

Nonprofits First 501C News - December Special Edition

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To:Updates <updates@gladesinitiative.org>



NonprofitsFirst
Setting the Standard.

501(c)
NEWS

Monthly News & Updates

December - 2023



A Special Message From Jessica Cecere



HAPPY RETIREMENT JESSICA!

We want to thank everyone who attended Jessica's Retirement Celebration this past Monday, December 4th. It was a beautiful night honoring a very special woman who has had great impact in our community. Congratulations Jessica, and we can't wait to see what's next in your path.



[For More Pictures Click Here](#)

EDUCATION CORNER



Nonprofits First is setting the standard for your organization's success at every phase of growth. 101 for the 501 gives participants exclusive access to an education and training program designed to take your organization to the next level of performance and impact. Whether starting out new or needing a refresh on the basics — 101 for the 501 ensures your mission is moving forward with nonprofit best practices fully employed.

Who qualifies for the program?

Organizations with budgets between \$15,000 and \$500,000 serving Palm Beach County can apply to participate. To confirm your qualification, check line 12 of Form 990 or line 9 on Form 990-EZ of your most recent fiscal year tax records. This FREE program, generously funded by the Quantum Foundation and the Community Foundation for Palm Beach and Martin Counties, includes the following classes:

- Board Governance: Best Practices and Standards
- Volunteer Management: Managing the "Priceless Professional"
- Human Resource Requirements: Beyond Hiring and Firing
- Management and Fiscal Controls: Out of the Red
- Fund Development: Show Me the Money
- Communicate Your Mission: Social Impact Storytelling

[SIGN UPTODAY](#)

ACCREDITATION

CONGRATULATIONS TO OUR NONPROFIT MEMBERS WHO WERE RE-ACCREDITED IN NOVEMBER

Ferd & Gladys Alpert Jewish Family & Children's Services of Palm Beach
Digital Vibez
Pathways to Prosperity
Florida Rural Legal Services, Inc.

FROM OUR MEMBERS: Stress Relief Tips For The Holidays!



NonprofitsFirst.
MEMBER



Kelly Garvis | Development Director NAMI Palm Beach County

Taking care of oneself is crucial, especially during busy times like the end of the year for nonprofits. Here are some tips for individuals working in nonprofit organizations:

Maintain Health Routines and Balance:

- Stick to regular sleep patterns, exercise routines, and healthy eating habits to provide stability. Advocate for balancing obligations with enjoyable activities.

Self-Care During the Holidays:

- Prioritize self-care by setting realistic expectations for workload and personal commitments. Take breaks when needed to prevent burnout.

Physical Movement and Hobbies:

- Encourage engaging in physical activities or hobbies that bring joy and relaxation. This could include a walk, yoga, or creative pursuits.

Connect with Others:

- Foster connections with friends, family, or support groups. Social interaction is a powerful antidote to feelings of isolation.
- Attend or organize social events within your organization to promote a sense of community.

Learn to Say No:

- Recognize your limits and don't hesitate to decline additional commitments if it contributes to excessive stress. Setting boundaries is crucial for maintaining a healthy work-life balance.

Reflect and Celebrate:

- Take time to reflect on achievements throughout the year. Celebrate successes, no matter how small, to boost morale.

Disconnect When Needed:

- During personal time, disconnect from work-related emails and messages. Establish clear boundaries to prevent constant work-related stress.

Seek Support:

- If stress becomes overwhelming, seek support from colleagues, friends, or professional counselors. Don't hesitate to communicate your feelings.

Plan for the New Year:

- Outline goals and plans for the upcoming year. Having a clear vision can bring a sense of direction and purpose.

Remember, taking care of yourself is not selfish. It's a necessary part of being able to contribute effectively to your organization's mission.

[NAMI Palm Beach County: Mental Health Support, Education & Resources \(namipbc.org\)](http://namipbc.org)



Rachel Glickman
Managing Director of Cultura HR

Sharing is Caring

Sharing is caring and we often use food to share stories and traditions that everyone can take part in. Food is a wonderful way to start a conversation, understand others and expand our own experiences.

If time is short companies can upload recipes to a shared drive OR start earlier and make a real recipe book! Clients have created recipe books using in-house resources and even given to clients as a one-of-a-kind personalized gift. I still refer back to some of mine for a special chowder or side dish!

Don't forget to add categories - appetizers, sides, vegetarian, etc...

#Cutura HR loves HR and to share food! Call us for HR challenges and tips!

[Cultura HR - For More Information](#)



**Kaley Newby, MSHS
Organizational Standards Officer**

Play your favorite music! It's the holiday, so I encourage holiday theme!

Have your favorite scents in your office (no candles please, :))

Take a scenic route to work ...

Make a planned lunch with your colleagues.

[211 Helpline Palm Beach and Treasure Coast \(211palmbeach.org\)](http://211palmbeach.org)

MEMBER EVENTS

November was an exciting month for Nonprofits First staff and our members, with no

shortage of opportunities to learn, grow and connect!

The Association of Fundraising Professionals Palm Beach Chapter's National **Philanthropy Day Luncheon and vendor event** was a great way to spend time with other nonprofits and philanthropic organizations and supporters.

Our esteemed colleagues at the Ferd & Gladys Alpert Jewish Family Service of Palm Beach County facilitated **Mental Health First Aid training** for Nonprofits First members. The program was so well received that a second one was scheduled for December 6th, with hopes of doing more in 2024!

People of Purpose brought together an amazing group of individuals and organizations who work with and support returning citizen programs, for an **informative luncheon**, catered by Extraordinary Charities' Recipes for Success. It was a special treat to also see nonprofits "in action" during the tour of Extraordinary Charities, where the event was held.

Congratulations to our nonprofit members who "made the cut" and attended the "**Sixty Seconds in the Seat**" workshop presented by Affiliate Members Khanna House Studios and NonprofitNest/PYRA Promotions. We loved hearing you practice your pitches, and watching you record your pitch on camera with the host of **501cTV**. We can't wait to see your professionally edited reels on your web site, social media, or wherever else you post it, or to see you on an upcoming episode of 501cTV! (We are pleased to announce that another workshop will be scheduled for early 2024! Be sure to check the **Nonprofits First Calendar of Events** regularly and REGISTER EARLY because programs like this one fill up quickly.

-Tracy Amara



Nonprofits First would like to acknowledge the following new and

renewing members:

New Nonprofit Members:

Florida CraftArt
Live Like Jake
Salvation Army

New Affiliate Members:

Coleman Collaborative
Kari Hub
Palm Beach Special Events
Paul D. Sippil and Associates
SOAR HR Consulting
Tammy Greer Consulting

Renewing Nonprofit Members:

A Smile for Everyone
Cancer Alliance of Help & Hope
Community Health Center of West Palm Beach
Children's Forum
Esperanza Community Center
Fuller Center
Guatemalan-Maya Center
Jewish Federation of Palm Beach County
Neighborhood Health Literacy Group
Palm Beach Atlantic University
Redlands Christian Migrant Association
Take Stock in Children Palm Beach

Renewing Affiliate Members:

Anderson Impact
Charlotte Pelton & Associates
Clerk of the Circuit Court and Comptroller, Palm Beach County
Golf Charity Tournaments
Holyfield & Thomas, LLC
IronBridge Wealth Counsel
Rent-a-Techie, Inc
Third Level

Are you a new member or considering joining Nonprofits First?
Register for an *UPCOMING MEMBER ORIENTATION* session to learn more!

[Click here for our upcoming calendar.](#)

NEW BOARD MEMBER INTRODUCTIONS

Alpesh Patel

Alpesh's approach to Diversity and Inclusion aligns with his creed "Serve Others to Their Delight," By serving others, we have a mutual opportunity to spark a relationship, examine biases and build harmony. Alpesh also believes that Diversity and Inclusion must grow beyond policy to Culture & Attitude. When we are welcomed and embraced, we are inspired to raise our game. When we are not welcome, we

are hurt and our spirit takes a hit.

Alpesh is now leveraging his experiences and intersecting his passions for DEI+B (Diversity, Equity, Inclusion, and Belonging), serving clients, causes and community with creative problem-solving to develop practical solutions for enriching lives. Pivoting his resources and company, eSANGHE's first initiative is SeedingACCESS — a collaborative program that brings businesses, nonprofits, and government agencies together to invest revitalized computers with families in underserved communities. To date, we have delivered more than 575 computers.

Alpesh is a proud member of LeadershipPBC ENGAGE Class of 2016 and an Advisor to the Digital Marketing Certificate Program at University of South Florida Muma College of Business. He currently serves on the Board of Leadership Palm Beach County and the Board of Pace Center for Girls PB. He volunteers his time with many organizations and programs, such as SchoolLifeUSA, Philanthropy Tank, Xcel Mentoring Network, Path to College, Big Brothers Big Sisters, KOPMN, Roots & Wings, Pathfinders Awards, and Dwyer Awards.

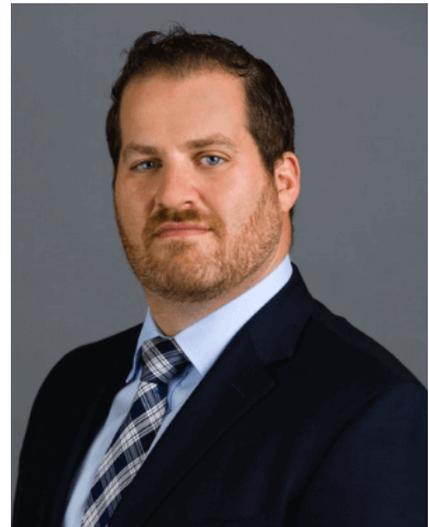


Kenneth Rehns

Ken is a Partner at Ward Damon and the Director of Ward Damon's Litigation Group. He focuses primarily on business and commercial law, labor and employment litigation, real estate disputes, securities litigation, and complex commercial litigation. He represents several for profit and not for profit companies as outside general counsel. He has built a career representing the interests of individual and corporate clients in a broad range of complex federal and state commercial litigation matters as well as FINRA arbitrations, administrative and government proceedings, labor law matters, and contract and commercial negotiations and disputes.

Before moving to South Florida with his family in 2017, Ken spent nine years as a commercial litigator in New York City, regularly representing clients in high-profile matters around the country. Ken has received recognition as a Rising Star in labor and employment litigation by Super Lawyers Magazine and as a Top Lawyer by Palm Beach Illustrated Magazine.

Ken earned his Bachelor's Degree in Business Administration with a focus on Economics from the George Washington University in 2005, graduating with honors, and went on to receive his law degree in 2008 from Syracuse University College of Law, again with honors. In addition to his work with Nonprofits First, Ken also proudly serves as a member of the Board of Directors of the Southeast Florida Behavioral Health Network and as a member of the Board of Advisors of the Boys and Girls Club of Boca Raton.



NONPROFITS FIRST RESOURCE CENTER



EXECUTIVE VOLUNTEERS WANTED!

Nonprofits First is looking for professionals with a passion for helping the nonprofit community and the expertise to truly make a difference.

Contact **Susan Erichsen**, Director of Accreditation for more information.

LEARN MORE



BUILD YOUR CAUSE TOOLKIT

The 501cPro Toolkit is a comprehensive online self-assessment resource loaded with crucial information to ensure your organization meets legal requirements and implements best practices that are important to staff, clients, and donors.

LEARN MORE



FOUNDATION DIRECTORY

Make an appointment to use the Foundation Directory, a platform providing our members access to Foundation Center resources and fundraising research guidance as well as professional staff to assist visitors. Contact **Tracy Amara**, Membership Director, for more information.

LEARN MORE



CAREER OPPORTUNITIES

MAKE A DONATION

BECOME A MEMBER



Nonprofits First is a 501c(3) organization, our vision is a community where nonprofits achieve their highest level of desired impact. Your support helps ensure that Nonprofits First continues to serve the nonprofit community. If you believe in this important capacity building work, please make a gift today.

Thank you for your support!

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