After meeting with the director of social services, Renee and her son are closer to moving into a new apartment. The unit has been identified in an apartment building, but they are waiting for final inspections to

be completed. Renee also plans to visit the health center to help manage her diabetes and medication. She is looking forward to her new apartment and said, “I'm going to come back here even after I get my house. Everyone is so nice here. It is peaceful.” Thanks to your caring support, Renee and her son will be moving into a safe and comfortable apartment with a refrigerator for her medicine.



## CALMING SHOWER



A guest recently presented to the legal center so distraught after she was illegally locked out of her house by her landlord. She decided that she needed to shower in the washeteria and eat something in the dining room before she could discuss her problems. Feeling refreshed from the shower and satiated from the meal, she announced to the attorney “I got myself together and I am ready to talk about my difficult situation.” The directors of the legal center and social services worked together to find her a new place where she is happily living now.





# S

## SUPPORT SERVICES

*Sewn together with optimism*

Felismina fits more in one day than most people. Working part time, taking college classes, launching a new business, and raising two young boys keeps her busy. She was looking forward to a new school year with her 3-year-old son starting preschool at Mercy Neighborhood Ministries at Face to Face and her older son beginning 5th grade at a local elementary school. However, she got some stressful news before the start of school. Feeling overwhelmed with housing issues and her older son's recent diagnosis of autism and ADHD, she reached out to the director of the educational equity program for assistance. During their initial meeting, Felismina shared her worries and dreams. With help from the Face to Face Social Service Center, she was able to stabilize her housing issue. The director of educational equity offered support and advocacy around her older son's Individual Education Plan testing process, and the legal center is helping her obtain benefits. During the coming school year, they plan to

explore different schools to find the best fit. The educational equity director also provided business guidance and connected Felismina to an Entrepreneurship Boot Camp, an intensive course engaging single mothers interested in learning about sewing, fashion and entrepreneurial marketing. Despite the many obstacles she has faced, Felismina remains optimistic and enthusiastic about her future. Your support brought comfort to Felismina and her boys.



Above: Felismina with her boys

Left: Felismina pictured at Gaffney Fabrics store in Germantown. She purchased beautiful African mud cloth textiles that she will use to create Afrocentric pillows. Thanks to a generous donation, Felismina also received a new sewing machine that will allow her to transition from the tedious process of hand sewn pillows to an efficient creation of machine sewn textiles.

## COMFORT FOOD

Your *generosity* helps serve up fresh meals

With temperatures cooling, Chef Altenor returned to starting every meal with his famous delicious soups made from fresh ingredients.

### CHEF ALTENOR'S COOKING TIP:

Want to boost the flavor of your fall soups, chilis & stews?! Soak the seeds from your pumpkins & butternut squash for 48 hours in a pot with herbs and all your usual seasonings before making the soup, all in the same pot. Taste the pumpkin-y goodness and welcome Autumn!





# SAVE *the* DATE

**OKTOBERFEST**  
October 29, 2022  
6:00 – 9:00 pm



Join us for a fun evening as we turn our dining room into a German beer hall. Ticket price includes beer from Attic Brewing Co and authentic German food.



Scan QR Code for tickets



## Coffee Chat

### COFFEE CHAT

November 10, 2022  
10:30 am

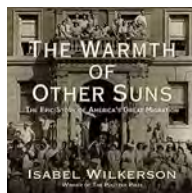
Come in for a tour and hear what's new from our Executive Director.

RSVP by November 8, 2022

Email [Jeanne@facetofacegermantown.org](mailto:Jeanne@facetofacegermantown.org)

### BOOK CLUB

November 7, 2022  
4:00 - 5:15 pm  
Face to Face Dining Room



RSVP [Becky@facetofacegermantown.org](mailto:Becky@facetofacegermantown.org)



### TURKEY TROT

5 mile run, 1 mile run/walk  
November 24, 2022  
9:00 am

#### *New this year:*

Peer to Peer Fundraising. Make a bigger community impact by becoming a Turkey Trot fundraiser.

Scan the QR code to learn more and see the swag you can earn.

*PLEASE NOTE: Same day registration and Thursday's packet pick up will be at Chestnut Hill College (not Cedars House).*



Volunteer scheduling is available online. Scan the QR code to create your account and view volunteer opportunities.



## Wish List

**SWEATSUITS** (MED., LARGE)

**THERMAL LONG UNDERWEAR**

**MEN'S BOXER & UNDERSHIRTS**

**DEODORANT**

**SHAMPOO** (12OZ OR LARGER)

**COFFEE**

### EXECUTIVE DIRECTOR

Mary Kay Meeks-Hank

### BOARD OF DIRECTORS 2022-23

James R. Domenick, Chair

Joseph McIntyre, Treasurer

Maureen Holland, Secretary

Danielle Arnold

Peter Bellwoar

Robyn Graham

Kathryn Jones

Stuart Katz

Tara Maguire

Tom O'Rourke

Sylvester Peterka, C.M., ex officio

Carolynn Rainey

Cortney Reed

Miles Rittmaster

Dan Sardaro

*(Cover photo credit to Robyn Graham)*

### SUBSCRIBE



[Jeanne@facetofacegermantown.org](mailto:Jeanne@facetofacegermantown.org)

### VOLUNTEER



[www.facetofacegermantown.org](http://www.facetofacegermantown.org)

FOLLOW US



123 East Price Street • Philadelphia PA 19144  
(215) 849-0179 • [www.facetofacegermantown.org](http://www.facetofacegermantown.org)