

Community Action Agency of Delaware County, Inc.

The Link

November, 2021



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Please call 610-874-8451 or e-mail hparmely@caadc.org with questions, comments or suggestions.

THIS THANKSGIVING AND MOVING FORWARD, PLEASE
REMEMBER THE IMPORTANCE OF KINDNESS.

This hit me...

You never really know the true impact you have on those around you. You never know how much someone needed that smile you gave them. You never know how much your kindness turned someone's entire life around. You never know how much someone needed that long hug or deep talk. So don't wait to be kind. Don't wait for someone else to be kind first. Don't wait for better circumstances or for someone to change. Just be kind, because you never know how much someone needs it.

How to Honor Veterans!

There are multiple ways to honor Veterans all year round! Courtesy of military.com:

- 1.) Show up to events for Veterans or that honor Veterans
- 2.) Donate to programs for Veterans
- 3.) Fly a flag correctly
- 4.) Ask a veteran about his or her service
- 5.) Visit/volunteer at a VA hospital

Correct ways to fly an American Flag:

- Don't fly a flag in inclement weather
- Stars should be at the top
- The flag should never touch the ground
- The flag should never touch anything beneath it
- The flag should not be used for anything else



A special thank you to our veterans here at CAADC!

Lashon Fryer

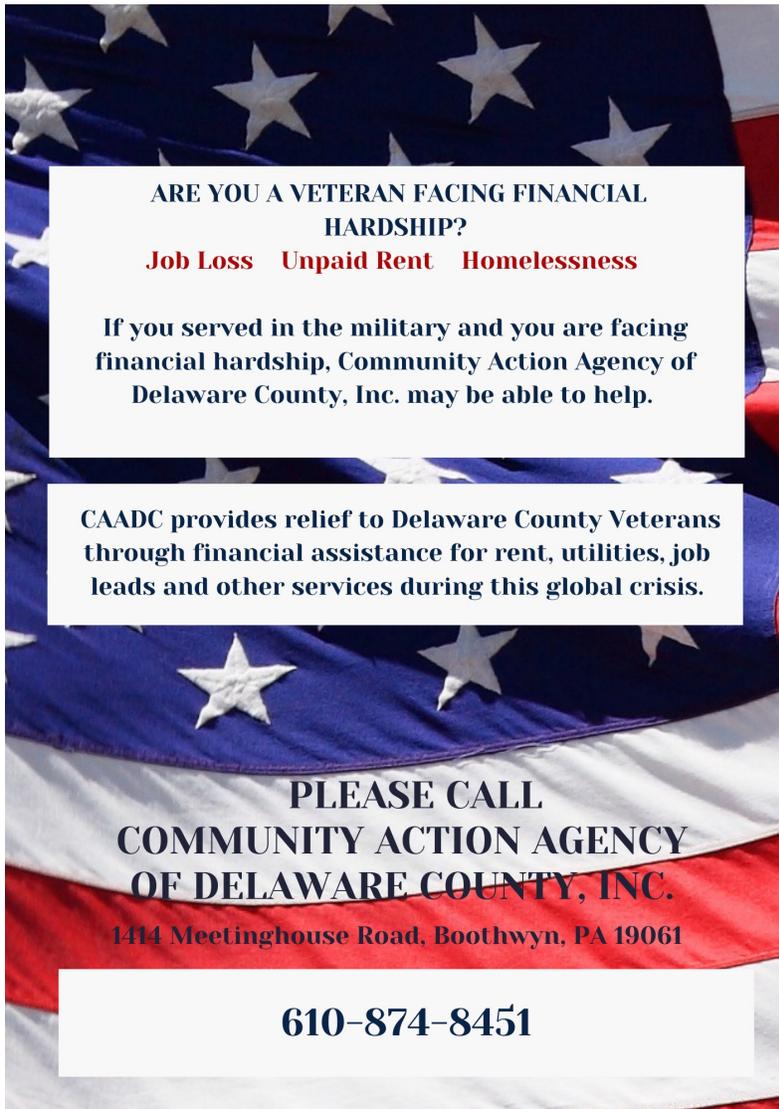
Doug Jennings

Dario Lamour

Clarence Jones

Jerry Paldino





**ARE YOU A VETERAN FACING FINANCIAL
HARDSHIP?**
Job Loss Unpaid Rent Homelessness

**If you served in the military and you are facing
financial hardship, Community Action Agency of
Delaware County, Inc. may be able to help.**

**CAADC provides relief to Delaware County Veterans
through financial assistance for rent, utilities, job
leads and other services during this global crisis.**

**PLEASE CALL
COMMUNITY ACTION AGENCY
OF DELAWARE COUNTY, INC.
1414 Meetinghouse Road, Boothwyn, PA 19061**

610-874-8451

Programs for Veterans:

Courtesy of: veteransadvantage.com

Hope for The Warriors:

Hope For The Warriors provides comprehensive support programs for service members, veterans, and military families that are focused on transition, health and wellness, peer engagement, and connections to community resources.

Tragedy Assistance Program for Survivors (TAPS):

TAPS provides a variety of programs to offer compassionate care to those grieving the loss of a loved one who died while serving in the Armed Forces, or as a result of service. TAPS has helped more than 70,000 surviving families, caregivers, and casualty officers since the nonprofit was founded in 1994.

Give an Hour:

Give An Hour works to match military and veterans struggling with mental health and well-being with volunteer health professionals that can help them recover. The nonprofit has provided 210,000 hours of service with over 858 active volunteers and 390 partner organizations.

Fisher House Foundation:

Fisher House Foundation is a national not-for-profit organization established to provide support for the Fisher House program that provides free housing and "a home away from home" for the families of patients receiving medical care at major military and VA medical centers. Since its founding in 1990 by Zachary and Elizabeth Fisher, the organization has helped more than 305,000 families, saving them more than \$360 million in out-of-pocket costs for housing and transportation.

Semper Fi Fund:

Serving all branches of the military, Semper Fi Fund provides emergency financial assistance to post 9/11 vets who are wounded, critically ill, or were injured during their service. The nonprofit also provides support for vets and their families to provide a smooth transition back into their communities.

Honor Flight Network:

Honor Flight Network transports America's military veterans to Washington, DC to give them the opportunity to visit the memorials dedicated to their service and the service of their friends. Top priority is given to senior WWII vets and veterans who are struggling with terminal illnesses.

The Bob Woodruff Family Foundation:

Bob Woodruff, a journalist, was critically injured while reporting for ABC's "World News Tonight" in 2006. Bob spent 36 days in a medically-induced coma, and his wife, Lee, was introduced to many families of service members dealing with Post Traumatic Stress and Traumatic Brain Injuries. While Bob eventually recovered, the Woodruff family made it their mission to help military and veterans struggling with these issues and many more. Today, the Bob Woodruff Family Foundation has helped more than 2.5 million Veterans and Families by investing \$45 million in innovative local and national programs and nonprofits. They have awarded over 370 grants for research, education, training, and other worthy causes.

Intrepid Foundations & Museum:

The Intrepid Family of Foundations funds The Intrepid Sea, Air & Space Museum, The Fisher House Foundation, The Intrepid Fallen Heroes Fund, and The Intrepid Relief Fund, making a difference in the lives of countless military, veterans and their families through aid and educational experiences.

Children of Fallen Patriots Foundation:

As a scholarship program for children who have lost a parent in the line of duty, Children of Fallen Patriots Foundation provides much-needed support for struggling military kids and surviving spouses.

Operation Gratitude:

Operation Gratitude is a long-time partner with Veterans Advantage and sends Care Packages filled with entertainment, hygiene, and handmade items, non-perishable snacks, and personal letters of appreciation to U.S. Troops, First Responders, Veterans, Military Families, and Wounded Heroes & their Care Givers.

Operation Care and Comfort (OCC):

OCC provides support and comfort to "adopted" units of deployed U.S. military service members, serving in Iraq, Afghanistan, and other conflict regions. Working within communities and through donations received from all over the country, OCC assembles and ships care packages to adopted units every month until they return home. They currently support up to 200 units on a monthly basis.

United Service Organizations (USO):

With over 160 centers worldwide, the USO works to support military and vets with a variety of programs and services. The USO helps with everything from entertainment for our troops and helping soldiers stay connected with their families to assisting vets with transitioning back into their communities.

Vietnam Veterans of America:

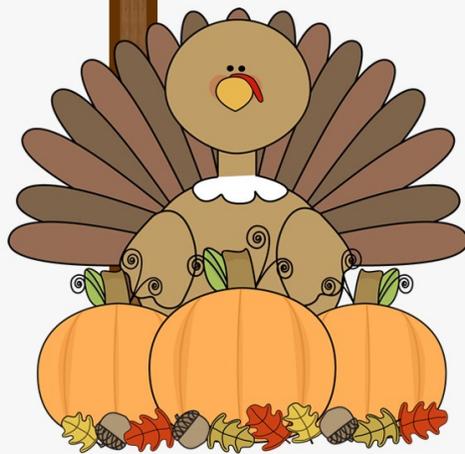
Founded in 1978, Vietnam Veterans of America is a national non-profit organization that advocates for Vietnam Vets through legislation, community support, and local and national events that recognize veterans from all service eras. VVA's mission is to ensure that Vietnam Vets get the care and respect that they have earned.

Things to be Thankful for this Year!

- Family
- Friends
- Pets
- Education
- Health
- CAADC!



We are
Thankful for
YOU!



A Message of Hope & a Reason to be Thankful

One Client has been an inspiration to CAADC staff as he continues to achieve goals of housing and financial stability throughout his enrollment in the Rapid Rehousing Program. Client became homeless in 2018 after leaving a bad marriage in Maryland. He relocated to Delaware County, because he has several family members who reside in the area. Unfortunately, he stayed with several differently family members and was repeatedly asked to leave because he could not afford to contribute to the housing costs. After exhausting all of his options, Client began sleeping at 30th Street Station. He also came to the Life Center Shelter to get meals every day. One of the guards at the Life Center had asked him if he was homeless, because she would see him there every day. Client shared his story of having to sleep at 30th Street Station. Client states that this guard saved his life, because she explained the process of going to CAADC for assistance with shelter.

In the summer of 2019, Client was able to enroll in the Connect By Night shelter program. He was able to secure a bed at the Life Center in August of 2019. While at the Life Center shelter, Client was compliant and took advantage of all of the services provided at the shelter. He also secured a great job in his field of specialty. In January of 2020, Client was referred to Rapid Rehousing to assist him with exiting homelessness and securing safe and affordable housing. Because he had significant and steady income, Client and his Case Manager, Kahley McKenney, discussed that he had sufficient income and would only need short-term assistance with the program. Client was housed in less than 30 days in a safe and affordable 1-bedroom apartment. Shortly after his move-in, Client lost his employment as a result of the COVID pandemic. His Case Manager advocated for him to remain in the program until he secured employment. Client was compliant throughout the program, and always paid his bills and his portion of the rent. Client recently secured a full-time position with Zensar as a computer consultant earning an annual salary of \$52,000. Client states that the Rapid Rehousing Program and his Case Manager saved his life. Client has been giving back to the agency by being a member of the Shelter Appeal Committee. Client also wants to give back to the community and where his journey started, the Life Center, and serve as a client advocate. Client believes that his story and success will encourage other homeless individuals. The Rapid Rehousing team and his Case Manager couldn't agree more! CAADC is extremely proud of Client's success and excited to see what his future holds.

Thoughts on Resumes:

By G. E. PALDINO

You need a solid resume if you ever expect to get any interviews. This means interviews on zoom or otherwise! In this essay, I will cover some of the finer points in resume development. So without further delay, let's go! Here are the major areas that you need to understand.

Understanding what resumes are. Resumes act as the vehicle to get you an interview. They represent your accomplishments and your track record. Most importantly it is your chance to stand out from the pack.

Understand gaps in your resume. Gaps are potential barriers to employment that need to be addresses. Because time gaps on a resume that can get in your way of getting chosen for an interview. Large gaps in your resume can be deadly because it leads the employer to try and guess what you were doing and this is not a good thing. You must try to fill in any and all gaps when at all possible. You may have been out of work or in between jobs for a couple of years and that is ok but you should try and talk about what you did during that time. Maybe you may have had a babysitting job, or you helped your neighbor with his side business cutting grass, or maybe you volunteered at your local shelter or church. Use these things to show that you are a go getter and that you kept busy. If you took a class or two at your local college you could add that in as well.

Similar deal breakers come in many shapes and sizes. For example, your home city may be a deal breaker if the firm thinks that the commute would be too far for you. Generally speaking, you don't want to put anything that could be considered controversial on your resume.

As far as your story making sense here is what I mean by that statement. You now have what is known as an internet or social media footprint. So potential employers can look for information about you on Facebook, LinkedIn, Instagram, and so on. If your resume is touting you as a religious or caring person but on your social media pages/history I see pictures if you fighting, smoking, drinking et cetera, the story isn't adding up. Your story must be tight and line up across and make sense across all media verticals.

What makes resumes good. Solid story of success in your positions. Generally, an upward trajectory in your roles. For example, janitor, prep cook, line cook, shift manager makes perfect sense and has a solid career trajectory.

Things to avoid. You should avoid any bright colors. Also stay away from head shots. Do not use way out font types. Make sure you are using the BOLD feature for your job titles not the companies. Keep it simple and symmetrical. And no resume should ever be longer than two pages. To keep things in perspective, Barack Obama's resume is only two pages and Elon Musk's is only one page. If they can keep it under two pages, I am sure that you can!

As many of you will remember from my first few essays your story is paramount. This is a recurring theme in the finding a new job process! Remember your story is the "why". Why you are here now, why you are at this point in your life, why are you leaving your last job and so on. It is the why that has brought you to this point in the job hunting process. More specifically the best why is why you are choosing this particular role with this company. You must always keep this as a guiding principle in your job search.

Generally speaking, you want to be concise and direct with your resume job description. As a general rule be succinct and give examples when possible. It is not what you have done but the RESULT of what you did that matters. For example, you say in your resume "I changed or updated the accounting system." That is not enough. The next sentence needs to be, "and it resulted in the firm saving \$1,000,000 the next fiscal year"! You need to be in the habit of giving yourself exact credit for your accomplishments.

Overall with your resume you are trying to convey a sense of responsibility and trustworthiness.

Lastly, remember that this is tough work. Not many people are naturally good at putting resumes together. That is ok. Now you have some pointers to get you going in the right direction! It takes some time to get this down but you can do it!

As always, be positive, be prepared and be proud and remember you are good enough!!

Jerry Paldino works finding jobs for Veterans in the Veteran Employment Program at CAADC. He can be reached at jpaldino@caadc.org or by calling 484.383.8116 x1032.