



Nurturing Wellness and Self-Sufficiency in Vulnerable Youth, Young Adults and Their Families.

The LifeTies Buzz

Hats Off to our Phenomenal Volunteers!!!



While so much has changed in the last six weeks, one thing that has remained constant at LifeTies is our volunteers' unwavering support of our youth during this challenging time. As April is Volunteer Appreciation

Month, we are reminded of how fortunate we are to have such a thoughtful and dedicated community. In this newsletter, we highlight a few of our amazing volunteers as well as provide new ways for you to get involved now from your homes to support our youth. Thank you to all of you who have shown concern and support for our youth and families and doing all that you can to help. All of us at LifeTies are hoping you and your families are well and safe.

LifeTies Launches New Virtual Volunteer Information Sessions & Virtual Mentor Training

Our staff have been working tirelessly to develop new virtual volunteer information sessions and virtual mentor training. You now can learn about our volunteer opportunities through our virtual information sessions, and the various ways you can help right now during the pandemic from your home either as a volunteer Mentor or LifeLink volunteer.



Become a Mentor Now - While we are looking forward to mentors being able to expose their mentees for new experiences in the community, there are many ways to connect right now from your home. A significant benefit of a mentor relationship is for the youth to feel connected to a trusting adult. Youth can feel especially isolated during this pandemic, just having one extra person checking in and breaking up the week can make a huge difference. We have found that with a little creativity and the use of technology there are many ways to stay connected to our youth virtually. For example, one of our mentors sent his mentee cooking recipes and they cooked together in their separate homes via zoom. Another Mentor and her mentee work on craft projects together. You can make a significant difference in our vulnerable youth's lives just with a commitment of 4-6 hours a month. Visitations with mentees will be continued in person when deemed safe to do so.

Become a LifeLink volunteer and work with our youth in our Group Homes virtually. You can provide cooking lessons, vision boards, budgeting classes, journal writing, resume writing, tutoring and many more experiences virtually. Our youth in our group homes have access to technology enabling them to have virtual face to face classes. With the stay at home order, it is challenging keeping our youth occupied but with the assistance of volunteers we are able to keep developing their life skills and expose them to new experiences.

Please email Kathy Coppins at kcoppins@lifeties.org to sign up for a virtual information session offered May 8th, May 12th, or May 27th to learn more about volunteering virtually at this time.

Mentor Spotlight

Stephen Slusher, is a chief legal officer for a biotech company and resides in Trenton with his husband. He serves on several Boards

aside from being an outstanding LifeTies mentor. He initiated his relationship with LifeTies Mentoring Program in January of 2018. Stephen notes, "I was attracted to LifeTies Mentoring Program, because I had worked with youth in other programs and had enjoyed the interactions. I saw LifeTies as having similar goals and was attracted to building a one-to-one relationship with a youth."

He has successfully worked with two mentees to date. When asked what activities he enjoys doing with his mentee, he explained that he finds it important to find out what his youth is interested in. His current mentee enjoys doing outdoor activities together, such as biking and hiking. His mentee has some specific interests that involved going to some "little-known" museums where Stephen said he has learned a lot from these visits.



Every mentor-mentee match works on specific agreed upon goals to help the youth become self-sufficient. Stephen has made a huge difference in the lives of his mentees and assisting them in reaching their goals. We currently are seeking 25 additional mentees to meet the needs of the youth waiting for mentors in our community.

[Click Here to Become a Mentor](#)

LifeLink Volunteers and Faith Based Organizations Provide Needed Cloth Masks for our Youth and Staff



We are extremely grateful to our amazing LifeLink volunteers who have been making cloth masks for our youth and staff during the pandemic. Both Don Lovett a member of Ewing Presbyterian Church and David Harvie, a member of Church of the Sacred Heart, have organized efforts through their respective churches to meet our needs. Teri Harvey, from Ewing Presbyterian Church pictured here, has already sewn 225 masks herself for hospitals and other organizations. We greatly appreciate our wonderful volunteers using their time and talent to help us keep our youth and staff safe.

[Click Here to Become a Volunteer](#)

Rapid Rehousing Spotlight



Laila* joined the LifeTies program rapid rehousing program for homeless young adults last fall. Laila, age 19, had been sleeping in her car when she was referred to us through the county's coordinated entry system for homeless young adults. Although homeless, she was able to maintain a job at a fast food chain. We were able to house her quickly in her own apartment and with assistance from our case manager, she took ownership of the apartment, cleaning, decorating and responsibly maintaining it. We provided her with budgeting assistance and education on being

a responsible tenant as well as tenant's rights. When Laila was ready to pursue a full-time position, we assisted her by linking her to a potential employer, prepping her for the interview and accompanying her to the interview. She was thrilled to land an administrative position at an insurance company. Due to COVID-19, Laila is temporarily out of work and is anxiously waiting to return to the insurance company when the State reopens. In the meantime, we are supporting her by providing groceries and personal protective equipment to keep her healthy and safe. We are proud of how well she is maintaining her

apartment and taking responsible measures to keep safe during the pandemic. Our list below identifies ways you can help young adults like Laila at this time.

*Picture and name have been changed to protect the identity of the person served.

[Click Here to Learn More About Our Supportive Housing Program](#)

HOW YOU CAN HELP

Please contact Priscilla Cartagena at pcartagena@lifeties.org if you can provide any of the items below.

Personal Protective Equipment to keep our staff safe - we are in need of 3 ply masks for our youth and staff to keep them healthy and safe as well as additional cloth masks and gloves.

Non-perishable food and diapers - In order to help our young adults living in our supportive housing programs during the pandemic, we are in need of the following donations as some of our young adults have lost their jobs, including our young mothers in the program:

- Baby Diapers - Pampers, size 3.
- Gerber Purified Water
- Gerber baby food (apple, strawberry, banana) 4 oz
- Gerber (chicken noodle) 4 oz
- Gerber (peas, carrots, spinach) 4 oz
- Canned goods (string beans, corn, spaghetti, mixed vegetables, fruit, ravioli, cup of noodles (chicken flavor), cases of bottled water.

Entertainment/Games to assist our youth in staying at home when they have downtime in between their online classes during the pandemic:

- DVD players
- DVDs - comedy
- UNO Cards
- Scrabble
- Checkers
- Chess

Hair Care and Toiletries

- Hair Scissors
- Hair Clippers for Men
- Cantu Shampoo and Conditioner
- Baby Oil
- Nail Polish and Nail Polish Remover
- Body Wash

Donate - Due to COVID-19, extra funds are needed to cover costs such as Personal Protective Equipment, additional staffing, additional groceries and toiletries for all residential programs. Simply click on the donation button below to make a tax-deductible donation.

[DONATE NOW](#)

LifeTies, Inc. | 2205 Pennington Road, Ewing, NJ 08638 | 609-771-1600 | info@lifeties.org | lifeties.org

