

HEART OF SOUTH JERSEY

Resource Central

October 2016

VOL 6, ISSUE 4

EARN AN A+ IN PARTICIPATION



There's no question about it – a parent's involvement makes a difference in a child's education. When parents are involved in their children's education as early as preschool, those children have been shown to do better in kindergarten and show more motivation to achieve throughout later grades. As parents continue to be involved year after year, studies show that their children continue to show motivation to learn and achieve.

But, what does "parent involvement" really mean? Do you need to participate in the Parent-Teacher Association? Sell the fundraisers?

Volunteer as the classroom parent? Those are all great ways to get involved, but many parents simply can't commit that time or energy. For many parents, the easiest way to be involved simply is to stay informed and ask questions.

"Schools understand that parents have incredibly busy schedules, since most of our staff also are parents," says Robert Goldschmidt, Superintendent of the Woodbury City Public School District. "From email and websites to PowerSchool, Facebook and Twitter accounts, we now have many ways for even the busiest of parents to communicate

"Your involvement affects your child's achievement."

with or follow their child's school. Parents who speak a language other than English can click on the 'Translate' button at the bottom of our website."

Carmelle Heer, Principal of Max Leuchter Elementary School in Vineland, agrees that communication is key. "I have an open door policy," she says. "If a parent has a question or concern, I am here to help."

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Flu Shot Advisory : Updates for the 2016-2017 Flu Season

The CDC has issued new information regarding your annual flu shot. This year, only injectable flu shots are recommended (so—the nasal spray is **not** recommended for 2016-2017. There are also new recommendations for people who have egg allergies. Go to bit.ly/fluupdates2016 for more information.



Community Outreach Think Tank
see heartsj.org for details



Life Skills Classes

Basic Budgeting 102: Creation of Your Personal Budget

Once you have a better understanding of the importance of a budget from Basic Budgeting 101, this workshop will take you to the next level and help you create your own budget. Bring in all of the information you now know you need and we will help you organize it. You will leave this workshop with a budget that reflects your own current income and expenses.

**Wednesday, October 12, 2016,
6:00–9:00 pm, Nancy
Howard, B.S., Accounting, M.S.
Human Resource Management**

How to Create a Budget in Excel

Once you've learned what to include in your budget, you can take the next step and learn how to construct your budget in Excel. By making a personal

budget in Excel you can easily keep track of your yearly or monthly expenses and income. Excel also allows for the customization of your budget based on your particular needs and provides the ability to formulate quick and efficient mathematical equations for summarizing your budget.

**Wednesday, October 19, 6:00-
9:00 pm, Lauri Kuder,
Microsoft Office Master**

How to Use Google and Gmail More Effectively

Becoming proficient in email is one of the most important skills needed today and Gmail is one of the most popular free email programs available. But there is more to a Gmail account than meets the eye! In this workshop, you will learn the basics of email, including how to save and

attach files to and from the "cloud" (Google Drive). You will also learn how to create, manage and even share documents, photos and much more in Google! We will create a free Google account in class. If you already have a Gmail account, and do not want to create a new one, be sure you can easily sign into your existing account with your current username and password before coming to the workshop.

**Monday, November 7, 6:00-
9:00 pm, Lauri Kuder,
Microsoft Office Master**

**Registration for these workshops is
MANDATORY.**

Workshops are held at:

**Rowan College at Gloucester County
1400 Tanyard Road, Sewell, NJ 08080**

Register by calling:
People in Transition
856-415-2222

or email peopleintransition@rcgc.edu

Parent Involvement, cont'd. from page 1

Principal Heer also encourages parents to spend time with their children to learn about what is happening in school. "If you ask your child how his or her day was, you'll hear 'fine' or another answer that provides no information," she says. "But when you are talking around the dinner table, or while playing a board game, or before bed – kids open up."

To encourage parents and kids to take that special time for each



other, the teachers at Max Leuchter School are now assigning no homework (or very little homework) to kids each

night. "Instead, the whole family has 'homework'," says Heer. "Eat dinner together, read together or play together."

So this school year, make it your goal to be involved – stay informed, ask questions, and spend time talking with your kids. If you do, you'll set up your children for a successful year.

Contributed by Melissa Lukach

above & beyond the call

OCTOBER ABC: Jay Lapp

The Heart's Above and Beyond the Call (ABC) winner for October 2016 is **Jay Lapp**. Jay is a very active member of the community and a friend of People for People and the Heart of South Jersey. He can also be found lending a hand to many other causes and organizations throughout the area.



Jay has a wide and diverse resume of organizations he volunteers his time to. He has served as a volunteer for the past seven years at the Gloucester County Animal Shelter in Clayton to satisfy his love of animals and his desire to keep them safe. It is hard work, but Jay states that it is satisfying to know he is making a difference in animal's lives.

For the past four years Jay has served as a volunteer with the Housing Authority of the Borough of Glassboro and currently serves as the Vice-Chair of the organization. He deals with multiple housing issues and is always available to work with tenants in need.

Jay also serves on the Washington Township Historic Preservation Commission and volunteers many hours to their Olde Stone House project.

With all of the above mentioned causes Jay is involved with you would think that he has little time for himself. But there is more. He has for the past several years volunteered at the Gloucester County 4H Fair working in the kitchen and the serving line for the 4H Fair's fund raising BBQ dinner. He is so dedicated that he worked one year in a leg cast. He is always the first to show up and the last to leave. Jay has a desire to help

veterans' causes as well and can always be counted on to volunteer for the Annual People for People Vets Picnic and local VFW events, and has done so for many years. He is also involved in the People for People/Heart of South Jersey "Wreaths of Remembrance" program which lays hundreds of holiday wreaths every year at the Gloucester County Veterans Memorial Cemetery in Monroe Township.

The thing most impressive about Jay is he is so willing to help others where needed, and to do so with a big smile. You can tell that Jay is the happiest when he is lending a hand where needed and helping others. People for People and the Heart are so happy that we have a man of such dedication on our side, and many other organizations and causes do as well.

Contributed by Paul Blackstock

Slow Cooker Buffalo Chicken Dip

It's finally football season! Nothing beats sitting around with your family on a lazy Sunday watching football – unless you're also snacking on this dip. With just a few ingredients and the help of a slow cooker, this special treat is a cinch to make and sure to be a hit.



Ingredients:

2 (10 oz) cans chunk chicken, drained
 2 (8 oz) packages cream cheese, softened
 1 cup ranch dressing
 ¾ cup pepper sauce (such as Frank's Red Hot)
 1 ½ cups shredded cheddar cheese
 Celery sticks, crackers, and other dippers

Directions:

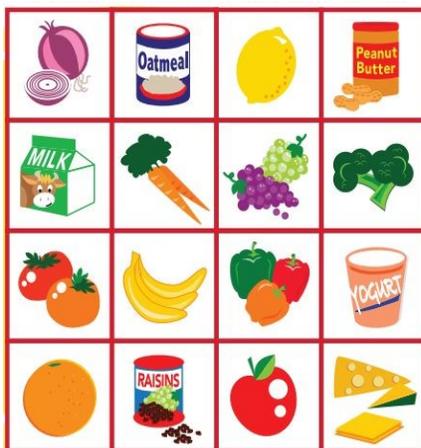
Heat chicken and hot sauce in a skillet over medium heat until heated through. Stir in cream cheese and ranch dressing. Cook, stirring until well blended and warm. Mix in half of the shredded cheese, and transfer the mixture to a slow cooker. Sprinkle the remaining cheese over the top, cover, and cook on low until hot and bubbly. Serve with celery sticks and crackers.

Recipe from allrecipes.com

Real Time Learning at the Grocery Store

Pretend play is wonderful and you can expand on your child's natural curiosity by having him/her help you make your grocery shopping list. There are plenty of pretend shopping lists you can find on Pinterest (<https://www.pinterest.com/pin/159807486747555627>)

For very young children, you can bring the picture list and have them check off items as you find them. You can also play grocery store



Credit: PBS Kids and Whole Foods

bingo—make a bingo card with pictures of items you know you'll be purchasing. Your child can check off items as you purchase and score BINGO when the items

are added to your cart.

TheMint.org suggests that, for older kids, you read the label together and check for ingredients—is the item chemical or organic? Mostly water or real juice?

You can also do comparison shopping. That roll of toilet paper may be cheaper, but how many sheets are actually in a package? Is it cheaper to buy the “family size” version of products? Are store brands that much different than name brands? Sometimes they are, sometimes they are the same or better. It pays to investigate, before assuming the brand name is always better.

Try the Grocery Store Challenge (themint.org/parents/the-grocery-store-challenge). This game teaches your children that there are limits on how much you can buy, by having them check out old grocery receipts, looking for “dollar destroyers” - those items that run up your bill, how to shop for essentials like meat, veggies, fruit, dairy and bread, how to do the math when you add something to your cart, and how to plan for “treats”.

HSJ Collaborators

People for People Foundation

is the lead agency for the Heart of South Jersey collaboration.

Center for Family Services

Educational Information and Resource Center (EIRC)

The Center for People in Transition

Senior Corps

Clayton Public Schools

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Text: “askheart” to #66746

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