

The Center Foundation Newsletter

APRIL 2015

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TCF Wishlist

Diapers of all sizes
 Pull Ups of all sizes
 Baby wipes
 Baby wash and lotions
 Cell phone minute cards
 New or used working computers, monitors, and printers
 Working laptops
 Gift certificates to stores such as Target, Wawa, Acme, Kohls, and Giant
 Septa Tokens
 Copy paper

Winter Carnival

The Center Foundation packed the Media Borough Community Center with games, crafts, and lots of fun at their 17th annual Carnival. The sun shone brightly as participants in the WomenCare and Young Parents Support Network (YPSN) mentoring programs and their families gathered together for an afternoon to celebrate the beginning of spring!



Volunteers from the Strath Haven Interact Service Club helped run the various carnival games from Hoop Shot to Balloon Darts and friendly clowns from R.S.V.P. thrilled guests with festive face painting and balloon animals. Guests at Carnival also enjoyed arts & crafts, a buffet meal, carnival treats like popcorn and cotton candy, a raffle with plenty of exciting prizes, and the always popular moonbounce!

This year's Carnival was sponsored by Media Real Estate, Stillman Volvo, Brandywine Home Staging, and Markizon Printing. It was also supported by the Retired and Senior Volunteer Program (R.S.V.P.), the Strath Haven Interact Service Club, Giant Food Markets, Oriental Trading, Desert Rose, and 320 Market Café.

Matters of the Heart



Forward to a Friend

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LIVE UNITED



United Way
of Greater Philadelphia
and Southern New Jersey
Community Partner

National Volunteer Week

National Volunteer Week is April 12th - 18th. It is about inspiring, recognizing and encouraging people to seek out ways to engage in their communities.

In honor of National Volunteer Week everyone at The Center Foundation would like to thank all of our incredible volunteers. None of our work would be possible without you!



On February 7th The Center Foundation invited participants to a personal wellness workshop, "Matters of the Heart". There were three different sessions focusing on health and well being.

The workshop began with an introduction to Yoga. Private Yoga Instructor,

Deborah L. Shipley, led the session and demonstrated how Yoga can be a tool for stress management and general well-being. Students from Widener University's Nursing Program later gave a presentation on heart health and offered the opportunity for participants to have their blood-pressure screened. Coinciding with a healthy lunch, Penn State Extension Nutrition Advisor, Josephine Worthington, led an informative session on how to take care of your heart through nutrition-savvy eating.

"Matters of the Heart" presented participants with a wealth of knowledge on living healthy and we thank all of our presenters who volunteered their services.

Intern Spotlight: Anne Arbizo

Anne Arbizo began her internship at The Center Foundation in January. She is currently a senior at Widener University. Anne will be receiving her bachelor's degree in psychology in May 2015. After graduating, she hopes to get into the field of industrial/organizational psychology, focusing more specifically in the area of human resources. Anne was very excited to begin her internship at The Center Foundation for her last semester. She is happy to work with the organization and gain valuable experience to prepare her for her future!



While at TCF Anne has spent a lot of time focusing on social media, specifically TCF's Facebook and Twitter pages. Anne has also been a big help in the planning of special events.

Thank You to our Recent Donors

320 Market Cafe, Brandywine Home Staging, Michael Campbell, Desert Rose Cafe, Susan Garrison, Markizon Printing, Media Real Estate, Lawrence and Pamela Phelan, Quaker Chemical Foundation, Stillman Volvo, Taylor Community Foundation, Arthur Weisfeld and Virginia Brabender, Douglas Whyte

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