

Peabody Post

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Peabody Relocation Process Continues

Ahead of Schedule!

Just a year ago when the HOPE VI grant was awarded, 380 families lived in Peabody. Today 79 households are there including 14 families in Phase II and 65 families in Phase III. The relocation process is moving along, actually ahead of schedule! The remaining families are meeting with their Relocation Specialists and their Family Advocates and starting their relocation process.

If you have not met with either a Relocation Specialist or your Family Advocate, then please stop by the Peabody Rental Office and make an appointment!

Also, make sure that you are current with your rent and meet all of your lease obligations as this will make your relocation process go much faster and smoother.

Neighborhood Network Center Summer Hours

If you work during the day and would like to attend computer classes, here's your chance. The Neighborhood Network Center will be offering computer classes to working adults. Starting Monday, May 24 until Wednesday, August 4, classes will run from 5:00 pm until 7:00 pm. The classes being offered are:

- Introduction to Computers
- Introduction to the Internet
- Introduction to Microsoft Word

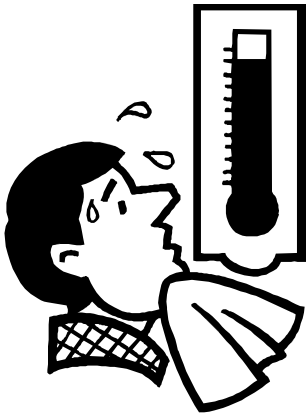
There will be special activities during summer vacation for the children Monday thru Thursday from 10:00 am until 2:00 pm. Children ages 6-10 may attend the computer lab from 10:00 am until 12:00 pm. Children ages 11-17 may attend from 12:00 – 2:00 pm.

Peabody and Wilson residents attended the Neighborhood Network Center Open House on April 15th and registered for free computer classes.



For more information please call 571-2918.

Health Matters: Dehydration and Heat Stroke



Dehydration and heat stroke are two related conditions that can cause death if not treated. Dehydration is the loss of water and important blood salts. Heat stroke is severe injury from high body temperatures that causes damage to many body organs, including the brain. Children and adults over the age of 60 are more at risk for dehydration. When you lose body fluid and body salts you can become so sick from things such as diarrhea or too much sun that dehydration occurs. We all lose body water daily. Sometimes, dehydration can be caused by certain medicines, or by taking diet pills, which drain body fluids. In a healthy person, this water is replaced by drinking fluids and eating foods that contain water.

Although heat and dehydration seem to go hand in hand, one can also become dehydrated in the winter time or when it's cold. It is always important to drink lots of water when you are doing any physical activity. The following are the most common signs of dehydration, although everyone may not have all of the same signs. For adults, symptoms may include being thirsty, not going to the bathroom very often, dry skin, being tired, dizzy, confused, dry mouth and nose, increased heart rate and breathing fast.



Heat stroke is the most dangerous form of heat illness and is a life-threatening emergency. Older people, babies, people who work outdoors and those on certain types of medications are most at risk for heat stroke.



You can look for these signs with a heat stroke, although each individual may have different symptoms: headache, dizziness, being confused, being tired, having a seizure, hot and dry skin with no sweat, a high body temperature, rapid heart beat, and seeing things. It is important to be treated immediately because heat stroke can cause death. While waiting for help to come you should get the person out of the sun and remove their clothes, gently apply cool water to the skin followed and fan them to make them make them sweat,

apply ice packs under their arms, and have the person lie down in a cool area with their feet propped up.

To prevent heat stroke, you should drink plenty of fluids during outdoor activities, especially on hot days. Water and sports drinks are a good choice. Avoid tea, coffee, soda and alcohol. They can lead to dehydration. Other safety measures include wearing lightweight, loose clothing in light colors and schedule outdoor games and sports for cooler times of the day. This summer could be a hot one, so be careful and drink lots of water!





Have you ever thought of Becoming Self Employed?

Perhaps you have thought about starting your own business, but haven't quite dared to, and don't know where to start. Starting your own business is very difficult and most people start their own business while working somewhere else in order to make enough money to live.

Being self employed can be very rewarding and can be very profitable, but it takes a great deal of planning, hard work and dedication. Once you start your own business, there is no guarantee that you will succeed; however, you can improve your chances of succeeding if you are prepared and careful about your decisions. You have to be a self-starter since it will entirely up to you to develop, organize and promote your business. You will have to constantly make decisions—often quickly and under pressure. You have to be good at planning—most small businesses fail due to poor planning. You also need to think about how the business will affect your family in terms of the amount of time your business will take along with the financial commitment that it may take, in turn affecting the resources you have available for your family.

There are thousands of jobs that you can do, but you need to choose one that you truly enjoy. Think about what you are good at and would enjoy doing for long periods of time. Once you decide, if the business will be run from your home, then check with your landlord. For instance, if you wanted to repair cars, you might not be able to do it at your home but would have to find a different location—which might give you an additional expense.

Learn as much about the business as you can before you get started. Find out what your competition is and what they offer, get on-line and go to the library to see what information is available. How will your business differ from your competitors—can you offer a better service, longer hours, more products? How will you market or advertise your business and what is the cost for the marketing?

Frequently, friends and family will support your business when it first opens, but don't depend on them to keep your business going. You will need

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Types of
Self Employment

- Hair and/or Nails
- Lawn/yard Services
- Small Equipment Repair
- Bicycle Repair
- House Cleaning
- Car Repair Man
- Party Planner
- Laundry
- Book Keeping
- Caterer
- Construction
- Personal Care
- Transporter
- Child Care

Self Employment

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a plan on how to get new customers, so that your business can grow.

Make sure that you understand the legal restrictions affecting your business and what your legal responsibilities will be. Also determine what equipment or tools you will need to start your business and what their cost will be.

After you determine your costs and a very realistic estimate of income, then determine how you are going to pay yourself.

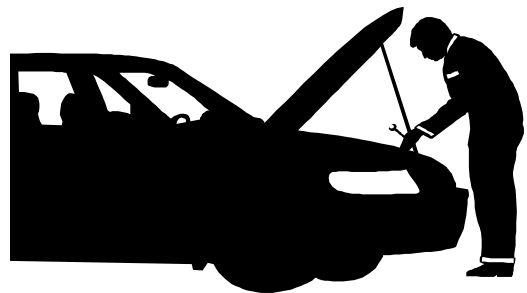
An excellent source of information is the Small Business Administration. They can help you develop a business plan, identify sources of capital, help you set up your record keeping systems and assist with your marketing strategies. All of their staff have degrees in business or management. The Columbus SBDC (Small Business Development Counseling) Office may be reached at (706) 649-7433. Their office is located at 1030 First Avenue in Columbus.

Simple Tips to remember if you want to start your own business

- Start your work part time, don't depend on it as your only source of income.
- Commit to a regular schedule of work.
- Learn as much as possible about the business and your competitors before you get started.
- You will need to get along with different types of personalities.
- Are you good at making decisions?
- Are you in physical and emotional condition to run a business?
- Do you plan and organize?
- Can you keep your records?
- How will the business affect your family?
- What kind of supplies, tools, licenses will you need?

Reasons People Fail at Self Employment

- Lack of experience
- Insufficient capital (money)
- Over investment
- Poor credit arrangements
- Personal use of business funds
- Competition
- Low Sales
- Poor location
- Irregular hours
- Poor Quality Service/Product



Resident Spotlight - *Mr. Bobby Williams*



Mr. Bobby Williams

For the past few months, we have been focusing on our residents that are doing great things in their lives. Sometimes we know about their achievements from the beginning, while at other times we find out later. This was the case with Mr. Bobby Williams. Mr. Williams had placed himself on a path before Community and Supportive Services (CSS) had the opportunity to meet him.

Looking to get back into the work force, Mr. Williams spoke to his counselor at Vocational Rehabilitation during July 2003. He was then placed in the Work Adjustment Program at Goodwill. After he successfully completed that 6 month program, Mr. Williams immediately started in the Job Readiness Program which lasted an additional 12 weeks. The last day for his training classes ended in

January 2004, at which time he was hired to work at Goodwill in the Recycling department.

Mr. Williams was assigned to Family Advocate, Ms. Sonja Lockett. This worked out well because he knew her when she was employed at DFCS. He says that Ms. Lockett checks on him all the time and that he calls her as well. When asked what he thought about working at Goodwill he had this to say, "It's okay. Every job has good days and bad days. But you should continue to show up." His work ethic and professionalism have been noticed throughout Goodwill. One counselor, Ms. Bonita Carney was so impressed by Mr. Williams that she offered this, "Usually when training is completed through Work Adjustment, most people are placed in outside jobs, but Bobby had such a great work ethic that I had to find him a job here at Goodwill. We didn't want to lose him. One day while Bobby was working in Recycling, a group of people decided that it was time to leave and quit working for the day. Everyone left except for Bobby. He is truly dedicated to his job and is a model employee."

"Usually when training is completed through Work Adjustment, most people are placed in outside jobs, but Bobby had such a great work ethic that I had to find him a job for him here at Goodwill."

*- Ms. Bonita Carney
Goodwill Counselor*

All residents that have been relocated are welcome to apply to move back into the renovated apartments once they have been completed. Mr. Williams has decided that is not an option for him, "It just takes too much to move back. I am fine just where I am." Mr. Williams has already relocated and now lives in Wilson Apartments, a place that he knows from his childhood years. Mr. Williams thinks that overall HOPE VI is a good program. He stated that people had just gotten comfortable living where they were and didn't want to move. As far as Peabody is concerned, the only thing he will miss is seeing Ms. Karen Sumbry, whom he feels was a nice manager.

Mr. Williams plans to continue working at Goodwill until he can return to school and recertify as a CNA. Considering the rest of his accomplishments and numerous certifications that range from Culinary Arts to Cosmetology, there is no doubt that he will achieve any task he undertakes. His Family Advocate Ms. Lockett is very proud of him. "He is doing a great job and represents himself very well. I am proud of him and each time I go to Goodwill, everyone has nothing but good things to say about him and the work he does". Everyone from CSS is also proud of Mr. Williams and wishes him all the best. It was truly a pleasure to meet him.

May Calendar for the North Columbus



BOYS & GIRLS CLUBS

Monday	Tuesday	Wednesday	Thursday	Friday
3	4 (Field Trip Photo Club) Nick Let's Just Play	5 May Day BBQ and Field Day Smart Girls Guest Speaker	6 Parent's Orientation (6:00p.m. – Until) SUMMER CAMP	7
10 Trip to the Library (Education) Ages 8 & 9	11 Nick Let's Just Play	12 Lake Bottom Field Trip 4:00p.m.-6:00p.m.	13 Parent's Orientation (6:00p.m. – Until) SUMMER CAMP	14 (TLC) TEEN LEADERSHIP FUN DAY
17	18 (Field Trip Arts TBA) Nick Let's Just Play	19 Honor Roll Party	20 Parent's Orientation (6:00p.m. – Until) SUMMER CAMP	21 Club Closed Staff Training
24 Summer Program Starts Street Hockey & Swim teams Registration Starts	25	26	27	28
31 Club Closed Memorial Day				

The Club has a wonderful summer program offered for all children ages 6—17! Find out if you qualify for a scholarship by calling Mr. Owens, 323-1743! Make sure you attend the Parent Orientation Classes for the summer program!

Call the Club for more information!

Community and Supportive Services

Pastoral Institute
2022 15th Avenue
Columbus, Georgia 31901
A Samaritan Center



Helping You To Pursue & Achieve Excellence

Mother's Day
Sunday, May 9, 2004