

Peabody Post

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Meet Ms. Alfreda Drake!

Teacher. Nurse. Social Worker. Counselor. Mother. Financial Services Representative. All of these titles and more can be used to describe the newest addition to the staff at Pastoral Institute.

Ms. Drake loves to teach! More directly, she loves to educate and empower people about money matters. She is excited about working with the HOPE VI project and offering her assistance in any way possible. She has a Masters Degree in Social Work, and counsels in areas that range from family violence, to building wealth. She hopes to give residents a snapshot of where they are, then get you to the point that you want to be. Ms. Drake says, "It's all about managing money for your needs, so that you will have enough for your wants; the fun stuff!"

She also feels that everyone should have a savings account, and a term life insurance policy. "A term life insurance policy is a great way to take care of your burial expenses and leave money for loved ones." Ms. Drake has found that all too often, people are working into their retirement and end up not receiving SSI because they didn't have a plan. This doesn't have to be you! Call today and schedule your appointment with Ms. Drake—it's free, 649-6500!



Are you unsure how to get started or where to go for help?



Are you looking for answers to questions like: Can I qualify to buy a house? How much house



can I afford? How much money will I need? The Columbus Housing Initiative (CHI) has the answers to your questions about home buying.



Take the first step by calling
706 324-HOME(4663).



Community News and Information

Beat the Heat - Attend Computer Classes

Beat the heat and increase your earning potential by attending computer classes at the Neighborhood Network Center. Learn the latest computer software in a cool computer lab. In just five short weeks you can improve your opportunity for employment.



For more information call the Neighborhood Network Center at 571-2918.

Class Topics

Introduction to Computers
 Accessing the Internet
 Microsoft Office
 Resume Workshop
 Job Readiness Workshop



Back To School Basics

Before your children go back to school, make sure they are up to date on their immunizations. Immunizations are required for all children up to age 6 and then a different series of shots begin at age 10. You can go to the Health Department and have your child's shots brought up to date. If your child has Medicaid, there is no charge for the service, for all others, the average cost is around \$30. Don't wait until the last minute and get caught in the "Back To School Rush"! For more information or details, you can call the

Health Department at 321-6230.

Have you moved since your children have started their summer vacation? Do you know what school your children will be attending? Have you notified the school and is there room for your child? Do you know what bus routes your child will have to take? Do you know what day school begins? Don't assume all schools are on the same schedule! Now is the time to find out all of the information- don't wait till the first day of school!

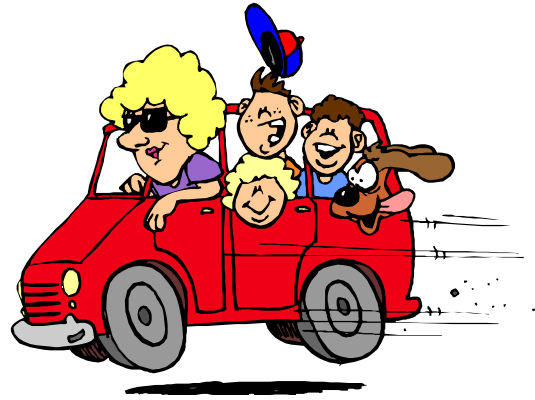
Also remember how expensive school supplies and clothes are! Budget yourself over the next month for any school related expenses you think you might have.

Don't forget if you are changing schools and will need transportation, please call Dr. Pennock at 649-0568, or Mrs. Steed at 649-0566 to make sure your child is ready for their first day of school!

Hot Tips that Keep Your Child Cool!

Playing in and around cars can be very dangerous. When children are left inside a hot car, their temperature rises more quickly than an adult.

1. Never leave a child or pet unattended in a car even with a window slightly open.
2. Always lock car doors and the trunk, even while you are at home. Place your keys out of the reach of little hands.
3. During the summertime, car seat and seat buckles get extremely hot. Be very careful when placing children in their seat restraints!
4. You can hardly ever run right in a store and come quickly back out. The shortest delay could be fatal for your child if they become overheated!

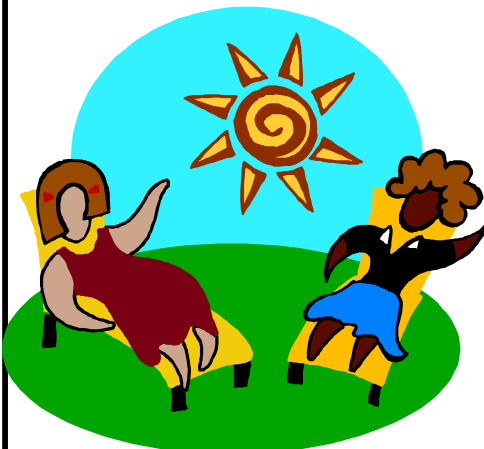


Remember, heat is far more dangerous to a child than an adult. Keep these tips in mind when driving around with your little ones. Be safe out there!

Hey Ladies! — Take Some Time Out For YOU!

There is a saying that goes, "If you don't take care of yourself, how can you take care of anyone else"? This is so true! As mothers, grandmothers, and aunts, you are often left to take care of the family structure. But what can you do, to take care of you?

If you are feeling sad or depressed, try talking to a friend or watch a funny movie. You could also write a funny comic strip about something your kids did or said that still makes you laugh just to think about it! Take a relaxing bubble bath with candles and play your most soothing CD.



Believe it or not, exercise is also a wonderful way to relieve stress and make your body feel great! Taking a walk around the block will get you moving and let you get some fresh air at the same time. A simple change of scenery works wonders!

No matter what you do, just take some time out for you. You will be better able to handle anything that comes your way when you are working on all cylinders!



Resident Spotlight News

What are your former neighbors up to?

Over the past year, we have featured a Peabody resident each month. To celebrate our residents' successes over the past year, and yes, there have been numerous, we decided it would be nice to feature just a few updates on what your neighbors have been doing over the past year!

Mr. and Mrs. Michael Robinson

Michael and Barbara Robinson are definitely a power couple! The two of them are actively seeking to improve their way of life. Barbara is currently working at Goodwill and has been with them since September of last year. Goodwill has been so impressed with her work ethic that her hours were increased! She constantly performs above production levels. Her supervisor remarked that her skills were great and for the past six months, Mrs. Robinson has had perfect attendance! Barbara is looking forward to starting Job Readiness Classes so that she can begin computer training. Mrs. Robinson thanks her Family Advocate, Ms. Sonja Lockett, whom she says is helping her to become self-sufficient!

Her husband, Michael, enrolled and took advantage of the free computer classes offered at the Neighborhood Network Center (NNC). He received three certificates for Introduction to Computers, Using the Internet, and Microsoft Word. He is also scheduled to go back for more training in August so that he can be trained in two other areas of the computer!

Mr. and Mrs. Robinson have moved from Peabody and love their new Columbus home and are clearly doing well! Congratulations to you both!

Mr. and Mrs. Anthony Bagley

The Bagley's have moved to Atlanta and are doing great! Mr. Bagley obtained his GED on June 9th and has since began taking classes in Culinary Arts. He is also the Night Manager in the Deli Department at an area Super Wal-Mart. His wife, Marilyn, is taking classes to become a Medical Assistant and will graduate this October. She is also working at Wal-Mart. Congratulations to the dynamic duo!!





Updates on Some of Our Successful Peabody Residents

Ms. Ida Bell Williams

Ms. Williams is staying very busy! Since her feature in the newsletter, she has gotten raises, bonuses, and promotions to go along with her position at Fort Benning. She enjoys where she works and is very well liked by everyone. She has met with her counselor at CHI and they are all working together so that Ms. Ida can own the home she has always dreamed about!

Ms. Sandra Collins

Our Certified Nursing Assistant is working full time in a job she truly enjoys! She has a job that allows her to perform all the duties of a CNA and she is learning more about the health field every day! She has moved from Peabody and her three children are very happy with their new home. There is plenty of room for them to play!

Ms Collins attended CNA classes through Enrichment Services and found her job with assistance from the Urban League.

Mr. Roy White

Mr. White continues to have his meals in his favorite restaurant, The Country Kitchen. He enjoys the ease of having everything he needs close enough so that he can walk anywhere he needs to go. He was featured in the Ledger—Enquirer and had his picture on the front page! The garden is still being planned and will be ready in the spring of next year!

Mr. Bobby Williams

Mr. Williams is doing just fine! He is still working at Goodwill and is looking forward to continuing his services there. He began Job Readiness Training on June 28th. They will help him create a resume and obtain computer training that will prepare him for future employment opportunities when is ready for them!

Ms. Emily Ware

True to her word, Ms. Ware has enrolled in cosmetology classes offered at the Southeastern Beauty College. She is also attending classes so that she can earn her GED at the same time. Ms. Ware is setting her foundation in hopes of someday opening her own business!

CONGRATULATIONS FOR ALL OF YOUR HARD WORK! WE'RE PROUD OF YOU!

July Calendar for the North Columbus



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6 Field Trip to Carmike 15 Ages 10-13 12:00p.m.	7 Field Trip Marengo Creek Farms Ages 6-9	8 Ringling Brothers And Barnum & Bailey Circus Representative 11:00am	9
12 Field trip to Surfside Water Park ages 10-up 9:00a.m.- 4:00p.m.	13 Field Trip to Carmike 15 Ages 8 & 9 12:00p.m.	14 Springer Opera House—Winnie the Pooh 10am All Ages	15 Field Day Beat the Heat! 9—2	16
19 Summer Basketball Championship for 10 -13	20	21	22	23 Last Day for the Summer Program!
26	27	28	29	30
Boys and Girls Club Will Be Closed Until August 9th, 2004!				
For information about the Club Calendar, please call Mr. Owens at 323-1743!				

Community and Supportive Services
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 A Samaritan Center

Nonprofit Org.
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Helping You To Pursue & Achieve Excellence