

*Help, Hope and...*



# COMMUNITY

Fall 2023

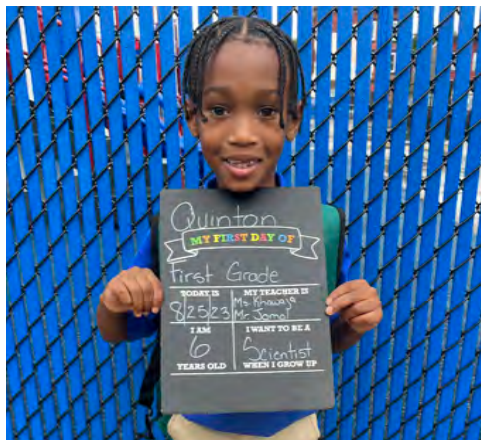




# EDUCATIONAL EQUITY: A Plan to Break the Cycle of Intergenerational Poverty

Your *support* helps provide a welcoming community

The journey to find the best fitting grade school has begun for the new families in the Educational Equity program. In September, the Director of Educational Equity welcomed the new preschool families from Mercy Neighborhood Ministries at Face to Face into the program. Next, they will have the opportunity to attend a school selection panel with 12 different elementary schools represented including charter, public, private, progressive, Quaker and Catholic schools. Each school will present what is unique about their community and educational approach. The parents will also have an opportunity to ask questions and engage with the school representatives. For many parents, this will be the first time they will hear about the various educational options available beyond their neighborhood public school. The Director of Educational Equity will then work with the families to identify school preferences, attend school tours, guide the families through the school and scholarship applications and connect them to Face to Face resources. Your generosity provides these vital services.



The Director of Educational Equity also welcomed back over 70 children and their families who graduated from preschool and are attending different elementary schools. As a trusted education partner, the director will continue to support these families by offering personalized meetings, workshops, tutoring and Face to Face resources.



## Strengthening Mental Health with Guided Meditation

Your *compassion* helps provide a safe and comfortable community

At the beginning of each meditation and stress management group session, guests do a simple check-in on how they are feeling. At a recent meditation group check-in, participants gave a one word or phrase answer to, "How are you feeling today?" The answers consisted of the words anxious, stressed, confused, tired, burdened, sore, and the phrases "I feel defeated," and "I wish life felt perfect at least once." Then, they

meditated on four River of Life questions; questions that encouraged them to see the ways in which life flows and they flow with it.



The group spent time reflecting on each of the following questions:

- What has happened today/this week that inspired me?
- What happened today/this week that surprised me?
- What happened today/this week that challenged me?
- What happened today/this week that touched me deeply or caused me to care?"

After 40 minutes in communal silence, 10 minutes on each question, everyone shared their individual reflections. At the conclusion, each participant checked-out the same way they checked-in. The words and phrases used to check-out were peaceful, focused, comfortable, present, perfect, "I need to keep coming back to this," and "Today's burden has been lifted."

Providing regularly scheduled time for facilitated mental exercises, a safe, comfortable community, and the tools needed to consistently practice mental wellness on their own is strengthening their resilience. Because of your support, guests have these opportunities to improve their mental health.



# Seventeen Year Wait

## A STORY OF PATIENCE AND PERSEVERANCE

Your *care* helps provide a community of support



*Struggling with housing instability, financial burdens, and providing for disabled children, Latisha found support and community at Face to Face.*

Several years ago, after a period of homelessness, Latisha, her husband and three children moved into a small house with one bathroom in Germantown. Face to Face Social Services helped secure furniture, pots and pans, identification, and provided utility support. Once her family was settled in their house, Latisha focused on securing birth certificates and benefits for her disabled children from the Legal Center and identification from the Social Services Center.

Living in cramped quarters, struggling with financial burdens and navigating parenting challenges was stressful. Latisha found relief in Face to Face meditation and stress management groups and art classes. She also built a community of friends in the dining room while she enjoyed meals and participated in weekly BINGO. Last month, some good news finally arrived. After being on Philadelphia Housing Authority's waiting list for 17 years, Latisha received her hous-

ing voucher. This program provides monthly rental assistance to low income families in privately owned houses. She knew the Face to Face Social Services Center could help her locate a new house that participates in the voucher program. This can be a daunting task. Affordable, safe hous-

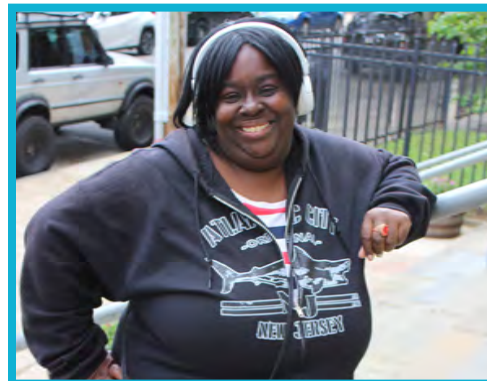
ing in Germantown is difficult to find.

With the assistance from the Director of Social Services, Latisha was able to

secure a new apartment with four bedrooms and two bathrooms; a luxury they have never had. And now, she pays it forward to the community by sharing housing leads and resources with other guests who are also struggling with housing.

While she sits in the dining room with her signature headphones on, she reflects on all the support she has received from Face to Face. "I almost cried when the furniture arrived. Face to Face has been such a blessing to me and my family. They have helped us in tremendous ways."

**"FACE TO FACE HAS BEEN SUCH A BLESSING TO ME AND MY FAMILY."**



## ROASTED GARLIC

Enjoy *All* year round!

Thanks to our partners at Carversville Farm, we received a generous donation of garlic. Altenor roasts some of the garlic then freezes it. He will have it all year round to use in mashed potatoes, vegetables, and soups.



### CHEF ALTENOR'S COOKING TIP:

*Roasted garlic has a mellow, nutty flavor that is soft, creamy and spreadable. It is easy to make.*

1. Preheat oven to 400 degrees
2. Remove loose outer skin. Keep close tight skin.
3. Cut ¼" off the top to expose the cloves.
4. Drizzle with olive oil
5. Wrap in tin foil or place in muffin tin (needs a lid of foil or another tin)
6. Cook 45 minutes or until golden brown
7. Once cooled, remove skin and use or freeze.
8. To freeze, spread whole cloves on a baking sheet in the freezer until the cloves are firm and then transfer to an air tight container. Or, mash garlic and freeze small portions in an ice cube tray. Thaw before using.

# SAVE *the* DATE



## Coffee Chat

### COFFEE CHAT

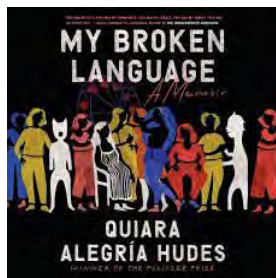
November 9, 2023

10:30 am

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

RSVP by November 6, 2023

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



### BOOK CLUB

"My Broken Language"  
by Quiara Alegria Hudes

December 4, 2023

5:00 - 6:30 pm

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



### TURKEY TROT

5 mile run, 1 mile run/walk

November 23, 2023

9:00 am

To learn more scan the QR code or visit our website



## Wish List

DEODORANT

UNDERWEAR (NEW, MEN'S AND WOMEN'S)

SWEATPANTS

SWEATSHIRTS

SUBSCRIBE



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

VOLUNTEER



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

FOLLOW US



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## Ways TO HELP

BECOME A CASSEROLE COOK

HOST A BIRTHDAY FUNDRAISER

BECOME A MONTHLY DONOR

CONTACT US TO DISCUSS A STOCK DONATION

PLAN A LEGACY GIFT

SHARE A SPECIAL SKILL OR TALENT



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



Questions? Email  
[Becky@facetofacegermantown.org](mailto:Becky@facetofacegermantown.org)

### EXECUTIVE DIRECTOR

Mary Kay Meeks-Hank

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