

Peabody Post

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and much more!

DID YOU KNOW?

Peabody residents and former Peabody residents are making changes in their lives! Changes that are for the better!

- ◆ Did you know that 47 residents have gotten jobs since June?
- ◆ Did you know 4 Peabody residents have completed job training and have gotten jobs, and another 17 have just applied for training programs?
- ◆ Did you know at least 24 residents have started going to school either to get their GED or higher education since June?

2004

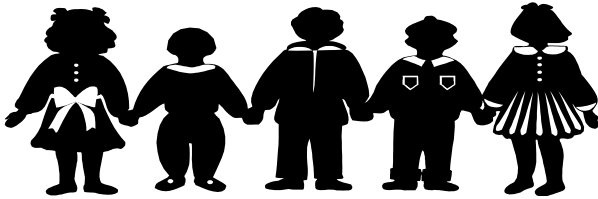
Let's Set Some Goals for 2004

It's a new year! Would you like to have a job, be in school, have your own home, or lose weight this year? Now's a great time to set goals to reach whatever you would like to accomplish.

Setting goals helps you see clearly where you are, and what you want. A goal is an aim. In order to set goals, the first step is to recognize that there is something that you would like to change, then start with a plan on how you will achieve your goal. Planning turns goals into bite sized steps of action.

Make your goals for yourself, not for others. Make your goals very focused or specific, measurable, practical or realistic and with a time frame. For instance, if you want to own your home by the end of this year tell your Family Advocate, enroll in the Columbus Housing Initiative counseling sessions, start improving your credit, perhaps sign up for Section 8, and apply for a job. Goals need to be attainable or reachable, but realize that it may take some time to reach them. Work on one step at a time. Remember you can always re-adjust your plans or steps you must take. You are simply creating a road map to accomplish your goals.

Writing down your goals with the steps you need to take in order to reach them also helps you to see what you need to do! Start today on your goals for this year, don't put it off!



Little Blessings Nurturing Center

There's a new program in town and it's just for your little ones! Little Blessings Nurturing Center is a new education program that is for children age 2 to 4 years old. It is a private school that is designed to help prepare your children for public school and share Christian beliefs through Bible stories, prayers, and songs.

Anyone living in the zip codes of 31901, 31903, 31906 and within four miles of 31907

with limited or no income may apply.

There are only limited spaces at this time, so it is important to enroll your child as early as possible. *This is a totally free program with all meals, snacks and transportation provided by the Center.*

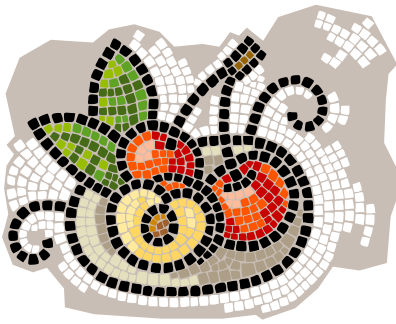
The only requirement from families is to volunteer 9 hours of their time and to attend 9 hours of classes per semester.

To find out more about the program, to have a tour of the Center or to have your child signed up for the program, please contact your Family Advocate or call the Community and Supportive Services Office at 649-6507 ext 252 to receive an application.

Remember, space is limited!

The first class begins late January 2004 and the next session begins in the fall. Call today for more details!

Your Health Matters: Exercise and Weight



Is one of your goals to lose some weight this year? Has all of the holiday food gone straight to your waist, hips or thighs? Most of us would like to lose some weight, but it often seems impossible! It isn't!

Start with some simple actions and be patient! You haven't put the weight on overnight— it most likely has taken months and even years, so it will take time to lose!

1. Start walking, and walk further each day!
2. Drink more water! Cut down on soft drinks and caffeine products.

3. Cut down the amount of alcohol you drink also!
4. Reduce your use of salt and salty products such as chips and nuts.
5. Eat more fresh vegetables and salads.
6. Make smaller portions.
7. Write down absolutely every thing you eat. Keep a list for each day—you will be surprised at how much you actually eat!
7. Find a friend who wants to lose weight also. Its easier to follow these goals if you have company!

Follow these simple steps and you will start to feel better and the weight will begin to disappear!

Resident Spotlight—*Ms. Sandra Collins*



Ms. Collins with her “little motivators” l-r: Mariah, Amir, and Larenz (center).

Ms. Sandra Collins is very glad that she called Community and Supportive Services (CSS). Before she contacted the office, she was at home with her children and not very sure of what the future held for her family. She received a copy of the first CSS newsletter and decided to call for the purpose of requesting childcare assistance.

After speaking to CSS Program Assistant Teona Kirksey, Ms. Collins decided that she wanted to learn the skills needed to become a Certified Nursing Assistant (CNA). After a few phone calls, she was on her way to beginning a 10 week long program offered through Enrichment Services.

As for the CNA training, Ms Collins stated, “I enjoyed the program! It was a great experience. While I was going through the clinical part of the program, I visited nursing homes and there are some very sweet people living in those homes. It will be wonderful to be able to help the older people who live there.”

Ms. Collins graduated with wonderful grades and skills. She is well on her way to getting a job in a field that she loves. After some experience as a CNA, Ms. Collins hopes to go back to school again and work towards becoming a registered nurse. She wants to work and have a good paying job so that her three small children can have all everything they need She calls them “her little motivators”, they are the reason she strives so hard to achieve excellence.

Ms. Collins is in Phase 2 for the Peabody relocation process. She plans on applying for a Section 8 voucher so she can have a home for her children and eventually work towards owning her own home. She is anxious to begin looking for a new place to live. Although she is not scheduled to begin the relocation process until February, she is already beginning to look around Columbus and make notes on properties and rental companies that accept Section 8. Doing her homework ahead of time will possibly help her find a home she and her children will love.

“I would recommend contacting Community and Supportive Services (CSS) to anyone and everyone! I know I wouldn’t have gotten into the CNA program without their help”.

Ms. Sandra Collins

Ms. Collins thinks everyone should contact CSS if they haven’t already! “I would recommend contacting Community and Supportive Services to anyone and everyone! I know I wouldn’t have gotten into the CNA program without their help”. Ms. Kirksey is very proud of her, “She did a great job. The ten week long program took dedication on her part particularly with three small children. She is doing this to provide the very best for her family. I know she can do whatever she decides to do and that includes becoming a registered nurse.”

Congratulations Ms. Collins, we are all proud of you!



Resident Spotlight

Ms. Quinyatta Willis

Ms. Quinyatta Willis is a success! She had a plan, found out how to put her plan in motion, did the work necessary and completed her goal. Ms. Willis entered the Goodwill Janitorial Training Program with the guidance of her Family Advocate, Ms. Sonja Lockett. When asked how she came to learn about Community and Supportive Services (CSS), her answer was similar to that of others, “I went to a meeting because I had gotten some flyers. I wanted to see what it was about. At first I really didn’t think it would be worth anything.” She went on to say that there had been so many meetings that she almost didn’t go to the one that gave her the opportunity to see the staff of CSS. Ms. Willis called the next day and was assigned to Ms. Lockett. “I love my Family Advocate,” she says with a bright smile, “whenever I have to talk or need advice on anything, she is always there to listen and help me. She is very patient and takes

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her time with me to make sure I have everything. Ms. Lockett is my friend”. Ms. Willis first heard about the Janitorial Program from a friend who had already completed the course. After hearing about the class and the wonderful instructor, Ms. Willis asked Ms Lockett to help her enroll.

“I loved the class! I learned and I had fun. Our instructor, Mr. Larry Thornton was so nice, he said I was like a daughter to him.” The class lasted only six weeks. When a guest speaker visited the class to speak to them about achieving goals, Ms. Willis learned the four “P’s” to success: *Patience, Persistence, Prayer, and Practice*. She tries hard to put them into her daily routine. Before graduation, each person in the program has job interviews with numerous companies and before Ms. Willis graduated, she received two job offers! She reviewed her options and decided to accept the offer she received from Target. After only a few short weeks, Target acknowledged the excellent level of work Ms. Willis demonstrated by giving her a promotion! “I now have better hours and I really like what I do. My responsibility is to put clothes on the sales floor and make sure my area is always presentable”.

The next big project for Ms. Willis is moving from Peabody into a home using her Section 8 Voucher. She is hoping all goes smoothly and that she can move before the New Year. After meeting with her relocation specialist, Ms. Lawson, Ms. Willis went out and looked for a home that was within the limits of her voucher. The home she is ready to move in is perfect for her 3 children. It has a fenced backyard and she is really excited about it, “My kids can go out and play now and have as much fun as they want in their own backyard”.

The best part about having her Section 8 Voucher is the fact Ms Willis may now be eligible to begin working towards the Section 8 Homeownership Program allowing her to purchase her own home. Ms. Willis plans to contact the Columbus Housing Initiative (CHI) and begin her enrollment process so that by Christmas time next year, her dream of owning a home could be closer than she ever imagined!

Ms. Lockett is very proud of all the accomplishments Ms. Willis has made. She believes that Ms. Willis can do anything that she wants. Congratulations, Ms. Willis, we are all proud of you and you are truly a success!

Do you dream of owning your own home?

If you are interested in becoming a homeowner, it may be possible!

Columbus Housing Initiative (CHI) helps individuals and families of all incomes purchase homes. They offer homebuyer education, homeownership counseling, down payment assistance, help with rebuilding your credit, and they also will assist with low interest loans.

Even if you have had credit problems in your past, the counselors at CHI can help you work on your credit problems and

you with getting your finances back on track.

CHI has counselors who will work you individually to eliminate all of the obstacles to your owning a home. Once you are able to obtain a loan and purchase a home, CHI will also continue to work with you to make sure that you don't lose your home!

If you would like more information on becoming a homeowner, just call the Columbus Housing Initiative (CHI) to get more details!



Columbus Housing Initiative (CHI) can help you own your home!

Call 706-324-HOME for more information!

Congratulations!

Congratulations are in order for Peabody resident Ms. Doris King! Ms. King received a Certificate of Appreciation signed by the mayor, Mr. Robert Poydasheff. She was recognized for her concern and hard work in helping to stamp out drugs in Columbus! Ms. King is also a member of the Peabody Resident Council.

Way to go, Doris!



As a Parent, You Want the Very Best for Your Children !

If you want the very best for your children, then you need to set examples for them!. If you don't want your children to smoke, drink, or use drugs, then you had better not be using them yourself!

Do you want your child(ren) to do well in school, get a good education, and be motivated to get a good job? Look to see how your life is providing positive examples for them! If they see you going to school, doing your homework, learning how to use a computer, going to work, working towards a new home, your children will be proud of you! Making positive changes will give you more to talk about with them, you will be able to share experiences, and work together towards a better life for everyone in your family. Also if you start making positive changes in your own life, you will be less frustrated with others, you won't have time to dwell on problems and bad things, you have a future to work towards!

Changes in your life style don't all have to happen at once. Just start making small positive changes, it's a great time of year to start working on the family you want to be!

Neighborhood Network Center



Have you wanted to learn how to use a computer or look up information on jobs, learn how to type a professional resume, get the latest information on medicines or a disease, learn how to budget, make cards or even newsletters?

All of these opportunities will be available to you at no cost at the Neighborhood Network Center starting mid January. A new Computer Center with the latest in computers, software and furniture will open with full time instructors to help you. Even if you have never turned on a computer and don't know a thing about them, this Center is designed for you. One on one instruction will be available.

A calendar for the Neighborhood Network Center will shortly be distributed for you listing all of the different classes. The Center will also be open three afternoons and evenings for children to work on their homework. If you don't see something listed that you would like to learn about, please contact the Family Advocates! This Computer Center is designed for you to learn and to use!

Community and Supportive Services

Pastoral Institute

2022 15th Avenue



Helping You To Pursue & Achieve Excellence