



The Healthy Bodies Project

Housing Transitions is fortunate to be a recipient of services from the **Healthy Bodies Project** at PSU. Through the “Just Say Yes” program, dietitian Jody Whipple visits our shelter monthly and conducts sessions to share knowledge about nutrition. The programs are always engaging, insightful and delicious.

The “Just Say Yes” curriculum explores a vibrant world of nutrition. This engaging and interactive 15-session program is designed to inspire adults of all ages to embrace a healthier lifestyle through the power of fruits, vegetables, and other healthy foods. Each session lasts approximately 30–45 minutes and covers a variety of topics.

The curriculum offers:

- Fun and informative lessons
- Delicious and easy-to-follow recipes
- Tips and tricks for how to make your SNAP food dollar stretch
- Practical tips for incorporating more fruits and veggies for a healthy diet

Whether you’re a seasoned nutrition enthusiast or just starting your journey towards healthier eating habits, “Just Say Yes” provides the knowledge and resources you need to make positive changes in your life. We are grateful for this partnership with the **Healthy Bodies Project** and enjoy having Jody come share her knowledge. *Special thanks to Jody Whipple!*



Fruit Pizza To Go

Makes: 1 Serving | Toasted whole wheat English muffins topped with fat-free cream cheese and fruit make this a quick and easy breakfast or snack.

INGREDIENTS

- 1 English muffin (whole wheat)
- 2 Tbs whipped fat-free strawberry cream cheese
- 2 strawberries, sliced
- 2 grapes, sliced
- 2 slices mandarin oranges

DIRECTIONS

1. Wash hands with soap and water.
2. Toast the English muffin until golden brown. Spread cream cheese on toasted muffin.
3. Arrange sliced strawberries, grapes, and orange slices on top of the cream cheese.

Note: This recipe can be made with any flavor of cream cheese and any fruit you like.

University of Maryland Extension | Food Supplement Nutrition Education Program www.myplate.gov/recipes/fruit-pizza-go 1/6

Update from the Executive Director

We hope you have been having a wonderful summer! Historically, summer is our busiest time at Housing Transitions and this year has been no exception. We had 14 people staying in our twelve-bed shelter for a period of time this summer! Thank goodness for cots so we can accommodate children with their parents.



You may wonder why this is our busy time. It has to do with apartment leases ending, and people being on the move a lot more during the summer months when it's warmer and kids are not in school. Often, homelessness is caused by a relationship change and people are more likely to tell someone they can no longer stay with them when it's nicer outside.

Our shelter is open 24/7 throughout the year though, and we have been getting busier every year. In our last fiscal year, which just ended June 30, our Centre House Shelter was home to 92 individuals, 30 of them children under the age of 18 with their families. Our Rapid Rehousing Program helped 48 households, 104 individuals, get rehoused after experiencing homelessness and our Permanent Supportive Housing program continues to provide a long-term housing solution for 18 individuals who have experienced chronic homelessness and have a documented disability.

While we help our clients focus on sustainable housing solutions, we appreciate your support. Sometimes the people we serve have lost hope and feel like they are not welcome or don't deserve a place to live. We know that having a roof overhead helps children develop.

You help when you donate, when you volunteer, and when you attend our fundraising events! You also help break down the stigma of homelessness when you engage with our organization. The people we serve work hard to overcome their barriers and knowing that people in our community support them and are pulling for them helps them feel hope.

Thanks and we hope to see you soon!

Morgan Wasikonis
Executive Director



Thank you to Northwest Bank!

Above: Northwest Managers "Making a Difference" in the community!

Gravel raking, weeding and planting!!! All this work was done at Housing Transitions on Wednesday, April 23rd by a fabulous group of volunteers from Northwest Bank. These six volunteers donned their "work in the yard" clothes and gave our yard and parking lot a spring spruce up.

We have been partnering with Northwest Bank for 39 years. Some of the important ways they have shown their support for Housing Transitions are:

- Sponsoring our fundraising events
- Volunteering for projects at our shelter
- Collecting loads of holiday toys at their South Atherton branch for our residents and clients to open on Christmas morning.
- Managing many of our bank accounts

Partnerships like the one we have with Northwest make a difference in how we can serve Centre County. Thank you, Northwest Bank, for making us feel supported in what we do. YOU make a difference in our community.

Housing Transitions Board of Directors

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BOOTS BAND BALLROOM

Boots, Band & Ballroom
a benefit for
Housing Transitions

October 3, 2025 | 6-10 pm

Join us at:

Graduate
BY HILTON

125 S Atherton Street
State College, PA 16801

Purchase tickets or donate at
<https://www.housingtransitions.org/bbb2025>
Register by September 29, 2025

Housing Problem Solving Grant

At Housing Transitions, we serve the general population of individuals and families experiencing homelessness. Often, when a household becomes unhoused, there are a number of barriers causing their housing crisis.

Housing Transitions recently received a special grant to help those households either avoid homelessness, or shorten their time experiencing it. Our Coordinated Entry Specialist, who completes assessments with those in a housing crisis to help them access services in the area, has valuable conversations with potential clients and helps them think about their natural supports, and problem-solve their challenges to achieve stable housing. With the grant, we are able to offer one-time financial assistance to homeless households, of up to \$1000/household, if it will lead to stable housing and prevent them from entering shelter, or shorten their stay.

Just since June 15, when we received the grant, we have helped 7 households with the Housing Problem Solving Program.

It pays for things that other programs can't cover.

For instance, one household needed to pay off a past due balance to a daycare so their child could be enrolled in another daycare so the parent could work. Another household had a past due electric bill that had to be paid in order for them to get set up with electric in their new place. It provides the flexibility to address the unique challenges faced by each client and provides assistance without having to enroll in more costly and long-term programs.

People experiencing homelessness have unique stories, challenges, and abilities to overcome barriers. This program allows us to provide the one-on-one approach we are accustomed to, while giving us a chance to help out if a little financial support is all that is needed.

This program is short term and ends December 31, 2025. We hope to continue to raise funds and set them aside for these types of housing solutions.

(The Grant)
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to address the unique
challenges faced by each
client and provides assistance
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more costly and long-
term programs.

What our clients have said:

"I did it the wrong way so many times before. Because of Housing Transitions, I'm doing things the right way this time, and I'm excited about my future."

— Sherri,
Former Client

"One of the things I tell people is when they are in situations, like being homeless, is that Centre House is such a nurturing environment."

There's just love here. You can feel it when you walk in the door. I always felt that here."

Margaret,
Former Client

**FREE Mini
Golf, Food
and Fun
at**

**AXEMANN
BREWERY**

Arize
Federal Credit Union
Sponsor

**Thursday,
August 28th
5-8pm!**





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Centre House Shelter: 814.237.5508
Fax: 814.237.7480
www.housingtransitions.org

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U.S. POSTAGE
PAID
State College, PA
Permit No. 21

UPCOMING EVENTS

AUG
18

**The Field
Gives Back**
August 18
11am–9pm

Eat a meal at The Field,
and a percentage of
proceeds go back to
Housing Transitions.

AUG
28

FREE event
August 28
5–8pm
Fun Mini Golf

and food at Axemann
Brewery.

OCT
3

**Boots, Band
& Ballroom**
October 3
6–10pm

YES, I'd like to help Housing Transitions end homelessness in Centre County!

Contribution

- ☐ \$500 ☐ \$50
☐ \$250 ☐ \$25
☐ \$100 ☐ other \$

■ To pay by check

Make check payable to Housing Transitions
and return with this form to:

Housing Transitions
PO Box 1391
State College, PA 16804

■ To donate online

Visit www.HousingTransitions.org/Donate



Name(s)		
Address	State	ZIP
City		
Phone		
Email		

Thank you for helping to build a better future for our community!

Fall 2025