

# The Declarations Quarterly

Summer 2025 | Edition 39

## Thank You, Amboy Bank!

Amboy Bank has been a huge partner and supporter for Declarations, Inc. for many years. We have been lucky to have such a wonderful working relationship with them. Recently, we received a donation from the Amboy Bank Foundation for our organization. Thank you to the Amboy Bank Foundation for their generous donation!

*Photo Caption: Jennifer Fletcher, Vice President of Amboy Bank with Dr. James Marhold, President/CEO of Declarations.*



## Declarations

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Photo by Cole Keister from Pexels: <https://www.pexels.com/photo/white-red-and-yellow-tulip-flowers-2388650/>





**Top Picture:** Doug Hoffman and Kate Donovan from PESS providing education to our agency about available mobile outreach and emergency services

**Bottom left:** Jennifer Beattie, Daria Sbraccia, Camryn Lasala, Alicia Greaney  
**Bottom right:** Olivia McGinley, Mike McEniry, Mike Wilmot, Castano Gomez





***Teambuilding Exercises:***

***Top left:*** Kellen Polito;

***Top right:*** Kellen Polito, Andrea Guzman, Ale LoGrande, Jennifer Hodge, and Bill Hodgdon;

***Bottom left:*** Alicia Greaney, Jennifer Beattie, Kaitlyn Beard, Daria Sbraccia;

***Bottom right:*** Shauna Fontenelli, Erin Mullen, Carly Halpin, Quinn Olsen, Deena Ortiz





**Top photo:** Carly Halpin, Quinn Olsen, Deena Ortiz, Shauna Fontenelli, and Erin Mullen working on their teambuilding exercise;

**Middle left:** Teambuilding exercise winners: Alicia Greaney, Jennifer Beattie, Kaitlyn Beard, Daria Sbraccia, and Camryn LaSala

**Middle right:** Castano Gomez, Mike Wilmot, Mike McEniry, and Olivia McGinley working on their teambuilding exercise;

**Bottom photos:** Barbara Mele conducting a crystal bowl meditation for our agency staff day wrap up



# Staying Cool During the Summer

Quinn Olsen, Team Leader 1



With summer in full effect, temperatures are starting to increase throughout the state. High temperatures can often create heat exhaustion, and it is important to stay proactive with staying cool for your mind and body. Here are 5 simple ways you can stay cool during these times:

1. **Hydration:** Drink water, electrolytes throughout the day and avoid any drinks high in sugar or caffeine.
2. **Wear light clothing:** Allows for more circulation and to reflect heat.
3. **Utilize cooling tools:** Use ice packs/cold cloth on pressure point areas (wrist, neck, forehead) to cool body temperature.
4. **Stay inside or in shade:** Avoid direct sunlight to minimize risks.
5. **Limit physical activity:** Limit strenuous exercises during high temperatures and find alternative options (indoor gym, exercising at nighttime, etc.).

Photo by Nitin Dhumal from Pexels: <https://www.pexels.com/photo/red-lens-sunglasses-on-sand-near-sea-at-sunset-selective-focus-photography-46710/>

## Newsletter Ideas?

We want to hear from you! What are some things you'd like to see in our quarterly newsletter editions? Any specific topics for staff to review?

Please submit your ideas to the following link for considerations for future newsletter editions!:

<https://forms.office.com/r/qpEwLSb5un>

Can't click the link? Try scanning the QR code!:





## Meet...Olivia McGinley!

Hi everyone!

To those who may not know me yet, my name is Olivia, and I'm part of the Declarations Nursing Team! I joined in January, and it has been such a pleasure getting to know everyone and building strong connections across the team.

I began my nursing career in 2023 as a labor and postpartum nurse, where I had the privilege of assisting during labor, supporting in the OR, and caring for both mothers and newborns after delivery. I've always prioritized my patients' emotional wellness as well as their physical care, which naturally led to my growing interest in mental health.

The transition from maternity to Declarations was made seamless thanks to the incredible team here. I feel so grateful to now be in a role where I can build consistent and therapeutic nurse-consumer relationships with truly wonderful people.

A few fun facts about me:

- I live just a block from the beach and am happiest swimming in the ocean
- I graduated from Rutgers University in New Brunswick, NJ
- I have two pups—Sunny (a golden retriever) and Suki (a mixed breed)
- I also work as an IV infusion nurse
- I'm a huge fan of all things art and media—painting, fashion, film/TV, music, and theatre. My top music genres are indie/classic rock, pop, and electronic
- I love being outdoors and am spending this summer working on my new garden, trying my best not to kill my flowers
- I'm retired captain of my cheerleading team and hold a national title
- I accidentally reference SpongeBob in everyday conversation more often than I'd like to admit

Looking forward to continuing to grow and work alongside you all. Please feel free to give me a call or text Tuesday-Friday if you have any questions or concerns, or if you just want to chat!

## Staff Spotlight On...



## Olivia McGinley Agency Nurse

**Accomplishment/Reason for Spotlight:** Olivia joined the nursing team in January 2025 and immediately jumped into her new role with ease. Olivia's kindness and dedication to the consumers she serves is noticed and appreciated. Olivia is always willing to jump in and help. Olivia brings so much positivity toward her work and interactions with her coworkers and consumers. The nursing team is so happy to have you on board! Thank you for all that you do!

**Submitted by:** Deena Ortiz, Assistant Director of Nursing



## Staff Spotlight On...



# Andrea Guzman

## Life Coach 1

**Accomplishment/Reason for Spotlight:** Andrea has been such a great help to the Franklin team in her short time with Declarations. I appreciate her determination to jump in whenever needed and her willingness to show loyalty to our team and the agency overall. She is a great asset, has a great personality, and has brought us together more since she has been here. I am sad for Andrea to leave our team, but I know she is only a cubicle away (jokes!) and is there for fun chats and downtime to experience her hilarious stories and simply talk to her during the day. Thank you for everything you do, Andrea!

**Submitted by:** Daria Sbraccia, Team Leader 1 (Franklin)



## Staff Spotlight On...



**Alicia Greaney, Jennifer Hodge, Quinn Olsen, Daria Sbraccia**

## Team Leaders

**Accomplishment/Reason for Spotlight:** Team Leaders (TLs) of Declarations, Inc. deserve this staff spotlight due to their consistent dedication to helping both consumers and other life coaches. Being one of the newest life coaches, navigating complex tasks such as paperwork, collateral contacts and crisis management were completely new and sometimes difficult tasks. TLs in Declarations, Inc. have always been so helpful. They have all welcomed me with open arms and always provided fantastic information that I utilize each day. I truly hope the TLs understand how important their work is, and that their efforts never go unnoticed! Thanks again for all TLs hard work, and I am looking forward to continuing to learn from them.

**Submitted by:** Andrea Guzman, Life Coach 1



# The Mental Health Boost Hiding in Your Vitamins

Olivia McGinley, Registered Nurse



We hear all the time that “vitamins are good for you”—and that’s true! Most often, this refers to benefits like stronger bones, better immunity, or healthier heart function. But when it comes to mental health, things get a little less clear. We’re rarely told which vitamins support our emotional well-being, help manage symptoms like anxiety or low mood, or boost our brain function. With so many supplements on the shelves, it can be hard to know what’s actually worth taking—or eating more of in your diet.

Let’s break it down. Below are eight powerful vitamins and nutrients that not only support your brain and mental health, but also promote overall physical wellness.

## 1. Vitamin B12

B12 helps keep your brain’s nerve cells healthy and supports the production of mood-related chemicals like serotonin and dopamine. Low levels of B12 are linked to fatigue, memory problems, and symptoms of depression. Beyond mental health, B12 is crucial for producing red blood cells, preventing anemia, and supporting healthy DNA synthesis. It also helps maintain healthy nerve function throughout your body.

**Best sources:** Fish, eggs, dairy, fortified cereals, nutritional yeast.

## 2. Vitamin D

Vitamin D plays a big role in mood regulation and brain health. Many people with depression have low levels of vitamin D, especially in the winter months when sun exposure is limited. It also supports your immune system and bone health by helping your body absorb calcium. Additionally, vitamin D contributes to muscle function and may reduce the risk of chronic diseases such as heart disease and certain cancers. This summer, basking in the sun (with SPF of course!) can give you that boost you need to regulate your levels, as vitamin D is best absorbed through the skin from sunlight.

**Best sources:** Sunlight, fortified milk or plant milks, salmon, egg yolks, supplements.



### 3. Magnesium

Magnesium helps your brain relax by regulating stress hormones and calming your nervous system. It can also help with sleep and symptoms of anxiety. Beyond brain health, magnesium plays a key role in muscle function, showing to decrease muscle aches. Nerve function, blood sugar control, blood pressure regulation, and bone health are among its other benefits. It's involved in hundreds of enzymatic reactions in the body.

**Best sources:** Leafy greens, almonds, black beans, whole grains, dark chocolate.

### 4. Omega-3 Fatty Acids

While not a vitamin, omega-3s are essential fats that support brain structure and function. They're known to reduce inflammation in the brain and have been linked to lower levels of depression and anxiety. Additionally, omega-3s support heart health by lowering triglycerides and blood pressure, improving eye health, and may reduce the risk of chronic inflammatory diseases.

**Best sources:** Fatty fish (like salmon and sardines), walnuts, chia seeds, flaxseed oil.

### 5. Folate (Vitamin B9)

Folate helps your body make DNA and brain chemicals that affect mood. Low folate has been linked to depression, especially in older adults. Folate also supports red blood cell formation and cardiovascular health by helping regulate homocysteine levels, which can decrease the risk of heart attack.

**Best sources:** Leafy greens, beans, oranges, avocados, fortified grains.

### 6. Zinc

Zinc helps regulate communication between brain cells, and has antioxidant effects that protect your brain from damage. It's also important for immune function, wound healing, and supporting healthy growth and development. Low levels have been tied to mood disorders as well as increased susceptibility to infections.

**Best sources:** Pumpkin seeds, lentils, beef, cashews, whole grains.

### 7. Alpha-Lipoic Acid (ALA)

ALA is a powerful antioxidant that protects brain cells from oxidative stress, which is linked to mood disorders like depression and anxiety. It supports the brain's energy production and helps reduce inflammation, making it a promising nutrient for mental wellness. ALA also helps regenerate other antioxidants in the body, supports liver health, and may improve insulin sensitivity, benefiting metabolic health and diabetes management.

**Best sources:** Spinach, broccoli, organ meats (like liver), and supplements.

### 8. L-lysine

L-lysine is an essential amino acid important for protein building and brain function. It may help reduce anxiety symptoms by supporting neurotransmitter activity and calming stress responses. Additionally, a 2011 study showed L-Lysine supplementation decreased symptoms in subjects with schizophrenia. Beyond mental health, L-lysine is necessary for calcium absorption, collagen formation, and immune system support. It also helps repair tissues and maintain muscle mass.

**Best sources:** Meat, poultry, fish, dairy, eggs, legumes.



Taking care of your mental doesn't just involve therapy or medication—it's also about what you give your body to work with. These vitamins and nutrients help fuel your brain, stabilize your mood, and support your body from the inside out.

You don't need a shelf full of supplements to feel better—just a bit of knowledge and a few small changes to your diet. As always, talk to your doctor before starting anything new, and be sure to include any supplements in your medication list going forward. With my background in vitamin infusion nursing, I am always glad to offer more education about which nutrients can help support your specific health needs!

Your mental health matters—and sometimes, a little support starts with your next bite.

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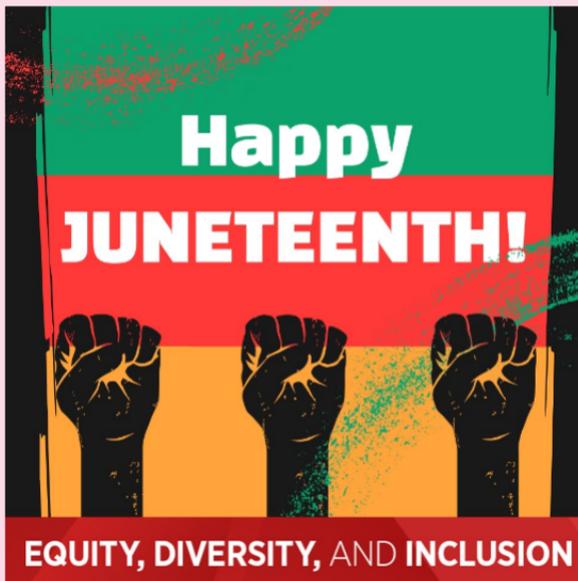
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Photo by Anna Shvets from Pexels: <https://www.pexels.com/photo/photo-medication-pills-on-white-plastic-container-3683074/>

# Juneteenth

Andrea Guzman, Life Coach 1



Juneteenth, a federal holiday that takes place each year on June 19, marks the official end of slavery in the United States. While the Emancipation Proclamation, created by Abraham Lincoln in 1863, technically declared all enslaved people to be free, not all were freed immediately as the Emancipation Proclamation could only be implemented in places not under Confederate control. It was not until June 19, 1865, when Union troops announced and executed the freeing of all enslaved people in Confederate locations.

This day marked the new beginning for enslaved individuals, as they were able to gain hope in seeing a future with freedom for themselves and their

family. It is crucial to understand the importance of June 19th to commemorate sacrifices made for freedom and equality in the United States.

You can celebrate Juneteenth by supporting Black-owned businesses, catch up on historical knowledge regarding this holiday and other important events in the civil-rights movement. Below is a list of local Black-owned businesses that you can support on Juneteenth, and literature that allows you to gain further knowledge on the importance of this holiday. You can also filter “Black-owned” businesses on Yelp for more options!

- **Uncle Raston’s (Restaurant):**  
26 South Street Freehold, NJ 07728
- **Jameson’s Southern Cooking (Restaurant):**  
652 State Route 35 North Neptune City, NJ 07753
- **Bee There Cleaning Service:**  
5105 State Rt 33 Wall Township, NJ 07727
- **Juneteenth Reading List by PRH Editors:**  
<https://www.penguinrandomhouse.com/the-read-down/juneteenth>

**Info Source:** The Historical Legacy of Juneteenth. National Museum of African American History and Culture. (n.d.).

<https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>

**Photo source:** <https://elm.umaryland.edu/announcements/2024/Happy-Juneteenth-Celebrating-Freedom.php>



# Baking for Relaxation

Daria Sbraccia, Team Leader 1



Have you ever wondered how baking can be a relaxing, fun experience for people? The activity of baking can offer several emotional and mental health benefits few people may realize. A blog produced by a neurological-based team highlights that baking can enhance emotional responses by sharing our creations with others and obtaining positive feedback that lifts our self-esteem! The article further details that for those that love to bake treats, it promotes mindful aspects that people can focus on the recipe itself and distracts them from their worries in the present moment. The blog also details that by measuring the baking ingredients, it motivates people to slow down and learn precision, which can be a grounding technique for yourself or consumers to try! You can also freely choose the ingredients to your liking to promote creativity and spontaneity (if you are feeling risky!) to make the recipe your own and individualized to fit your personality and taste!

Is your air conditioning working and are you willing to risk turning on your oven? You can bake a fruit tart! It is light and refreshing and perfect for a fun, colorful summer treat! You can bake it for any event, like the holidays (i.e., 4th of July, Labor Day), birthdays, picnics/barbecues, and more. For those hot days, you can have a tasty, delicious treat to satisfy those cravings. Plus, you can decide to create ANY type of frosting you'd like! I recommend cream cheese or lemon icing to add some flavor to your baked confection!

## Lemon Glaze

**Prep Time:** 5 mins  
**Total Time:** 5 mins  
**Serves** 8



This simple lemon glaze is delicious on cakes, cookies, scones, and more! To help the glaze set up nicely, pour it over baked goods after they have cooled completely.

### Ingredients

- 1 cup powdered sugar
- 2 to 3 tablespoons fresh lemon juice

### Instructions

1. In a medium bowl, combine the powdered sugar and 2 tablespoons of the lemon juice. Whisk to combine, adding more lemon juice as needed to create a smooth, pourable glaze.
2. Drizzle over cakes and cookies that have cooled completely after baking. See the blog post above for more ideas to use lemon glaze.

**Recipe by Love and Lemons:** <https://www.loveandlemons.com/lemon-glaze/>

**Article info from - Baking: Your Ultimate Stress Relief Guide:**  
<https://neurolaunch.com/baking-stress-relief/>

# Cream Cheese Fruit Tarts

Super creamy with a crunch. A fresh and fruity bite-size take on cheesecake!

 <b>Course</b>	Desserts
 <b>Cuisine</b>	American
 <b>Keyword</b>	Cream Cheese Fruit Tarts
 <b>Prep Time</b>	3 hours 10 minutes
 <b>Cook Time</b>	10 minutes
 <b>Total Time</b>	3 hours 20 minutes
 <b>Servings</b>	24
 <b>Calories</b>	512kcal
 <b>Author</b>	Stacie Vaughan



## Ingredients

- 24 frozen tart shells
- 1 package package cream cheese 8oz/250g package, softened
- 1 can sweetened condensed milk 300ml can
- 1 ½ tsp vanilla extract
- ¼ cup lemon juice
- fresh fruit of choice for garnish

## Instructions

1. Bake tart shells according to package directions. Set aside to cool.
2. Beat cream cheese on low speed until fluffy. Add sweetened condensed milk and beat on low speed. Stir in lemon juice and vanilla extract.
3. Spoon equal amounts of cream cheese mixture into tart shells. Chill for three hours in the fridge.
4. Garnish with fresh fruit before serving.

Recipe by Simply Staci: <https://www.simplystacie.net/cream-cheese-fruit-tarts/>



# Vanishing Oatmeal Chip Cookies

Jennifer Hodge, Team Leader 2



## VANISHING OATMEAL CHIP COOKIES

Recipe adapted from Quaker Oaks by Jennifer Hodge, Jefferson Team Leader

PHOTO BY: SALLY'S BAKING ADDICTION

SERVINGS: 3 DOZEN

PREP TIME: 30 MIN

COOKING TIME: 8-10 MIN

### INGREDIENTS

- 1 cup (2 sticks) butter, softened
- $\frac{3}{4}$  cup packed brown sugar
- $\frac{1}{2}$  cup granulated sugar
- 2 eggs
- 1 tsp vanilla
- $1\frac{1}{2}$  cup all-purpose flour
- 1 tsp baking soda
- $\frac{1}{2}$  tsp cocoa powder
- $\frac{1}{2}$  tsp salt
- 3 cups oats
- 1 cup chocolate chips

### DIRECTIONS

1. Preheat oven to 350 degrees
2. In large bowl, beat butter and sugar on medium speed with electric mixer until creamy.
3. Add eggs and vanilla; mix until well incorporated
4. In a separate bowl, combine flour, baking soda, cocoa powder, and salt.
5. Add slowly to butter and egg mixture until incorporated
6. Add oats and chocolate chips; hand mix with a spatula
7. Use a tablespoon or cookie scoop to drop rounded scoops onto ungreased cookie sheet
8. Bake 8-10 minutes at 350 degrees
9. Allow to cool before enjoying!

### TIPS AND TRICKS

- Creaming the butter and sugar: More time = More fluffy cookies! Beat until light and airy for a chewy/airy crumb. But do this before adding the eggs and vanilla to avoid overmixing.
- Cool on the baking sheet for 1 minute, then remove to a wire rack to avoid overbaking.

Alternatives/substitutions:

1. Substitute chocolate chips for 1 cup raisins or dried fruit, substitute  $\frac{1}{2}$  tsp cocoa powder for 1 tsp cinnamon
2. Recipe typically uses semi-sweet chocolate chips, but could substitute dark chocolate, or chocolate of your choosing.



# Refreshing Summer Salad

Alessandra LoGrande, Life Coach 1

Need something light and refreshing with all that extra watermelon lying in your refrigerator? Try watermelon feta salad!

Okay, we know what you're all thinking: fruit does not belong in salads.

But don't knock it until you try it.

## ***All you need are a few simple ingredients:***

- Watermelon
- Feta
- Balsamic Glaze
- Greens of Choice (arugula is recommended)
- Mint

## ***Preparation Instructions:***

1. Measure with your heart (Ale recommends extra mint)
2. Mix that altogether and you have a light and easy summer side dish!





## Walking for a Cause

Kellen Polito, Director of Quality Assurance (QA)

On 5/13/25, Declarations, Inc. staff took part in the JBJ Soul Kitchen's Day of Hope Walk 2025. Our agency was one of over 65 community providers to gather and walk together towards ensuring that there will be a better tomorrow for those in need. Our staff walked side-by-side with some of the leading providers in the community in order to show the unification of our mission to bring lasting and meaningful change to Monmouth County. Additionally, this event also provided those who attended an opportunity to network, raise awareness, and engage directly with residents and local business owners who want to make a difference. It was more than just a day to walk around Red Bank, it was a day to gather and to create a movement together.



The JBJ Soul Kitchen has become an essential part of the Red Bank community and a symbol of hope for all of New Jersey. As stated on their website, "JBJ Soul Kitchen is a non-profit Community Restaurant established by the Jon Bon Jovi Soul Foundation. We serve paying customers and those in-need. If you are unable to pay, we invite you into our restaurant to enjoy a warm meal and learn about volunteering opportunities at JBJ Soul Kitchen. If you can donate, we ask that you make a suggested donation and also Pay it Forward. We provide a dining experience that fosters a sense of community and addresses issues of food insecurity."

Declarations, Inc. staff were able to show their support to the JBJ Soul Kitchen, as well as to Monmouth County. Our mission and our focus has long been one that other programs have strived to achieve. By combining forces with other community providers, Declarations, Inc. has been able to gain another community partnership. In July 2025, Director – Quality Assurance Kellen Polito will meet with the Red Bank JBJ Soul Kitchen Program Manager, Nicole Dorrity, to hold a meaningful conversation about how each program may be able to support each other. We very much look forward to being able to make this connection and to see how it may help the individuals we serve.



# Ways to Give Back – Furry Friend Edition

Jennifer Beattie, Director of CSS Administration



Summer means many people are going on vacation. This, unfortunately, means that shelters become inundated with surrendered pets due to travel, behavioral issues, moves, increased costs, or various other reasons. It is also kitten and puppy season, meaning there is an influx of fur babies coming into the shelter needing more intensive care. With many rescues and shelters at capacity, there are different ways that people can help out:

- **Check shelter/rescue wish lists online:** Many places will put up a list of either urgent or frequently needed items that staff can send via Chewy, Amazon, or drop off in person. Frequent needs include things like dry food, wet food, treats, litter, bedding (sheets, towels, pet beds, blankets), bleach or specific cleaners for kennels, litter boxes, carriers, leashes, collars, flea/tick/heartworm preventatives, toys, enrichment toys (slow feeders, treat puzzles, laser toys), scratching boxes/pads, etc.
- **Volunteer:** Most places are always looking for people who can volunteer at least once per month. Volunteering can include things like walking dogs, cleaning the cat crates, socializing cats, helping with adoption events, organizing donations, etc.
- **Day Trips:** Not able to commit to fostering a pet in your space? Consider taking a dog for a day-trip to get them out of their kennel and into the world! Day trips could be just for a few hours, or sometimes they could be for an overnight sleepover/weekend! You can give the organization pictures of the pup on their trip to help boost their social media presence with some notes about your day for potential adopters. Bonus if you act as a wingman for the pet while you're in public and talk them up for potential adopters so they can fill out applications with the rescue!
- **Short-Term Foster:** Want to spend time with a pet for longer than a night, but not until they get adopted? Consider fostering short-term! Sometimes pets are at-risk for being surrendered because of unforeseen circumstances, and can avoid owner surrender if they are taken in by someone for a few weeks/months. Sometimes fosters need a break and need assistance caring for their cat or dog for a weekend or couple of weeks until they're back at home to continue their placement. This allows you to play with and care for an animal without a bigger commitment, while simultaneously keeping these fur babies from returning to the stressful environment of a kennel.
- **Long-Term Foster:** Have a laundry room, spare bedroom/guest room, basement, or spare bathroom? Consider fostering an adult cat, kittens, or mama cat and her litter. This frees up



***Pictured:** Mitchell, a 5 year-old neutered domestic*

*short hair cat in his foster home with Jen B.!*

***Available for adoption through ACCT Philly!***

space for the shelters to take in more fur babies, allows cats to come out of their shell who would otherwise be stressed or appear unfit for adoption in the shelter environment, and allow staff to spend time with more medically-needy animals who come through.

- **Adopt:** Ready for a commitment to a fur-baby of your own? Consider adopting a cat or dog (or more than one!) through a rescue or shelter. You're gaining a furry companion, saving a life, and allowing more animals to come into the spaces to receive the care they need. What is more rewarding than that?!
- **Donate funds:** Unable to donate time or items? Rescues and shelters are always in need of funds. Funds allow these places to improve their facilities, obtain necessary items for the pets, advertise on social media, complete spay/neuter procedures to reduce the amount of unplanned kittens and puppies, and save lives of pets who would otherwise be unable to be fostered/rescued. You can donate for a specific animal through pledges/messages with a specific animal, or you can just donate in general!
- **Spread the Word:** Can't donate time, resources, or funds? Sharing posts on social media can make a huge difference for pets looking for placement or shelters requesting funds! A simple post share can raise that organization's audience either short-term or long-term if your viewers check out the page and give a follow!



## Follow Us on Social Media!



<https://declarationsinc.org>



[@declarationsincofficialpage](#)



[@declarationsinc](#)



[@declarationsinc](#)



# Summer, Summer, Summer-time!



Join us in celebrating the following summer milestones:

July	August	September
<p>Shauna Fontenelli - 7/22                      Mike Wilmot - 7/23                      Jim Marhold - 7/24                      Jennifer Hodge - 7/30</p>	<p><b><i>Birthdays</i></b>                      Erin Mullen - 8/3                      Jennifer Beattie - 8/11</p>	<p>Mike McEniry - 9/2</p>
<p>Alexandra Schueler - 7/5/12 -                      13 yrs</p>	<p><b><i>Work Anniversaries</i></b>                      Kellen Polito - 8/2/10 - 15 yrs                      Mike McEniry - 8/29/11 - 14 yrs                      Barbara Mele - 8/12/13 - 12 yrs                      Quinn Olsen - 8/1/23 - 2 yrs</p>	<p>Shauna Fontenelli - 9/27/22 -                      3 yrs</p>

### ***Other Updates:***

**The agency welcomed the following staff:**  
 Castano Gomez, Jefferson Life Coach 1 (June 2025)

Alexandra Schueler and her husband welcomed their first child, a baby boy!  
 Andrea Guzman moved from the Franklin team to the Adams team!  
 Declarations, Inc. hosted a successful Annual Consumer Picnic in Freehold, NJ in June!

Photo by Aphiwat chuangchoem from Pexels: <https://www.pexels.com/photo/assorted-color-seashells-358904/>

