

THE SCOOP

FAMILY PROMISE OF WAKE COUNTY'S MONTHLY NEWSLETTER



TAKE A PEEK!

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DIRECTOR'S CORNER

SCOTT FERRIS

Hello! I'm Scott Ferris, the new Executive Director of Family Promise of Wake County (FPWC). I am writing to you as I mark my 3rd month with FPWC. It has been an exciting three months, but first, I would like to tell you a little bit about myself and why I am so passionate about our work. I retired from the Ohio Child Protection System, 31 years overall and 23 years as a county executive director. My family and I moved to North Carolina in July. While working in Lima, OH many years ago, I was asked to serve on a steering committee for a newly established FP affiliate. I helped train their staff and their first group of church volunteers.

Through this experience, I developed a deep level of respect and compassion for FP's mission and values. All too often, a family undergoing a hardship must split up to be eligible to receive services from the community's safety net. However, Family Promise puts the family first by serving the whole family, together and intact. Our approach reduces the trauma and stress the family experiences as they work to secure safe and stable housing. We work with our families, as an equal partner at the table, to overcome their temporary homelessness. I was also greatly impressed, and continue to be to this day, with the commitment of all of Family Promise volunteers. Your generosity and willingness to give of your time, truly the greatest gift one can give, is very inspirational. We would not be successful in helping families without you.

AFFORDABLE RECIPE OF THE MONTH

JOIN US IN OUR 'SOUP'ER BOWL CELEBRATION



Ingredients:

- 3 oz Bacon (cut into 1/4-inch pieces)
- 2 Celery Ribs (cut into 1/2-inch pieces - about 3/4 cup)
- 1 Medium Carrot (peeled and cut into 1/2-inch pieces - about 3/4 cup)
- 2 Small Onions (peeled and cut into 1/2-inch pieces - about 1 1/2 cups)
- 1 Medium Zucchini (trimmed and cut into 1/2-inch pieces - about 1 cup)
- 2 Garlic Cloves (minced)
- 1/2 Small Head Green Cabbage (halved, cored, and cut into 1/2-inch pieces)
- 1/2 teaspoon Table Salt
- 1/4 teaspoon Red Pepper Flakes
- 2 14.5 oz Cans Cannellini or Navy Beans (drained)
- 8 C Water
- 1 15oz Can Low-Sodium Chicken Broth
- 1 TBS Grated Parmesan
- 1 1/2 C V8 juice or 1 14 oz. can tomato sauce
- 2 teaspoon Dried Basil
- 1 Bay Leaf (optional)
- Ground Black Pepper
- Grated Parmesan Cheese (for serving)

Heat a large pot over medium-high heat and add the bacon. Cook, stirring occasionally, until bacon is lightly browned and fat has rendered, 3 to 5 minutes. Add celery, carrot, onions, and zucchini; cook, stirring frequently, until vegetables are softened and lightly browned, 5 to 9 minutes. Stir in garlic, cabbage, 1/2 teaspoon salt, and red pepper flakes; continue to cook until cabbage starts to wilt, 1 to 2 minutes longer. Add the cannellini beans, water, chicken broth, parmesan, V8, dried basil and the bay leaf to the pot and bring to a boil over high heat. Cook until the vegetables are soft, about 15 minutes. Discard the bay leaf and season with salt and pepper. Serve with grated parmesan cheese.

PROGRAM UPDATES

STAFF: Over the last month, FPWC has welcomed a few new faces to the staff.



Larayshea "Ray" Harris

Program Director



Natalie Sprague

Case Manager

EMERGENCY SHELTER:

FPWC will continue to operate in a static model with plans to return to the rotational model the week of July 11, 2021. In the meantime, FPWC will continue to monitor the locational COVID data to determine if another extension will be in the best interest of the health and safety of families, staff and volunteers

CURRENT DONATION NEEDS:

Cleaning - Paper Towels

Toiletries - NONE

Linens - NONE

Food - NONE

Transportation - NONE

Furniture - Living Room, Dining Room, Dresser & Beds for Transitional Housing Units