



Rooted in Your Community

Branching Out

SPRING 2018

What's Coming Up

50th Anniversary Celebration
June 6

Hunger Doesn't Take a Vacation
June 15-August 31

Operation Fill-A-Backpack
August 1 – 18

Touch A Truck
September 29

Moorestown Progressive Dinner
October 19

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Straight... to Treatment: Partnering to Address the Opioid Crisis



It takes a community. This spring we proudly partnered with the Evesham Township Police Department and the Burlington County Prosecutor's Office to launch **Straight... to Treatment**. The program gives people struggling with an addiction to opioids or other substances the opportunity to visit the police station to seek treatment and safely turn in any drugs without being charged with a drug possession offense. It is modeled after the successful Blue Hart program in Ocean County.

Oaks is available Mondays from 12:00-7:00 p.m. to meet in-person with individuals who request help with an addiction. We treat each individual who walks through the door with dignity, compassion and respect. A team member or coordinating provider will immediately complete an assessment and begin the process to link the person to treatment.

Once treatment begins, we will coordinate follow-up care and referral to additional community resources to support their recovery. Of course, we also understand that loved ones such as family members or friends also need support during this difficult time. Oaks will be there to listen, explain the process and provide support resources.

Straight... to Treatment is the first step on the journey to wellness and recovery- a chance to offer hope and end the revolving door of treatment. The most important way we can address the opioid crisis is to join together as a community. Moving forward, our goal is to continue to create partnerships with local law enforcement, townships, hospitals and nonprofit community providers to make an impact in our region.



Press Conference- Vice President Brenda Brown Goggins and Program Supervisor Nicole Bixler join Burlington County Prosecutor Scott Coffina, Evesham Township Police Chief Chris Chew and Evesham Township Mayor Randy Brown at the Straight...to Treatment press conference.

Respectfully,

Derry Holland
Chief Executive Officer

BE A HUNGER HERO THIS SUMMER

HUNGER Doesn't Take a VACATION

June 15 – August 31

Hunger Doesn't Take a Vacation! An estimated 39,000 children in South Jersey are at risk of malnutrition during the summer months when schools' federal breakfast and lunch programs are not available. For many families in our area, summer means a struggle to feed their children healthy, filling meals.



YOU CAN HELP:

- **Run your OWN food drive!** Get your co-workers, community group or church involved
- **Donate Items**
Drop off donations to an Oaks pantry:
Mt. Holly Food Pantry Berlin Food Pantry
770 Woodlane Road 128 Cross Keys Road
Suite 16 Berlin, NJ 08009
Mt. Holly, NJ 08060
- **Make a monetary donation online at www.oaksintcare.org** or by mail to:
Oaks Integrated Care, Attn: Development Office,
770 Woodlane Road, Mt. Holly, NJ 08060.

Kid-friendly Donation Ideas

Hot/Cold Cereal	Microwavable Meals
Granola/Breakfast Bars	Raisins
Peanut Butter/Jelly	Applesauce/Fruit Cups
Macaroni & Cheese	Fruit Snacks
Canned Tuna/Chicken	Fruit Juice
Canned Pasta	Powdered/Canned Milk

A FOCUS ON FITNESS #4MIND4BODY

This May is **Mental Health Month** and Oaks Integrated Care is joining our friends at Mental Health America to raise awareness about the connection between physical health and mental health through the theme Fitness #4Mind4Body. Check out these **5 key elements** to help maintain your physical and mental wellness:

1. **Diet & Nutrition** - The quality of the food you eat can impact your overall physical and mental health. Eating nutritious foods can go a long way toward achieving a healthy lifestyle, so make every bite count.
2. **Exercise** - Staying active can benefit so many aspects of your health and can even prevent physical and mental health symptoms from worsening. It's important to incorporate exercise daily to ensure your body and mind are healthy.
3. **Gut & Brain Connection** - That gut-wrenching feeling in the pit of your stomach is all too real. Your gut is sensitive to emotions like anger, anxiety, sadness and joy and your brain can react to signals from your stomach. All the more reason to eat a balanced and nutritious diet so your gut and your brain can be healthy.
4. **Sleep** - Your physical and emotional health depends so much on how rested you are. Sleep is fundamental to a healthy mind and body. Getting a good night's sleep can make a huge difference in your overall health.
5. **Stress** - No one likes to be stressed out, especially when we know it can be linked to poor health. Learning how to manage your stress can be a small change with a big positive impact on your physical and mental health.

Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. To join in the Fitness #4Mind4Body challenge this May, visit www.mentalhealthamerica.net/may to find healthy daily activities. This year's theme connects to our mission to empower and support individuals and families to achieve emotional and physical wellness. By focusing on integrated care, we can treat the whole person and improve overall health. For resources or more information, visit www.oaksintcare.org or call our Access Center: 1-800-963-3377.



Community Scrapbook



Thank you Protocol for holding a Project Dress Up donation drive to #MakePromPossible for teens in need!



Thank you Kennedy of Lumberton Middle School for organizing a Diaper Derby donation drive this spring!



Thank you to all our fantastic Project Dress Up volunteers who helped teens pick out their special dress for prom!



Director Ed Holland, CEO Derry Holland and Vice President Lisa Nocera proudly show Senator Troy Singleton around our Florence Klemmer Group Home.



Assemblywoman Gabriela Mosquera joins Director Samantha Johnson, CEO Derry Holland and Program Supervisor Angela Melchiorre for a tour of our OASIS Residential program.



Thank you Radial for joining our Diaper Derby race to collect diapers and other baby items for families in need!

TJ'S STORY: THE POWER OF PROGRESS

Imagine if your eleven-year-old child...

*Was too terrified to have his hair cut with clippers.
Hated to shower because he avoided the water.
Never sat down for dinner due to his need to pace.
Could not tie his own shoes.*

This is the life of a family struggling to care for their son TJ who is living with Autism Spectrum Disorder. Desperate for help, they connected to our Bridging Family Support program. The program provides intensive in-home services such as therapy, daily living skills development and behavior management for individuals of all ages with developmental/intellectual disabilities and their families.

Fast forward to New Year's Eve, TJ sat with his family for the entire dinner for the first time ever. Just weeks later, we received a text from TJ's mother, "I was so excited I just had to share. TJ's father gave him a haircut yesterday using the clippers and TJ sat quietly the whole time. The interventions are working! But that's not all – TJ had on a pair of pants that were a little loose. I watched him pull them up, take the strings and tie it in a bow!"



Behavior Technician, Micheline Monace with TJ and his Mom Louretha.

The Individual Support team is also working with TJ's parents to help keep him safe while in the grocery store and other public spaces. They developed a social story and are modeling and teaching Positive Behavior Supports.

TJ's progress is powerful, but not unique when combined with the right services and techniques. We are honored to be a part of TJ's team! **For more information about Bridging Family Support visit www.oaksintcare.org or call 856-428-1300.**



DONOR SPOTLIGHT

Our Lady of Mercy Academy

"Every year many girls don't have the financial means to attend their proms and I wanted to help by providing dresses that otherwise would be hanging in the back of someone's closet, just waiting for the next occasion/invitation to wear again, and that occasion never arrives," explained Hope Viviani a student at Our Lady of Mercy Academy (OLMA).

Through social media posts, texts to friends and family and email requests to corporations, Hope and her fellow OLMA classmates organized a donation drive. They collected over 250 beautiful prom dresses for Project Dress Up! The dresses were also cleaned and pressed by Viviani Brothers, a dry cleaner operated by Hope's dad and uncle. Hope added, "You can accomplish such a terrific goal of providing happiness in a prom gown with the help of many, a little coordination and a little hard work. One idea can bring so much joy."

Thank you Hope and Our Lady of Mercy Academy for helping #MakePromPossible!

9TH ANNUAL
Haddonfield
 PROGRESSIVE DINNER



THANK YOU

Thank you sponsors, hosts, chefs and guests for making our 9th Annual Progressive Dinner on April 20 a success.

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 Tavistock Country Club



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If you or someone you know needs our care, please call our confidential point of entry: Access Center 1-800-963-3377

Stay Connected www.oaksintcare.org     



YOU'RE INVITED

50th Anniversary Celebration

June 6, 2018 | 6:00-8:00 p.m. | Laurel Creek Country Club

Join us for cocktails, hors d'oeuvres and networking followed by an award ceremony honoring longstanding donors, volunteers and community partners.

Visit www.oaksintcare.org to view honorees, ticket sales and sponsorship opportunities.

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