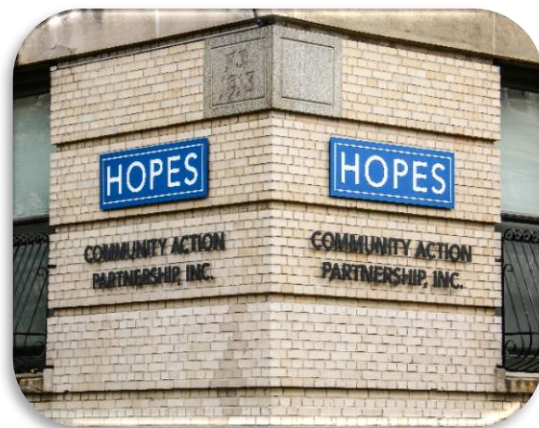


HOPES Rising

Community Newsletter



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HOPES Community Action Partnership, Inc.'s mission is to provide community services that respond to the social, educational and training needs of individuals in an effort to overcome barriers and fight the causes of poverty.



Love Myself Week

Written by Deanna Franklin, Expectant Women Services Specialist

During the month of February, the *Expectant Women* program at HOPES Community Action Partnership (CAP), Inc. participated in "Love Myself Week." The activities focused on self-care, images in media and the connection between self-perception and personal relationships. The women completed self-affirming projects that may be replicated at home with their families. Learn more about *Expectant Women* at <https://www.hopes.org/infant-toddler> or by contacting the *Expectant Women Services Specialist* Deanna Franklin 1-855-OK-HOPES ext.2317, email: dfranklin@hopes.org Pictures submitted with the article.

Plainfield Mr. Fix It Day

Written by Mary Pinto, Early Head Start (EHS) Plainfield Education Site Supervisor

On February 23, 2018, HOPES CAP, Inc. *Fatherhood Initiative* group had a Mr. Fix It Day at every site in Plainfield. In HOPES' Infants and Toddlers program, we had two wonderful parents Mr. Limber Villacis and Mr. Victor Pena, who volunteered their time to help out with some odds and ends in the classrooms and at the site. Some of the tasks that the gentlemen did were lowering cribs, carrying boxes, and tightening up furniture. HOPES truly appreciates all their help that day.

Pictures submitted with the article.



Upcoming Events.

- **Senior Game Day**, March 22nd, 1:00 – 4:00 PM at 311 13th Street, Hoboken, NJ. Request Free Transportation before March 21st by calling 1-855-OK-HOPES (1-855-654-6737) ext. 1301.
- **VITA (Volunteer Income Tax Assistance) Appointments**, through April 17th. To schedule an appointment, please call (201) 468-8805 or go online at <https://hopes.cascheduler.com/>
- **May is Community Action Month**, HOPES Community Action Partnership, Inc. is planning a variety of events from a Diaper Drive to a Multi-Generational Art Auction. Stay tuned in for more information.

Learn more at www.hopes.org under Events and follow us on Facebook and Twitter @HOPESCAPInc to stay up-to-date.



Open Positions!

Check out our new Join our Team page on HOPES CAP, Inc.'s website. Currently, HOPES has open positions for maintenance assistant, custodian, cook assistant, teacher, and more. Applicants can now apply directly through this page:

<https://www.hopes.org/join-our-team>

Did You Know?



Each year, our Early Childhood programs must match 25% of our federal grant with non-federal funds or in-kind. This non-federal match may be made through monetary donations, and/or donated time. When someone volunteers their time for HOPES CAP, Inc., they are giving an in-kind donation. Community Programs also accepts in-kind donations to strengthen and expand our services we provide to the community. Learn more and apply at <https://www.hopes.org/volunteer>

HOPES' Staff Attend the Plainfield Symphony Fundraiser

Submitted by Evelyn Mercado, Community Programs Manager

In early February, staff of HOPES Community Action Partnership, Inc.'s Community Programs and Early Childhood Programs attended the Plainfield Symphony Fundraiser. This fundraiser was also attended by many members of the Plainfield Community, including some who volunteer their time at local organizations. During this wonderful event, HOPES staff had the opportunity to network, meet, and speak with people representing a variety of organizations in the City of Plainfield. *Picture by Josefina Gil-Leyva, Community Programs Advocate.*



Breakfast on the Go

Written by Mary Pinto, Early Head Start (EHS) Plainfield Education Site Supervisor

On January 25th and 26th, HOPES Community Action Partnership (CAP), Inc.'s *Parent Committee* hosted the Breakfast on the Go event at the center for infants and toddlers in Plainfield. This is where families were able to pick up some tasty and quick treats for breakfast after they dropped off their children. Proceeds from this event will go towards activities for the HOPES CAP, Inc. children. *Pictures submitted with the article.*



New Opportunity for Plainfield High School Students!

Submitted by Evelyn Mercado, Community Programs Manager

Josefina Gil-Leyva, HOPES Community Action Partnership, Inc. Community Programs Advocate in Union County, is collaborating with Carmen Salavarieta, Founder of Angels for Action, Inc. to facilitate a College Readiness Program for high school students in Plainfield. The program runs once a week from 3:30pm to 5pm on Mondays, unless otherwise announced.

HOPES' College Readiness Program will assist teen students with:

- registering for their SATs,
- finding and applying for financial assistance (both public and private) and scholarships,
- prepping their college applications and essays, and
- providing college tours throughout the state.

For more information about HOPES College Readiness Program, please call 1-855-OK-HOPES ext 1015.

Give Kids a Smile

Written by Mary Pinto, Early Head Start (EHS) Plainfield Education Site Supervisor

On Friday February 2, 2018 HOPES Infants and Toddlers program in Plainfield celebrated "Give Kids a Smile Day." Teachers read stories about tooth brushing and showed the children how to brush correctly; the children brushed a set of model practice teeth and cleaned a tooth that was full of dirt. The children also practiced brushing their own teeth, which they do daily at school. *Pictures submitted with the article.*



Celebrating Int'l Mother Language Day

Submitted by Mary Pinto, Early Head Start (EHS) Plainfield Education Site Supervisor



Preschoolers visit Hoboken Pizzeria

Submitted by Katherine Ruiz, Education Site Supervisor



Black History Month

Madam C.J. Walker was born Sarah Breedlove on December 23, 1867, near Delta, Louisiana. She invented a line of African-American hair care products in 1905. She promoted her products by traveling around the country giving lecture-demonstrations and eventually established Madame C.J. Walker Laboratories to manufacture cosmetics and train sales beauticians. Her savvy business acumen led her to be one of the first American women to become a self-made millionaire. She was also known for her philanthropic endeavors including donating the largest amount of money by an African-American toward the construction of an Indianapolis YMCA in 1913. Learn more at <https://www.biography.com/people/madam-cj-walker-9522174>



Heart Health Month

February is federally designated as Heart Health Month, a month to learn and prepare ourselves for heart disease, which can lead to heart attacks, also known as myocardial infarction. Most people think of heart attacks as sudden and obvious as depicted in television and movies. However, heart attack symptoms can be gradual and mild. By knowing the signs of a heart attack, you can act fast to save lives by calling 911. The most common symptom is *chest discomfort*. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain. Other symptoms include:

- discomfort or pain in other areas of the upper body, such as in one or both arms, the back, neck, jaw or stomach,
- shortness of breath with or without chest discomfort, and/or
- other signs, which may include breaking out in a cold sweat, nausea or lightheadedness.

"Although men and women can experience chest pressure that feels like an elephant sitting across the chest, women can experience a heart attack without chest pressure," said Nieca Goldberg, M.D., medical director for the Joan H. Tisch Center for Women's Health at NYU's Langone Medical Center. "Instead they may experience shortness of breath, pressure or pain in the lower chest or upper abdomen, dizziness, lightheadedness or fainting, upper back pressure or extreme fatigue." Learn more at www.heart.org and watch animations about heart health <https://watchlearnlive.heart.org>