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Chocolate Stroll  
 2025



Reducing the Stress  
 of Parents and Kids  
 (RSPK) Training



## Upcoming Community Events:

- Mount Joy Minnie will be coming to help pack food bags at Donegal Power Packs *Thursday January 23, 2025 around 2:15PM.*
  - Minnie will take pictures alongside the DPP volunteers at the Marietta Chapel. Minnie is doing some volunteer work in the community in anticipation of her big event: Ground Hog Day, February 2nd. Minnie's prediction will be at 0700 at the Rotary clock. Contact Michele at the Mount Joy Chamber office with questions.
- Mount Joy's 4th Friday presents the 2025 Chocolate Stroll. The event occurs on both *Friday January 24 from 4-7 PM and Saturday January 25 12-2PM.*
  - **You do need tickets which are \$15. ALL PROCEEDS GO TO FRIENDS OF DONEGAL.** Come out and help support local businesses while raising funds for a local nonprofit. Scan the QR code for tickets and more information.
- Raise28 Event is hosting a "Reducing the Stress of Parents and Kids (RSPK) Training" that will take place at *105 Fairview St, Mount Joy, PA 17552.* The training is scheduled for:
  - Group 1-2/1/25 and 2/15/25
  - Group 2-3/1/25 and 4/5/25
  - Group 3-5/24/25 and 6/7/25
    - For additional information and registration go to **raise28.org** or scan the QR code to register!
    - Attendees who complete the training will receive a *\$100 gift card.*



## Impact Story: Meet Deb



My faith is a very important part of my story and I believe that God has a plan for everything that happens in my life. Sometimes when I'm in the middle of a challenge, it's hard to see what he will have as the outcome.

My career that I loved for 30 years was helping to provide moments of joy, for seniors living in retirement communities, as an activity director. Unfortunately, due to a knee injury at work, I found myself unable to do that job full-time any longer. I must admit that that was a very difficult transition.

However, I wouldn't change the journey that God has had me on over the last number of years because there have been so many opportunities for me to grow and for me to help people available to me

How did I find out about Friends Of Donegal? Some might say it was a coincidence but I say it was divine intervention. One beautiful sunny day I was at a friends house for a picnic and her neighbor came over to talk about a new class that was going to be offered. Getting Ahead in a Just Getting by World. She told me I was welcome to participate in the class as well. The timing couldn't have been more perfect because as you can imagine going from working full-time to working part-time makes a significant change in your budget and lifestyle. The information that I learned about myself and my community in that class has been so valuable. I felt it was very important to get this life-changing information out to as many people as possible so I became certified as a facilitator and I have had the pleasure of continuing to learn together with those who are continuing to graduate from this class.

Because of my involvement with Friends Of Donegal, I was able to work with the emergency rental assistance program that was established to provide funds for those who had been affected by Covid. It was so fulfilling to provide help and hope to those who were struggling to be able to meet basic needs.

As I continued to see the positive impact that Friends Of Donegal has had on individuals and the community I wanted to have a more significant part in those positive changes so I became a member of the board.

One of the things that has impressed me the most about Friends Of Donegal is the commitment to not just create another program, but to work together with other organizations and individuals within the community.

As it states in our Core Values RELATIONSHIPS are the Key. We build connections between people and organizations, founded in mutual respect, to work together to bring about change.

I am very blessed to be part of such a wonderful organization that has not only had such a positive impact on my life but also gives me the opportunity to have a positive impact in individuals lives and the greater community.