

PSEG's Power's Central Maintenance Shop Partners with Rehabilitation Technology to Upgrade Patient Equipment

PSEG Power's Central Maintenance Shop (CMS) has been devoted to supporting the kids of Children's Specialized Hospital and the programs of Children's Specialized Hospital Foundation over the last five years. They support our patients by helping to fund the inpatient prom held annually at PSE&G Children's Specialized Hospital in New Brunswick, and during a recent tour of the hospital's New Brunswick site, they were inspired to help fulfill another need that they observed.

Theresa Defosse of Rehabilitation Technology explained during the tour that the footrests on wheelchairs and other pieces on patient equipment get worn out rather quickly due to normal wear and tear. The Rehab Technology team needs to find creative ways to fix the parts, or to adapt the parts to the needs of the patients. That's when Lynn Warner, Tom Vandermark and Gill Furtado of PSEG came up with the idea to build the parts themselves.

As the maintenance facility for PSEG Power sites across multiple states, PSEG's CMS has access to durable materials that when combined with our patient's needs, allows for highly-specialized alterations to patient equipment. Adaptations are not always possible otherwise, because companies simply do not sell parts in sizes most favorable for our patients. **"It's amazing what PSEG is doing for us. Their help significantly improves the day-to-day lives of our kids because they are creating pieces that aren't typically manufactured in the way patients need them,"** expressed Theresa Defosse, Rehabilitation Technology Coordinator at Children's Specialized Hospital.

PSEG has not only built small pieces to repair equipment throughout this partnership but has also crafted metal templates that are much more durable than the original wood structures. These templates allow for efficient, consistent construction and are much more suited for patients' needs. One of the most common issues, for instance, is the size of patient arm braces, which are typically manufactured only for full-size adults. PSEG was able to scale-down the size of the brace, therefore making it better suited for a child's use. **"All I have to do is mention Children's Specialized and it's 'what can we do for you?'"** expressed Tom Vandermark, a Machinist at PSEG Central Maintenance Shop about his colleagues.



Sara Mapes, Director of Sponsorships and Engagement at Children's Specialized Hospital Foundation, presents a thank you from the kids to the employees of PSEG Power's Central Maintenance Shop.

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We are so grateful for our corporate partners like PSEG, who take the time to truly understand the needs of our patients and families and help us to find ways to continue to deliver the best care possible. This new partnership with PSEG's CMS is one example of a dedicated group of individuals who work with us to find creative solutions that utilize their staff's expertise in an area where we desperately needed help.

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SARA MAPES

Director of Sponsorships and Engagement
Children's Specialized Hospital Foundation

Q & A with Naz Perez, Founder of Heart Broken Anonymous

I first learned of Naz when I started listening to the I Don't Get It Podcast at the beginning of 2017. I have discovered her to be an incredibly passionate, thoughtful, and intelligent woman that I have looked up to ever since. One of her crowning achievements is that she founded Heart Broken Anonymous, a safe space for people to share their stories of heartbreak. I recently had the privilege of interviewing her, so she could tell more about her own story.

Q: Tell us about yourself! Who is Naz Perez and how did she get to where she is today?

A: I am a TV Producer, an entertainment and sports TV Host, and the founder of Heart Broken Anonymous. I moved to LA to pursue hosting on-camera but started out behind the scenes on The Ellen Degneres Show, E! Entertainment, and then became a producer on ABC's The Bachelor. After 2+ years on the [The Bachelor] I decided to leave and finally try and give on-camera hosting a go. I'm currently a host for the Dodgers, Clevver News (YouTube), The Fumble (YouTube), and The I Don't Get It Podcast on iTunes with my friends Ashley & Lauren Iaconetti.

Q: What is Heart Broken Anonymous? What are its goals?

A: Heart Broken Anonymous is a free support group for people that are heart broken. We meet the second Thursday of every month in LA in the Fairfax district. The meetings are open to anyone, and it's a safe space to come a share your heart break among strangers. The goal of HBA is to create a non-judgmental space for people to share their stories of heartbreak and know they're not alone.

Q: Why did you decide to start Heart Broken Anonymous?

A: Right around the time I left The Bachelor, my neighbor who was somewhat of a stranger to me since I had spent the last 2 years traveling on the show and was never home, knocked on my door in tears. She had broken up with a guy she had been with for over 12 years. I listened to her story and after she was done, she told me she felt SO much better talking to me because I was a stranger. She felt like her family & friends were telling her to move on and get over him (which is ok to do), BUT it's the WORST thing to hear when you're heart broken and not there yet. It was then when I started to think about the concept of putting strangers together to talk about heartbreak. BUT it wasn't until 3 months later when I got my heart really broken for the first time, that I start Heart Broken Anonymous. Funny how the universe works.

Q: How can people share their story? Do they have to be in the LA Area?

A: To come to the meetings you have to be in Los Angeles, however it is my dream to bring pop-up HBA's to other cities in the future. I did one pop-up in New York in November of 2017 and it was incredible. However, if you don't live in LA i've set up a forum on our website where you can share and read other stories of heartbreak to know you're not alone: www.HeartBrokenAnonymous.com.

Q: Tell us about a rewarding moment you've had with Heart Broken Anonymous.

A: Some people come back and others have told me it's saved them. It's insane. I never in a million years thought I could be helping people in this way. It's funny. My love life (or lack thereof) has really become a part of who I am and my brand. It's wild.

Q: What is the future like for Heart Broken Anonymous?

A: My hope is to be able to travel and do HBA meetings in other states.

Q: What's your message to girls going through heartbreak?

A: This goes for guys and girls since heartbreak can happen to anyone: You are not alone, and you will become stronger because of this. You will also grow and learn a lot about yourself through heartbreak.

Q: When is the next meeting and how can people learn more?

A: My next meeting is Thursday, April 12th at Open Space LA 457 N Fairfax Ave LA, CA 90036 at 8PM.

Q: Anything else that you would like to add?

A: Thank you Rachel for sharing my story and helping me spread the word about HBA!

Thank YOU, Naz!

Learn more about Heart Broken Anonymous by liking the page on Facebook

<https://www.facebook.com/heartbrokenanonymous/> + follow on Instagram @heartbroken_anonymous

https://www.instagram.com/heartbroken_anonymous/

Visit the website to share your own story and read other's stories: www.HeartBrokenAnonymous.com

Follow Naz on Instagram @nazperez + Twitter @nazperez

<https://www.instagram.com/nazperez>

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Sigma Kappa Sorority and the Office of Sustainability's #KillTheCup Challenge Inspires Campus Community to Reduce Waste During Month of April

By Rachel Lambert

The Epsilon Delta Chapter of Sigma Kappa and the Office of Sustainability at Susquehanna University have teamed up to introduce the [#KillTheCup challenge](#) on campus during the month of April. The campaign challenges the campus community to reduce waste through various measures, including refraining from the use of plastic cups. "Our overall goal is to spread awareness and instill a motivation within others to be kinder to the environment," said Sigma Kappa Epsilon Delta's Vice President of Philanthropy, Mary Stebbins.

Stebbins, along with the chapter's Public Relations Chair, Katy Smith, were inspired by a fellow sister, Caity Miller, to bring this challenge to life. "The long-term goal is to develop a new 30-day challenge each month to bring awareness to a variety of causes," said Stebbins. "We want to challenge other student organizations on campus each month to spread awareness of a cause important to them." One of the sorority's philanthropies is "[Inherit the Earth](#)", a cause that calls for citizens to improve their local environments, which was another source of motivation behind the challenge.

Derek Martin from Susquehanna's [Office of Sustainability](#) has been a key partner in the campaign, providing a plethora of fast facts to be shared daily on [Sigma Kappa's Instagram page](#) through the month of April. "The Office of Sustainability has been so helpful, especially Derek Martin. We couldn't have done this without him," said Smith.

Within one week of its launch, the message of this challenge has spread across the country. The national Sigma Kappa organization on Instagram [re-shared a photo](#) related to the campaign, and the comments are filled with members of other chapters inspired to take on the challenge. According to Stebbins, the campaign has certainly sparked a friendly competition within her own chapter, as well.

Stebbins, Smith, and the Office of Sustainability are measuring how many pounds of waste have been eliminated and how many plastic cups have been saved through this challenge and hope to report the numbers next month. Stebbins will soon be stepping away from her role at the end of the semester as she goes to study abroad but hopes that the next Vice President of Philanthropy and Service can follow her lead by challenging another organization to start another 30-day challenge.

It couldn't be easier to take part in the challenge. Reusable cups are only \$3 at the Starbucks right on campus. Plus, Starbucks, Scholarly Grounds, and Charlie's will all happily accept re-usable cups and mugs for your drink. You can also simply help spread the word by sharing your Kill The Cup photos on Instagram with the hashtag #KillTheCup and by tagging @sigmakay_su.

10 Things I've Learned Before My 21st Birthday

They say that your “golden birthday” is the birthday when you turn the age of the date of your birthday. For me, that would make my 21st birthday my golden birthday because I was born on the 21st of December. Make sense? Anyway, I've learned a lot in my 21 years on earth, and although I definitely can't put all of those down on paper (or list them on the internet), I can definitely share with you a few of the lessons that stand out.

In no particular order, here are 10 things I've learned before my 21st birthday:

1. It's okay what you need to do for yourself sometimes.

As much as you want to, you just can't do everything, and that's okay. Sometimes you have to choose yourself over other people and that doesn't make you selfish – it makes you strong. Finding a healthy balance between tending to your needs and tending to other people's needs is essential.

2. You shouldn't let anyone, or anything get in the way of what makes you happy.

Happiness is what everyone on this planet strives for. We all have different things that make us happy and fulfilled, and it's important to tend to those things no matter what outsiders think. I've always been a very independent person, but for others it's not as easy to move past the opinions of others. In the end, it's your life and you should do what fulfills you without judgement.

3. Communicate what you want or need, or you may never get it.

People often get frustrated when they don't get what they want. Of course, not every wish will come true – that's life and it's what helps us grow. But it's important to always ask yourself, how could I potentially fix this or make this situation better? Communication is so important because no one is a mind reader; if you never say what's on your mind, no one will ever know. If there is something you can do to try and better a situation, you should communicate that because what you have to say is important and you never know how it may help someone else, too.

4. Don't be afraid to go at your own pace.

We often get so caught up in comparing ourselves to others. It's such a toxic habit that's hard to get rid of. But the fact of the matter is that every single person has a unique experience which is what makes life so interesting. If everyone went through life at the same pace, the human experience would be so dull. When you want to compare your life to someone else's, remind yourself that everyone lives a different life and what's right for someone else is not always what is right for you at that moment, too.

5. If you're not sure what you're doing – you're not alone.

Even when people seem to have it all together, chances are, they don't. For those who do – I envy you. It takes time to figure things out, so it's okay to not have it all together just yet. That's the beauty of being young. You have so much potential and one day, you'll figure it out.

6. Write about all of your best days and your worst days.

Keeping a journal of sorts is one of the best things I've ever started doing. I've learned a lot about myself and love looking back on my favorite memories. A great way to do this is starting a bullet journal, or you can even just jot down quick notes in your notes app. I don't journal as much as I wish, but I definitely love looking back on the memories I've written about and do my best to do it as often as I can.

7. When in doubt, pray.

Not everyone is religious, but I personally find a lot of comfort in confiding in God. Every night I tell him what I'm grateful for that happened that day, and things I'm hoping to accomplish tomorrow. For those who aren't religious, meditation is also a great way to take a moment to relax or to reflect back on your day.

8. Always make an effort and put in the time.

Time is key to becoming better in many aspects of life. Set aside time to work on yourself as a person. Set aside time to do your schoolwork so you don't stress yourself out doing it all last minute. Set aside time to build relationships with those who mean the most to you. It's easier said than done, but if you make the effort to put in time, you can reach your goals in no time.

9. What you're going through now likely won't be so significant in a year.

When you're going through a hard time, it can be hard to look past it. But you should always know that whatever you're going through now will most likely be very miniscule in a year from now. Keep your head up, and know that things will change down the road.

10. Make sure you always have something to look forward to.

I actively try my hardest to always have something to look forward to. For example, during a dreadful school week I'll make plans with friends for the weekend or tell myself that if I finish an assignment by a certain time, I'll get some ice cream later. Even small things that I can look forward to makes going through life much easier because I know there's a light at the end of the tunnel. Even if you're going through a great period in your life, it's still important to have more to look forward to!

All I can say is that time truly FLIES. I can't wait to learn and grow in my next 21 years and beyond!