

OUR MILITARY FAMILIES OUTREACH PROGRAM: FACING THE CHALLENGES TOGETHER

Joseph, a second grader who is active in soccer and baseball, began having difficulty sleeping at night. Before he goes to bed, he checks the locks on all the windows and doors, fearful that burglars are going to rob his home. He feels anxious knowing that his dad is going to be away for a year. Mary Burke, mother of Joseph, 7 and Kyle, 3, is the Secretary of a local Family Readiness Group. She and her young sons are struggling to cope with the recent deployment of their loved one: husband, father, and soldier.

“Everyone handles their situation in their own unique way, for me, I chose counseling,” said Mary. “I think it’s very important that other families who have similar issues come forward. The counseling offered at Family Service has made a difference in our lives. We need a place to talk about our feelings and that we’re not alone. The way I cope with my husband’s deployment is to stay busy. For my son Joseph, I recognized that he needed practical help from a professional so that he could get back to his regular activities without being fearful. We are very fortunate that our community has these services to help us get back to our normal everyday routine. While we still need more time to work things out, I can already see a definite difference in our day to day lives. My little boy is less anxious and having fun with his friends and very active in school sports. I would like people to understand that we as military families all share the same common issues around deployment. The need for mental health services should not be seen as a stigma, or a weakness, but as an effective tool to help us during these complex times.”

The demands of deployment are complex and can be especially hard on children when separated from their mom or dad. For many families of soldiers recently deployed, there are those who attempt to face the issues alone, while others choose to reach out to mental health professionals who can help. FSMC has responded

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The Burke Family – Mary Burke with sons Kyle, 3 and Joseph, 7

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FACING THE CHALLENGES TOGETHER
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to this need with their Military Families Outreach Program to address the challenges military families face during deployment. Our counselors help families cope with the daily stress, fears and anxieties associated with military deployment. Military Families give so much to our community and our country. These families do not have to suffer in silence.

“These are obvious symptoms of separation anxiety, a very common reaction especially among young children. When a child experiences these emotions, they usually cannot express themselves through talking therapy as do adults. Using play as a form of communication, we work with young children to help normalize their feelings of stress and anxiety so that they can better cope with feelings of loss and separation.”

Michaela Trimble, LPC, FSMC Mental Health Counselor.

At FSMC, we are deeply appreciative of the sacrifices made by our military men, women and families. We are proud to be a community resource for our courageous men and women who so bravely serve our country.

PATRICIA O’DELL, MSW, LCSW, PROGRAM COORDINATOR, ADULT AND FAMILY TREATMENT PROGRAM WHO COUNSELS CHILDREN WITH SEPARATION ANXIETY OFFERS THE FOLLOWING HELPFUL TIPS:

- Keep a regular and consistent schedule of activities that includes plenty of “down time” for fun and relaxation.
- Kids need opportunities to talk openly about their reactions to their parent’s deployment. Feelings of loss don’t go away simply because they aren’t talked about. However, don’t push your child to talk if they aren’t willing.
- Communicate openly about your own feelings. Your children will model your behaviors. If you talk about your partner, they will follow your lead.
- Keep the memories! Talk about your loved one; include him or her in your conversations with the kids. Provide your child with reminders of times together such as, “Your Dad always made me laugh when...” or “I miss your Mom! She made the best ...”
- Don’t be alarmed initially by any emotion your child expresses. Children respond to the loss of a parent in different ways. They may become angry or withdrawn, feel vulnerable and anxious, or express guilt, sadness, worry or fear. They may act like their parent never left, or they may take on new responsibilities.
- If your child’s reaction to his or her parent’s deployment seems excessive, help is available at Family Service of Morris County. Please contact Valerie Hart at vhart@fsmc.org or 973-538-5260 for more information.

FROM OUR EXECUTIVE DIRECTOR’S DESK



Patrice Picard - We change, yet we remain the same. This is a consistent theme that is woven throughout our agency’s history. This anniversary year is a pivotal time for FSMC as we create the roadmap to our second century of serving our community. We began in 1813 by providing military families with basic needs like food, fuel, and clothing. Today, in keeping with the legacy of the Female Charitable Society, we continue to serve the

needs of military families as well as the larger community with over 20 innovative programs serving 6,000 children, adults and seniors. As we celebrate 195 years, we reflect on the families we have served and the lives we have changed. These accomplishments were all made possible by our committed Board, staff, volunteers and donors. Thank you all for your support. We look forward to serving our community for another 195 years!!

MESSAGE FROM OUR PRESIDENT



Joe Longo - It is my privilege and honor to be part of the FSMC team as the new President of the Board of Managers, and to help lead the organization to its 200th anniversary of service to the community. During this 195th anniversary year celebration, we take time to remember the many significant events and accomplishments that have made this an exceptional year. As part of a family business with roots in Morris County going back

over 60 years, I appreciate the rich history of this vibrant organization and understand the difference we make in the lives of the people we serve. I am continually impressed by the ability of this organization to change to meet the needs of clients while remaining true to the essential mission of helping families. I add my thanks to the staff and many supporters of this exceptional agency.

OPEN HOUSE
COMMEMORATES

195 Years

With our theme of *Then and Now*, guests viewed our historical timeline showcasing 195 years of archival material



Patrice Picard, FSMC Executive Director (left) and Janet Horowitz, FSMC Director of Development pose with David Grant, President and CEO, Geraldine R. Dodge Foundation.



Silvia Lippe, Director of Addictions Services at FSMC, dressed in period costume represents the Female Charitable Society of Morristown.

FSMC BUILDS ON OUR CORPORATE PARTNERSHIPS

McKinsey & Company, Accenture and Novartis employees join together with FSMC with the creation of 830 Memory Kits for distribution to our Military Families



McKinsey & Company



Accenture



Novartis



Patrice Picard, FSMC Executive Director with Specialist Thomas and Sergeant Middleton collect 300 memory kits for military families

NOVARTIS COMMUNITY PARTNERSHIP DAY

30 Novartis employees volunteered at our three Time Out Adult Day Care Centers in September



Eva Murray, Time Out Morris View and Novartis volunteer, Marie DiPasquale enjoy a game of Play Fair



Novartis Volunteers visit FSMC

LOOK WHAT'S HAPPENING AT **FSMC**

Our 46th Annual Spring Ball Gala!

**WORKING WITH FAMILIES TO CHANGE LIVES
ONE PIECE AT A TIME**

On Saturday, April 5, 2008, more than 200 people gathered at the Park Avenue Club in Florham Park to honor our long time partner, Pfizer Inc.

Pfizer has helped support the Family Service mission in many ways including financial support, representation on our Board of Managers and Corporate Leadership Council, and their generous donation of furniture to our new program center on Elm Street.



Spring Ball Honorees, Wendy Lazarus, Director of Government Affairs at Pfizer, Inc, and former state Sen. Richard Bagger, Pfizer's Senior Vice President of Worldwide Public Affairs and Policy Accept the Community Partner Award from Shade Grahling, president of the Board of Managers of Family Service and Patrice Picard, FSMC Executive Director.



2008 Spring Ball Committee: Roberta Vida, Alexandra Mead, Shade Grahling, Melissa Rainis, Wendy Lazarus, Patrice Picard, Carol Heller, Ann Stachenfeld. Not shown: Sharon Bittman, Jill Gateman, Susan Kloss and Beth Mahan.



14 local area high school students volunteer their time and talent to help raise funds for FSMC!

HIGH SCHOOL STUDENTS VOLUNTEER THEIR TIME AND TALENT

MO-BEARD STUDENTS DONATE WII GAME TO SENIORS OF FSMC ADULT DAY CARE CENTER

Morristown-Beard High School junior Mike Taggart helps Herman Grehl of FSMC Time Out Adult Day Care Center in Madison with his bowling technique during the Wii Sports demonstration at the Center. The students raised funds to donate the Nintendo game system to the Center.



It is Great!!

TIME OUT SUCCASUNNA CELEBRATES 8 YEARS

On August 14, 2008 we celebrated the lives of those touched by our Time Out Succasunna Adult Day Care Center. At this time of celebration, we thank all of you who have joined us and shared in our philosophy of care and support and most of all fun over these past 8 years. We are thankful to our Time Out staff who have carried on the FSMC founders' tradition of care, compassion and dedication to service to our seniors in the Morris County communities.



George Fabian entertains with his sax at the 8th Anniversary Celebration



Lillian Dawson and Ebe Marie Soley (seated) with staff members, Rachel Estes and Heidi Krump

WELCOME NEW FSMC STAFF MEMBERS

- Cheryl Clark** – Activities Assistant, Time Out Morris View
- Christine DeFalco** – Senior Care Manager
- Pamela DeMassi** – Associate Director of Development
- Rachel Estes** – Program Assistant, Time Out Succasunna
- Valerie Hart** – Manager, Military Families Outreach Program
- Beverly Horstmann** – Activities Assistant, Time Out Morris View
- Marvy Jackson** – Parenting Trainer
- David Keeney** – Driver, Time Out Madison
- Marie Palumbo** – Coordinator, Alcohol, Tobacco and other Drugs
- Patrice Picard** – Executive Director
- Rasheedah Riddle** – Coordinator, First Step Program
at Morristown Community Soup Kitchen
- Kelly Sallie** – Counselor, Intoxicated Driver Resource Center
- Thelma Tone** – Nurse Consultant
- Michaela Trimble** – Intake Coordinator/Mental Health Counselor
- Katherine VonAmeln** – Program Assistant, Time Out Madison

FSMC BOARD OF MANAGERS

Officers

Joseph M. Longo, President
Alexandra Mead, Vice President
Mark Reffner, Treasurer
Jill Gateman, Secretary

Board Members

Tom Bintinger, Andrew Bittman, Mark Byron,
Carol Heller, Kirsten A. Hotchkiss,
Shirley Howell, Shirley A. Kraft,
Wendy M. Lazarus, Dan J. Ligorner,
Michael J. Magner, Gerald P. McBride,
Hector H. Mislavsky, Donna McNamara,
Len Muscarella, Christine M. Myers,
Kathy Parker, Melissa A. Rainis,
Sharon Toriello, David T. Welsh

Ex-Officio

Virginia Ranger

R

ECENT STAFF ACHIEVEMENTS

Kathleen Dennis, MS LCADC Program Manager, Intoxicated Driver Resource Center (IDRC) was appointed to the Citizen's Advisory Council of the Division of Addiction Services (DAS) and to the 2008 Advocacy Leadership Advisory Program of the National Council of Alcohol and Drug Dependence (NCADD);

Ann Boland, BA, Coordinator, Senior Cents Program has been accepted into the Rutgers University Graduate School of Social Work and will focus on gerontology;

Meg Smith, MSW, staff clinician passed the Licensed Clinical Social Work (LCSW) exam and received high scores;

Pat O'Dell, LCSW, Coordinator, Adult and Family Treatment Program was nominated to serve on the National Association of Social Workers (NASW) Committee on Diversity and Cultural Competency;

Pat O'Dell, LCSW and Tammy Rosenthal, LCSW, Director, Child and Adolescent Services, both received New Jersey Disaster Response Crisis Counselor (NJDRCC) certification as Disaster Response Crisis Counselors for Morris County. The NJDRCC certification represents a partnership between the New Jersey Division of Mental Health Services' Disaster and Terrorism Branch, the Mental Health Association of New Jersey and The Certification Board of New Jersey, Inc. Funded through a generous federal Health

Resources Services Administration (HRSA) grant, the NJDRCC certification is issued by The Certification Board;

June Trueaux, MA, Early Childhood Education Specialist presented in June at the National Association for the Education of Young Children (NAEYC) Professional Development Institute in New Orleans, *Meeting Infant/Toddler Teachers Where They Are: Offering a Range of Approaches Supporting Professional Development.* More than 4500 professionals were in attendance.

Join our email list and receive our FSMC e-News. Sign up online at www.fsmc.org.

Welcome NEW BOARD MEMBERS



Mark Byron

Mark Byron has been a principal in New Jersey Life and Casualty since 1956, specializing in wealth preservation, business succession planning and employee benefits.

Byron has been president of the Greater Newark chapter Chartered Life Underwriters (CLU), and chairman of its Ethics Committee. He is a life member of the Million Dollar Round Table (MDRT) and a member of the Association of Advanced Life Underwriters (AALU). Mark earned his BS in Economics from the University of Vermont and his MBA from University of Pennsylvania's Wharton Graduate School. He lives in Morristown with his wife Barbara.



Michael Magner

Michael Magner is the Managing Director at Natixis Real Estate Capital. He is responsible for the origination, structuring, and underwriting of fixed and floating rate commercial loans and

portfolios. Prior to joining Natixis, Mr. Magner was Senior Vice President and Head of Capital Markets at Prime Capital Funding and prior to that a Director at CIBC where he was responsible for coordination of the real estate securitization program. Prior to joining CIBC, Mr. Magner was a Vice President in the Commercial Mortgage-Backed Securities Group at Smith Barney and Travelers Insurance on the buy-side of CMBS.



Sharon Toriello

Sharon retired in June, 2006 after spending more than 30 years in education as a teacher, school counselor, Director of Guidance, Assistant Principal, District Director of Student Personnel Services and finally, as Principal of Kinnelon High School. In 2004 she was named New Jersey State Principal of the Year. Sharon is a licensed professional counselor and an adjunct professor in the Graduate School of Education at Fairleigh Dickinson University. She is writing a book about a special needs young woman who redefines the power of the human spirit through the example of her own life. Sharon lives in Denville with her husband, Tony, a retired Assistant Superintendent of Schools and has two married sons, Troy and Todd, both educators in Morris County.



Kathy Parker

Kathy Parker has 25 years of marketing and strategic planning experience. Most recently she was Vice President with Kraft Foods, leading their New Business effort.

Kathy and her teams brought many successful products to market including 100 Calorie Packs. While there, she served as the Chair for the Kraft Employee Fund and Board Member of the Forte Foundation. Kathy received her MBA from NYU. She and her husband Jonathan reside in Mendham with their children Ryan and Mackenzie. Kathy will also serve as Chair of Family Service's Development Committee.



Carol Heller

Carol worked for TIAA-CREF in New York City for thirteen years as a Benefit Plan Counselor, New Product Coordinator, and Manager of Training and

Development. She served on FSMC's 2008 Ball Committee and is currently coordinating volunteers for our Military Families Family Readiness Groups. Carol lives with her husband, Jeffrey, and their three children in Mendham.

NEW BOARD MEMBERS

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Christine Myers

Christine is a principal with AZtech Strategies, a technology consulting firm based in South Carolina. She was previously a Vice President with Siemens Enterprise Networks headquartered in Munich, Germany and prior to that spent 15 years with AT&T, Lucent, and Avaya. Christine received her degree from the College of William and Mary. She lives with her husband Stan and children Tom and Marty in Mendham. Christine will serve on the Family Services Strategic Planning and Development Committees.



Donna McNamara

Donna is a leader in helping organizations improve results through learning, leadership and organization development. As the former Vice President of Global Education and Training for Colgate-Palmolive Company she developed and implemented Colgate's world-wide learning strategy. Previously, she was an executive with AT&T in the areas of human resources, education and strategic planning. Currently, Donna is a management consultant and co-academic director of the chief learning officer graduate program at the Wharton School for The University of Pennsylvania. She received her Ph.D. from Peabody College of Vanderbilt University. Donna and her husband, Larry, reside in Morristown.

Our Wish List

- Bilingual Calendars for Spanish speaking client
- Books and/or DVD's on parenting
- Video camera to create tutorials for staff and clients
- Lap top computer(s)
- New digital camera

If you wish to purchase any of the wish list items, please contact Janet Horowitz, Director of Development, at 973-538-5260 or jhorowitz@fsmc.org

Family Service of Morris County's legacy society recognizes those individuals who have provided for the future of Family Service through a planned gift. Members of the 1813 Society recognize that Family Service has been part of the fabric of the community since its founding in 1813 and are committed to ensuring its future through a bequest, a charitable trust, life insurance policy or other type of planned gift.



BECOMING A MEMBER OF THE 1813 SOCIETY

You can help ensure the future stability and growth of Family Service by including Family Service in your will. Your bequest may be in the form of a specific dollar amount or as a percentage of your estate after your obligations to others have been fulfilled. You may also name Family Service as contingent beneficiary in case none of your other beneficiaries survive you.

If you have included Family Service in your estate plans or if you have any questions about making a bequest or other type of planned gift, please contact Janet Horowitz, Director of Development at 973-538-5260.

FAMILY SERVICE OF MORRIS COUNTY RECOGNITION FUND – GIFTS THROUGH 9/26/08

IN HONOR OF: Happy Holidays & New Year

Michael Barger
Kathy Chalmers
Bruce Colligan
Joel Contente
Paul Froisland
Meg Huber
Jane Luciano
Joseph Marosits
Teresa Oakley
Guy Pedelini
Brent Peterson
Douglas Poff
Marilyn Priestley
Irene Scanlon
Patricia Scholz
Kevin Slavin
Terrie Sostorecz
John Warren

Gary Wiklund
A.J. O'Connor
Associates, Inc.

Dewey Clark
Margaret and Jeremy
Archer

**Barbara Davis for a
speedy recovery**
Joan Bick

Adrienne Kern
Sherry and Steve Wang

Paul Krump
W. Dan Arrighi

Kevin Langan
Bob Rigby

Patrice Picard
Jennifer and Kent Hiser

**IN MEMORY OF:
Ken Brands**

Jenny and Jeff Brands
Jewel Fox

Ida Capalko

Marie Archer
Ruth M. Cranwell
Polly and Douglas
Cranwell

Lucille Foy
Lucy and Gary Deutsch

David Fulton
Gaye Bulton

Pat and Jean Gilligan
Christine Dwyer

Marcia Goldberg
Judy Bjorklund

Mary Jo Buchanan
Joanne Case
Jina and Vincent Chan
Sheila and Wallace
Ferguson

Dina Glen
Rose Levine

Janette Liland
Leona Maddocks
Miriam and Philip Person
Patrice and Denis Picard
Karen Spitzberg

Ellen Gordon
Mary Gordon

Alice R. Horowitz
Stanley Horowitz

Eric Jacobs
Stanley Horowitz

Eudokia Klymyshyn
Luba Klymyshyn

Harold Larkey
Patricia Howlett

Simon Madison
Christine Neves

Sabina Monahan
Maxine and Norton
Davis

Pat Davis
Margot and Larry
Freedman
Joyce Friedman
Mr. and Mrs. Michael
Geller

Nancy Nash
Paul Nash

William Nolan
Kathleen Brady
Joyce Comperatore
Roberta and Thomas
DiViolo

Mary and Robert Farrell
Jill and Leonard Gallo
Mark Klingenstein
Dana Kurz
Tiffany McLeod

A.P. Muscarello
Dorothy and Richard
Nolan

Donna and Richard Nolan
Naomi and Dave Völberg

Franklin Parker
Patrice and Denis Picard

Adam Phillips
John O'Brien
Judy and Mark Segall

Robert Reffner
Mary Jo and Gary
Buchanan
Carolyn and Pat Dentato
Pam and Joe Longo

If you would like to make a gift to remember a friend or family member or commemorate a special achievement or occasion, consider making a donation through Family Service's Recognition Fund (See attached envelope for details)

Virginia and Michael
Ranger

Angela Resto
Leonard Resto

Vincent Scerba
Barbara Ann Jones

Evelyn Stern
Stanley Horowitz

Lupe Garcia Young
Tammy and David
Rosenthal

Arthur Zaharoff
Janet Horowitz

- Partner Agency: United Way of Morris County
- Member Agencies: Alliance for Children & Families, Family Service Association of New Jersey, New Jersey Association of Mental Health Agencies
- Accredited by the Council on Accreditation for Children and Family Services
- Licensed by the Division of Mental Health Services

Our sincere thanks to Vision Creative Group for their generosity in donating the graphic design and layout, and to Digital Color Concepts for their donation of the printing of this newsletter.





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ONE PIECE AT A TIME

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RETURN SERVICE REQUESTED

FSMC SALUTES OUR PAST AS WE LOOK FORWARD TO THE FUTURE



On August 10, 2008, Family Service celebrated its 195th anniversary as the leading family service organization in Morris County. This important milestone underscores our organization's enduring commitment to serving members of our community for nearly two centuries.

Our story began on August 10, 1813 in the Morristown home of Mrs. Samuel Fisher, wife of the First Presbyterian Church minister. Here, a group of women organized as the Female Charitable Society of Morristown and were dedicated to charitable deeds and to care for the wives and children left behind as the men went off to fight for their country. During the War of 1812, these were harsh economic times and the Society women helped families by sewing clothing and offering relief in the form of food and coal.

Today, FSMC and its founding mothers, share many distinct parallels to its early beginnings. Once again we come face to face with the impact that war time and economic challenges have on our community. Nearly 200 years later, Family Service is again returning to its roots with the creation of its Military Families Outreach program to meet the critical needs of our families left behind in the wake of having more than 3,000 NJ National Guard soldiers deployed to Iraq and Afghanistan. One of the most striking comparisons seen across the generations is our ability to respond to the unique needs of families especially during turbulent times.