



CommunityWorx
Promoting Community
Integration & Connections

Activities & Resources

September 2021



1210 Stanbridge St., Suite 600
Norristown, PA 19401
Phone: 610-813-1140
Fax: 610-270-9155

For more information on services visit us at:

hopeworxinc.org and follow us on Facebook



Note from Sue:

So, Ameika and I have been having an ongoing discussion (some would say argument, but we're just both pretty passionate) about what to call the operation formerly known as the HopeMarket. That name came from our original concept as a barter market, but everything has evolved since then and the name has become confusing. I thought we should call it the HopeWorx Community Center. Ameika felt strongly that this would limit us to our specific location, and wanted to call us simply HopeWorx Community. I countered that we are to a certain extent defined by our location, but using the name wouldn't limit us to stay in our building, and besides, no one would know what "HopeWorx Community" means.

Sue getting ready for water balloons to be tossed at her... Dodge Water Balloon challenge Fundraiser

For what its worth, this is the argument we've been having since the HopeMarket started. We wanted the barter market to live beyond the walls of HopeWorx, but we found it really difficult to bring people together, except in our location. The community, which was entirely defined by the people who showed up, ended up evolving into more of a social venue- there were still people looking for resources, but many people got the physical resources they needed but kept coming back for the social opportunities around art, music, gardening, cooking and more. We soon found that partnerships were the best way to grow and explore outside our walls – we formed partnerships both formal and informal with gardens, with people seeking entrepreneurial opportunities, with other social service organizations. Our strongest and richest partnership to date has been with Maria Maneos and Brush with the Law – she ran across us on Facebook one day and messaged us, and before long, we were partnering in so many ways – sharing space, sharing projects, sharing laughs (and tears).

Through these partnerships, we go beyond the walls of HopeWorx, into the world. The name we've settled on is CommunityWorx. I'm going to continue to describe it as a community center, a center for our community to come together, a place where people can feel welcomed, and safe. But, I am sure that Ameika and the community here will continue to leave this home base and spread CommunityWorx throughout Norristown, throughout Montgomery County, and beyond. If you'd like to be a part of our community, just stop by. Maybe you can help us plan our next adventure.



Members of CommunityWorx...

Top left to right—Karaoke, walking in the park, picnic, and visiting the Martha's Choice Community Garden.

Bottom left to right—Art on a Wall and Breakfast.

*Sue Shannon
Executive Director
HopeWorx*

Camping at Green Lane Park

COME JOIN THE FUN!!!



September
18th and 19th

Check in will be after 3pm Saturday.

Check out will be by 12pm Sunday.

We will be in the group site behind the park office.

Everyone is invite expert or novice. This is a great event to try out camping. There is limited tents and gear available on a first come first serve basis.

There is an area near by reservoir to rent boats and picnic. There is no cost for the camp site, however you need to bring your own food to cook. There will be some stoves and grills available.



For reservations and more information

Contact: Beth at 610-813-1140 | hopeworxincdrive@gmail.com



353 East Johnson Highway, Norristown Pa. 19401 / 610-279-7372

Put this on your refrigerator so you can always access the help you need

WHAT IS MARTHA'S CHOICE MARKETPLACE?

Martha's Choice Marketplace is a Norristown food pantry that serves anyone living in Montgomery County. We supply clients with essential foods such as non-perishables, dairy, meat and fresh produce, according to family size. Due to Covid, we currently serve clients through a no touch drive through distribution. However, we are working to resume a choice model distribution, as the pandemic begins to subside.

WHO IS ELIGIBLE TO USE MARTHA'S?

Martha's is available to anyone in need, living in Montgomery County, no questions asked.

WHEN ARE WE OPEN?

We are currently open Wednesdays from 4-6pm, Thursdays from 10am-5pm, and Fridays from 11am-1pm

WHAT ARE THE PANTRY RULES?

- 1. Clients may come to Martha's one time per month.** *If you are experiencing a food emergency, we are able to make periodic exceptions, but there are a lot of families needing assistance, and we want to be able to help everyone. We ask that you please respect the once per month rule.*
- 2. Clean out your car.** *We are happy to load the food into your car, but ONLY if there is space. If your car is not clean, you will be asked to exit the parking lot and return when your car is clean enough to load in the groceries. This means you will have to wait in line twice, so please make sure it's clean!*
- 3. Walkers:** If you walk or Bus to Martha's please bring enough bags to be able take as much food as possible home with you.

MARTHA'S TEXTS (PLEASE READ)

Help us to help you! The best way to get updates on Closures, New Programs, and Changes in Hours is to join **Martha's Texts**.

On your cell phone, text the word **Apple** to **855-499-2174**. We will text you a maximum of 2 times per month to let you know of upcoming closures, food specials and changes in hours or programs. You can also reach us via social media.

Website: marthaschoicemarketplace.com **Facebook:** facebook.com/marthaschoicemarketplace

Instagram: [@marthaschoicemarketplace](https://instagram.com/marthaschoicemarketplace)

DO WE DELIVER FOOD?

Yes. For elderly and disabled clients unable to get to the pantry, we can try to arrange for food delivery.

Please call 610-279-7372 if you are interested.

PLEASE NOTE: We have very limited delivery resources, so please do not inquire unless you truly meet these requirements.

WHAT OTHER SERVICES DO WE OFFER?

- We offer infant and adult diapers, wipes, soaps, toiletries and feminine products as they are available.
- You do not need to make an appointment, please simply come during our scheduled hours.
- We offer Employment Assistance programs.
- If you need help getting a job, please call 610-279-7372 and ask to make an appointment with Fred
- We offer volunteer opportunities. If you would like to give back, we have volunteer opportunities available for anyone 18 or older. Just call give us a call and ask about volunteering.

WHO ELSE CAN HELP YOU?

GENERAL ASSISTANCE (A Good Place to Start): Call 211 / Navigates 610.322.3522

CLOTHES, LAUNDRY & FURNITURE: HopeWorx – 610.270.3685 / amalcolm@hopeworx.org

DOMESTIC ABUSE: Laurel House – 610.277.1860

RENT /MORTGAGE/UTILITIES ASSISTANCE: Call 211 or text your zip code to 898-211

PREGNANCY/PARENTING NEEDS: CSS Helpline – 267.331.2490

HOMELESSNESS & EVICTION: Your Way Home—Call 211 / Hospitality Center – 610.277.1321

DRUG ADDICTION: Rise Above – 484.681.4040 / Gaudenzia Home – 610.279.4262

353 East Johnson Highway, Norristown Pa. 19401 / 610-279-7372

Ponse este papel en la refrigeradora siempre accesar la ayuda necesaria

¿QUE ES MARTHA'S CHOICE MARKETPLACE?

Martha's Choice Marketplace (o el Mercado de eleccion de Martha) es una dispensa de alimentos que sirve cualquier persona viviendo en el Condado de Montgomery. Se nos da a clientes comida esencial como no percedera, lacteos, carne, y productos alimenticios que esta de acuerdo con el tamaño de la familia. A causa de Covid, actualmente se sirve clients tras una distribucion auto-servicio. Cuando empieza a terminar el pandemico, resumimos el modelo de distribucion de eleccion.

¿QUIEN ES ELIGIBLE USAR MARTHA'S?

Cualcuier persona viviendo en el Condado de Montgomery, sin hacerse preguntas.

¿CUANDO SE ESTA ABIERTO?

Actualmente, se esta abierto Miercoles de 4-6p., Jueves de 10a-5p y Viernes de 11a-1p.

¿QUE SON LAS REGLAS DE LA DISPENSA DE ALIMENTOS?

- 1. Clientes pueden venirse a Martha's una vez al mes.** Si se esta experimentando una emergencia de comida, podamos hacer excepciones de vez en cuando. Hay muchas familias que necesitan ayuda y queremos ser capaz de ayudar a todos. Por favor, se respete la regla de una vez al mes.
- 2. Por favor, tengase el carro limpiado.** No es problema por nosotros poner la comida en el carro pero SOLO cuando hay espacio. Si el carro no esta limpio, le pidamos salir de estacionamiento y regresar cuando esta limpio suficientemente poner los comestibles. Cuando paso esto hay que esperar en la linea dos veces. Por favor, tengase limpio el carro.
- 3. A pie:** Si esta andando a pie a Martha's, que se lleve una cantidad de bolsas sucientes llevar todo la comda a casa.

TEXTOS DE MARTHA'S (POR FAVOR LEE)

Ayúdanos a ayudarte. La major manera de recibir actualizaciones sobre cierres, programas nuevas y cambio en las horas de operacion es juntar con **Textos De Martha's**. En el telefono celular, envíe el texto de la palabra **Banana** a **855-499-2174**. Se recibe el texto un maximo de dos veces al mes avisarle sobre cierres, especiales de comida o cambios en horario o programa. Tambien se puede alcanzarnos en la media social.

Website: marthaschoicemarketplace.com **Facebook:** facebook.com/marthaschoicemarketplace

Instagram: @marthaschoicemarketplace

¿A VECES ENTRAGAMOS LA COMIDA?

Podemos intentar entregar comida a veces por los viejos y clientes discapacitadas quienes no se pueden llegar a Martha's. Por favor, llama 610-279-7372 si se interese. Por favor se nota: nuestra habliidad de entregar comestibles es muy limitada asi no se pide si realmente no se necesite.

¿QUE MAS SERVICIOS OFRECEMOS?

- Ofrecemos panales para infantiles y adultos, toallitos, jabones, articulos de aseo, y productos femeninos cuando estan disponibles. No hay que hacer una cita solo venir durante las horas abiertas.
- Ofrecemos programas de asistencia laboral. Llama 610-279-7372 hacer una cita con Fred.
- Ofrecemos oportunidades ser voluntario para personas mas que 18 anos de edad. Llamanos y preguntar sobre ser voluntario

¿QUIÉN MÁS PUEDE AYUDARTE?

ASISTENCIA GENERAL (Un Buen Lugar Para Empezar): Llama 211 / Navicates 610.322.3522

ROPA, LAVANDERIA Y MUEBLES: HopeWorx – 610.270.3685 / amalcolm@hopeworx.org

ABUSO DOMESTICO: Laurel House – 610.277.1860

ALQUILER/HIPOTECA Y SERIVIOS PUBLICOS: Llama 211 o envía un mensaje de texto con tu código postal a 898-211

PATERNIDAD Y EMBARAZO: CSS Helpline – 267.331.2490

DESHOGARY Y DESALOJO: Your Way Home = Llama 211 / Hospitality Center – 610.277.1321

DROGA ADICCION: Rise Above – 484.681.4040 / Gaudenzia Home – 610.279.4262

COMPLETED MURAL AT MATTIE N. DIXON COMMUNITY CUPBOARD

For the past year, Brush With the Law - Community Service/Re Entry Arts, a community partner of CommunityWorx has been working on an exterior mural for The Mattie N. Dixon Community Cupboard in Ambler. The mural undertaking happened right before the quarantine was announced and BWTL who typically works with people who have community service hours, people on probation and parole, college students, high school students, nonprofits, and community volunteers, was now on their own. Hopeworx provided the space to paint and along with help from Ameika, and members of CommunityWorx, and the youth group of First Presbyterian Church of Ambler the painting got done. It is now installed on the exterior of the Mattie N. Dixon building located at 150 N. Main St., Ambler, PA.

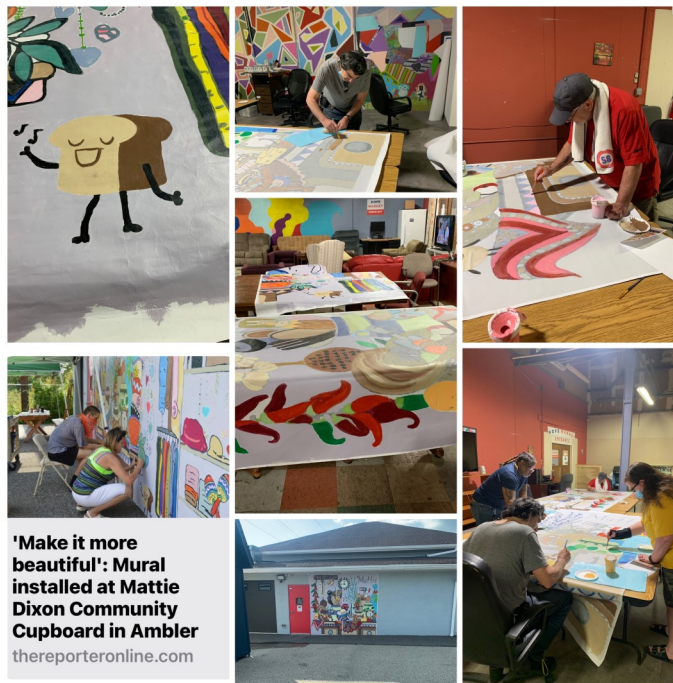
The Polytab method was used to make this mural which is an indirect way of painting instead of directly on the wall. It also expands opportunities of community inclusion because the fabric is portable and goes anywhere - like jails, and prisons, or rehabilitation facilities, or schools, literally anywhere without having to worry about weather conditions to paint in. BWTL's artist and director, Maria Maneos created the mural design taking ideas from coloring book pages and clip art. She used Adobe Photoshop to size and organize the images and then sent off to Mural Provisions in Philadelphia to print the design. <https://www.muralprovisions.com/> The installation process of adhering the painted fabric to the walls and applying the anti-graffiti varnish all took place over the month of August; while working on touch ups and hanging panels people driving by would stop and watch, or yell out, "THANK YOU" or "GOOD JOB". The mural illuminates the quaint

neighborhood, and is fun to look at with a kitchen scene, a boutique with clothes on racks, flying tacos, dancing croissants and toast, strings of beads and jewels dangling, welcoming words in both English and Spanish, as well as a little history of the founder, Mattie N. Dixon.

The cupboard was founded by Mattie N. Dixon, a longtime resident of Ambler and a true visionary. In response to learning that people in her community were going hungry, she started serving families out of her basement in 1973. As word spread of Mattie's generosity and others joined her efforts, she moved to several other homes for her service, including Zion Baptist Church, Church of the Brethren, and 57 Butler Ave. In 2004, with help from the community and the Ambler Rotary Club, Mrs. Dixon was able to purchase the current building on Main Street.

With the help of PPG Colorful Communities <https://communities.ppg.com/Colorful-Communities> who provided the over 50 colors of sun protection, exterior paints used on the painting, and funding help

from Montco CSP, First Presbyterian Church of Ambler, Univest Bank, and the PA Council on the Arts this project turned out to be a true community success and job well done.



'Make it more beautiful': Mural installed at Mattie Dixon Community Cupboard in Ambler
thereporteronline.com

Community Members working in the Mattie N. Dixon mural at different stages.



Maria Maneos, BWTL Founder & Director



Friday, October 1st to Tuesday, December 21, 2021

In fall of 2020, we had 10 people from HopeWorx participated in the RUNegades Fall Walk/Run/Ride Challenge and together we walked over 1118 miles.

We are looking forward participating again this year and we are inviting you to join us. Registration ends November 15, 2021 at 11:59pm EST . If you register with HopeWorx Walking Crew the registration fee will be \$5 person. There is limited space (20 people) and it is first come first serve.

For HopeWorx registration please contact us at 610-813-1140 | communityworx@hopeworxinc.org.

Here's how it works

1. Register for the challenge and invite your friends!
2. Complete 125, 250, 500, or 1,000 miles by running, biking, walking or a combination of all three.
3. Easily log your daily mileage with our challenge tracker. Earn virtual badges as you go!
4. Complete your miles by the last day of fall (December 21st) and earn your medal and swag!

No matter how far you walk, run or ride, you'll receive our unique Fall Freestyle Challenge medal and a long-sleeved challenge-themed tech T-shirt in the mail!

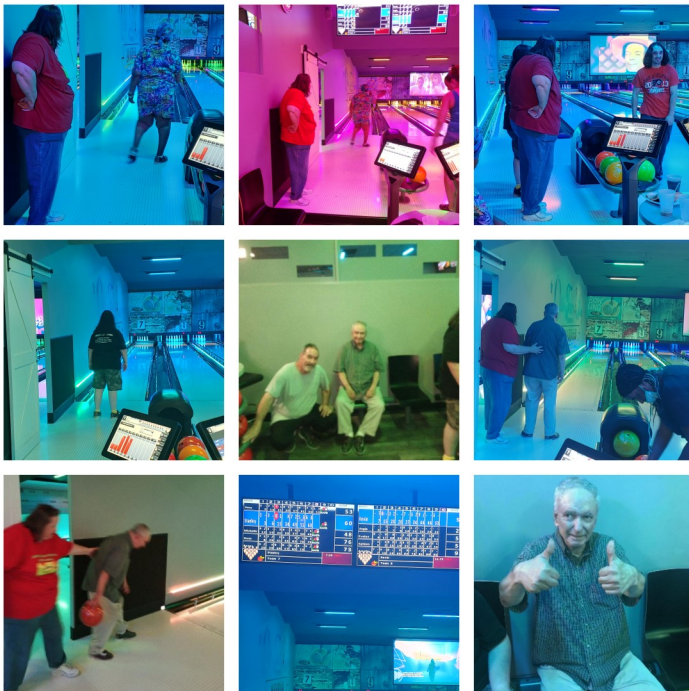
For more information about the RUNegades and to signup visit —<https://runsignup.com/Race/PA/Phoenixville/RUNegadesFallFreestyleChallenge>.

Or Contact Amon Gibson, Director of Development RUNegades Inc at 215-519-7788.

CommunityWorx Bowling Trip

Our Town Alley, Norristown, PA

Saturday, August 14, 2021, 2 - 4pm



CommunityWorx members and friends had a great time recently with a day of bowling and eating pizza. We arrived at Our Town Alley at 2pm, signed out bowling shoes and chose the right bowling ball. Stanley, Amy, Michelle, Penny, Gene were team A on lane 7. Karleen, Almathea, Angie, Kevin and Evelyn were team B on lane 8. The game was set up on each lane with a computer touch screen and displayed the scores on a flat screen above each lane. The pizza and soda arrived around 2:30pm.

Stanley said, "I had not bowled in a long time, this is fun". Then, bowled a top score of 81 points while enjoying his pizza.

Michelle initially said she didn't know how to bowl. She surprised herself by bowling a game with 69 points and was happy she had more points than another bowler.

Each game was finished by 3:30pm. By then, everyone was full with pizza, a little tired and pleased with their bowling experience. We all enjoy this

bowling event and it would be great to have another during the year.

Beth Burgess, CPS



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CREATING INCREASED CONNECTIONS

VIRTUAL MUTUAL AID GROUPS

Circle of Hope

Circle of Hope is peer-to-peer led discussion group. Join us for lively conversation about how we are feeling, our successes a challenges, our recovery, and how we maintain our wellness. Everyone is welcome.

Wednesday's 1:00PM-2:30PM
Thursday's 10:30AM-12:00PM

Zoom Link:
<https://us02web.zoom.us/j/86798393823>
Meeting ID: 867 9839 3823
Dial in:
1-301-715-8592

Thursday's 10:30AM-12:00PM
In Person Option
Hopeworx
1210 Stanbridge St #600,
Norristown, PA 19401

Alternatives to Suicide

Alternatives to Suicide groups are intended as non-judgmental confidential spaces where people can share some of their darkest thoughts without being assumed to have an illness or being assessed for involuntary interventions. Support to openly explore these thoughts and the feelings and experiences underneath them is often the key to moving toward something different.

Tuesdays 12:00PM-1:30PM

Zoom Link:
<https://us02web.zoom.us/j/86161479674>
Meeting ID: 861 6147 9674
Passcode: 148161
Dial in:
1-312-626-6799

Questions Contact:
Shelia Hall-Pringleau
215-906-0453

Shelia.HallPringleau@RHD.org
<https://www.ciconnections.org/>

Facebook: Creating Increased Connections



Creating Increased Connections
A program of Resources for Human Development



CREATING INCREASED CONNECTIONS

VIRTUAL MUTUAL AID GROUPS

Young Peoples' Hearing Voices Group

The Young People's Hearing Voices Group is a safe space for teens and young adults who have the experience of hearing, seeing, or sensing things not perceived by others. It's a place to talk and find personal meaning in our experiences.

Tuesday's
6:00PM-7:30PM

Zoom Link:
<https://us02web.zoom.us/j/84853101167>
Meeting ID: 848 5310 1167
Dial in:
1-312-626-6799

Taking Back Our Power

Taking Back Our Power hearing voices groups are open to anyone with the experience of hearing voices, or other sensory phenomena not shared by others. We offer a non-clinical, non-judgmental environment for free and open discussion away from traditional psychiatric treatment.

Monday's 3:00PM- 4:30PM
Tuesday's 3:00PM-4:30PM
Wednesday's 3:00PM-4:30PM

Zoom Link:
<https://us02web.zoom.us/j/85399542179>
Meeting ID: 853 9954
Dial in:
1 646 558 8656

Fun Day Friday

Fun activities and games to end the week with. Different games and activities each week. A place to laugh and socialize with peers.

Friday's 12:00PM-1:30PM

Zoom Link:
<https://us02web.zoom.us/j/99810950596>
Meeting ID: 998 1095 0596
Dial in:
1-646-558-8656

September Fun Day Friday Groups:

9/3 BINGO
9/10 Sing Along
9/17 Jeopardy
9/24 Show and tell
(Share meaningful items
with the group)

For up to date groups go to:
<https://www.ciconnections.org/>

HOPEWORX COMMUNITY | BWTL DODGE WATER BALLOON CHALLENGE FUND RAISER

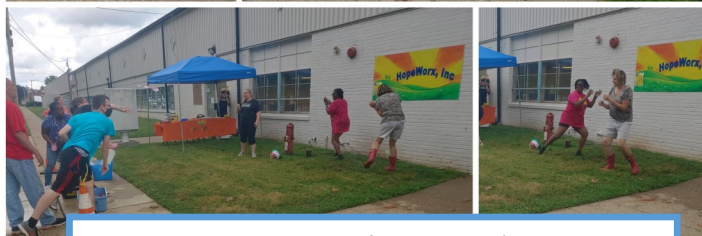
To celebrate our new and changing community, we kicked things off with a fundraising campaign...our First Annual Dodge Water Balloon Challenge! We ran the event every Friday at HopeWorx. Our goal is to raise money to buy art supplies, work on a community art project and create more opportunities /events for people to get connected to the community both socially and professionally.

100% of the funds raised from the Dodge Water Balloon Challenge will go towards purchasing art supplies for people who would like to do artwork and is unable to come to our location. We will also use the money to support people who would like to participate in different art shows across Montgomery County, PA. Pre-Covid we would host at least three Art and Eat events with over 30 people in attendance at each event. The events allowed people to make their own art and submit to these art shows. In addition, we are able to do some free virtual art classes with Maria Maneos, Founder & Director of the Brush With The Law – Art Program.

Our goal is to raise \$10,000 by June 2022 – we want to be able to put focus on community integration and connections mainly with people living with mental health, Drug and Alcohol, and homelessness challenges.

We have raised over \$2000. \$8000 to go!!

There is still opportunity to donate— visit us at hopeworxinc.org



We tried to fight back!! :)

We at HopeWorx would like to take this opportunity to thank everyone who participated and donated both in person and virtually.

Special thank you to Penny Johnson, Sue Shannon, Maria Maneos, Kevin Byrnes, David Renner, Patrick Walsh, Hannah Leifheit, and Daniel Gardner for becoming targets. Another special thank you to all the donors near and far. In general—Martha's Choice Marketplace, Expressive Path, Community Members, the HopeWorx Board members, friends, and family.

Check out some of our videos on our Facebook page!

Next event in the works...**OPEN MIC**—stay tuned for more info!!



CommunityWorx

Resources, Peer Support, and Social Opportunities

Free Laundry Services & Hair Cuts Peer Social Activities Computer Access/classes	HopeWorx, CommunityWorx	1210 Stanbridge St, Suite 600 (Rear), Norristown, PA 19401	You need to call or email to set up and appointment for these services. 610-813-1140 amalcolm@hopeworxinc.org
Community Service Volunteering Opportunities	Brush With the Law Community Service Arts Program	brushwiththelaw.org	Maria Maneos mariam@brushwiththelaw.org 215-872-5771
Healthy Food Limited Financial Supports Pantry and Farm Volunteering Opportunities	Martha's Choice Marketplace & Community Farm	353 E Johnson Hwy, Norristown, PA 19401	Pantry Opening: Weds 4-6pm, Thurs 10am-5pm, & Fri 11am-1pm Maureen Feeny-Byrnes mfeeny-byrnes@chs-adphila.org (610) 279-7372 Farm Hours: Tues & Fri Jesse Antonini 484-358-2655 jantonini@chs-adphila.org
Peer Support Groups	Creating Increase Connections (CIC)	Zoom	Questions? Contact Sheila Hall-Pringleau sheila.HallPringleau@rhd.org 215-906-0453
Free Laundry Services & Hair Cuts Social Activities/Events Computer Access/classes	HopeWorx	1210 Stanbridge St, Suite 600 (Rear), Norristown, PA 19401	You need to call or email to set up and appointment for these services. Ameika Malcolm 610-813-1140 amalcolm@hopeworxinc.org
Self / Forensic Advocacy Support	Montgomery County Community Advocates	1210 Stanbridge St, Suite 600, Norristown, PA 19401	610-270-0375 x103 Kim Renninger krenninger@hopeworxinc.org
Mental Health Crisis Homelessness Supports	Access Services	Mobile Crisis Support	Crisis support is available 24 hours a day, 7 days a week at: 1-855-634-HOPE (4673) Non-emergencies, contact the Peer Support 1:00pm – 9:00pm Call—855-715-8255 Text—267-225-7785
Family/Peer Support Groups & Resources	NAMI MontCo PA	100 West Main Street Suite 204, Lansdale, PA 19446	Our HelpLine is available M-F 9am-3pm 215-361-7784 Abby Grasso agrasso@namimontcopa.org



CommunityWorx

Promoting Community
Integration & Connections

Community members sharing the idea of a diverse, safe, and nonjudgmental environment, where the members embrace, respect, and empower the free flow of individual choices for personal strengths, development and decisions.



Our Mission is to...

- Create an environment that welcomes all individuals who are directing their own life goals, growth, recovery and wellness.
- Create opportunities for people to socialize and express themselves through learning new skills, different art forms and to pursue wellness.
- Providing self-advocacy and organic peer support, education and connection to external community resources beneficial to individual needs.

Community Members have free access to... food, clothes, home furnishings, electronics, laundry services, skills development, community services, volunteering opportunities, community advocates and peer support.

You can also earn membership by volunteering for nine (9) hours or trading skills, item and/or services with the community.

Please note that some community partnership projects may require us to start earlier or end later than our listed office times.

For more Information, to schedule a visit, volunteer or make a donation, please contact us at...

communityworx@hopeworxinc.org

610-813-1140

1210 Stanbridge St, Suite 600 (Rear)
Norristown, PA 19401

CommunityWorx Office hours:

Monday – Friday: 9am – 5pm

Saturday: 10am – 4pm