

# Family Support Chronicle

## Welcome & Happy New Year!

Welcome to the new version of the Family Support Chronicle Ezine. Our goal is to provide you with up-to-date information about our trainings, events, conferences and issues that are important to you.



**Family Support  
Center of  
New Jersey**

To learn more about the Family Support Center of New Jersey please visit us on the web: [www.fscnj.org](http://www.fscnj.org) or call (800)FSC - NJ10 and a friendly staff member will be more than happy to assist you.

## Family Support Center of NJ 2008 Statistics

The Family Support Center of NJ provides a vast array of services throughout the state. Below are some of our stats for the year of 2008:

Presentations	75
DDD Overview Training	313 individuals
Trainings	46
Trained Over	1,500 individuals
Information & Referral	4,600
Options Manuals Over	2,025
Parent to Parent Intakes	68
Lending Library Resources Sent	125
Emergency Medication	48
On Line Database	38,000 visitors
FSCNJ Website	40,000 visitors

## In This Issue

- Welcome!
- Family Support Center of NJ 2008 Stats
- "What is Self-Direction?"
- National Family Caregiver Month
- Post Holiday Blues...

[Join our Mailing List!](#)

## "What is Self-Direction?"

Thursday, January 29th  
7:00 - 8:30 pm

The Children's Center of  
Monmouth County

RSVP is Required  
Call Cheryl Guaimano  
(732)528-8080

[Click here to view and  
informational flier!](#)

## National Family Caregiver Month Update



After President Bush announced November as National Family Caregiver Month, and Governor Corzine announced Family Caregiver Month in the state of New Jersey, we felt we should extend the proclamations to the local municipalities of New Jersey. We asked all the counties and townships to declare November as a time of year when we recognize, thank and give back to those who are selflessly caring for a loved one with a chronic illness, disability, or mental illness. We received some beautifully written proclamations from 9 counties and 43 townships and boroughs from all across the state, although more communities may have approved the proclamation as well.

To see a complete list, please visit our affiliate website: [www.njcaregivers.org](http://www.njcaregivers.org).

## How to beat the Post Holiday Blues



After you pack away holiday decorations, put your wrapping paper and gift bags away until next year or haul your tree out to the curb for pick up its perfectly normal to feel a little blue. All of the warm holiday feelings and excitement are gone. The short January cold days and long nights don't help either. So what are you to do?

This year rather than letting yourself feel down here are some great tips on how to beat the post holiday blues:

Look ahead to next year. Start thinking of way of making next Christmas even better. Perhaps this is a good time to start a new family tradition.

Spend time with people. During the holidays we are constantly connecting and interacting with friends and family. This can leave us feeling a little lonely once the holidays are gone. Make a point to spend time with those you enjoy - meet for lunch, have friends over to the house or go out for a night on the town.

Exercise. Take a daily walk, join an aerobics class anything to get your energy flowing.

Think about the other aspects of the holiday season which mean the most to you, then find ways to recreate that spirit in your everyday life - caring, sharing, rejoicing, celebrating, etc.

Volunteer. Part of what we love about the holidays is the feeling of goodwill. Spread a little goodwill throughout the year by volunteering with a local charity, school, or other organization.

Thank you for reading Family Support Chronicle! If you have any information you would like included in our e-zine, or know of anyone that would like to be added to our listserv, please email me at [enza.jacobowitz@fscnj.org](mailto:enza.jacobowitz@fscnj.org) or click the "Join Our Mailing List" button on the top right side of the newsletter.

Thank you, and have a great holiday season!!

Sincerely,

Enza Jacobowitz, Website Operations Manager  
[Family Support Center of New Jersey](http://www.fscnj.org)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to [contact@refinedwebdesign.com](mailto:contact@refinedwebdesign.com) by [enza.jacobowitz@fscnj.org](mailto:enza.jacobowitz@fscnj.org).

[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Family Support Center of New Jersey | Please visit us online! | [www.fscnj.org](http://www.fscnj.org) | Manasquan | NJ | 08736