

Kukatonnoh—We Are One

Volume 2, Issue 2

December 2017

Special points of interest:

- A Note from the Executive Director
- Thank you to our Staff
- Thank you to our Community Partners
- Year End Program Updates
- Capital Campaign
- Community Resources

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Dear Friends,

It is difficult to believe that 2016 is just about gone, and we are about to enter 2017 and walk on new, rediscovered or repaved pathways on life's journey. Often-times, as we walk such pathways, we find ourselves faced with significant challenges and triumphs, ascending mountains or descending into some of the deepest valleys; gripped with fears, self-doubts, loss of self-confidence, and feelings of failures.

Yet, after experiencing multifarious feelings of discouragement and uncertainties, many of us summon up the strength and courage by the grace of the (Almighty God) to rise up, roll up our sleeves and get back to completing the task(s) at hand.

That is the reality for many community-based non-profit organizations seeking to serve their communities. Many struggle with cash flow, employee turnover, lack of paid staff, program volunteers and decreased capacity to operationalize their mission statement or see the fulfilment of their

vision. Oftentimes, community-based non-profit leaders do not recognize the many cultural, economic and non-traditional assets of the nonprofits they operate. Instead, they choose to focus on limitations and liabilities.

Many of the above statements are true for most small to midsize community based non-profit organizations. Often, leaders lack strong awareness of what their nonprofits bring to communities by just being in the community.

We forget the many non-traditional assets at our disposal such as the ability to "build community" by engaging in targeted and embraced community initiatives that can bring about fundamental transformations of the neighborhoods we serve.

We also forget that positive community transformation is only possible through working in partnership with neighborhood residents, political, business, faith-based, health, educational and cultural systems to not only remediate the social problems that present themselves at our doors, but also to



build the innate capacities of individuals, families and neighborhoods to thrive.

We often failed to see our organizations as community stakeholders with the capacity for serving as community conveners to address identified community concerns or opportunities and involve the community in working together at identifying problem solving approaches that can be implemented to bring about positive change.

As the Executive Director of MCFS, I would be the first to acknowledge that I have been totally guilty of many of the defeatist statements written in the above paragraphs. I have occupied myself with the thoughts of our organization's limitations and have often failed to see MCFS as an asset-based community non-profit organization. Yes, our funding is indeed limited, but our vision of building an increase capacity to provide culturally targeted educational, social and behavior support,

Rediscovered Pathways.. Continued

home care services for diverse populations groups residing in the greater Philadelphia area remain alive.

To be reminded that MCFS is culturally and uniquely positioned to serve as an agent of transformative community change is empowering and exhilarating.

As we near the end of 2016 and look forward to 2017, we do so, ready to begin our

steps, walking on exciting rediscovered pathways and hoping that each step forward will effectuate positive change in the lives of those, that will no doubt, intersect ours.

My hope is that community based nonprofit leaders reading this article will embark upon their own discoveries and make 2017 a year of outcomes and impact. It is my further hope and request that you,

the reader, would consider joining hands with MCFS by supporting our work with your financial and in-kind support. When you do, you contribute to increasing our capacity to meaningfully impact our community one life, one challenge, one opportunity at a time.

Wishing you happiness, health and good fortunes in the New Year.

-Portia Kamara,
Executive Director

MCFS Staff, You are Appreciated

Thank you to the entire MCFS staff for your hard work and dedication throughout the year. You all are truly one of the best teams ever. At MCFS, our staff wears many hats. It is common for staff to be asked to support the agency and clients by performing tasks outside of the scope of their position, but never outside of the scope of their qualifications. Our team never complains about these tasks. They always show up ready, willing and beyond able to carry out any assignment given to them.

If you ever feel like you are not appreciated, and I hope you never do, you are appreciated. If you ever dare to think you are not making a difference in our community, I beg to differ. If you ever think that your contributions are insignificant, they are not. You are truly valued and appreciated.

Thank you MCFS Team & Volunteers

Gore Kamara- Director of Adult Education

Katharine Grant-Breeze- Human Resource Administrator

Natalia Guillen- Accounting Officer

Jacob Collins- Employment and Training Manager/Soccer Administrator

Laraamand Nyonton- Outreach and Job Development Specialist-
Preparing Older Youth for Success

Rajinder Kaur- Immigration & ESL Support Specialist

Lorpu Hunter - Home & Community Based Service Program Specialist

Beatrice Mnah—Home & Community Based Services Manager

Cokie Nanka - Social Service Specialist

Lonnese Bodison -Marketing & Communication Consultant/Kukatonnaah Writer & Editor

William Kaplan - Consultant Neighborhood Park Project Initiative

Eduardo Guillen- Accounting Support Staff

Roselyn Gray- Office Support Staff

Fatu Freeman- Office Support Staff

Suzanne Cook- Office Support Staff and Certified Investigator

Kimberly Johnson - Receptionist/Office Support Staff

Frederick ZK George - Literacy & Seniors' Support Staff





Thank You to our Community Partners

Thank you so much for your support in 2016! We know that our work would not have been possible without your generous financial and in-kind gifts.

MCFS wishes to specifically acknowledge, with gratitude and appreciation the following individuals and corporations for their wonderful support in 2016.

Extraordinaire Sustainer (20,000 & above)

Steve C. Graham

United Way of Greater Philadelphia and Southeastern New Jersey

Sustaining Circle (\$500-\$10,000)

Rocky Poccari

Harry J. Karapalides

Dr. Jarrad Teller & Art of Pain Management, Upper Darby, PA

MCFS Friends (\$10-\$499.00)

Delaware County Women's Commission

Steve Leegkeek

Grassroots Givers (Up to \$100.00)

Ida Lawton

In-kind Supporters

Steve Graham

The Township of Upper Darby

The Upper Darby Library System

The Friends of Upper Darby Library System

The Delaware County Workforce

Investment Board

Philadelphia Corporation of Aging -Food

Vouchers Program

Sean Windstein

Mark Owusu-Ansah

Keith Mungen

Sterrett Lloyd

Timothy Goldner

Alphonso Howard

Melissa Stoffers

Yassine Kabbaj

Todd Ferwerda

Samuel Laditi

Neville Clark

Erika De La Cruz

Timothy Brindle

Maria Yauri

Rocky Poccari

The Philadelphia Zoo

The Upper Darby Performing Arts Center

RCN Telecom Services

Wawa Food Harvest Program

Food Donation Connection

Central High School

Future Captain Sports

The Liberian Association of Pennsylvania

Scott Spangler

The Philadelphia 76ers Organization

AFRICOM

850 WPC, LLC

Upper Darby Community Outreach Corporation

Jacob Collins

Scott Bryant

William Kaplan

Dave Lakatos

Philip D.S. Udo-Inyang

Mano Sellaiah

Steve Leegkeek

Laraamand Nyonton

Jacob Reif

Djay Martin

Bode Abodunde

James Wright

Attentive Home Care (AHC), A Division of MCFS

The mission of Attentive Home Care is to enhance the independence and quality of life for seniors and individuals with physical and intellectual limitations by providing them with compassionate and affordable home care services in the comfort of their own homes.

AHC fulfills its mission by taking a holistic approach to care; this is what sets AHC apart from other home care agencies. AHC utilizes a professional team of Social Workers, Nurses, Certified Nurse Aides, and competency tested Home Care Aides to provide services to our participants and their families

AHC accepts private pay and the following waivers: ACT 150 Program, Aging, Attendant Care Consolidated, COMMCare, Home & Community Based Services, Independence, OBRA, Personal/Family Directed Support Waiver (PFDs).

Services provided by AHC include behavior support, chore services, companion care, Alzheimer's care, dementia care, elder care, home and community based services, intellectual disabilities care, personal care, attendant care, respite care and senior care.

Our Home Care Aides are directly employed by our agency; we provide regular monitoring and supervision of all of our Home Care Aides. We conduct PA criminal, child abuse, professional and personal background checks on each our Caregivers.

AHC Attentive Home Care is licensed by the Pennsylvania Department of Health and is a contract provider for the Pennsylvania Department of Public Welfare, Office of Long Term Living.

For more information or to schedule an appointment, please contact us at 484-461-4174 or 215-870-6103
(24 Hour Contact Line)



The Elder's Circle

The Elder's Circle offers support services for older adults ages 60 and up. The group meets twice weekly from 11am to 5pm at MCFS. Seniors receive case management, immigration, literacy, ESL and advocacy support from ESL and social service specialist staff. The group currently has 25 immigrant participants from Liberia, Kenya and India.

This year, the Seniors went on field trips to various venues including an overnight trip to Atlantic City, a tour of City Hall Dilworth Plaza and a Philadelphia 76ers Basketball game. We are so proud of the genuine bond of friendship formed between group members as well as their consistency and dedication to attending the senior center. The group also hosted The Elder's Circle gathering where over 75 members from our community attended. We were honored to have Denise V. Stewart, Director of COSA, was the guest speaker. The event was a huge success and provided an opportunity for our group members to speak showcase their crafts while meeting other members of our community.

MCFS would like to thank all of our Elder's Circle Members and Volunteers. Thank you for entrusting us with your time, your presence and your talents. We truly value you all.





Staff Appreciation

We would like to take this opportunity to thank our Home & Community Based Direct Support Staff (Attentive Home Care). We appreciate your dedication, reliability and the care that you provide to our Participants. Thank you for all that you do to make our program a success.

Please know, that we value you and appreciate the work that is done. Thank you!!

Bhuwani Adhikari

Regina Bella
Rose Barbu
Janet Bryant
Estella Chebo
Evelyn Doekaleh
Victoria Dukuly
Fanta Fofana
Ophal C. Hall-Whalley
Brenda Johnson
Jasie Kemokai
Satnam Kaur
Melvina King
Aaron Kwia
Abel Morris

Kermah G. Paul
Kim Tillison
Esi Wallace
Albert Pyne
Peter Flomo
James Flomo
Tyrhonda Grissom
Shawn Grandberry
Norma J. Gaudet
Ophal Hall – Whaley
Christine S. Harris
Ida M. Lawton
Tara McCain
Nydia Mcnutt

Parlec Savice
Mary Sayewreay
Janneh Zeyon
Mary Sayewreay
Priscilla Siebert
Fatumatta Sheriff
Alice Sovulu
Lashawn Rose
Torhrena Gbayor
Gifty Wiefueh
Gerald S. Wise
Musu S. Wollor
Beatrice Zayzay

Farewell Laraamand, You Will Be Missed



Laraamand Nyonton, MCFS' Outreach Recruiter & Job Development Specialist, will be leaving MCFS in January. Laraamand has been a great asset to MCFS. Laraamand was instrumental in increasing POYS program enrollment. He established and strengthened relationships with local businesses and coordinated internship opportunities with them for our POYS participants. Thank you Laraamand for all that you have done for our community. Thank you for your knowledge, experience and passion for building capacities in our youth. We were truly honored to have you on our team. We have no doubt that you will be even more successful in your future endeavors.

"The earth is a sphere - so a goodbye is always a new beginning. We wish you all the best on your way forward."



Wishes.info

YEAR IN REVIEW = 2016 =

Multicultural United Soccer Club Highlights

The Multicultural Community Family Services Soccer Program, known as the **Multicultural United Soccer Club**, is a culturally diverse recreational and character-building outreach and prevention program that serves youth ages 4 to 17 years and their families residing in the Township of Upper Darby, Philadelphia and surrounding communities. Multicultural United Soccer Club operates year round and provides soccer-playing opportunities for over 200 youth.

Our players, their families and our coaches hail from Asia, Africa, South America and North America and represent over 30 nationalities—playing together as one club. The program is aimed at building strong moral character and leadership for youth through the game of soccer and provides a positive environment where youth between the ages of 4 and 17 can meet, play soccer, develop strong bonds of friendship, acquire positive social skills and become young role models and leaders within their communities. The following is a list of highlights from this year:

***Players**- More than Soccer-registered or played soccer with the Multicultural United Soccer Club in 2016

***Coaches**- 23 Individuals including parents from many countries served as volunteer coaches

* Program operates an Intramural and Travel Division- with separate Director of Coaching

*13 Teams comprised of both Divisions

*Players played in the Central League and Che

*The U13 Galaxy Team made it to the Central League championship

Attentive Home Care

Home care services were provided to 51 consumers residing in Bucks, Chester, Delaware, Philadelphia and Montgomery Counties.

Home and Community based services were provided to private pay Consumers and to Consumers participating in the PA State Waiver Programs through the Office of Development Programs (ODP) and the Office of Long Term Living (OLTL).

We grieved the passing of 6 of our Senior Participants in 2016; Namely: Myrtle Williams, Dorothy Carson, Vivian Taylor, Diana Walker, Catharine Watson and Constantine Avgerinos. It was an honor to support them in their home care needs. We also grieved the passing of one of our Home Care Aides, Fabian H. Siryon. Our thoughts and prayers continue to be with the families of our Aide and Participants.

Elders Circle

The **Elder's Circle** is a senior support group that operates two times weekly from 11am to 5pm. The Elder's Circle has 25 Participant Immigrant Seniors from Liberia, Kenya and India attended MCFS Elders Circle this year. The Seniors meet each week in the MCFS Community room and participates in Arts and Craft, learn sewing, keyboarding, participate in wellness exercises.

Preparing Older Youths for Success

The **Preparing Older Youths for Success** program provides GED instruction for older youth in Delaware County between the ages of 18-24 and prepares them to pass the Pennsylvania State General Education Development (GED) exam. Participants also receive assistance with enrolling in college or trade school; preparation for the National Retail Foundation Certified Customer Service examination; obtaining employment with area employers through direct hiring and internships; assistance with resume writing, interviewing skills, job search and other support services.

In 2016, 23 older youth from Philadelphia, Chester and the Upper Darby participated in the POYS Job Readiness program. 19 youth obtained employment and more than 50% obtained certificates as Certified Customer Service Representatives.

Capital Campaign 2017

As the end of the year approached, our ED and staff reflected on what was accomplished through MCFS programs in 2016. We are proud and honored to be in the position to provide supportive services throughout our community.

The goal for 2017 is to expand our office space. This additional space is essential to our goal of increasing our program capacities, continuing our support group, education programs and expanding our ability to host community gatherings/meetings.

This is a huge endeavor and if we were to be totally transparent, the processes involved are exciting but intimidating. We will press forward in faith reflecting on the fact that MCFS has been fortunate enough to accomplish every goal set since this agency was founded in 2003. We press forward with purpose, confidence and eager to funnel our resources into our community.

We will be hosting major fundraising events throughout 2017. More details will be coming soon! We ask you, our community, our supporters, our colleagues and friends to consider supporting us in our Capital Campaign.



MCFS is looking for dedicated volunteers willing to donate their time and skills to the following programs:

- Multicultural United Soccer Club (MUSC) is accepting volunteers to act as coaches and provide administrative/clerical support
- Division of Community Outreach would like volunteers who could provide administrative/clerical support to the program
- The Elder's Circle is looking for individuals who enjoys working with seniors to help facilitate activities for our group members. If you have an affinity for crafting and the arts, this opportunity may be of interest to you.

For more information about how to volunteer for these programs, please contact MCFS at (484)461-8660 or via email at multicultural@mcfssorg.com

Kukattonnoh Distribution



We are happy to report that we will be resuming regular distribution of our newsletter. Kukattonnoh will be distributed quarterly. If you would like to be added to our distribution list or have announcements that you would like to include in our community events section, please email your request to multicultural@mcfssorg.com



Family Support Services

MOMobile HFA— Maternity Care Coalition provides community-based outreach, health education, and family support programs that help pregnant and parenting families and their young children gain access to critical health and human services. Healthy Families America (HFA) is an evidence-based home visiting program that works with pregnant women and parenting families with children less than 3 years old. The MOMobile HFA program is a free and voluntary home visiting program that provides support to families with the changes and challenges that come with parenting. MOMobile HFA services are available starting during pregnancy and up to the child's third birthday. MOMobile HFA promotes positive parenting, healthy child development, and overall family wellbeing. MOMobile HFA teaches fun and educational activities that families can enjoy together. For more information, call 610-713-0570 Delaware and Montgomery Counties and 267-773-5130 for Philadelphia County.

Crozer Keystone Community Foundation provides supportive services for pregnant women living in Delaware County through the programs Crozer Keystone Healthy Start, Nurse Family Partnership, Hispanic Resource Center, Cribs for Kids and WIC. If you are pregnant or newly parenting and would like support navigating through your pregnancy or would like more information about these programs, please call 610-497-7468.

Housing Support

Community Action Agency of Delaware County's **rental assistance** program provides a grant to homeless or near homeless households to move them into a new residence or to avoid eviction. Eligible households may receive payment for first month's rent and security deposit or to avoid eviction. The average grant is equal to one month's rent.

Utility assistance is available to help reduce energy costs. CAADC provides education on energy use and cost-saving measures. Grants are also available to assist with payment of past due utility bills and/or to restore service. This program is available to customers of PECO Energy Company.

For more information, please call or visit our Boothwyn office: Boothwyn Office, 1414 Meetinghouse Road, Boothwyn, Pa 19061. Phone: (610) 874-8451.

New Housing for Seniors -**The Alician Senior Apartments (62years and older/income based), located at 140 Hampden Road, is now accepting applications.** Housing vouchers accepted. For more information, call 610-260-1152.

Food Pantries

Christ Lutheran Church located at 7240 Walnut Street, Upper Darby, PA houses an emergency food bank for households in our community. We also support the Upper Darby Food Bank, a consortium of churches in Upper Darby, providing food Monday, Tuesday, Thursday, and Friday, from 10AM to Noon at Bethel Baptist Church, 7766 Wayne Avenue. Please call 610-352-1610 for more information.



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Upper Darby, PA 19082
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Email: multicultural@mcfso.org



MISSION Statement: The mission of the Multicultural Community Family Services, Inc. is to empower individuals, children, youth and families to gain a greater capacity to succeed in their communities. MCFS fulfills its Vision and Mission Statements by providing services to over 1,000 Immigrants, Refugees and U.S. born citizens per year through its programs.

MCFS Programs & Services

Division of Education & Job Readiness

Preparing Older Youths For Success (POYS)

English as Second Language (ESL)

Community Outreach Division

Citizenship Classes

United Soccer Club

Building Bridges Cultural Ambassadors

The Elder's Circle

Division of Home & Community Based Services

Attentive Home Care (AHC)

-Approved to provide services for the following waivers: Aging, OBRA COMMCARE, Independence, Private Pay Accepted

AHC provides services in Delaware, Philadelphia, Chester & parts of Bucks County.

For more information on Attentive Home Care (AHC) call 484-461-4174.

Please Consider Donating to MCFS Today

Supporting social service organizations comes in many forms. You can chose to donate your time and talents, items specific to the organizations needs or through financial support. MCFS asks that you would consider donating to our agency as we continue to efforts to provide resources to individuals and families that they can use to empower themselves which ultimately enhances our community.

Please consider donating to MCFS in one or more of these ways:

- Financial Contributions**—Monies can be donated through our website www.mcfso.org
- In-kind donations**—Volunteering your time and talents to one or more of MCFS' programs. Assistance is needed with the Elder's Circle and with the Division of Behavioral Support
- New & Gently Used Items**—Donations are now being accepted for Arts and Crafts Supplies that could be used for The Elder's Circle. We are in need of items for knitting/crochet, sewing (material and sewing machines) games. We are also accepting computer chairs in good condition

If you have items you would like to donate, please contact MCFS via email at multicultural@mcfso.org

