
THE HEART & THE HANGER



Volume 4, Issue 1

THE RELIEF BOUTIQUE, INC.

Spring 2014

SPRING IS IN THE AIR



As Winter finally fades away, we are very much looking forward to Spring at The Relief Boutique. We have been connecting with new partner organizations and planning our Spring and Summer activities.

Like many of you, we are going to spend some time Spring Cleaning by organizing our clothing and storage areas (yes, we still have moving boxes a year after we relocated). Here are some tips that we try to keep in mind:

* ***Pace Yourself***: It may be tempting to take everything out of your closet and start organizing but you run the risk of getting overwhelmed quickly. Think about going section by section (shoes, jeans, shirts and so on) and pretty soon, you'll see real progress.

* ***Make it Pretty***: As you organize, think about adding in uniform hangers to all items in your closet and organizing items by color to create a rainbow effect. These touches can help ensure that you smile each time you open your closet.



* ***No Wire Hangers, Ever***: Speaking of hangers, try to avoid using the hangers that come from the dry cleaners. Flimsy wire hangers allow clothes

to sag out of shape and over time may cause damage to the shoulders of garments.

* ***Goodbye (for now) to Coats and Boots***: Now is the time to store the bulky winter items. Anything made of a heavy fabric like wool or fleece can now be moved to the back of the closet. Your boots can also be shifted to the back and you can bring the cute ballet flats and sandals front and center. We utilize large storage bins for out of season clothing. There are options for all sizes at stores like Target and the Container Store.

Please keep The Relief Boutique in mind if you have professional women's clothing items to donate. Contact us at info@reliefboutique.org for more information on donating.

CLIENT MILESTONE

Marisol became The Relief Boutique's **600th client** on January 30, 2014. She is participating in the Coalition for the Homeless' First Step Program and she is preparing for an upcoming internship that can lead to permanent employment. We wish Marisol the best of luck!



Marisol, Our 600th Client

WINTER ACTIVITIES

So far this year, we have provided professional clothing to over 55 women at The Relief Boutique. We have given **57 pair of shoes and boots**, along with **over 100 outfits** and various handbags and accessories. We gave away a few coats this winter as well. Our clients in 2014 so far are participating in job development programs at eight different community organizations and have been preparing for interviews in fields such as sales, home care, social services, food service, clerical and advertising. The snow, sleet and freezing temperatures did not stop our clients from searching for employment and they did not stop us from doing our best to provide them with **clothing and caring** to help them prepare for their endeavors.



A couple of our 2014 clients

UPCOMING EVENTS AND NEWS



Our next **Volunteer Day** will be Saturday, May 3, 2014
11:00 a.m. to 3:00 p.m.

We're planning a day of organizing, cleaning and decorating our office.

Please contact us by 4/30 at robbyn@reliefboutique.org if you are interested in volunteering.

****Look out for details on our upcoming giveaway for clients!****

NEW VOLUNTEER

We are pleased to welcome a new volunteer to The Relief Boutique this Spring. **Adriane Farray** starting working with us in February and she jumped right in by styling clients, organizing clothing, managing administrative tasks and assisting at our recent tag sale. We are so happy to have her aboard. Welcome Adriane!



Adriane (l) and Victoria organizing shoes

THINKING OF HARLEM



It's been over a year since we moved to our office at 108 West 116th Street, Suite 1A, New York, NY 10026. We have enjoyed the energy, community and convenience of being at 116th and Lenox Avenue. We are still thinking of those affected by the collapse of two buildings on Park Avenue between 116th and 117th Streets on March 12, 2014. Our thoughts and prayers are with those who lost their lives, their family members, their livelihoods and their homes in this tragedy. We are aware of several ways to help. Please feel free to contact us to learn more.

4 REASONS TO GET 'PSYCHED' OVER CLOTHES

By Faith W. Smalls

Whether its leggings paired with a tailored jacket, a flirty dress in pastel colors, or a hot Olivia Poped-out suit, we all have a unique sense of style when it comes to our casual, business and play attire. But whatever your wardrobe decisions, know they subconsciously send out messages that convey your feelings and draw emotional reactions from others.

So the next time you reach into your closet, consider these *mind-blowing* truths about the effects of clothing.



1. **Looking great, feeling better!**

Improve your attitude by wearing your *never-fail* outfit. You know – that suit, skirt or blouse that always looks good on you no matter the circumstances. Dr. Alastair Tombs, lead researcher in a study about people’s emotional ties to clothing, noted that several participants said they often relied on their wardrobe to change their mood. “If they get up and aren't feeling great, they would put on something that would brighten them up.”

2. **Your true colors are shining through**

According to CareerBuilder experts, blue, black, gray and brown shades are your best bet for a job interview. But also consider the following color guidelines if you have already landed a job and are now looking to make a certain impression during a presentation, or simply want to generate the right vibe on a date.

- ❖ *White* – Organization
- ❖ *Red* – Power
- ❖ *Burgundy* - Sophistication
- ❖ *Green, Orange, Purple, Yellow* - Creativity
- ❖ *Pink* - Approachability

3. **Gaga goodness**

I’m not suggesting you don a meat masterpiece, as pop icon Lady Gaga did, but if you work at an avant garde company or attend an artsy affair, a few creative curve balls to an otherwise traditional look might serve you well. Experiment with an unexpected splash of color or an unusual use of fabric. You may even gain a reputation among your peers as a trendsetter and independent thinker!

4. **What jeans mean: ‘I’m sassy and sexy’ or ‘Whateva man!’**

Our denim duds can cut either way. If you effortlessly throw on some mom jeans, beware of the cringe-worthy crotch bagginess that screams ‘Doesn’t matter, gotta run errands’. This lack of care was identified as a strong link between depression and wearing jeans according to a recent study. On the other hand, taking some time to create a polished ensemble with shape-complimenting jeans, pulled together by snazzy boots or shoes and playful accessories, delivers a fun look that can take you from casual Friday well into happy hour.

Bottom line: Our clothing choices speak volumes. What statement are you trying to make?

Working Together



Robyn, Ben and Carolyn at one of our first community events

The Relief Boutique's mission is to support underserved *women* as they prepare for their job interviews but we want to take a moment to acknowledge the many men who support the organization. **Ben Pearce** is one of our founding board members and has been a part of The Relief Boutique since the very beginning. He has presented at community fairs and seminars, organized events, recruited volunteers, solicited funding and supporters, made clothing pick-ups and offered leadership, support and guidance to the organization. We thank Ben for his continued support and for proving that our organization is made stronger with a diversity of thought and experience.

We are also so grateful to many other men in the community who have contributed their time, effort, expertise and financial support to the growth and presence of The Relief Boutique, including **Emery Williams, Alexander Griffith, John Townes, Calvin Griffith, Ethan Pearce, Earl Watson, Eric Keyes, Robert Young, James Townes, Jonathan Gomez-Trochez, Vlad Archin, Jamaal Eggleston, Matt Fijko, Kelvet Townes, Paul Myers, Jamal Townes, Marc Townes, Kenneth Padilla, Sam Zalutsky, Carlton Daniels, Stephen Wilson, Wayne McAlpin, Vernon Wilson, Joseph Milburn, Sean Devine, Matthew Ripportella-Croce, Ameya Sampat, Jeff Kern, Tom Parisi, Boel Ben, Nathan Browne, Bobby Rodgers, Rev. Dr. Sheldon Williams, Ed Boland, Charles Guerrero, Eric Holden, Barrington Polite and John Oakes**, along with many others who have attended our events and supported our efforts.



John and Earl delivering clothing Emery at our workshop

We send a special thank you to one of our major donors, **Alan Winick**, who has provided special support and encouragement to The Relief Boutique for years.

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Please consider helping The Relief Boutique continue to provide professional clothing and education to women in need in the New York City area.

Contact us at robyn@reliefboutique.org for more info on ways to get involved!

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