

# Peabody Post

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## **Community and Supportive Services Team**

**Dr. Ronald King,  
Interim Program  
Coordinator**

**Teona Kirksey,  
Program Assistant**

**Sonja Lockett,  
Family Advocate**

**Doris White - Miles,  
Family Advocate**

**Richard Wells, Jr.,  
Family Advocate**

**Consuela Combs,  
Family Advocate**

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## **Find Your Next Job Online**

Use the Internet as part of your job search. More and more employers are posting jobs on the Internet instead of the newspaper. At the Neighborhood Network Center you can surf the Internet and have access to thousands of jobs in our area. You can setup an email account and post your resume online. You can also create job alerts and have job announcements sent directly to your email account. Don't have a resume? No problem. The staff at the Neighborhood Network Center will help you write a resume and cover letters.



The holidays are fast approaching and employers are hiring for seasonal work. So, take advantage of this opportunity to earn extra money. For more information on this and other activities at the Neighborhood Network Center call 571-2918.

## **Life Matters**

Here we are approaching the holiday season, are you prepared? Here are some tips to help you get ready for this hectic season.

1. First let's take an inventory of where you are financially. Review your monthly income, and bills. Make your Christmas list now, and determine whom you have to purchase gifts for, and the amount you expect to spend on each person. It is a perfect time to put some items on lay-a-way (this way you can spread a little money a long way without credit card or loan payments).
2. Plan your menus ahead of time. Decide what you will cook for your holiday meals. Buy those nonperishable items, such as cranberry sauce, flour, corn meal, even extra butter (and freeze it) etc., with your weekly or monthly groceries. So when it is time to buy the turkey, or ham, it won't be such a burden.
3. Plan ahead for your children's school breaks, so that they won't be bored and have nothing to do. Plan activities, or take them to the computer lab at Wilson. It is perfect weather to take the kids to the park, and this will also give you time to fit in some exercise for you, which is a great stress reducer.
4. The holidays often carry a heavy emotional load for many. If you have experienced the loss of a loved one, the holidays may be especially hard. So don't feel alone. If you need help coping with the hectic pace of the holiday season or need some one to talk during this time. Please feel free to contact the Pastoral Institute at 649-6500. Ask for an appointment regarding emotional or financial/budgeting needs.

# Community News and Information



Have you stopped by Peabody lately? If not, chances are, you would be shocked by what you would find. The buildings are coming down—fast! You can now stand on Talbotton and see straight through to 27th Street!



Have you heard the phrase ‘what goes up must come down’? Well in this case, what goes *down*, must come up! The area that is to be rebuilt will similar to the pictures that are on this page. “Where are these communities? That’s not real. It won’t look like that here.” The answers to those questions are easy—Atlanta; they *are* real; yes it will!

Excited yet? Of course you are! The first building is expected to be completed by December 2006. It may seem far off, but that could be a good thing. With each edition of the Peabody Post, we will give you information and details that will have you ready to move into these gorgeous homes once they are completed. As a former Peabody resident, you will get the opportunity to apply before anyone else anywhere in the city. You will have priority once you have met all of the criteria outlined.

We have plenty of time to clear up credit issues, background checks and gain employment so that you will be ready to move. This is just the beginning. Stay tuned for more details!



## Community & Supportive Services Recognizes Outstanding Achievements!

Four Peabody residents were recognized for their accomplishments towards self-sufficiency over the past year. The residents and their guests were treated to dinner and received certificates of recognition. CSS hopes to have similar recognition dinners for residents who are working hard at meeting their goals.



**Dana Taylor has been working towards her goals despite a number of obstacles including the recent death of her mom. Dana has been a licensed CNA for several years. She has just obtained a new position Fountain City Care and Rehab. In addition, she has returned to Columbus Tech to further her education in healthcare. She is currently enrolled in a certificate program but hopes to enroll in the pharmacy tech program later this year. She has also been an active volunteer at Boys and Girls Club for the past several months. Ms Taylor has continued to work hard and not get discouraged. She knew that she could overcome all of the obstacles and succeed. Keep up the great work!**



**Ms. Alicia Dent came into the CSS program in September of 2003. She was employed by Winn Dixie originally, but found another**

**job at Fort Benning Lodge that was full time and included benefits. She is doing well on her job and has overcome several obstacles that were in her path. Ms. Dent's mother will be moving soon and as a result, Ms. Dent has made plans to purchase her Mother's home! She is truly a wonderful example of determination and all paths are leading her to self-sufficiency! Congratulations on all of your success!**

**Mrs. Thaka Gamble was selected because of her initiative. She received her high school diploma from Jordan High School and continued her education pursuit by enrolling at Columbus Technical Institute. There, she**



**earned a diploma in accounting in 2001. When she came to CSS, her goal was to find a position in the business field that would provide her opportunities for advancement. She was persistent in her job search and was rewarded in April when she was hired as the receptionist for the Growing Room. Mrs. Gamble's supervisor, Ms. Clark has praised her initiative and willingness to help in all areas of the center. Congratulations and God's blessings goes to you Mrs. Gamble for all of your personal and professional milestones!**



**Ms. Lanette Moses is attending the GED program at Daniel Alternative School. She has been in this program for about a year now. When Ms. Moses took her placement test, she scored in the 7M percentile. Now she is in the advanced program! Despite her health problems and providing for her family, she is determined to complete the GED program. At this present time she has completed three of the five parts to the GED test. Ms. Moses' teacher at Daniel states that Ms. Moses is an exceptional student and is very determined to succeed. She has exceeded the average on the test she has taken thus far. Ms. Moses states that she wants to obtain her GED by the end of December. We applaud you for all your hard work and your success!**

## Health Matters: Alzheimer's Awareness



November is National Alzheimer's Awareness Month. For many of us, the name is familiar, but the disease is unknown. There are more than 4.5 million people estimated to have Alzheimer's.

Although the disease is often associated with older individuals, some inherited forms of Alzheimer's can surface as early as age 30 or 40. The disease is not one that will affect everyone and it isn't normal. It is more common than in the past and affects more than just the individual. It touches the lives of families and friends. It is believed that 1 in 10 Americans either has Alzheimer's or knows someone that has the disease.

Alzheimer's affects the person's brain and causes damage to the memory, thinking, behavior, and eventually, leads to their death. Some warning signs to look for include memory loss, difficulty performing familiar tasks, problems finding or saying the right words, confusion with time and familiar places, and changes in their personality.

There are seven stages in which Alzheimer's disease develops:

Stage 1: No impairment: No memory loss. Nothing's wrong

Stage 2: Very mild decline: Individuals feel as though they have some memory lapse and forget small things, such as where they placed their keys, names, or eyeglasses. Nothing is very noticeable to doctors or family.

Stage 3: Mild decline: There is noticeable memory loss to family and friends and problems remembering things or the Alzheimer's patient loses valuable items. Doctors have tests at this stage to form a diagnosis.

Stage 4: Early-Stage Alzheimer's: A medical exam will reveal that the individual is very unaware of current events, has trouble remembering personal history and is withdrawn.

Stage 5: Mid-Stage Alzheimer's: There are major gaps in memory loss. They can't remember their phone number, becomes very confused when thinking about days of the week or even the season. They will usually remember their own immediate family members names.

Stage 6: Moderately Severe Stage: Memory loss increases and there could be major personality changes. They begin to need help with daily activities such as using the bathroom. They begin to wander and become lost, and can have hallucinations.

Stage 7: Late-Stage Alzheimer's: This is the final stage when the individual affected will have no ability to properly speak, eat or use the bathroom. They become unable to walk without assistance.

There are things you can do to help lessen the chances of getting Alzheimer's, such as staying healthy and taking good care of your heart. You should also exercise, read often to exercise your mind, and continue to take part in social activities. You can't control aging or genetics, but you can make your own decisions about your health.

If you, or someone you know, shows any of the signs from the stages of Alzheimer's, get to a health care professional so that a proper evaluation can be done. With an early diagnosis, you get an important benefit—the gift of time to make the best choices for the quality of life you and your loved one deserve.



## LOW-COST & FREE HEALTH CARE COVERAGE!!

YOUR CHILD CAN BE COVERED FOR:

- \*DOCTOR VISITS
- \*HOSPITAL STAYS
- \*PRESCRIPTIONS
- \*OTHER BENEFITS

Make sure your kids are covered to get the care they need to stay well, and protect your family budget. Ask about the low-cost or free health care coverage programs in your state.



Call 1(877) KIDS-NOW TOLL FREE (1-877-543-7669)



## Law Enforcement and You

Dealing with law enforcement officials can be scary and nerve racking. There is always a right way and wrong way to handle every situation. For a quick reference check, we are providing information taken from a book produced by Allstate in partnership with the NAACP and the National Organization of Black Law Enforcement Executives.

The easiest way to avoid a negative run in with law is to stay out of trouble. It is important to be aware of the company you keep. Wrong choices can increase your chances of an encounter with Police Officers. These are just a few of the things to keep in mind.

### ***If you are stopped by officers on the street:***

Answer all questions; be truthful; You are not required to give testimony against yourself (Fifth Amendment); Don't walk away or "bad-mouth" officials even if you feel they are wrong. Memorize their badge number to report to a superior later. Don't resist a search. Obey all requests unless they pose a risk to your personal safety.

### ***If you are stopped in your car:***

Slow down and pull over; if the car is unmarked, slow down and stop somewhere that is well lit and has people present. Stay in the car and place both hands on the steering wheel. Provide your driver's license and/or registration if/when requested (You may not be told why you were stopped until these items are in the officer's hand). If you feel you were treated unfairly, present your case in court and not to the officer on the side of the road.

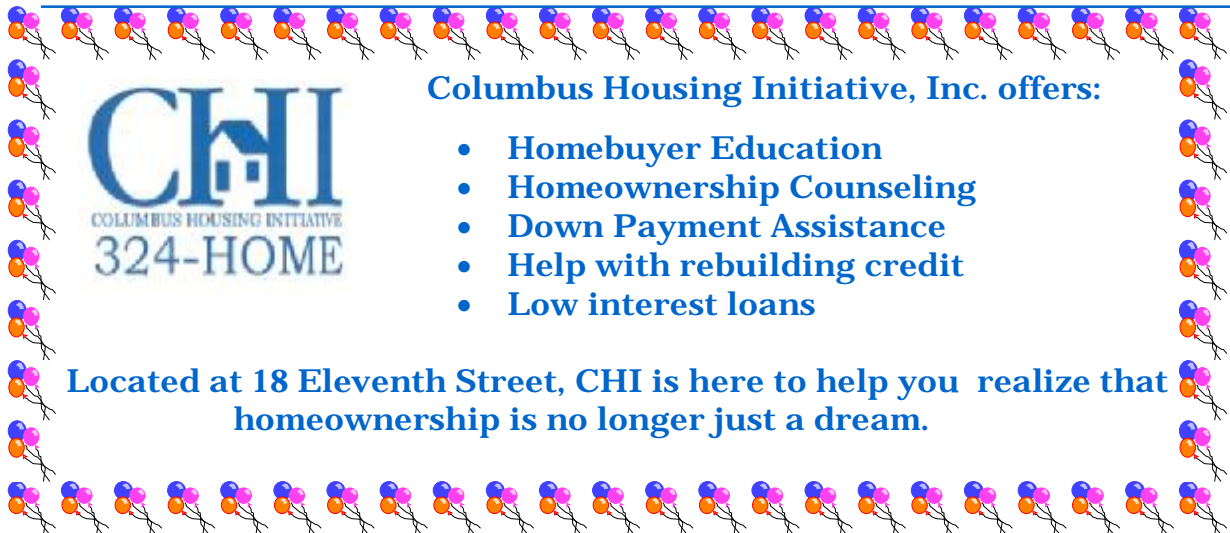
### ***If the Police comes to your door:***


Request to see a badge and/ or ID Card. Ask to see a warrant, check to see if it's a body warrant or search warrant . If they don't have one, you don't have to let them in.

### ***If you are arrested:***

Make sure your home or car is secure and that you know why you are being arrested. Call a lawyer as soon as possible. You have the right to make a private phone call. In most states, you must be in front of a judge with 24 hrs of your arrest—have a lawyer with you for this.

**Know your rights, use good judgment and common sense. Be safe!**





**Columbus Housing Initiative, Inc. offers:**

- Homebuyer Education
- Homeownership Counseling
- Down Payment Assistance
- Help with rebuilding credit
- Low interest loans

**Located at 18 Eleventh Street, CHI is here to help you realize that homeownership is no longer just a dream.**

Girl, did you know that CSS took some people out to dinner this month?! I read about it on page 3!



Yeah, I heard about that! They are really doing great and they deserve it. Wonder who will be next?

**Community and Supportive Services**  
 Pastoral Institute  
 2022 15th Avenue  
 Columbus, Georgia 31901  
*A Samaritan Center*

**Nonprofit Org.  
 US Postage  
 PAID  
 Permit # 266  
 Columbus, GA**



*Helping You To Pursue & Achieve Excellence*