

# The Declarations Quarterly

Spring 2025 | Edition 38



## Table of Contents

- 2 A Visit to Lunch Break
- 3 Pet Spotlight
- 4 Spring in Monmouth County
- 6 Dimensions of Wellness & Creating a Balanced Life
- 8 Springing into Self-Care
- 9 Word Search
- 10 Meet Lucy!
- 11 Follow Us on Social Media!
- 12 Earth Day 2025
- 14 Puzzle Answer Key
- 15 Spring-ing Into Celebrations

Photo by Polina from Pexels: <https://www.pexels.com/photo/letter-tiles-beside-roses-6954508/>

# A Visit to Lunch Break

Kellen Polito, Director of Quality Assurance



On 3/24/25, the Director of Quality Assurance (DQA), Kellen Polito, visited Lunch Break to spread the word about Declarations, Inc.

Kellen partnered with Lunch Break's Health and Wellness Coordinator, Shani Love, to occupy a table in the lunch room for a meet and greet with community members being served by the Lunch Break services and staff. This will be one of many between Declarations, Inc. and Lunch Break.

DQA Kellen will be leading the marketing assignments for the agency with the main goal of collaborating with community

providers to obtain viable community referral candidates. Additionally, DQA Kellen and Declarations, Inc. strive to build new partnerships that will help foster a sense of togetherness and community.

Moving forward, DQA Kellen will be establishing working relationships with day programs, outreach programs, and other community-based mental health programs.

Suggestions for potential linkages/partnerships? Share with a Declarations, Inc. supervisor or DQA Kellen for further exploration!



Photo from: <https://lunchbreak.org>



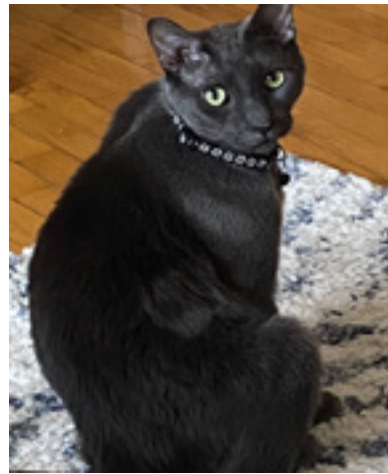
# Pet Spotlight



Jennifer Hodge, Team Leader 2

## MEET CAMEO

Hello friends!  
I'm Cameo the cat, and I love to play! My owner, Bianca, adopted me from the Monmouth County SPCA, and I was given a second chance at 4 years old after my previous owner surrendered me due to loss of their home. I love eating tasty wet cat food and sleeping in my cozy cat bed! I'm so grateful for my new home!





# Spring in Monmouth County

Kaitlyn Beard, Life Coach 1



Spring has sprung in Monmouth County! As the weather gets warmer, there is more and more to do outside- grab a friend, family member, or venture yourself and enjoy the flowers blooming and sunshine all across the county.

Here are a few options I'll be enjoying this season!

## **Allaire Flea Market**

*4263 Atlantic Ave in Farmingdale*

With 150+ vendors, this flea market sounds like a great way to get outside & support local businesses and entrepreneurs in the community. Spring dates include April 5th (Saturday), May 10th (Saturday), and June 14th (Saturday), but the market runs until November! All rain dates are the following Sunday, and it is from 8am-2pm. Cost is \$5 a person!

## **Creative Arts Festival**

*Thompson Park, Lincroft: May 10th*

On May 10th from 10am-4pm, Monmouth

County Parks System will be hosting the tenth annual Creative Arts Festival, with live art demonstrations, food vendors, and live music. The festival includes free admission, activities, and parking! Sounds like a great time!

## **Oceanport Spring Festival**

*910 Murphy Dr., Oceanport: April 26th*

Here's another option for celebrating the return of spring! From 12pm-5pm, this festival will highlight local makers, local eats, and farm fresh produce. Entry is free!

## **U-Pick Tulips Spring Spectacular**

*Holland Ridge Farms, Cream Ridge*

This is a must-go-to this spring!! For \$17 on weekdays and \$20 on weekends, there are 8 million tulips on display. Such a fun idea to add some fresh air and color into your day, and for \$1 per tulip stem on weekends or 50¢ on weekdays, you can take that color home too!

## ***Volunteering***

I also wanted to highlight some volunteering opportunities in the county as spring is the season of renewal.

Spring symbolizes new beginnings, which makes it a perfect time to engage in activities that promote growth and positive change—whether it's supporting environmental efforts or assisting in community events.

Here are a few I found on the Monmouth County Parks System website (that also has a calendar of community events for each month- check it out!):

### **Earth Day Planting**

*Holmdel Park: Tuesday, April 22nd*

This event is held every year in hopes to restore Monmouth County forests and support local wildlife with native plants. The event is held from 5pm-6:30pm- supplies are provided!

### **Beach Cleanup : Bayshore Waterfront Park**

*Port Monmouth: Sunday, April 27th*

From 10am-12pm, Bayshore Waterfront Park, Port Monmouth will be hosting a free beach cleanup to preserve our beaches!

### **Beach Cleanup: Seven Presidents Oceanfront Park**

*Long Branch: Sunday, April 27th*

If Port Monmouth is a little too far, Seven Presidents Oceanfront Park in Long Branch will also be hosting a beach cleanup on the same day! This event will be from 1pm-3pm.



Happy spring everyone!



*Photo by Ylanite Koppens from Pexels: <https://www.pexels.com/photo/selective-focus-photography-of-pink-and-yellow-tulips-flow-ers-1883385/>*

# Dimensions of Wellness & Creating a Balanced Life

Erin Mullen, Director of Nursing

At Declarations Inc., we utilize the 8 dimensions of wellness when we are working with our consumers to help them achieve their dreams and develop more balance in their daily lives.

But, how do we define what wellness is? What are the 8 dimensions of wellness? How does it help to create more balance?

Wellness can be defined as a healthy lifestyle. Wellness can be finding joy and purpose in our life. Wellness can be having a healthy mind and body. Wellness can also be a holistic and an individualized approach to living life fully.

We can better define what wellness means by examining eight areas of our lives. These eight areas include Emotional, Financial, Social, Spiritual, Occupational, Physical, Intellectual, and Environmental. These dimensions of wellness can overlap, and feeling unsatisfied in one area of our lives can impact the other dimensions. An example of this would be how losing a job can impact the area of occupational wellness, and may also impact your emotional wellness if you are feeling depressed about the change, and could also impact your financial wellness due to loss of income. On the other hand, getting a promotion may positively impact your financial wellness due to potential income change, occupational wellness by satisfaction of getting a new position at work, and emotional wellness by experiencing happiness.

Since knowing that these can all be connected to each other, the goal of examining these areas is to create as much of a balance in each area as we can. In order to do this, we examine each area individually to identify what each dimension means.

- The **Emotional** dimension focuses on our emotions and our understanding of how we feel and emotionally respond.
- The **Financial** dimension focuses on our finances, if we are satisfied currently or what we would want to potentially have financially in the future.
- The **Social** dimension looks at our current and potential relationships, as well as our role in the community and feeling part of a community.
- The **Spiritual** dimension examines our own sense of meaning and purpose and what that means for us as an individual. This may or not include religious beliefs and practices.
- The **Occupational** dimension explores achievement and satisfaction with our lives work to include employment and utilizing personal talents.
- The **Physical** dimension focuses on our caring of our bodies physical needs, including sleep, hygiene, diet, and physical activity in order for our bodies to remain healthy.
- The **Intellectual** dimension examines our views on growing intellectually and in what ways we would like to expand our knowledge.
- Lastly, The **Environmental** dimension focuses on where we reside, what are we surrounded by in our environment and how we feel about our overall surroundings.

The chart below demonstrates the connectivity of the dimensions. If we want to work towards expanding our wellness, we can identify each area's satisfaction and determine our own personal areas of need. By looking at our wellness from this view point, we can then determine where changes can be made to make to improvements and develop increased satisfaction.

It's important to note that each person's wellness journey is different and can evolve over time. By exploring each area of our lives routinely, we can determine our next steps and create new habits. When we create new habits, we have the ability to effectively make a positive impact on our overall wellness and enhance our satisfaction in our daily lives.

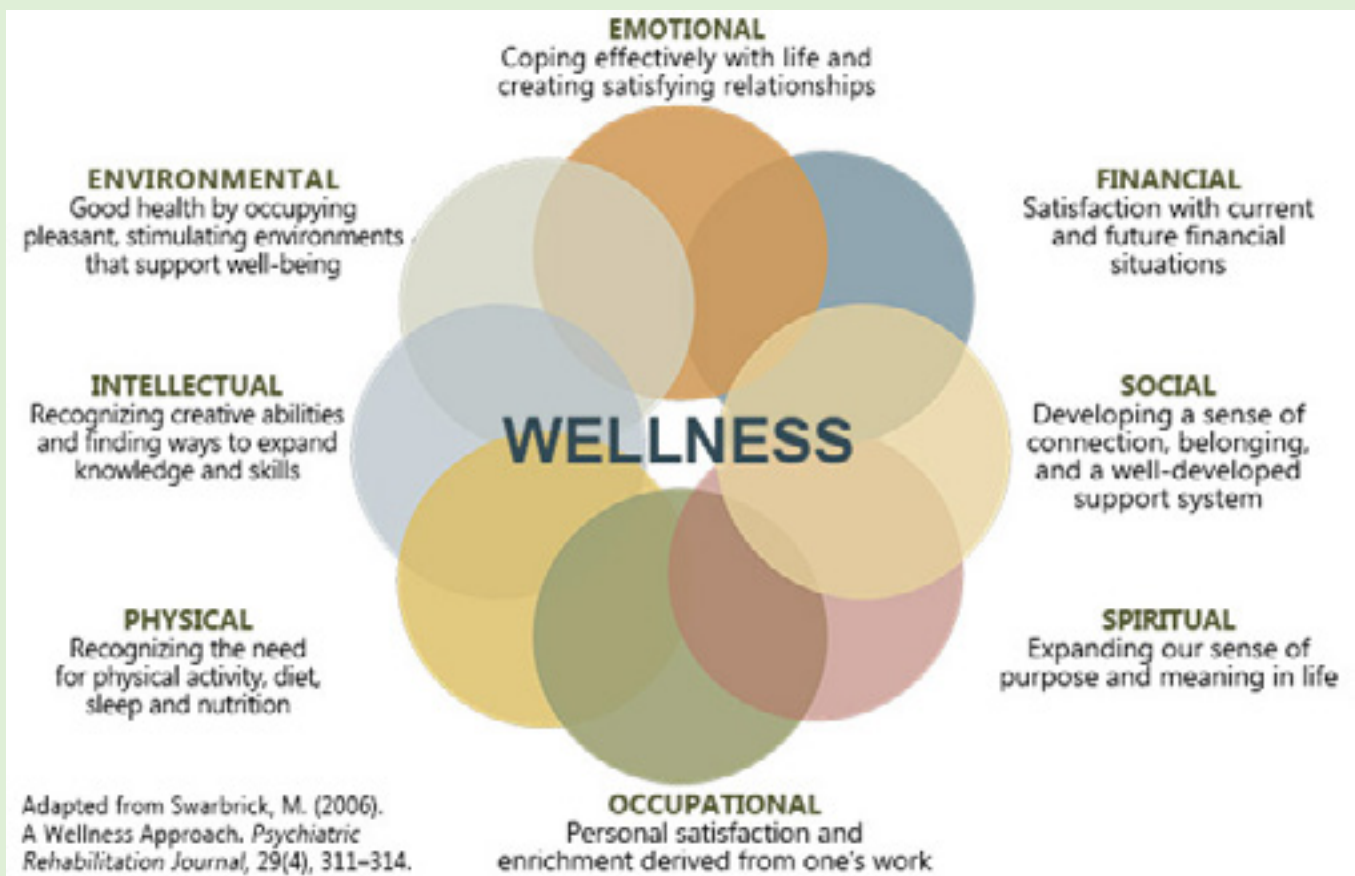


Photo from: <https://cspnj.org/wp-content/uploads/2024/02/Wellness-Model-Evolution-2023-1.pdf>  
Information from: <https://pmc.ncbi.nlm.nih.gov/articles/PMC5508938/>  
[https://www.nj.gov/humanservices/dmhas/resources/mental/CSP\\_Wellness\\_8\\_Dimensions.pdf](https://www.nj.gov/humanservices/dmhas/resources/mental/CSP_Wellness_8_Dimensions.pdf)





# Springing into Self-Care

Alicia Greaney, Team Leader 1

## 5 Spring Self-Care Activities



The weather is warming up and melting away the Winter blues, but we could all use some self-care to really shake them off. These are 5 activities to Spring into self-care:

1. **Find ways to get outside** – Take activities you enjoy doing indoors outdoors; read a book, drink a cup of coffee, do yoga, etc., outside in the fresh air.
2. **Have a picnic in the park**– Monmouth County has so many beautiful parks with walking trails, tables and benches, beautiful views, fresh air, and sunshine (Manasquan Reservoir, Turkey Swamp Park, Deep Cut Gardens, etc.).
3. **Try something new** – Feeling good from the warm weather can be a great motivator to try something new, whether it be a new hobby, a new book, a new show/movie, an activity or going somewhere new. It may also be a good time try and flex your creativity (painting, knitting, crocheting, drawing, writing, etc.).
4. **Practice Mindfulness** – Take some time out of your day to be present in the moment. This can be an opportunity to take deep breaths in the freshness of spring.
5. **Spring cleaning, but make it enjoyable** – Spring cleaning might sound cliché, but it doesn't have to be boring and unenjoyable. Play your favorite music and open the windows while you clean your space!





# Word Search

## Put Some Spring in Your Step!

B C N U A V W L B S R G K O H B J T J H  
U W H G H B L O O M H Z W M W N E G T L  
N P B X H A Q F T T L O N M L A I F T X  
N Z D F I E T P W U L D W W H S V H C Q  
Y H V V J G S C U V L B A E R K Z D B X  
Z H Q U P U V F H D S I B M R U C U X B  
A D Z J E H N J Y P D P P G S S T K T G  
L T O G M F F E X J S L E S F L F E F U  
K K P Z Z D M R X M U P E A L Y U H B Y  
T B M A F H D B M O N M Y X S F Z U I A  
M A Y A S D O M Y Y S A M G K T J H S P  
G I C H R S M L R K H I O B R E E Z E R  
R X J E W C O Z I E I K Q N H H O R G I  
A I H N I L H V V D N D B C E L O R J L  
S T U E D T J D E S E W V H I B J J F Z  
S F R S T R S P J R F L O W E R S F A J  
T F E T B R E G G S D X U J O U P B U X  
H M Q H W R J C K D U M Q W S L V F S M  
B I I F R W T G E L R E Q K C N S O U I  
R O Y R A M A D A N N R Z K N B T X F Q

Sunshine

Showers

Tulips

Bloom

March

Passover

Ramadan

Breeze

Grass

Bunny

Flowers

Puddle

Easter

Hatch

Holi

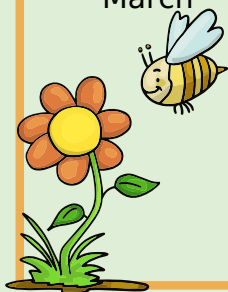
Eggs

April

June

Nest

May



Build your own custom worksheet at [education.com/worksheet-generator](https://www.education.com/worksheet-generator)

© 2007 - 2025 Education.com

ANSWER  
KEY



# Meet Lucy!

Alessandra LoGrande, Life Coach 1 & Daria Sbracchia, Team Leader 1



Meet Lucy! Lucy is our artistic Franklin consumer who views art as a gift by God. Her inspirations come from different seasons of life and she loves to create banners for our beautifully decorated Franklin cubicle. Not only does Lucy create art for Declarations, but she also has a passion for gifting banners to churches. Recently, Lucy was told that her banner that she gifted to Save On Drugs, a local pharmacy, was hung up for the whole town to see. Lucy hopes she can one day sell her unique art to pursue her passion. How can you help support Lucy's dream? Ask a Franklin Team member for more information if you would like to purchase any of Lucy's one of a kind banners.



# Follow Us on Social Media!



<https://declarationsinc.org>



[@declarationsincofficialpage](#)



[@declarationsinc](#)



[@declarationsinc](#)





# Earth Day 2025

Jennifer Beattie, Director of CSS Administration

April 22nd is Earth Day, and this year's theme is "Our Power, Our Planet." The aim is to educate people about renewable energy and encourage action toward transitioning to sources to combat climate change, reduce reliance of fossil fuels, and preserve important ecosystems.

Renewable energy comes from harnessing power through solar, wind, hydro-electric, tidal, and geothermal power sources.

How does this impact you? Here are some facts from the Earth Day initiative:

- Air pollution from burning fossil fuels has been linked to major cardiac and respiratory issues (heart attack, stroke, asthma)
- Air pollution and water contamination have been linked to breast cancer, maternal health issues, and ovarian diseases
- Reducing pollution, noise pollution, and slowing climate change can improve stress and anxiety (mental health)
- Less pollution from fossil fuels can likely lead to lower healthcare costs and reduced pollution-related diseases
- Economic benefits include increased jobs, technological advancements, and more accessibility resulting in decreased costs
- Switching to renewable energy sources means a reduction in greenhouse gases, including carbon dioxide, the primary greenhouse gas

The goal of Earth Day is to triple the generation of global renewable energy by 2030.



**Alexis Rockman, Artist**

*Copyright (and/or) © 2025  
Earthday.org.*

*This work is licensed under CC BY-  
NC-ND 4.0.*

What are some other ways that you can help reduce your footprint and reduce waste?

- **Always recycle where you can.** Check the rules for your local recycling to see what items qualify: glass, plastic 1-5, cardboard, paper. Not all plastic and cardboard is recyclable in all areas
- **Always carry a reusable bag.** New Jersey has reduced the availability of plastic bags at stores, so many people may already be accustomed to this practice. Many reusable bags can be easily folded up for storage in a backpack, purse, or pocket so you have one readily available!
- **Use reusable utensils.** When you order takeout, opt to use utensils you have at home or invest in reusable utensils of sustainable material you can bring with you to eat with on the go.
- **Don't buy fast-fashion.** A lot of items that are more affordable and in-style are not made to last long-term. Additionally, they're often worn a few times and then donated or discarded because they are no longer trendy. Opt for timeless items or items made of quality material. Bonus: trends often come back around years later. If you have timeless pieces that hold up well, it's likely they'll be back in style eventually!
- **Learn how to repair things when they break.** Maybe you can't repair everything, but learning how to sew a

button or patch on to repair clothing can help save money and reduce waste.

- **Opt for sustainable wrapping alternatives.** Using fabric to wrap gifts can help reduce waste from single-use wrapping paper, which often isn't recyclable due to the coating and materials it is made from.
- **Learn about plants native to the area.** If you like gardening, learn more about the plants that thrive and support the ecosystem of that area. Palm trees grow great in California and Florida, but aren't the best suited for New Jersey's cold winters. Added bonus if the flowers and plants support local pollinators and wildlife!
- **Eat less meat.** Maybe you aren't interested in completely cutting meat or animal products completely from your diet. That's okay! Even just cutting meat out of one meal or one day per week can make a difference. The animal industry makes up a significant portion of greenhouse gas production, so any bit that people can cut back can help!

By incorporating various practices into your routine like the ones listed above, you can help contribute to the global sustainability movement to help reduce our impact on our planet. Earth Day is recognized once a year on April 22nd, but we only get one planet Earth!



# Puzzle Answer Key

## Put Some Spring in Your Step!

B C N U A V W L B S R G K O H B J T J H  
 U W H G H B L O O M H Z W M W N E G T L  
 N P B X H A Q F T T L O N M L A I F T X  
 N Z D F I E T P W U L D W W H S V H C Q  
 Y H V V J G S C U V L B A E R K Z D B X  
 Z H Q U P U V F H D S I B M R U C U X B  
 A D Z J E H N J Y P D P P G S S T K T G  
 L T O G M F F E X J S L E S F L F E F U  
 K K P Z Z D M R X M U P E A L Y U H B Y  
 T B M A F H D B M O N M Y X S F Z U I A  
 M A Y A S D O M Y Y S A M G K T J H S P  
 G I C H R S M L R K H I O B R E E Z E R  
 R X J E W C O Z I E I K Q N H H O R G I  
 A I H N I L H V V D N D B C E L O R J L  
 S T U E D T J D E S E W V H I B J J F Z  
 S F R S T R S P J R F L O W E R S F A J  
 T F E T B R E G G S D X U J O U P B U X  
 H M Q H W R J C K D U M Q W S L V F S M  
 B I I F R W T G E L R E Q K C N S O U I  
 R O Y R A M A D A N N R Z K N B T X F Q

Sunshine

Showers

Tulips

Bloom

March

Passover

Ramadan

Breeze

Grass

Bunny

Flowers

Puddle

Easter

Hatch

Holi

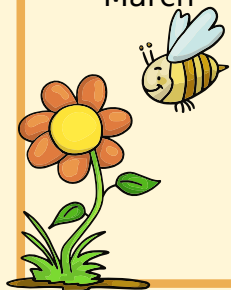
Eggs

April

June

Nest

May





# Spring-ing Into Celebrations



Join us in celebrating the following spring milestones:



April	May	June
<b><i>Birthdays</i></b>		
Wendy Marinko - 4/6 Barbara Mele - 4/6 Camryn LaSala - 4/17	Potato - 5/11 Alessandra LoGrande - 5/29	No birthdays :(
<b><i>Work Anniversaries</i></b>		
Wendy Marinko - 4/14/08 - 17 yrs	Joseph Russoniello - 5/30/23 - 2yrs Alessandra LoGrande - 5/14/24 - 1yr Carly Halpin - 5/21/24 - 1yr	No anniversaries :(
<b><i>Other Updates:</i></b> <b>The agency welcomed the following staff:</b> Olivia McGinley, Nurse (January 2025)		
		
		

Photo by Susanne Jutzeler, suju-foto from Pexels: <https://www.pexels.com/photo/selective-focus-photography-of-pink-cherry-blossom-flowers-2099737/ry-blossom-flowers-2099737/>