



"Bringing Families Home. . .
Keeping Families Housed"

e-Newsletter
April 2020

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Program at a Glance

2020 YTD Statistics

4

Guest Families

4

Families
Transitional Housing
Program

11

Families
After-Care Program



Message from Sherry

Good morning! The title of a devotion I read recently in *Our Daily Bread* is "It's Time to Pray....Again." I know I have been praying over and over and I know that all of you are praying too. Our families are safe in transitional apartments and are still employed. We have been checking with other graduate families to be sure they have supplies to get through this time. The office is staffed on a limited basis, but we are able to check phone messages from home and can respond to any messages.

So if you hear of any need, please let us know. I have been in contact with Shenandoah Alliance for Shelter, and they will also let us know of any immediate needs in the community. For now, our focus is on diversion and sustainability - helping families maintain housing and providing for any other needs that might arise. **Thank you for all you do for our families - with God's help, we will come out of this crisis stronger and even more united! Practice social distancing and stay safe!**

God hears and cares about our concerns, whether they're spoken boldly, sobbed silently, or secured deep in a hurting heart. He's always ready to make us strong in His power, as He invites us to pray again and again and again. (Xochitl Dixon)

Sherry Arey
Executive Director

2019 Statistics

16

Families Served

51

Individuals Served

25

Adults Served

26

Children Served

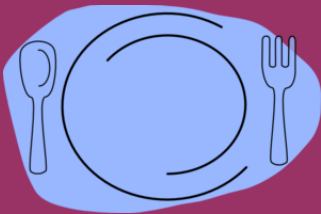
18

Children 5 & Under



5,212

Meals Provided



2,606

Safe Nights



9,500+

Volunteer Hours



Case Manager's Corner

Stress is defined as physical, mental, or emotional strain or tension. We all have tension or stress in our lives; some have more than others. Stress can come from our work environment, commuting, or not getting the promotion we wanted. It can come from the pressures of planning a wedding or being in a bad marriage ending in divorce. It may come from the loss of a job or the loss of a loved one.

The guests in Family Promise may have some of the same issues as above, but they also have the recent loss of a job and/or eviction, loss of a vehicle, loss of a partner or spouse due to drug addiction, or having their partner incarcerated.

Add in the new 'normal' day-to-day functioning due to COVID-19 and we are all experiencing a much higher level of stress. There are so many different scenarios of how our everyday life changes from hour to hour.

One way to handle all of this stress, for most of us, is to pray and read scriptures. There are also other ways to de-stress ourselves like exercise, yoga, Tai-Chi, Qi Gong, focused breathing, progressive muscle relaxation (PMR), mindful meditation, and guided-imagery.

I recently introduced 5-minute "Meditation That You Can Do Anywhere" (which I found on YouTube.com) to our FPSC mothers and staff. We all sat in the family room at the center and listened to the presenter guide us into a more relaxed state with his soothing voice. We all said we felt more relaxed after listening, even after having some technical issues which gave us a good laugh!

I also gave the mothers a copy of "Guided Imagery 101 – Some Basics for Everyone" along with 16 different suggestions found on YouTube. Guided imagery can help with reducing stress, promoting sleep, improving concentration and creating more positivity in one's life.

Here are some websites you can check out for yourself.

<https://www.youtube.com/watch?v=inpok4MKVLM>

<https://www.healthjourneys.com/blog/guided-imagery-101-some-basics-for-everyone>

https://www.youtube.com/results?search_query=guided+imagery



Cameron can sleep anywhere – here he is "guarding" the hallway outside Diane W.'s office!

We wish you restful sleep and sweet dreams.

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First Choice Home Health & Hospice Gives Back to Community

Kristy Beauchesne, a social worker with First Choice, dropped by recently to drop off paper products, toiletries, cleaning supplies and much more. First Choice is a private duty, home health and hospice care provider in the Rockingham, Augusta, Page and Shenandoah County region. Their employees recently decided they wanted to do something to give back to the communities they serve. Each month they choose a different charity. They found FPSC's website and used our Wish List to purchase items for the Center in February. Many thanks for their caring & generosity!!



Last week we received a generous grant from the foundation to fund our "Help Us Stabilize Housing" project.

We had applied for this grant some time ago, but as always God's timing is perfect. As we see longer-term economic effects of the coronavirus, we will be working with families to prevent homelessness.

We are so grateful to be adding to our toolbox to assist vulnerable families.



Laundry Detergent

13 Gal. Kitchen Trash Bags

Lysol Disinfectant Spray

Hand Sanitizer (10 oz size)

Air Freshener



FPSC Steak Dinner & Silent Auction

June 13, 2020 4:00 - 7:30 pm

Woodstock Moose Lodge, 152 Moose Road, Woodstock, VA, USA

Steak Dinner & Silent Auction has been rescheduled! Many thanks to our faithful sponsors!

Host Churches & Organizations

All Souls Anglican Church/
Community Mission
Church of the Brethren

Antioch Church of the
Brethren

Buttonwood Lodge/
Camp Caroline Furnace

Lebanon Lutheran Church

Mt. Hermon United
Methodist Church

New Market Seventh-Day
Adventist Church

St. John Bosco Catholic
Church

St. John's United
Methodist Church

Shenandoah Valley Teen
Challenge

Shrine Mont

Strasburg Assembly of God

Strasburg Christian
Church

Valley Pike Church of the
Brethren

Wakemans Grove Church
of the Brethren



Steak Dinner Sponsors

Filet Mignon

Brad Pollack - Attorney

Porterhouse

Ambassadors of Joy – Strasburg
UMC

Antioch Church of the Brethren
Apple Valley Scale Company

Jerry & Jean Copp

First Presbyterian Church -
Winchester

Fred Hepner, Jr.

Lydia's Clothes Closet

Chuck & Kathy Shipp

William Pence Co.

Ribeye

Buchbauer & McGuire, P.C.

Dupont Community Credit Union

Edward Jones –

Justin Baker, Strasburg

F&M Bank

Faithful Call Chapter NWF

Northern Valley Law

PJ Designs

Libby & Keith Rocco

Shenandoah County Thrift Store

Stover Funeral Home & Cremator

Chuck & Karen Walton

New York Strip

Patrick Craig

David L. Hensley, Esquire

Fred & Mary Hoerr

Eddie & Cindy Litten

Guy & Diane Pence

Mt. Hermon United Methodist
Women

Mt. Jackson UMC Women

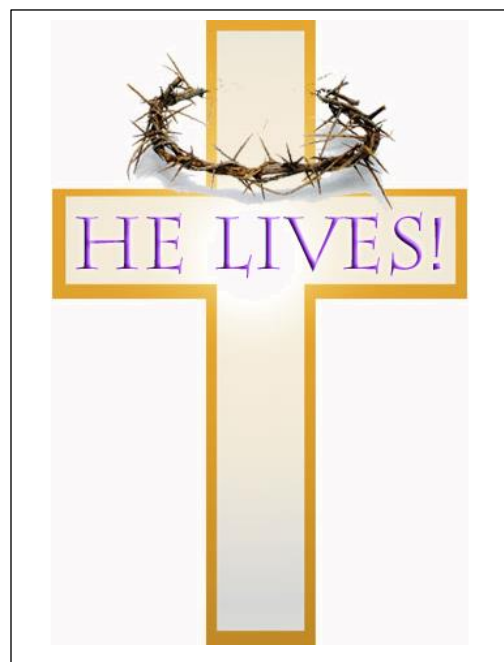
Mt. Jackson United Methodist
Church

Pot Town Organics LLC

Saumsville Christian Women's
Fellowship

Thomas Family Dentistry

Valley Pike Church of the Brethren



Save the Dates

- Barn Dance & BBQ, May 31, 2020
- Steak Dinner & Silent Auction, June 13, 2020
- Cardboard City, Sep. 18, 2020
- 2nd Annual Golf Tournament, Oct. 10, 2020
- Family Promise Week, Oct. 18-25, 2020

1 Thessalonians 5:14

Encourage the disheartened, help the weak, be patient with everyone.

Thanks for all you do!