

FAMILY SELF-SUFFICIENCY NEWSLETTER

Angelina Bologna: FSS Graduate



Jan, Angelina and Rosa

Angelina, mother of Rosa and Mila, is a licensed massage therapist and owner of Hands of an Angel Healing in Chatham.

She achieved many goals in the FSS program, including building a website for her business, becoming certified in Reiki I and II, and oncology massage and increasing her financial portfolio.

She also graduated from the Cape Cod Young Professionals mentorship program and became a Board member of the Community Development Partnership.

Angela accomplished all this and more, including offering free massages to cancer patients.

We recently celebrated her success with an escrow check of \$2,330. Congratulations, Angela!

Tips For A Healthier You (Sara Kendall)

Best of luck this new year as you transform into a new, healthier you!

Stretch like a cat

A few stretching exercises when you wake up will boost blood circulation, ease back pain and give you a greater range of motion. Challenge yourself to do these stretches for 30 days and soon they will be part of your morning routine.

Eat healthfully

Studies show that substituting natural foods for processed ones will bring you multiple health benefits. Eating healthy is a way to feel great, increase energy levels and stabilize moods. Start by making small changes to your diet, adding new items including fruits and vegetables and eliminating processed foods one at a time.

Make social connections

Surround yourself with good company who support and enrich your life, as doing this may very well make you a happier person. There's no question that the quality of your personal relationships has a great

effect on your well-being.

Breathe through stressful situations

As you feel stress coming on, step away from the situation for a minute or so and take a couple of deep breaths. Doing so will help expel stress from your body and can be the most detoxifying thing you can do to work through the situation.

Laugh more

Hearty laughter is not only fun, but it's also a powerful tool. Studies show that a big belly laugh can have positive effects on your health. These include: easing stress, strengthening your immune system and lowering your blood pressure.

Happiness increases when you help others!



Best Jobs of 2019

By Rebecca Koenig, US News

Health care jobs require years of higher education. Workers willing and able to make that investment see it pay dividends in the form of high salaries and ample opportunities. Plus, experts predict there will be great demand for nurses, physicians and other medical practitioners in the years to come. These factors make health care jobs some of the best available in the U.S.

Clinical Laboratory Technician

Median Salary: \$51,770

After doctors and nurses order medical tests, patients head to clinical laboratory technicians who perform the required services. These health care support workers then analyze body fluids and tissue samples to look for possible abnormalities. They may specialize in studying blood, cells or microbes. This job requires an associate's degree or a post-secondary certificate. Demand is predicted to increase 14% by 2026.

Registered nurse

Median Salary: \$70,000

Nurses communicate with patients about their needs and concerns, administer tests, monitor vital signs, keep records and pass information to doctors. They teach patients and their families how to continue proper medical care at home. They may specialize in cancer, addiction, heart disease, birth and many other areas. They have either an associate's or a bachelor's degree. Demand is expected to increase 14% by 2026.

RULE OF THUMB

**It's not what you
are that matters,
but what you can
become!**



By Dorothy Law Nolte

If children live with:

- ◆ Criticism, they learn to condemn.
- ◆ Hostility, they learn to fight.
- ◆ Fear, they learn to be apprehensive.
- ◆ Pity, they learn to feel sorry for themselves.
- ◆ Ridicule, they learn to feel shy.
- ◆ Jealousy, they learn to feel envy.
- ◆ Shame, they learn to feel guilty.
- ◆ Encouragement, they learn confidence.
- ◆ Tolerance, they learn patience.
- ◆ Praise, they learn appreciation.
- ◆ Acceptance, they learn to love.
- ◆ Approval, they learn to like themselves.
- ◆ Recognition, they learn it is good to have a goal.
- ◆ Sharing, they learn generosity.
- ◆ Honesty, they learn truthfulness.
- ◆ Fairness, they learn justice.
- ◆ Kindness and consideration, they learn respect.
- ◆ Security, they learn to have faith in themselves and in those around them.
- ◆ Friendliness, they learn the world is a nice place in which to live.



News to Note

Last year, 9 participants graduated from the FSS program, with escrow checks ranging from \$2,330 to \$19,856!
2 participants bought a house!
2 participants graduated from college!