Healthier Together = Healthier Jupiter

Last summer, Palm Healthcare Foundation launched its exciting new initiative, Healthier Together. A longtime supporter of El Sol and the Sunshine Organic Community Garden, Palm Healthcare launched Healthier Together as a multi-year, place-based funding approach to solving a community’s most complex healthcare issues. Because of Jupiter’s history of community grassroots collaboration, starting with El Sol and expanding to MyClinic and other community-based initiatives, Palm Healthcare selected the greater Jupiter area to be one of the first two communities to receive a five-year $1 million commitment towards improving health in one of the foundation’s priority areas.

Jocelyn Skolnik represents El Sol on the Healthier Jupiter steering committee and is currently joined by: Peter Gloggner from Jupiter Medical Center, Amy Pepper from MyClinic, Paula Triana from The School District of Palm Beach County, Gene Hudon from Jupiter First Church, Edna Runner from the Edna Runner Tutorial Center, Satu Oksanen from the Town of Jupiter, Dr. MaryAnn Cabrera from the PBC Health Department and Lynn Hays representing small businesses. The community meetings welcome everyone from the greater Jupiter area and have recruited over 70 interested individuals from all segments, including industry, the chamber of commerce, food services, fitness and recreation, public and nonprofit organizations and residents.

To date, Healthier Jupiter has garnered community support, identified Jupiter Medical Center as our fiscal agent, and created this mission. Healthier Jupiter is a community-driven initiative designed to address health and quality of life issues from diabetes prevention and management to other areas of wellness. Healthier Jupiter brings the community together by listening to the needs of all, building support, and providing resources to empower residents to make healthier choices.

The goals of Healthier Jupiter include involving all community residents to spread awareness of the high rates of Type 2 diabetes and promote healthy lifestyles while improving access to wellness education, medical care and services. El Sol will continue to provide a leadership role in this initiative, especially as it pertains to reaching the underserved population in our community. For more information on getting involved in Healthier Jupiter, contact Lynn Hays at Lynn.LHAYS@gmail.com or Betzy Rega at Betzy@friendsofelsol.org.

Sidebar: Let’s Move!

Healthier Jupiter assembled a team for the first countywide fitness activity, Let’s Move! Team Healthier Jupiter came in seventh place among dozens of teams throughout the county, logging 208,807 minutes of the total 2.6 MILLION minutes of activity in January and creating awareness of the importance of physical activity in preventing and controlling diabetes and other chronic diseases.

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Above: El Sol workers participating in the healthier Jupiter “Let’s Move” commit to change program for daily exercise. The workers rode their bicycles to Jupiter Community park and participated in the MLK family fun day with the Limestone Creek Community. Right: Happy and healthy kids.
El Sol’s Quarterly Report Shows Outstanding Success

El Sol’s accomplishments in brief

LABOR: For the Quarter, 3,640 jobs were filled, an 11% increase from last year. 103 new workers registered and 301 new employers registered. For the year, 14,463 jobs were filled. That is a 15% increase from last year. The Legal Program processed 76 cases for the Quarter and 397 cases for the year.

EDUCATION: 26 students were promoted in the ESL Day and Night classes at our Fall Graduation Event. For the year, 99 students were promoted in our Day and Night ESL classes.

HEALTH: Our Health Coordinator referred 300 cases and reached 359 people through our Health Education Classes this Quarter. For the year, our Health Coordinator referred 1,148 cases and reached 1,172 people through classes. The Promotores Program reached 130 people for the Quarter and 667 people for the year. El Sol’s kitchen served 4,617 meals and the Food Pantry provided food for 924 individuals for the Quarter. For the year, the kitchen served 18,097 meals and the Food Pantry helped 3,432 people. El Sol harvested 346.16 lbs of food from the garden this quarter and 1,198.92 lbs for the year.

INTEGRATION: Workers volunteered 44 Community Service hours, valued at $993 this Quarter. For the year, El Sol Workers volunteered 272 Community Service hours, valued at $6,134. El Sol Celebrated Artfest, Thanksgiving Dinner, Children’s Christmas Party, Adult Christmas Dinner, Worker’s Council New Year’s Celebration, and Fall ESL Graduation.

VALUE OF SERVICES: In the Fourth Quarter, El Sol contributed services with an estimated value of $371,325 with a monthly average of $123,775. For the year 2014, El Sol contributed services to the Town of Jupiter with an estimated value of $1,459,566.

A Special thank you to our participating organizations: The Visiting Nurses Association, CAP, Jupiter Medical Center / MyClinic and Walgreens, FAU- Autism, Richard David Kann Melanoma Foundation, and Palm Beach County Health Department.

For more information call Betzy Rega Health Coordinator 561-745-9860 ext: 4202

MARCH 7, 2015 FROM 3 PM – 6 PM
El Sol, Jupiter’s Neighborhood Resource Center

• Know your numbers- glucose, blood pressure and learn to eat healthier.
• Make exercise a priority by moving your body daily.
• Stay healthy with small steps on a daily basis.

For more information call Betzy Rega
Health Coordinator 561-745-9860 ext: 4202
Featured Volunteer

Tom Dwyer

Tom Dwyer's background and experience make him a wonderful addition to the El Sol family. It is El Sol's great fortune to have an ex CEO of a computer start-up company who can teach computer literacy to under-served populations.

Tom has been a part of the El Sol family since 2012. Tom and his wife of 44 years, Kathleen, moved to Florida about five years ago from Malone, in upstate New York. They tried Florida's west coast and Orlando for a few years, before settling in and becoming part of the fabric of Palm Beach County. They are happiest here because there are a lot more cultural opportunities in Palm Beach County than elsewhere. He chose Jonathon’s Landing specifically because of JL Cares, a community effort that encourages volunteerism in the area. Dwyer was the CEO of a start-up computer company in 1985, so when he learned that El Sol was in need of teachers to help our clients learn computer literacy, he knew it was the perfect spot for him.

Tom volunteers his services at night because he has a full schedule during the day. He and his wife attend classes at the Lifelong Learning Center at FAU, enjoy being entertained at the Maltz and Kravis theaters, are avid supporters of the Society of the Four Arts, enjoy working out at the fitness center, and are learning golf. Tom and Kathleen don’t have children, but they did enjoy the companionship of a Tonkinese cat named Pal for 21 years. Pal has since crossed over the Rainbow Bridge but they’re considering possibly adopting another one.

In addition to El Sol, Tom is active in the Catholic community at St. Paul of the Cross, and happily states, for the first time in his life, most of his friends are from church. He has also volunteered with Forgotten Soldiers and Habitat for Humanity. Tom finds volunteering at El Sol to be both challenging and rewarding. Each student has a different level, capability and style of learning. Keeping everyone engaged and moving forward is the challenge. His reward is when his students become engaged in the learning process. “I’ve been very blessed in my life,” says Tom, “it’s time to give back.”

Featured Worker

Oscar Ailon Mendoza

Oscar Ailon Mendoza is only 28 but he already knows he loves the “salt life.” He works detailing boats and loves his job. He worked for the same company, Octopus Marine, for three years on the dock and keeping the seawall in good repair. But when that job ended, a friend told him about El Sol, so he registered as a worker. He was hired by a Canadian boat owner who keeps his 45 foot boat in Tequesta. It’s Oscar’s job to ensure she always looks her best. He maintains the boat’s appearance so she is always shipshape for her captain. Oscar says he gets paid well, and has been with this same employer for six years. He enjoys the steady work and being around the water.

In addition to detailing boats, Oscar has taken other jobs such as pressure cleaning, painting, carpentry, roofing, construction, demolition, and a little landscaping. He’s attended many workshops to become proficient in all kinds of work to make himself more employable. Further, Oscar is enrolled in Plazas Comunitarias program. He has a dedicated focus on learning the English language, and success is evident when he engages in conversation. Strong language skills also make him more desirable to prospective employers.

Oscar moved from Guatamala to Jupiter 10 years ago. He comes from a town called Huehuetenagugo (pronounced, “whey-whey-ten-a-goo”). Oscar chose Jupiter because he loves walking on the beach. He rides his bike there often, and uses it to get to his job in Tequesta. “It’s good exercise,” says Oscar, who also spends many hours at the gym. “I’m single,” Oscar explains, “I have to keep in shape.”

Oscar has two brothers in Kansas City whom he never sees but talks to frequently on the phone. He’s looking forward to seeing his 10 year old daughter, Adela someday soon. “My El Sol friends are my family,” says Oscar. “But I also have a big family in Guatamala I want to see again soon.” In the meantime, he has taken up sewing as a hobby, as well as reading English books and attending a Miami church on Sundays. Wilberto Luna, Job Desk Supervisor says “I chose him as the featured worker because he has earned a lot of points by being involved in community service projects such as Habitat for Humanity; he also takes code compliance workshops and OSHA classes.”
Daytime ESL Classes

Monday, Wednesday, and Friday mornings are spent improving English skills for students of all levels. The new focus is on material relevant and meaningful to those students who are not able to attend all classes because of busy work schedules.

“Table Talk” classes now follow a vocational-based curriculum. Each week, volunteer teachers are provided with three different lessons, generally in the same category. We have weekly features including housekeeping, painting, safety hazards, kitchen work, landscaping, construction, employee-employer relationships, job interviews and applications, and more.

We believe we see renewed enthusiasm for learning English when classes are directly related to the many job scenarios the workers experience.

And Evening Sewing Classes

Miluska and Mircelina want to be sure you know that the sewing classes have started with a big turn out in registered men and women. We have added a more advanced class this year.

“Empowerment through sharing” ~ El Sol is Beautiful!

Betzy Rega and El Sol would like to thank Ivey Sancho of Kitson and Partners along with her 20 wonderful volunteers who came to share an evening of facials, manicures and styling tips. The ladies had a wonderful time. It was a time of pampering, sharing, caring, and making new friends.
El Sol honored the best and brightest of the community on Sunday, February 22, 2015 with a Volunteer Appreciation Celebration. The event was catered by Sal’s Italian Ristorante and the food was amazing. The volunteers were treated to a variety of wraps, salads and cookies. The theme of this year’s celebration was Our Volunteers Rock and El Sol’s main hall was turned into a 50’s party place. The awards were high-quality aprons with the El Sol logo and the name and title of the winner. In addition to the apron, the Volunteer of the Year received a plaque. The top 50 volunteers (who logged the most hours in 2014) received a lovely leather-like journal with an embossed El Sol logo.

Pascual Cisneros, one of the feted workers, gave the keynote address and explained how El Sol has helped him become more independent and more fluent in English. His speech was moving and everyone enjoyed hearing his personal journey.

This year’s winners of the Worker of the Year awards are
  • Marta Bravo
  • Simion Sontay
  • Pascual Cisneros

This year’s winners of the Special Awards were:
  • Betty Sterna: Outstanding Labor Volunteer
  • Lynn Hays: Outstanding Health Volunteer
  • Jill Hanson: Outstanding Legal Volunteer
  • Nelson Alvarez: Outstanding Critical Support Volunteer
  • Tom Walsh: Outstanding Early Bird Volunteer
  • Jonathan Carr: Outstanding Kitchen Volunteer
  • Akemi Inamoto: Outstanding Education Volunteer
  • Harold Matsunaga: Outstanding New Initiative Volunteer
  • Georgette Gill: Outstanding Behind-The-Scenes Volunteer

Volunteer of the Year is Miguel Santiago. Miguel is a critical volunteer for El Sol because he never lets us down. Not only does he handle things efficiently and competently in the kitchen, but he gives most of his Saturdays over to Registration as well, and he does both with confidence. Miguel never fails to step in when needed and he is just one of those volunteers who you know you can count on in a real emergency. Miguel is a kind and compassionate guy, and we are so lucky to have him on our team. Congratulations Miguel!

Photo credits: Top right: Pascual Cisneros, Keynote Speaker; Left (top to bottom): Marta Bravo, Workers’ Council President, receiving her award for Outstanding Worker 2015; Miguel Santiago, Volunteer of the Year; The ceremony attendees; Ed Ricci, Board President; Bobbie Young, Volunteer Orientation Guide & her granddaughter; Bottom right: A very happy volunteer
VISTA News and Events

VISTA’s 50th!!

The VISTA program is part of the AmeriCorps organization. VISTA members are passionate and committed to their mission to bring individuals and communities out of poverty. Members make a year-long, full-time commitment to serve on a specific project at a nonprofit organization or public agency.

For the VISTA Program’s 50th anniversary, the members created a “50 Faces of El Sol” Campaign. The goal of this project was for each VISTA member to interview and photograph 5 people from El Sol’s community which would consist of volunteers, staff and workers. Each interviewee gave a sentence about how El Sol has helped them or impacted them in some way that reflected how poverty has been alleviated. Each VISTA member also researched 5 facts about El Sol that reflects the notion of poverty reduction.

The Americorps VISTAs partake in various events and help volunteer on certain holidays. The VISTA members have volunteered their service to Quantum House to help with landscaping duties on the day of service for September 11th. They have also volunteered their service in affiliation with Church of God in Limestone Creek for an MLK Day event. During this day they helped organize crafts for the kids, play sports, provide food and fellowship with others. VISTA members have also helped with special holiday events around the year and help interact with volunteers as well as the community that El Sol serves. The Americorps VISTA program has helped create projects and embark on new endeavors for the organization and is very important to El Sol’s community.

To watch the video, go here: http://bit.ly/1LLZpc9

---or, if reading this online, CLICK HERE

Fire Drill!

El Sol held a fire drill on January 15. Palm Beach County Fire and Rescue along with the Town of Jupiter helped organized the event. The annual drill is important to teach everyone in the facility what to do in case of fire emergency in the building. El Sol was rated with a Satisfactory rating from the County. We were able to get everyone out of the building under 2:00 minutes. Congratulations!

Photos on right: Bob Smallacombe from Palm Beach County Fire and Rescue and Wilberto Luna are shown explaining the dangers of fire to our community members.
El Sol Shines Feb/Mar 2015

Help Wanted:
REGISTRATION COORDINATOR (RC)

The selected Registration Coordinator (RC) will be in charge of El Sol’s registration process by managing the administration and assessment of applications to join El Sol services and supporting the administration for the award of a valid El Sol’s Identification card to the worker and/or community member after a signed participation agreement is completed with the individual.

This position will report to El Sol’s Associate Director and may have experienced volunteers assisting the process.

The 3rd Annual
JUPITER POLICE COMMUNITY SOCCER TOURNAMENT
Saturday March 14, 2015

• at Jupiter Community Park in Limestone Creek
• ONE day event from 8AM - 7PM
• We promote health and unity within our community with a fun filled family event that is packed with local partners who help make this event great!!
• This year we have Molly’s Trolley Service with pick up service from El Sol at 8AM,
• Sal’s Restaurant will be supporting us this year with delicious food!!
• Palm Beach Fire Rescue and the Jupiter Police K9 Unit have planned a fabulous half time event as well as the!!
• ESPN Deportes will be there again this year.
• We will have bounce houses for the kids
• Busch Wildlife will be joining us this year as well for a fun filled family event!!!
• Come cheer the local teams and have an amazing Family Day!!
• For more information call Betzy: (561) 745-9860 EXT 4202
El Sol's Mission Statement

El Sol's vision is for a premier day-labor center providing skilled, dependable workers to employers. We are also committed to promoting strong economically and ethnically diverse communities in which all people can achieve their highest potential.

El Sol seeks to improve the quality of life for all residents of the Town of Jupiter through:

- Organizing and supervising Jupiter’s day-labor hiring in a controlled and sanitary atmosphere;
- Educating Jupiter’s day-laborers and contractors about their rights and responsibilities;
- Assisting Jupiter’s immigrant population to become an active and integrated part of the larger Jupiter community;
- Building bridges and communication among the different ethnic, cultural and religious groups in Jupiter;
- Providing occupational training, language and literacy instruction, counseling, health education, legal and other services to individuals in need.

El Sol’s “Wish List”

Kitchen
- We need Meat: Ground Beef, Hot dogs, and Sausages.
- 20 lbs of ground beef or 80 hot dogs/sausages will cover a day here at El Sol (approx 40 meals).
- We have not been getting donations of meats recently. The kitchen program would REALLY appreciate it if someone could organize a “Meat Drive” with their friends. We have a large fridge and stand-up freezer, so we will be able to store donations properly. Anything will make a BIG difference!

Whenever you see a kitchen volunteer or staff member, be sure to give them a hug. In the photo above, members of the Workers’ Council served food and refreshments during the Volunteer Recognition Ceremony.

El Sol
Jupiter’s Neighborhood Resource Center
106 Military Trail
Jupiter FL 33458
Phone (561) 745-9860
Fax (561) 745-9834

Find us on the Web at www.friendsofelsol.org

“Like” us on Facebook at El Sol, Jupiter’s Neighborhood Resource Center
Twitter: @ESoJupiter
Instagram: @ESoJupiter

El Sol’s Hiring Hall is open
- 6am - 2pm Monday through Saturday
- 7am - 12noon Sunday

Donate online through Network for Good on our website: www.friendsofelsol.org

Staff
Jocelyn Skolnik, executive director
Dora Valdivia, associate director
Wilberto Luna, labor coordinator
Betzy Rega, health coordinator
Karen Clark, office manager
Michelle A. Rivera, Volunteer Coordinator
Vickie Granati, daytime ESOL coordinator
Ale Hoffman, nighttime ESOL coordinator
Aubry León, AmeriCorps VISTA Resource Developer
David Urieta, AmeriCorps VISTA Outreach Coordinator
Leigha Kiger, AmeriCorps VISTA Financial Literacy Coordinator
Kelley Walton, AmeriCorps VISTA Community Impact Evaluator
Esabelle Herrera, AmeriCorps VISTA Earned Income Developer
Katerina Pecora, AmeriCorps VISTA Vocational Training Coordinator

El Sol Shines is published six times a year
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