O.C.E.A.N., Inc. begins Phase 2 of New Construction at Berkeley Township

O.C.E.A.N., Inc. has begun construction of six (6) single family homes in Berkeley Township to be provided for those residents affected by Superstorm Sandy. ♦

O.C.E.A.N., Inc.’s deadline for accepting LIHEAP applications is April 30, 2016

Inside this issue:
- Fatherhood Initiative
- Agency Outreach
- Letters of Appreciation
- Migrant Outreach Effort
- Dental Screenings
- Lunch & Learn

“Father Time”  Migrant Outreach  Dental In-Kind
Head Start fathers and significant males participated in the 2016 Fatherhood Planning Meeting at the Child Development Center at OCC. During the course of the evening, the dads established agendas for future meetings and created the groups new name “Father Time.” O.C.E.A.N., Inc. continues to support and promote the positive interaction of fathers with their children, understanding that fathers are critical forces in their children’s lives. Father Time aims to improve the well-being of their children through the promotion of responsible and involved fatherhood.

Ted Gooding discusses ideas for future meetings and ultimately new fatherhood programs for all agency Head Start Centers.
O.C.E.A.N., Inc. Home Energy and Housing Counseling Outreach Services

O.C.E.A.N., Inc. Home Energy Director Lori Sigrist (center) provided media outreach of the O.C.E.A.N., Inc. LIHEAP Program as a guest on the television show Latino Motion. The host Bert Lopez (right) interviewed both Ms. Sigrist and Ms. Alita Corbett from Atlantic City Electric.

O.C.E.A.N., Inc. Program Outreach in Atlantic County

O.C.E.A.N., Inc. Home Energy and Housing Counseling Divisions provided Outreach in Atlantic County at the La Iglesia De Nueava Jerusalem/New Jerusalem Church located on Artic Avenue in Atlantic City. Both agency divisions provided over 100 applications for income eligible residents which was a huge success. Residents also received free food, clothing and household items including bedding and kitchenware.
Dear Mr. Gooding

This letter is to inform you of what wonderful personnel you have working for you in the Weatherization Division of O.C.E.A.N., Inc. I was lucky enough to receive a new roof, new windows and a new furnace under this program this year. The people handling this onslaught of work were nothing less than fabulous. From the moment I began the task of following up on my application and speaking with Janet, the entire process was handled with an extreme amount of professionalism and care. After meeting with Harry and having my home evaluated for what it may need, the workers assigned to each task were a joy to have around. Thank you once again for all the wonderful new items I now have keeping my old home nice and toasty warm in the winter and cool in the summer (not to mention, dry from all the rain). Sincerely, Karen Roberts, Toms River, NJ

Dear Weatherization

A heartfelt thanks to everyone who helped me to get needed work done at my home. From the first call when Kim was so kind and helpful explaining the process to me and helping with the paperwork to Harry who came to evaluate my problems and tell me what could be done to winterize my home, I felt that I was in good hands. The men who did the work, Nelson, Larry and Jack were very courteous, knowledgeable and efficient. They did a wonderful job.

Inspections were done by Harry and Mike and they made sure I understood what had been done and I was given the phone number to call if there was a problem. I never could have done this on my own. Thank you.

Connie Bergam - Freehold, NJ

Dear Ms. Ingrid

I would like to take the time to thank you for working with me through the long application process. You are very warm, knowledgeable and easy to work with. Above all, I believe you went above and beyond and I think you should be promoted to another level within O.C.E.A.N., Inc. where your talents can be furthered challenged. Continued Blessings,

Robin Contreras, Atlantic County

Dear Mr. Gooding

Recently some of the men from your Weatherization team came to do work at my house (Larry, Jack and Nelson) and I must tell you that they were great to work with. They were polite, efficient and especially considerate of our special needs. My wife is chemically sensitive and they were patient to work out with me what materials could be used in my house which wouldn’t cause my wife to have an allergic reaction. Thank you so much and continue the good work!

A. Bibla
O.C.E.A.N., Inc. Works with Stockton University and Migrant Worker Outreach

O.C.E.A.N., Inc. is working with Stockton University faculty, staff and students and Dory Dickson of the group Migrant Worker Outreach to contribute items to a drive for the Migrant Worker Outreach community partnership.

“Six thousand migrant workers come to South Jersey every year to work in the blueberry harvest. Our mission is to help welcome them,” said Dory Dickson, Director of Migrant Worker Outreach.

Items collected included household items, clean summer clothing for all ages, towels, washcloths, sheets, pillowcases, comforters, pillows, baseball caps, straw caps, art supplies, cards, dominoes, small toys, reading glasses, folding chairs, backpacks, tote bags, fly swatters and flashlights w/batteries.

The Outreach also publishes the Migrant Teen Journals in English, Spanish and Haitian Creole for free distribution at the 21 camps they visit. Two other projects are underway this semester to benefit migrant workers in South Jersey. Students in Associate Professor of Economics Ramya Vijaya’s Global Challenges and Solutions class are preparing maps for farm worker directories and another group of students are recording children’s books for children whose parents do not speak English and will be able to listen to stories being read aloud.

Avoid Procrastination

Your adrenaline has to run. Whatever business you are in, if you don’t feel exhilarated by achieving your objectives and excelling in what you are doing, then you will never do very well. You can do a lot of things competently but you have to have a sense of being turned on by the thought of making something go well. It’s doing something better than it has ever been done before, or creating a new refinement in what you’re making or a better service than the other guy. This is how you build a business…....

Malcolm Forbes

The Harvard Business Review Book, Getting Work Done, spells out the Do’s and Don’ts of Procrastination:

Do:

- Identify the tasks you are likely to put off ahead of time;
- Understand why you’ve put off a certain task;
- Reward yourself as you achieve your goals.

Don’t:

- Label yourself a procrastinator;
- Extend your deadlines just for the sake of it;
- Tackle the hard stuff alone.
Dr. Winokur, Pediatric Dentist provides in-kind dental services for the Head Start students at all agency centers

Dr. Winokur from Dentistry for Children has provided dental screenings for O.C.E.A.N., Inc. Head Start students for many years. Beginning in April, Winokur will begin providing full exams and helping parents secure a dental home long after the students time with Head Start is complete.

Dr. Winokur provides additional outreach for Head Start parents including the instruction on prevention and the care of their child’s teeth including the following brushing tips: Clean your child’s gums with a soft cloth and water, as soon as your child's teeth erupt, brush them with a soft-bristled toothbrush, if they are under the age of 2, use a small "smear" of toothpaste, if they're 2-5 years old, use a "pea-size" amount of toothpaste, be sure and use an ADA-accepted fluoride toothpaste and make sure your child does not swallow it. When brushing, the parent should brush the child's teeth until they are old enough to do a good job on their own. ♦

L-r: O.C.E.A.N., Inc. Health Services Manager Christine Truax assists Dr. Winokur with a dental screening.

O.C.E.A.N., Inc. Health Services Nursing Asst. Gloria Bivins completes the dental administrative forms for processing.
O.C.E.A.N., Inc. receives knitted donations from two local organizations thanks to Horizon Foundation

(R-l) Meg Saunders, Head Start Director received donations from Marlo Sutphin of Horizon Foundation. The items were knitted by Harmony Hall Needlers and Somebody Cares Knitting Clubs both of Whiting, NJ. The newly knitted items were distributed to Head Start families at all agency centers. The younger siblings of families who received donations last year, continue to use these well-made knitted products which will last into future generations.

The WindMill Restaurant provides Lunch for Brick Head Start Students and Staff

During the holidays, the famous WindMill Restaurant located in Belmar provided free lunches to over 200 students and staff at the Brick Head Start Center as part of their Seasons of Giving. The WindMill is committed to service in the communities which surround them. The Levine family is dedicated to helping their neighbors by being active supporters of organizations like O.C.E.A.N., Inc. They strive daily to set an example for their employees and fellow business leaders by demonstrating their core belief of giving back to the community. On a one to one level, the family tries to respond to each and every request made by local charities and also sponsors Fun-Raising Events which help local organizations raise much needed funds.
Economic and Energy Assistance Resource Expo-Atlantic County

Those facing hard times or struggling to make ends meet connected with local resources at the Economic & Energy Assistance Resource Expo held on Tuesday, March 8th. The Atlantic County Sheriff's Office, South Jersey Gas, Atlantic City Electric, O.C.E.A.N., Inc., Clarif, AtlantiCare Behavior Health and others, met at the Hamilton Mall to answer questions and connect residents to important resources right within the community. This free event was an opportunity for community members in need of assistance to connect with a variety of local programs and services that are available in Atlantic County.

Residents were able to complete applications onsite with the following documents:

- A lease, property tax or mortgage statement,
- Proof of current income (last four pay stubs if paid weekly and last two if paid bi-weekly),
- Award letters for Social Security Insurance (SSI), Social Security Disability (SSD), Temporary Assistance for Need Families (TANF) and General Assistance (GA),
- Social security cards for all household members, and
- A current gas, oil and/or electric bill. For those with no income, an affidavit of non-income was required.

Police Athletic League of Atlantic City Honors Local Supporters

Ted Gooding, President/CEO of O.C.E.A.N., Inc. was honored at the 2016 Police Athletic League (PAL) Awards Gala in appreciation of the programs supported by O.C.E.A.N., Inc. The honorees were provided with a trophy of appreciation for the extraordinary things provided in the community for the betterment of others including the children of Atlantic City.
Employee Appreciation at the Monthly General Staff Meeting

O.C.E.A.N., Inc. Employees (left side) Christy Groff (10 Yrs), Diane Hathaway (20 Yrs) and Linda Davis (5 Yrs) - (right side) Myisha Hudley (5 Yrs) Linda Hickey (10 Yrs) and Paulette Ireland (15 Years) received their Certificates of Appreciation at the monthly General Staff Meeting. ✿
Through in-kind from the Lakewood Blueclaws, the O.C.E.A.N., Inc. Head Start families and agency staff will participate in the O.C.E.A.N., Inc. Day at Lakewood Blueclaws and will participate in the Obesity Outreach FIT Kids pre-game workshop/initiative all scheduled for Tuesday, April 19, 2016 at the Lakewood BlueClaws Stadium.

O.C.E.A.N., Inc. works in partnership with many organizations and agencies throughout Ocean County promoting healthy lifestyle choices through fitness programs, services and materials to all members of our communities. Lakewood BlueClaws is sponsoring O.C.E.A.N., Inc. by providing free tickets to the ballpark to be distributed to all Head Start families to enjoy a night out and enjoy the ballgame while learning about fitness and nutrition.

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**O.C.E.A.N., Inc. Head Start Continues to Accept Applications!**

Quality, No Cost, Federal Pre-School Program for Income Eligible 3-5 Year Olds. The Program includes:

- Developmentally Appropriate Curriculum
- Child Health Screenings
- Family Services
- Accepts Special Needs Children
- Meal and Snacks
- Transportation (For Part Day Sessions Only)

Call (732) 244-9114 to request an application or download the application via the agency website at www.oceaninc.org.
The O.C.E.A.N., Inc. Human Resources Department has been running a series of Lunch & Learn workshops for agency staff. In February, staff learned how to turn stress into success through a dynamic workshop on stress management sponsored by a local professional. Through this session, staff learned the definition of stress, types and effects of stress, lowering blood pressure, cognitive restructuring and relaxation techniques.

Dr. Anita Mihlon of Mihlon Family Chiropractic

Nutrition Workshops for O.C.E.A.N., Inc. Head Start

O.C.E.A.N., Inc. Nutrition Services Manager Theresa Gerhard, coordinated and continues to include community partners in the agency Obesity Outreach Program. Angela Green, MS, RD Sr. Program Coordinator of Rutgers University - New Jersey Supplemental Nutrition Assistance Education Program (NJ SNAP-Ed) provided nutrition workshops at Head Start Centers throughout Ocean County.
# DIRECTORY OF O.C.E.A.N., INC. SERVICE LOCATIONS

<table>
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<tr>
<th>Corporate Office</th>
<th>Branch Offices Home Energy/Weatherization</th>
<th>Atlantic/Cape Office</th>
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<tr>
<td>P.O Box 1029</td>
<td>P.O. Box 1029</td>
<td>Galloway Office</td>
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<tr>
<td>Toms River, NJ 08754</td>
<td>Toms River, NJ 08754</td>
<td>76 W Jimmy Leeds Rd</td>
</tr>
<tr>
<td>732-244-5333</td>
<td>732-244-2351</td>
<td>Galloway, NJ 08205</td>
</tr>
<tr>
<td>Fax: 732-349-4227</td>
<td>732-244-9041</td>
<td>(609) 677-6801</td>
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</tr>
<tr>
<td>1 Ocean Ave.</td>
<td>Atlantic City, NJ 08401-4806</td>
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<tr>
<td>Barnegat, NJ 08005</td>
<td>Phone: (609) 345-1359</td>
</tr>
<tr>
<td>Tel: 609-660-9101</td>
<td>Fax: (609) 345-1365</td>
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<tr>
<td>Fax: 609-660-9768</td>
<td>Housing Counseling—Ocean</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
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<tr>
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<td>Lakewood, NJ 08701</td>
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<tr>
<td>Fax: 732-341-5492</td>
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<td>at Ocean County College</td>
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<tr>
<td>Toms River, NJ 08753</td>
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O.C.E.A.N., Inc.

P.O. Box 1029

Toms River, NJ 08754

732-244-5333 (Tel)

732-349-4227 (Fax)