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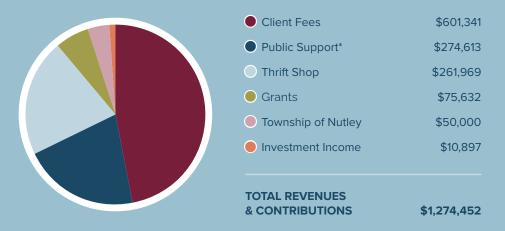
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### **Revenues & Contributions**



### **Functional Expenses**



### **Total Net Funds**

### **CASH AND EQUIVALENTS**

Beginning of Year Cash	\$490,072
Net Cash Provided by Operations	(65,043)
Net Cash Used by Investing Activite	es (14,593)
Sale of Capital Assets	0
Redemption of Investments	0
Total Increase (decrease) in Cash	(\$79,636)
End of Year Cash	\$410,436
BUILDING ASSETS, NET	\$773,542
MARKETABLE SECURITIES	\$57,408
RECEIVABLES NET OF LIABILITIES	\$55,043
TOTAL FUND BALANCES	\$1,296,429

## A Message from Our Board President & Executive Director



Dear Friends.

Thanks to your generosity and unwavering support throughout the year, Nutley Family Service Bureau (NFSB) continued to deliver on our mission to strengthen the emotional and social well-being of individuals and families through affordable mental health counseling and social service programs.

We are grateful for partnerships with Nutley Township, Nutley Public Schools, the Nutley Clergy, the Nutley Public Library, the Nutley Chamber of Commerce and business community, local Scouts, and many civic organizations. Collaboration with these groups has enabled us to make a bigger difference in the Nutley community.

While we continue to offer telehealth sessions for mental health counseling, we have resumed in-person counseling and welcomed clients back inside the Food Pantry and Thrift Shop, providing a safe, comfortable environment. Even as demand for NFSB programs continues to increase, we've been able to expand and enhance our services.

- Live Events Return. The Scouting for Food Drive set a record with more than 44,000 food items donated, while Rock Hunger and The Garden Party welcomed hundreds of attendees to wonderful outdoor venues and raised a total of \$44,119 for NFSB programs.
- The Power of PEACE Introduced. The Power of PEACE (positivity, encouragement, attention, control, and empathy) is a social-emotional learning program designed to help elementary school students better understand and apply positive behaviors to succeed.
- Case Management Program Launched. Case management is a collaborative process for
  navigating public benefit programs. Our team explains the resources available to clients and
  assists with phone calls and paperwork to ensure all applications are filled out correctly.
- Grocery Delivery Program Expanded. As part of our bi-weekly food distributions, NFSB volunteers bring food to residents who are unable to come to the Food Pantry, including homebound seniors and those who do not have access to transportation.
- Hurricane Ida Emergency Services Provided. As this terrible storm caused flooding and damage
  in many neighborhoods, The Food Pantry, Case Management and Thrift Shop teams made sure
  residents had access to essential items lost during the storm, such as food, clothing, and personal
  care items.

Real-world stories of how lives have been changed truly capture the impact or our services and programs. We've shared several of those stories in this report. Your generosity and support make these positive outcomes possible. Thank you for your continued support of our mission and your community.

Sincerely,

**Mike Padilla**President

Katherine Carmichael Executive Director



Over 1,000
Individuals Served by
Mental Health & Human
Service Programs



Over 6,000

Mental Health

Counseling Sessions



Over 1,000
Case Management
Service Hours





# **MISSION**

OUR MISSION IS TO STRENGTHEN THE EMOTIONAL AND SOCIAL WELL-BEING OF INDIVIDUALS AND FAMILIES THROUGH AFFORDABLE MENTAL HEALTH COUNSELING AND SOCIAL SERVICE PROGRAMS.



**753** Individuals
Served by The Pantry

**81** Days & **248** Hours of Food Distribution



20,622
Bags of
Groceries
Distributed



2,928
Bags of Groceries
Delivered as Part of
the Senior Citizen
Grocery Program



203
Thanksgiving
Dinners
Distributed

373 Volunteers
Contributed Over
48,000
Hours to Support All We Do



### **VISION**

OUR VISION IS A COMMUNITY WHERE MENTAL WELL-BEING IS VALUED AS AN INTEGRAL PART OF LIFE.

# Supporting a Senior After Moving to a New Home

"Mr. Johnson" is a homebound senior who recently moved to Nutley. He was a bit nervous moving to a place where he didn't know anyone and was seeking support with day-to-day tasks and transportation to medical appointments. Case Management Coordinator Molly Clark, MSW visited Mr. Johnson in his home to discuss his needs in greater detail.

Molly contacted his Medicaid insurance company to arrange a home health aide and transportation. While assisting with Medicaid forms, Molly noticed Mr. Johnson was eligible for benefits that would reduce his electric and cable costs. Mr. Johnson authorized Molly to apply for these programs on his behalf.

Today, Mr. Johnson is happy to see lower electric and cable bills. Home health aide services provide help with housework and personal care, allowing him more time to socialize and get acclimated to the community. Doctors' appointments are less stressful. Mr. Johnson feels more comfortable knowing that NFSB provides the support system he needs in his new home.



# Managing Depression and Remote Work Challenges

"Tiffany" is a middle-aged woman with Major Depressive Disorder who came to the NFSB mental health program experiencing anxiety at work and difficulty in her marriage. Because she works from home, work time often overlaps with personal time, making it difficult to maintain a regular schedule.

Tiffany often felt bad that she didn't have the motivation to prepare healthy meals for herself and would forget to help her husband with chores around the house. As a result, her husband felt overlooked and taken for granted. Tiffany and her clinician developed healthy boundaries for work, which helped reduce feelings of anxiety and being overwhelmed.

During individual therapy, Tiffany's clinician suggested that she create morning and evening routine, along with reminders about chores around the house, so she could feel more energized and achieve the work-life balance she wanted. This structure helped her exercise more, eat healthier, and spend more quality time with her husband.

Tiffany also learned how to communicate her experience with Major Depressive Order and let her husband know what she may need when she has low energy and is feeling sad. Both Tiffany and her husband now feel seen, heard, and appreciative of each other and their relationship.

# A Renewed Sense of Purpose Through Volunteering

When Margit retired after working for the same employer for nearly 40 years, she soon found herself looking for reasons to get up in the morning. Her life had always been so busy and fulfilling and she wanted to continue to feel useful. A friend suggested volunteering with NFSB and she submitted an application right away.

Margit recalls how busy she was on her first day volunteering at the Thrift Shop at NFSB, and how great she felt having a sense of purpose again. More than 10 years later, Margit loves her work and treasures the relationships she has built.



"I've made wonderful
new friends," Margit said.
"Volunteering at the Thrift Shop
has expanded my world in a
beautiful way. In addition to
making a difference in the lives
of clients, volunteering has made
a difference in our own lives."

For Margit, there is no better home away from home than NFSB. She is grateful to have the opportunity to volunteer and make this chapter of her life that much more rewarding.



# New Confidence and Healthier Boundaries

Emma, a young woman with three very young children, had recently separated from the father of her children. As she processed this experience with her therapist, verbal abuse in the relationship came to the surface. Emma had normalized this behavior because her father had been verbally abusive when she was growing up.

Emma's therapist at Nutley Family Service
Bureau provided support while she ended her
relationship. The therapist also connected Emma
with case management resources, including
legal consultation and Food Pantry services.

During the next year of treatment, Emma worked on improving her self-confidence, developing better ways to cope with stress, and setting healthier boundaries with her parents and in her co-parenting relationship. When she was ready to try dating again, therapy helped her process this big step. With newfound confidence and insight, Emma has been able to avoid past negative patterns and build a healthy relationship.



# Our Extraordinary **VOLUNTEERS** of 2021







### **Thrift Shop Volunteers**

Anderson, Coleen

Bhat. Siri Blancato, Marcela Blasi, Angel Borelli. Johanna Brown, JoAnn Canonico, Janet Capalbo, Dolores Carnovale, Ida Carroll, Marie Cervasio, Fran Chalk, Vicky Cislak, Frank Corrigan, Ellen Coughlin, Kathy Davide, Barbara DeFabbio, Linda Demetroulakes, Roberta Donohue, Helen Duke. Dottie Dunleavy, JoAnn Espinoza, Nathaly Feld, Bennett Fucci. Sarah Gabriel, Carol Gardener, Allyson Gardener, Paul Gelso, Camille Grand. Joanne Griwert, Jolinda Grodkiewvicz, Marv Grossman, Linda Guido, Camille Horn, Barbara Hutcheon, Kate Ibrahim, Eman

Ismeal, Shayla

Kathy, Coughlin Kircher, Angela Kwapniewski, Loretta Lafoon, Annette Leone, Susan Lupinacci, Lois MacPhe, Madeline Madden, Kathy Maleski, Patricia Marcavage, Maureen Marx, Gary Mastakas, Lucy Mayorga, Amador McCollough, Susan Melichkin, Ilana Mendiola, Pilar Mennona, Ceil Micucci, Peggy Mikulski, Nora Moore, Victoria Negra, Judi O'Mara, Anita O'Mara, Colleen Orellano-Soria, Anabelle Panzer. Patricia Pastore. Valerie Patel, Mona Portorreal, Denise Rademacher, Margit Reilly, Kristen Rilli, Mark Roberts. Connie Roman, Denise Rosamilia. Debbie

Slater. Sharon

Stavaris, Anthony

Szablicki, Linda

Terry, Alice

Thomas, Janet Tramontana, Judy Vecchio, Kathy Viggiano, Barbara Williams, Betty Wrobel, Teri

### **Food Pantry Volunteers**

Albanese, Rosemarie Aufiero-Peters, Susan Ballou, Ripley Bergamino, Michael Bhat, Siri Bischak, Michael Bivona. Rosette Blasi, Jeffery Boreyko, Peter Burton, Chantal Carroll, Mary Chambers Jr, James Cibelli, Kenneth Contreras, Michael Evangelista, Michael Falduto, Sue Ferrera, Paul Gibby, Rob Giordano, Bryan Giordano, Peggy Gould, Marianne Graves, Bradford Graves, Mary Gucciardo, Gehriq Hagert, Suzanne Huey, Dorothy Huey, James Hukkanen, Jaime Jankowski, Kathleen Keating, Timothy

Kilhaney, Maggie Klecak, William Lechthaler, Paul Marx, Gary McCormack, Brian Molina, Fernando Mulligan, Catherine Nagle, Rita Ann Ray, James Roake, Claire Ronacher, Ronald Saar, John Salerno, Joann Salimbene, Judith Scarpelli, Joann Somers, Braden Stavaris, Anthony Wallace, Karen

### **Scouting for Food** Volunteers

Alvarez, Mabel Aveba, Edward Ballou, Ripley Beaufort, Mary Bhagirathe, Kiron Brown, Nolan Budnick, Ryan Burretsky, Mark Carney, Joseph Carngy, Joseph Chambers, Jim Chell, Emma Chen, Rudy Cordasco, Joe Evangelista, Mike Ferrera, Paul Fucci. Sarah Fucci, Deborah Gould, Maryanne Graves, Brad Graves, Mary Guerra, Maya Hamlin, Maria Hamlin, Alexis Henning, Neil Juat, Jillian Keating, Tim Kirk, Ryan Kirk, Jack Klecak, Bill Kwapnieswki, Loretta LaFountain, George

Lee, Dawn

Lee, Mollie Lukowiak, Daniel McKinney, Tricia McKinney, Cassie Miller, Paula Miller, Arabella Ostrowski, Patrick Papeo, Gina Papeo, Haley Papeo, Nick Patel, Aayush Radice, Lori Ray, Vicki Ray, Jim Saar, John Saar, Eileen Salerno, Joann Sanchez, Luis Shang, Stacy Sikora, Will Sikora, William Sikora, Alyssa Simmons, Chris Smith, Walt Somers, Jeana Stoeckel, Skye Suarez, Monica Tirrell, Cindy Torres, Sofia

Vick, JD

Vigilante, Dana

Wadleigh, Kyle

Wadleigh, Kyle Jr

Williams, Camilla

Zamajan, Lewis

Yang, Daniel

Special Event Volunteers Beadle, John Bhat, Siri Blancato, Marcella Blasi, Jeffrey Blasi, Angel Cibelli, Kenneth Cielo, Carla Cislak, Frankie Corrigan, Ellen Demetroulakos, Roberta Dunleavy, JoAnn Feliciano, Gabriella Frannicola, Rob Gabel, Brandalyn Gola, Elyse

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