

KUKATONNOH

WE ARE ONE

A NOTE FROM OUR EDITOR

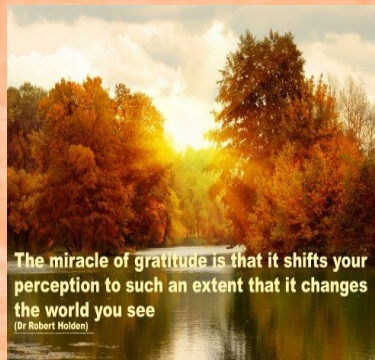
SPECIAL POINTS OF INTEREST:

- Black History Month/Cultural Appreciation
- Portia Kamara and PCA
- MCFS says Farewell to one of its own
- Community Events
- MCFS' New Site

Black History month is a time designated to honor the achievements of those who have and continue to work for the advancement of equality for African Americans and other non-dominant groups. It is a time when we recognize those African Americans who have made significant contributions to our society through their successful inventions and through innovations in the field of science, technology and medicine. We also celebrate those who broke through barriers in the entertainment and sports industries.

During this celebratory month, I ask that you not only honor those African Americans who have contributed to our society but I challenge you to also

reflect on the contributions your ancestors made to your culture and to our society as a whole. An appreciation for these sacrifices can get lost as we scurry about in our daily routines.



Cultural knowledge is instrumental in the empowerment of each ethnic group in our country. The recognition of our past experiences can

inspire us to live our lives to the fullest, utilizing all of the benefits afforded to us as a result of the sacrifice and advocacy efforts of our ancestors and current cultural leaders.

As this Black History month comes to a close, I challenge you to continue to expand your knowledge of African American culture. I challenge you to seek out information on all of the cultures represented in our country. Finally, I challenge you to continue in a spirit of reflection and gratitude for the contributions made by all of our ancestors. It is the least we can do as the beneficiaries of heroes.

— Lonnesse M. Bodison

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PCA FEATURE ON PORTIA KAMARA

Our Executive Director, Portia Kamara is featured in the February edition of Milestones Magazine, a publication of the Philadelphia Corporation for the Aging.

In the article, Mrs. Kamara shares how the culmination of her personal and professional

experiences led to the birth of Multicultural Community Family Services.

Mrs. Kamara is well known within the social service community for her knowledge and commitment to serving immigrant populations.

Mrs. Kamara's humility

keeps her from sharing these types of honors with the staff. Someone on staff found out about the feature, so now, it is one of our features.

You can find the article and more information about PCA at www.pcacares.org



Photo Credit – PCA Milestones Magazine

UNTIL WE MEET AGAIN, BONDEY

It is with mixed feelings that we report that our very own, Bondey Breeze-Barry will be leaving MCFS at the end of the month to return to her home country of Liberia.

Bondey started at MCFS in 2012 as a Temple University student intern where she provided support to participants in our Preparing Older Youths for Success (POYS) and Behavioral Support Programs.

Bondey provided job preparation and career counseling support to the youths in our POYS program. She also assisted with our Behavioral Support program by providing counseling services to an immigrant youth while advocating for him and providing cultural education to his teachers in the Upper Darby School District.

In 2012, after Bondey completed her Bachelors Degree in Liberal Arts with concentrations in Psychology and Women's Studies, she returned to her home in Grand Gedeh, a country in Liberia.

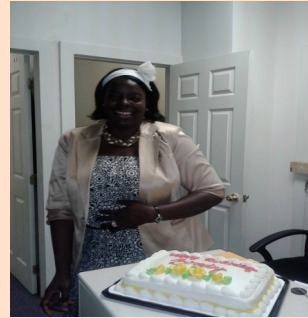
Shortly after returning home,

Bondey volunteered as a Motivational Speaker at the Sarah Rich Foundation. In this role, she encouraged young women who opted to learn a trade instead of completing high school, to consider obtaining their high school diplomas.

In 2013, Bondey returned to the states and to MCFS as a volunteer with the Social Service and Home Care Divisions (Attentive Home Care). Bondey thrived in her roles at MCFS and was soon offered a permanent position as a Home Care Monitor.

Within months she was offered a position as a Home & Community Based Case Manager with AHC.

Bondey is excited to return home to her family in Grand Gedeh, especially to her husband of 2 years. She is already making plans to make an impact once she returns home. She intends on resuming her work in social services as a motivational speaker or through advocacy



work at the UN.

Ultimately, Bondey would like to further her education. She is considering obtaining a Master's Degree or a Juris Doctorate. Although she is undecided as to which field to enter, we are certain that whichever path she chooses, she will do wonderfully.

Bondey has truly been an asset to MCFS. She excels at her work and does not hesitate to help coworkers, staff, interns or volunteers. She is respected and appreciated by her clients and will be missed.

So, how can we say goodbye to our colleague; our friend; our MCFS family member, Bondey Breeze-Barry? Well, we have decided that we will not say goodbye. We will simply say, so long Bondey, until we meet again.

NEW WEB DESIGN FOR MCFS

MCFS is pleased to announce the launching of our brand new website! Our site contains information about our mission, programs and donor opportunities.

If you are interested in promoting your event on our website or in our newsletter, please email your request to multicultural@mcfvorg.com.

Now that we have shared this exciting news, you can go visit our new website, same site address, different look.....

www.mcfvorg.com



Multicultural United Soccer Club 2015 Sponsorship Program

Please check the box below for the Sponsorship Package that you are interested in purchasing. Please note that all Sponsorship donations are TAX DEDUCTIBLE as Multicultural Community Family Services is a registered non-profit organization.

The deadline for any Sponsorship option, including a logo on a Team Jersey, is July 31, 2015

Platinum Level—\$500

TWO FULL COLOR 4x4 banners with your logo, one at Marshall Road Field and one at Cardington Field in Upper Darby during our fall season (seen by all home and visiting teams/families as well as those visiting the park) PLUS 9' Sponsor Business Logo on the jersey of one team, an 8 x 10 Commemorative Team Plaque (including photo) to display in your place of business and Sponsor Business Logo proudly displayed on our Website and Facebook Page.

Gold Level—\$400

Your choice of EITHER 1) TWO FULL COLOR 4x4 banners with your logo, one at Marshall Road Field and at Cardington Field in Upper Darby during our fall season (seen by all home and visiting teams/families as well as those visiting the park) OR 2) ONE FULL COLOR 4x4 banner with your logo PLUS 9' Sponsor Business Logo on the jerseys of one team. Also included with either option is an 8 x10 Commemorative Plaque (including photo) to display in your place of business and Sponsor Business Logo proudly displayed on our Website and Facebook Page.

Silver Level—\$300

ONE FULL COLOR 4x4 banner with your logo hung at either Marshall Road Field and at Cardington Field in Upper Darby during our fall season (seen by all home and visiting teams/families as well as those visiting the park) plus an 8x10 Commemorative Plaque (including photo) to display in your place of business and Sponsor Business Logo proudly displayed on our Website and Facebook Page.

Bronze Level—\$200

9' Sponsor Business Logo on the jersey of each team member, an 8x10 Commemorative Team Plaque (including photo) to display in your place of business and Sponsor Business Logo proudly displayed on our Website and Facebook Page.

Player Scholarship—\$100

Provide the opportunity for one qualified low-income youth to participate in MUSC's soccer program

If you have any questions or would like to sponsor MUSC in one of the options listed or in any other capacity, please contact Club Administrator, Jacob Collins at 484-461-8660 or by email jcollins@mcsf.org or musc@mcsf.org



18 UPCOMING EVENTS

PHYSICAL & EMOTIONAL HEALTH/WELLNESS EVENTS

****February 28, 2015 8:00am to 11:00am (Snow Date March 14, 2015 8:00 am to 11:00 am)**

Stroke & Heart Awareness Day—Springfield Hospital, 190 W. Sproul Road, Springfield, PA

Free Community Health Fair that will include a continental breakfast, free cholesterol and diabetes screenings (screening can only be completed on individuals who fast starting midnight), smoking cessation information and much more. For more information about this event and to register, please call 1-800-254-3258.

****Free Mammograms for Uninsured or Underinsured Women are being offered at the following Crozer Keystone Health System locations:**

Crozer-Chester Medical Center One Medical Center Boulevard, Upland, PA
 Delaware County Memorial Hospital 501 N. Lansdowne Avenue, Drexel Hill, PA
 Media Medical Imaging 200 E. State Street, Suite 200, Media, PA
 Springfield Hospital 190 W. Sproul Road, Springfield, PA

*Please call Barbara Morley, R.N., CBCN 610-284-8112 for more information about services at Delaware County Memorial Hospital

*Please call Donna Bartnik at (610) 447-6173 or (610) 447-6155 for more information about services at all other locations

****Smoking Cessation Counseling**

ChesPenn Health Services Quit Smoking Program held every Friday at 5 South State Road, Upper Darby, PA

*By appointment only, call (484) 784-4260 for more information and to schedule an appointment

****Crozer Keystone Health Systems** is sponsoring a smoking cessation program entitled Clear the Air.

For more information about this program, please call (610) 497-7300.

Counseling by phone is available by calling 1(800)QUIT-NOW

HS Community Health Education has a Group Support Cessation Class at Delaware County Memorial Hospital beginning Wednesday, March 4th, and at Taylor Hospital beginning Wednesday, April 22nd

Social/Support Groups

****Telephone and Online Weekly Support Group for Parents who have a Mental Illness**

Wednesdays 6:00pm to 7:00pm; call 1-888-601-3515 or log on at www.uberconference.com/childandfamily

Sponsored by Child & Family Connections

****If a Youth in your home is in need of health insurance**; please call PCCY at 215-563-5848 x 17 for free assistance obtaining benefits

****The Elder's Circle**—Social/Support Group for Seniors age 60 and above.

The Elder's Circle offers support group services for older adults from age 60 and up. The group meets once weekly for two hours at the Multicultural Community Family Services. Group members are encouraged to talk about experiences that are adversely impacting their daily lives and receive support from their peers. Group members are also provided the opportunity to participate in recreational and social activities that promote emotional and physical wellness.

Tuesdays 2:45pm to 4:15pm starting March 10, 2015

Meetings will be held at Multicultural Community Family Services (MCFS) 7016 Terminal Square, MCFS Community Room. Light Refreshments will be provided. Transportation Assistance Available



Multicultural Community Family Services, Inc.
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Upper Darby, PA 19082
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www.mcfsorg.com



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)
Citizenship Classes

Community Outreach Division

United Soccer Club
Building Bridges Cultural Ambassadors
The Elder's Circle—beginning on March 10, 2015
Music Lessons (In Development)

Division of Behavioral Support

Counseling Services
Family Based Services

Division of Home & Community Based Services

Attentive Home Care (AHC)

- Approved to provide services for the following waivers: Aging, COMMCARE, Independence, OBRA
- 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 or visit the website at www.attentivehomecare.org

Please contact MCFS at 484-461-8660 for information on our programs and services or visit us on the web at www.mcfsorg.com



THE ELDER'S CIRCLE

Multicultural Community Family Services
Cordially Invites all Seniors to

THE ELDER'S CIRCLE

The Elder's Circle is a support group for older adults ages 60 and above

The group will hold its first meeting on **Tuesday, March 10, 2015.**

Meetings will take place every Tuesday

2:45pm to 4:15pm

MCFS' Community Room, 7016 Terminal Square, Suite 1-A, Upper Darby, PA 19082

Light Refreshments will be provided

All Seniors are Welcome

Transportation Assistance is Available

For more information about the Elder's Circle, please contact MCFS at 484-461-8660

The Elder's Circle was funded by Villari, Brandes & Giannone, P.C.