

A Message from our Executive Director:

Summer is in full swing with pockets of beauty all around us. When I step outside in the morning, it's hard not to revel in the sights and sounds that monopolize the neighborhood. Birds chirping, crickets getting ready to retire for the night, a few bumblebees feasting on nectar from the colorful flowers, and yes, the sun; the beautiful sun. Even thunder storms bring a sense of peace and wonder when safe and sound at home. June brings on the gratitude for me, and I hope this message inspires you to find yours too.

Dedication happens to be the vision this month. If one opens up their mind, it is possible to define dedication in a myriad of ways. For one, how about a new dedication just to find the gratitude each and every day. I know I say this often, but it warrants repeating. Each morning or evening, keep a journal and write down three specific things that bring your gratitude. I say specific because studies have shown that we are more apt to instinctively look for the gratitude when our lists are very specific. For example, instead of saying that you are grateful for your home, pick a favorite part of your home, or even a thing within the home that brings you joy. I promise that by implementing this method on a regular basis, you will begin to make internal, often unconscious, lists all day long. Give it a try and watch the magic happen.

Next, we can look at dedication in reference to our goals. They can encompass work life, family, education or be relationship based. What do you want to accomplish personally or professionally, and how can you dedicate yourself more fully to the outcome? Why not use the same journal you are using for gratitude, and put those goals on paper? Inspire yourself to take action, even it's the smallest of tasks. They will build on each other, eventually leading you closer and closer to your goals.

Finally, I would be remiss if I didn't mention the aspect of rededicating to you. Are you kind to yourself? Are you making healthy choices or surrounding yourself with people that feed your soul? The acts of dedication are endless. What a wonderful opportunity for growth!

With sunshine, summer rain and gratitude,

Dr. TaraColleen Macatee



Check it out!!!

Upcoming events for families in New Jersey

North:

What: Greenwood Lake Air Show
Where: 126 Airport Rd, West Milford Nj
When: June 14th-16th
Please note this event has loud noises, lights, fireworks, and laser light show

Central:

What New Jersey Renaissance Fair
Where: 1990 Jacksonville Jobstown Rd. Columbus NJ
When: June 1st -2nd and June 8th -9th

South:

What: Blues and BBQ Festival
Where: Gloucester County 4H Fairgrounds (725 Bridgeton Pike, Mullica Hill)
When: June 22nd and June 23rd



Banana Split Pudding Cups



Here is your shopping list:

- Chocolate and vanilla pudding (either prepared from a mix or purchased pudding cups)
- Whipped topping or whipped cream
- Ripe bananas
- Strawberries
- Crushed pineapple
- Sprinkles

And you will need a few simple items from your kitchen:

- Clear plastic cups
- Plastic knives
- Plastic drinking straws

The first step is to mix up the pudding if you are using instant pudding mix. If you really want to simplify, you can buy pre-made pudding cups. Let your kids peel open the pudding cups (and maybe even lick the lids!).

Next, drain the crushed pineapple. Use a colander with small holes so the pineapple doesn't slip through the holes.

Then, hull and chop the strawberries and peel and slice the bananas.

Once all of your prep is done, it's time to assemble the Banana Split Pudding Cups! Tip: use a cupcake pan to hold the plastic cups so they don't tip over when the pudding cups are being assembled.

Layer sliced bananas, chocolate pudding, strawberries, vanilla pudding, crushed pineapple, whipped topping and **SPRINKLES!**

https://thecraftingchicks.com/banana-split-pudding-cups/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes

Kwesi and Barry worked hard on creating Mother's Day cards!



Some of our KFSNJ friends visited Cedar Run Wildlife Refuge in Medford, NJ!




Look at those wingspans! Impressive!





Fun Days to Celebrate in June!

1 st : National Game Show Day	15 th : Smile Power Day
2 nd : National Frozen Yogurt Day	16 th : Father's Day
4 th : Hug Your Cat Day	19 th : Juneteenth
8 th : Best Friends Day	20 th : Finally, Summer Day / Summer Solstice
13 th : Pigeon Appreciation Day	23 rd : National Pink Day
14 th : Flag Day	26 th : Summer Olympics Begin




All About Summer ... a Poem by Bette

School is out for summer; going to vacation for beach time, relax, summer camp, enjoy spend time with families; Father's Day is always a 3rd Sunday of June; picnics, fun summer days like going to amusement parks for season pass, taking walks when it's not hot outside, 4th of July, swimming outdoor fun, concerts fun, going to annual end of summer Great Allentown Fair and end of summer fun at Labor Day picnic.



The following individuals are celebrating birthdays in June. We wish them a very happy birthday! Have a great day!



June 6th – Justin
June 15th- Katie
June 15th- Terri
June 26th- Ann

Mission Monday is our space to thank providers who have given exceptional service to our individuals this month! We are grateful for you always.

Latoya Page: Latoya is always so cheerful, personable, and reliable. She always shows up on time and makes sure the individuals she provides services to can depend on her!
Thank you, Latoya, for all you do!

Chrys Geddies: Chrys continues to go above and beyond for her individuals. Chrys goes out of her way to make sure the individuals she provides service to has the best supports possible!
Thank you Chrys for all you do!

Emily Regan: Emily always ensures safety and comfort to the individuals she supports. Emily is compassionate, kind hearted and considerate!
Thank you, Emily, for all you do!!

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