

October 2019 Newsletter



Bringing Families Home

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Message from Sherry

Welcome to fall! Ever wonder if what you do makes a difference? Ever wonder if Family Promise of Shenandoah County makes a difference? Well...what you do makes a difference and what FPSC does makes a difference! Many of you have met Alex or heard her tell her story – now her story is available on the national Family Promise website under “[Success Stories](#)”!

Alex states: Family Promise saw my potential and gave me a chance when no one else did. Their support and encouragement allowed me to change my life. She goes on to say: Family Promise’s approach isn’t easy. It’s hard work, but it’s worth it. If you commit, you won’t end up in another shelter...you’ll leave to go home.



That’s what all your hard work does – it helps families to go home! Alex is just one of many success stories of FPSC – her willingness to share her story and to support others on their journey is a powerful testament to all the love, support and encouragement she received from volunteers while she was part of the program. You truly made a difference in her life and in the life of her daughter.

I’m happy to say that Alex is working on purchasing her own home and will welcome a new baby in December! I am so grateful to each one of you for your commitment to Family Promise of Shenandoah County! We are making a difference!

*Sherry Arey
Executive Director*



**Saturday, Oct. 12th
Bryce Resort**

12pm – Shotgun Start – 4 Person Scramble

\$100 per golfer / \$400 per four-man team

Included with entry fee:

Golf, Carts, Snacks, Goodie Bag, Golf Tees,
Player Mulligan Package, Door Prizes, Awards Dinner,
Entry Into All Contests (Putting, Longest Drive, Closest to the Pin)

Participant registration form available on our [website](#).

Many Thanks to Our Sponsors

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Valley Health

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Sally Montrey/Our Lady of the Shenandoah Shenandoah Valley Chiropractic
Shrine Mont Winery at Kindred Point

Case Manager's Corner

Recently I updated the case plans our adult guests need to follow weekly while in our program. These plans give our adult guests an outline to reach their goals successfully. A new item I added was to write three things they are grateful for and turn them in to me weekly and then we discuss them. My hope is that by the time they leave Family Promise they get into the routine of acknowledging what they are grateful for and writing it down.

Research shows that being grateful can have many benefits on the human body and mind. Gratitude is defined as the quality of being thankful; readiness to show appreciation for and to return kindness. Practicing gratitude consistently can actually help our bodies in a very positive way. A study published in 2015 looked at physical outcomes of practicing gratitude. One group in the study kept a daily journal. At the end of the study this group reported having increased optimism and felt more positive about their lives. They were also more physically active and also reported less visits to their doctors. By being grateful you can improve your sleep, feel less anxious, depressed, and fatigued. It was also found to reduce inflammation and the risk of heart failure (for those who are susceptible).

Taking time to actually write down the things in a gratitude journal is the best way. A gratitude jar is another great way. Write your idea on a piece of paper and place it in the gratitude jar daily. At the end of each month you can empty the jar and review what you wrote!

Today I am grateful for my family, my faith, and for you - volunteering your time to help our families make their stay at Family Promise one that they are grateful for!

<https://dailyhealthpost.com/gratitude-rewires-brain-happier/>

Diane Wittreich

Thanks to Our Sponsors!!

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The Hair Gallery
The Kirkland Image



Cardboard City is "In the Box"



Ole Edinburg Days Parade



Wish List

Cross Necklaces
Laundry Detergent
Dryer Sheets
Antibacterial Wipes
Hand Sanitizer (10 oz size)
Air Freshener
Shower Curtains



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God Provides

We've told you before about how God has intervened in many situations to provide exactly what we need at exactly the right time. Recently we experienced another one of those "God moments" in a slightly different way.

We were trying to help a lady who needed furniture load it up to take to her apartment. Her vehicle was far too small to take the items. At that moment, a family showed up bringing a donation for us. They saw the dilemma, helped load the furniture into their own truck and delivered it!!!

Many, many thanks!





Family Promise Giving Day

On October 25th, Family Promise National and Family Promise Affiliates across the country will be joining forces for the first Family Promise Giving Day.

In the United States, 1 in 19 children experiences homelessness before reaching age 6. These children live in communities across the country, where their neighbors are unaware that family homelessness is happening in their backyard.

The impact of homelessness for children extends far beyond a lack of housing. They are 8-9 times more likely to repeat a grade, 3 times more likely to be placed in special education programs, and 7 times more likely to commit suicide.

The God of all comfort...comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (2 Corinthians 1:3-4)
 Thanks for being that "comfort" to our guests!

Save the Dates



- **Golf Tournament, Oct. 12th, Bryce Resort**
- **Celebrating Family Promise, Oct. 24th, Fort Valley Nursery**
- **Family Promise Giving Day, Oct. 25th**
- **Woodstock Christmas Parade, Dec. 6th**

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