

## Old man Winter Got Ya Down ?

*Tifani's tips on surviving winter in Baltimore*

Well it's that time of year, Christmas, New Years, parties, shopping, making snowmen, getting stuck in the snow, flu season. It's true some of us dread the winter months. It gets dark earlier, there doesn't seem to be much to do, not to mention the traffic, and trudging through the snow to catch the bus. Oh how I miss the sun, and not having to wear layers upon layers of clothing just to not to mention how the days getting shorter and shorter. Well, don't despair, on the way. You can go through the winter season actually enjoy it. There are things to look forward to. This is the best time of year to cuddle up and watch a movie, sip on hot apple cider, play in the snow, maybe even help your neighbor dig their car out of the snow or even make some cookies for your neighbors and friends.



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This is the only time of year when you can go Ice Skating outside, and what better place to do it than right here in Baltimore. You can go down to Fells Point and for only \$4 during the week and \$5 on weekends, and it's open until February 29.

Some other great things to do are take a day trip down town. Depending on your interest Baltimore offers a wide variety of restaurants and shops and even a little bit of history and education. Check out the National Aquarium, The B&O Railroad Museum, and The Great Blacks in Wax Museum.

Short on cash, no problem, you happen to live in one of the Greatest Cities in America, it cost next to nothing to catch a bus downtown and spend the day sight seeing.

As we all know, winter is the favorite season for Mr. Cold and Mrs. Flu. Be sure to keep them at bay and doctor visits down by drinking plenty of orange juice. Vitamin C is a natural defender against illness, and it taste great. If you are feeling a little chilly at night, make sure to wear socks to bed. Most of our body heat escapes through our feet. Feeling drafty, try taping saran wrap in front of your windows, and keeping the blinds closed at night, but open during the day to let the sunlight in. Also another trick is rolling up a large towel and lining it against your window sill.

When taking trips to and from school, work, or just going out, make sure to wear lots of layers. One bulky jacket won't keep your body heat in, but layers will insulate to keep you warm. Also, never leave home without your hat and gloves. Your head and fingers are the best places for heat to escape, so keep them covered. This goes for drivers too, you don't want to be stuck on the side of the road freezing your tail off if your car breaks down.

Keep your head up and a positive attitude. Winter can be fun. You don't have to stay inside the entire time, go see a movie, hang out at the mall, and volunteer your time. Staying active can keep the winter blues at bay, so go out, have fun and embrace Old Man Winter!

*National Aquarium 410-576-3800  
B&O Railroad Museum 410-752-2464  
The Great Blacks in Wax Museum 410-563-3404  
Fells Point Ice Rink 410-522-3213*

## NEW PATHWAYS HOLIDAY PARTY

**Mrs. Laura Fertig**

Did you attend the Annual New Pathways Holiday Party? If you were there, I hope you had as good a time as I did. If you didn't, make sure you get here next year. I have been at New Pathways for 6 years and in my opinion, this was the best party we have ever had.

Santa Barry was a hit with all the children and adults. He was a little gruff, but most of the kids were so afraid of Santa that they didn't notice. I hope we can talk Mr. Santa again next year. We just need to find him some Santa boots that fit so Santa doesn't have to wear Timberlands.

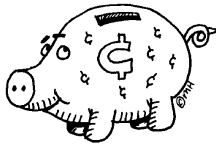


The poetry contest was awesome. It is inspiring to realize what talented young people we have around us. All four contestants were amazing and I am proud of them for reciting their poems in front of such a large group.

The karaoke and dancing were off the hook. It almost seemed like the party could have gone on for hours. I don't think people wanted to leave.

I was also struck by the number of graduates who came back to share the holiday with us. This is what the season is all about, sharing it with family. I hope everyone enjoyed their holidays as much as our New Pathways Party. See you there next year.

## FINANCIAL TIP OF THE MONTH



If you plan to save \$1,200 this year, you only need to save \$100 per month. To accomplish this task here is how you can do it. If you are paid bi-weekly (every other week) you need to put \$50 in your savings account. If you are paid weekly (every week) you need to put \$25 in your savings account.

By following this simple plan, at the end of each month you will be able to see your money grow!

Month	Savings Amount	Total
January	\$100	\$100
February	\$100	\$200
March	\$100	\$300
April	\$100	\$400
May	\$100	\$500
June	\$100	\$600
July	\$100	\$700
August	\$100	\$800
September	\$100	\$900
October	\$100	\$1,000
November	\$100	\$1,100
December	\$100	\$1,200

New Pathways would like to extend a warm welcome to Sean, LaToya and Jaquesha.

## CENSUS OF HOMELESS YOUTH IN BALTIMORE CITY

Jeff Lambert

We need the assistance of young people in an upcoming project. Baltimore Homeless Services and the Center for Poverty Solutions are conducting a census of Baltimore's homeless citizens in late January. They are seeking out homeless youth and young adults between the ages of 16-24. The biggest challenge in conducting this census is to identify where this population can be found.

They need to know where census takers should visit to find homeless youth and young adults. What specific parks, clubs, stores, malls or neighborhoods should be visited? We would like assistance in identifying locations around the city. Your assistance will help bring new services to meet the needs of these young people. No identifiable information will be collected, simply a profile of the population.

1. Do you know youth or young adults, ages 16-24, who are living apart from their families because of conflict, substance use, sexual orientation, or other issues?
2. Do you know youth or young adults, ages 16-24, who are living from place to place, couch to couch without any permanent address?
3. Can you tell us specifically (neighborhood, street locations, buildings) where these young people could be found during the day, between 12 noon to 8pm?
4. From your perspective, is there any additional information you think we should know about them?

Your assistance in this matter is greatly needed. The census is scheduled for Sunday, January 23 (snow date is Sunday, January 30). Please contact me with any questions. We are looking for information by January 10, 2005. Please call me at the New Pathways office at 410-464-2600 with any information, or you can email me at [jlambert@newpathways.org](mailto:jlambert@newpathways.org).

I also need three youth who would be interested in volunteering to be on an advisory board that helps to provide services to homeless youth. It is called the Emergency Transitional Housing Workgroup, and we need youth who could help us put together services for homeless young people and youth in transition to adulthood. The clients of New Pathways are the experts in this area, and we need your help. Let me know if you are interested. We meet again in February.

**We asked our readers about “Winter” this month. Winter – it comes once a year. It officially begins on December 21. In Maryland, we never know if and when the cold weather will strike each year. How do you feel about Winter? Do you dress differently? Do you take care of your apartment differently? Do you eat differently? What activities do you do in Winter that you don’t do the rest of the year? Etc. And here is what you said:**



Winter is the time of year I was born. Winter can be harsh and cold so I normally dress clothed from head to toe in my favorite boots. I try to take care of my apartment more, because mice love to visit this time of year, and I don’t like visitors unless it’s family. I can settle for a cup of hot chocolate in front of a nice movie on a winter snow day.

Karla S.

Winter runs are special, especially when it is very cold, sunny and no wind. The body, mind (thoughts) passing through seem to merge with the exercise in a way different from any other season. That is ALL I like about winter.

Mr. Tom

With the winter season in full effect here are a few survival tips to get you through the winter months.

- In case of a power outage have a flashlight with a fresh supply of batteries on hand.
- Keep at least 3 extra blankets on hand or 1 comforter or quilt for extra warmth.
- Have a portable radio that operates by battery.
- Have a calling card handy in case the phones are down you will still be able to contact someone.
- Have bottles of juice and water handy as well as Vienna sausages and crackers. Peanut butter and apples are good snacks to have you don’t need electricity to prepare these snacks.

Submitted By: Ms. Gloria

I love the winter because of the snow. I dress heavy to keep warm. I keep my apartment temperature on 75 degrees all day to keep it warm. I drink coffee or hot chocolate to keep my body warm. I go sled riding and snowball fighting in the winter. I hate the cold, but I love the snow!!

Devin P.

To me Winter means having to put on more clothing such as a scarf and gloves.

Anonymous

I personally like winter because of the snow that comes down. It’s pretty white coat that covers everything outside make winter a lot interesting. I dress a lot in the winter.

My apartment is always warm, for they have a non-tampering box over it. When I’m cold from being outside, I may drink coffee or hot coco to warm up.

I do sledding with my cousins and make snow balls outside. Sometimes I just like to sit and look at the snow, because it’s nice.

Dante’ P.



### LETTERS TO MR. BOB

Dear Mr. Bob,

I have a problem. My roommate and I do not relate any more other than to say Hi. I really like this person and want more from the relationship than "just roommates." What else can I do?

Frustrated.

Dear Frustrated:

Put your thoughts and needs in writing. Sometimes we communicate more clearly with using the written word. If you get no response talk it over with a friend, life skill counselor or case manager. Good luck. Happy New Year. Let me know how you make out?

Mr. Bob

**Do you have a problem or question and don’t know where to turn for an answer? Send your problem or question to the NP News Desk at the main office. We will respond in the next issue of the NP News. All submissions will be discrete and no names will be published.**

### HAPPY BIRTHDAY

New Pathways wishes the following people a very Happy Birthday: June B, Shanell H, Sean A, Christopher C, Joseph H, Priscilla D, Darrell B, Karla S, and Miss Makda.



**THOUGHTS FROM  
MR. KEVIN**

Let me first wish everyone a happy, healthy, and blessed new year. I was so glad to see so many people at our holiday party this year. If you missed it, you missed a really great time; good food, music, poetry, gifts, and even Santa paid us a trip this year. We had a wonderful crowd, including so many of our graduates. I want to thank Antonio, Kyeshia, Shynesha, and LeWallace for sharing their poetry with all of us. We will plan to do a poetry slam twice a year at our holiday party and at the summer picnic.

New Year's Resolutions are frequently things people make and then ignore. Let me encourage everyone to set a goal for the New Year that is challenging but at the same time something you will be proud of when you attain it. Write it down and hang it on your wall so you have a frequent reminder.

Most of all, I hope everyone has a safe year ahead.

Mr. Kevin

**MOVIE REVIEW  
Rabbit-Proof Fence  
Jeff Lambert**

This movie is set in the 1930s and is about Australia's government-sponsored racial integration program that split up families for 100 years until 1970. It is based on a true story about three girls who are forcibly removed from their families and forced into an adoption (re-education) program. The girls escape, and showing a powerful determination to return home, they make a 1,500 mile trip across Australia. The title of the movie comes from the fence that extends across the continent that will lead them home.

The movie portrays the struggle the Aborigines in Australia had with extreme racial class laws that lasted until 1970. Aborigines were placed into programs designed to train them as a servant class and eventually marry them to whites in an effort to integrate them into white Australian society. To do this, Aborigine children were rounded up forcibly and sent to education camps.

The film stars non-professional Aborigine actors, and the acting is terrific. They have very little dialogue, but their acting expresses their fear of being caught, their motivation to get home, and the spiritual connection they have with the land and their family. You almost feel that you are part of their journey. The commentary was well done and it gives you a deeper understanding about the "stolen generation" of Aborigines. The photography is beautiful and shows the harshness of the land they had to cross.

The movie has tense drama as they are pursued by a tracker whose job is to return them to the education camp. But the movie teaches us about Aborigine culture and the political conditions they had to endure for 100 years. I rated this movie five stars out of five.

**VOCATIONAL CORNER  
From Miss Brenda,  
Director of Training & Vocational Services**

**Financial Aid Reminder**

Remember that you must renew your financial aid applications in January/February 2005 in order to be eligible for financial aid for Fall 2005/Spring 2006. Call Miss Brenda if you have never completed a financial aid form.

**New Year – New "Educational" You**

It is essential that you pursue an educational goal. Just think about it - when New Pathways ends, what will you be able to do for yourself? If you are already pursuing an educational goal then answering that question should be easy. If you aren't sure then that is a problem. Remember that the road you're on here is temporary. It will end sooner than you think. Your life will be so much easier if you set a foundation on which you can stand and build yourself. Without a foundation you will crumble. So for all of the young people that are in school – stay in school – don't drop out – and ask for help if you need anything. For those of you that are not in school, please call Miss Brenda so that you can work on an educational plan that suits you. If you have dropped out of school and you need to revamp your plan then you need to call Miss Brenda ASAP to exercise your plan B. Remember that dropping out is not an option. Sometimes failure is a necessary part of success. So if you failed a class – don't drop out. Take it over, and do it again and get it right.

**High School Students**

All high school students that need assistance with applying to colleges, etc... need to call Miss Brenda immediately. I know that you are trying to finish high school but be aware that you must prepare for your higher education. Use your school guidance counselors for everything that you can and call me if you need extra assistance.

**SPECIAL INFORMATION SUPPLEMENT!**  
**IMPORTANT INFORMATION**  
**FROM THE**  
**LIFE SKILLS DEPARTMENT**

*This information is for general informational purposes only. The Content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Never disregard professional medical advice, or delay in seeking it, because of something you have read on this paper. Never rely on information on this page in place of seeking professional medical advice.*

**IN CASE OF A MEDICAL EMERGENCY,  
PLEASE KNOW THE FOLLOWING:**

- If you are sick and feel like you need medical care always contact the Life Skills Counselor on duty so that they can assess your situation to see what type of care you require.
- Life Skills Counselors will not provide emergency transportation during a medical emergency.
- In serious emergencies, you will be instructed to call 911. If you need to be transported to a hospital the Life Skills Counselor will follow you to the hospital and stay with you until the doctor assesses your condition.
- If you are simply ill (not feeling well), or have a bad cold – You will be instructed to contact your Primary Care Physician or Clinic. In most cases they will have an emergency number and they will instruct you on what to do.
- If you do not know the number to your Primary Care Physician or Clinic please contact your Case Manager to get that information.
- You should also have a Medical Insurance Card or Medical Assistance number that will assist you with getting access to your medical care. If you do not have this card or number please contact your Case Manager.
- The Life Skills Counselor can assist with taking your temperature and provide you with over the counter fever reducing medication if necessary.

**PRECAUTIONS TO PREVENT  
WINTER ILLNESS**

- Get a yearly flu vaccination
- Maintain a healthy diet
- Regular exercise
- Wash hands frequently
- Clean high traffic areas with disinfectants (such as doorknobs, countertops, faucets and phones)

**ADULT FLU SYMPTOMS**

- Fever as high as 106 F (41 C)

- Severe aches and pains in the joints, muscle, and around the eyes
- Generalized weakness
- Ill appearance with warm, flushed skin and red, watery eyes
- Headache
- Dry cough
- Sore throat and watery discharge from the nose

**ADULT FLU TREATMENT**

- Rest in bed. Avoid using alcohol and tobacco
- Drink plenty of water, fruit juice and clear soup (chicken). Gatorade is good as well.
- Treat fever and aches with over the counter medication such as aspirin, Tylenol, Ibuprofen (Advil or Motrin) and Naproxen (Aleve or Naprosyn)
- Use cough suppressants and expectorants to treat the cough
- Avoid touching hard surfaces where flu viruses may remain alive: handrail, telephones, doors, faucets and counters. Wash hands often, especially after being in public places or at work
- Cough and sneeze into soft tissue
- ***Go to local pharmacy and ask for over the counter flu medication, and make sure you ask about possible side effects***
- Possible medications include
  - ◆ Amantadine (Symmetrel)
  - ◆ Rimantadine (Flumandine)
  - ◆ Zanamivir (Relenza)
  - ◆ Oseltamivir (Tamiflu)

**SEEK MEDICAL CARE WITH PRIMARY  
CARE PHYSICIAN (PCP)  
IF THE FOLLOWING OCCUR**

- A cold lasts for more than 10 days
- Body temperature rises above 102 F (38.8 C) in spite of treatment with medication
- Shortness of breath develops

- Symptoms last longer than 5-7 days without any relief
- Certain high-risk groups of people are in danger of developing complications from flu and should contact their doctors if symptoms develop:
  - ❑ Pregnant women
  - ❑ People with diabetes
  - ❑ Anyone who is HIV positive or has AIDS
  - ❑ Residents of nursing homes and other facilities
  - ❑ Elderly (over 65 years)

**Seek Care in a Hospital Emergency Department if The Following Occur** *(these symptoms may signify a more severe and complicated attack of flu. For example, sinus and ear infection, bronchitis and the development of pneumonia.)*

- Dehydration and unable to drink fluids
- Blood in the sputum (saliva mixed with mucus and coughed up)
- Difficulty breathing
- Turning blue
- Worsening fever, return of fever, cough, and other symptoms in the second week after the onset of the flu

### **CHILDREN FLU SYMPTOMS**

- High fever up to 104 F, chills, muscle aches, headaches, sore throat, dry cough and just plain feeling sick. Symptoms usually last 3-4 days, but cough and tiredness may linger for 1-2 weeks after the fever has gone away. Other household members may experience similar illness.
- Abdominal pain, vomiting and diarrhea are frequently observed in children. Vomiting tends to be more significant than diarrhea.
- In infants, flu often goes unrecognized because the signs and symptoms are not specific and may suggest a bacterial problem. Influenza does not commonly occur in infants because they still have antibody protection from their mother.

### **CHILDREN FLU TREATMENT** *(symptoms may last over a week)*

- Rest in bed
- Lots of fluids
- Treat fever with Children's Tylenol, Infant FEVERALL, Junior Strength Panadol or Ibuprofen (Children's Advil, Children's Motrin)
- Do not use aspirin because it poses a risk of causing Reye syndrome
- Use a humidifier in the child's room to make the air easier to breathe

- Children may need more careful attention for these symptoms:
  - Runny nose: Younger infants usually breathe through their nose and cannot breathe through the mouth. Even older children have difficulty breathing through the mouth and sucking on something at the same time. Therefore, it is very important that the child's nose should be clean before feeding and before putting the child to sleep.
  - Dry or stuffy nose: It is important to remember that most stuffy noses are blocked by dry mucus. Blowing or sniffing alone cannot remove dry mucus. Blowing or sniffing alone cannot remove dry mucus. Use of saline nose drops is helpful in loosening the mucus. You can buy these at most drug stores. One minute after using the nose drops, use a soft rubber bulb to suck out the loosened mucus gently.
- Consult your local pharmacy for over the counter medication. Make sure you ask about possible side effects.

### **MAKE AN APPOINTMENT WITH DOCTOR IF THE FOLLOWING OCCURS**

- Fever continues after 3 days
- Nasal discharge lasts more than 10 days
- Nasal discharge becomes thick and yellow
- Discharge is coming from the eyes

### **SEEK MEDICAL CARE IN A HOSPITAL EMERGENCY ROOM IF THE FOLLOWING OCCUR**

- Child has difficulty breathing and does not improve even after nasal suctioning and cleaning
- Child appears sicker than any previous episode of illness. The child may not be responding normally. For example, the child does not cry when expected or make good eye contact with mother; the child is listless or lethargic.
- Child is not drinking fluids well or showing signs of dehydration. Common signs of dehydration included absence of tears with crying, decrease in amount of urine (dry diapers), dry mucus membranes (lips, tongue, eyes) and dough-like skin that fails to snap back flat when pinched.
- A fever that does not get better with Children's Tylenol or ibuprofen. However, the number one reason that the temperature fails to come down after these medications is an inadequate dose. A proper dose is based on the child's weight, not age. Be guided by your doctor's instructions or package label.
- A seizure occurs

**NP RECIPE OF THE MONTH**  
**Back by Popular Demand**  
**MISS GLORIA'S CHICKEN SOUP**



With Old Man Winter visiting and cold and flu season upon us here is a recipe that will surely help you beat the sniffles. The following recipe will yield 6 medium servings.

**Ingredients Needed:**

- 1 medium onion
- 3 medium sized boneless chicken breasts
- 2 sprigs of fresh parsley
- 1 stem of fresh celery
- 1-2 lb bag of egg noodles
- 3 medium carrots
- 1 ½ teaspoon of black pepper
- 1 ½ teaspoon of salt

In medium saucepan place 3 cups of water, salt and pepper bring liquid to a medium boil (usually ten minutes). Dice in bite size pieces: celery, carrots, chicken breasts and onions. Chop parsley and add to the pan. Place a lid on the pan and cook for 20 minutes.

Remove lid and add the egg noodles to the pan. Place lid on the pan and lower the flame, continue cooking until noodles become tender. (Usually 15 minutes).

Once noodles are tender let soup cool about (5 minutes). Serve in bowls and enjoy.

**SPECIAL EVENTS UPDATE**  
**Upcoming Event**



**Tubing at Ski Roundtop**  
 Thursday, January 27, 2005, 5pm-9pm  
 Reisterstown Pick-up will be 2:30pm  
 Main Office Pick-up will be 3:00pm

Come party with New Pathways, "Ski Style." You don't want to miss this, not unless you're "SCARED" to watch New Pathways staff kick butt on the slopes. Be there, or be scared.

**NP NEWS JANUARY 2005**  
**WORD SEARCH**

Y A D H T R I B Y P P A H S Q  
 C T Z F L B S Y N Z H N A R T  
 N V R G N H I O K O P V C A E  
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 G L M R P T I P E N O P S Y P  
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 T M H Y R R A B A T N A S K L  
 A C T V B A T T E R I E S B F

- ASSESS
- BATTERIES
- BIWEEKLY
- CHICKENSOU
- EDUCATION
- EMERGENCY
- FLU
- HAPPYBIRTHDAY
- HAPPYNEWYEAR
- HOLIDAYPARTY
- HOSPITAL
- MEDICAL
- PHYSICIAN
- PRECAUTIONS
- SANTABARRY
- SAVINGSACCOUNT
- SHORT
- SKATING
- TEMPERATURE
- TIMBERLANDS
- WEEKLY
- WINTER
- WORK

## CALENDAR OF EVENTS January 2005

1/1/2005 HAPPY NEW YEAR!

1/4/2005 New Client Training – Mr. Jamal – 6 pm Main office

1/4/2005 LST Cooking Class – Ms. Daphney – 6 pm – Walker Manor

1/5/2005 LST Cooking Class – Mr. Arnold/Ms. Tonya – 6 pm Reisterstown

1/6/2005 LST Employment – Mr. Sippio – 6 pm - Reisterstown

1/7/2005 LST Personal Hygiene – Mr. Jamal- 12 pm – Main Office

1/10/2005 LST Men's Group – Mr. Arnold – 6 pm – Walker Manor

1/11/2005 LST Prejudice – Mr. Tom – 6 pm – Main Office

1/11/2005 LST Cooking Class – Ms. Daphney – 6 pm – Walker Manor

1/12/2005 LST Cooking Class – Mr. Arnold/Ms. Tonya – 6 pm – Reisterstown

1/13/2005 LST Mental Health – Mr. Arnold/Ms. Tonya – 6 pm – Reisterstown

1/17/2005 Martin Luther King's Birthday – Corporate Office Closed

1/18/2005 LST Planning Class – Mr. Jamal – 6 pm – Main Office

1/18/2005 LST Cooking Class – Ms. Tiffani – 6 pm – Walker Manor

1/19/2005 LST Alcohol 7 Drug Abuse – Ms. Tonya/Mr. Arnold – 6 pm Reisterstown

1/20/2005 LST Daniel Memorial – Ms. Tonya/Mr. Arnold – 6 pm – Reisterstown

1/20/2005 Welcome Party 5:00 – 8:00 pm

1/24/2005 LST Men's Group – Mr. Arnold – 6 pm – Reisterstown

1/25/2005 LST Healthy Relationships – Ms. Daphney – 6 pm – Walker Manor

1/26/2005 LST Personal Hygiene – Ms. Na'Imah – 6 pm – Main Office

1/27/2005 LST Daniel Memorial – Ms. Tiffani – 6 pm – Walker Manor

1/27/2005 Tubing at Ski Round Top - 5pm-9pm  
Reisterstown Pick-up will be 2:30pm  
Main Office Pick-up will be 3:00pm

### NOTE FROM THE EDITOR Miss Echo G. Hester

The New Pathways News is a monthly publication for staff and clients. Any client or staff member may submit articles, stories, poetry, etc. for publication. Articles must be submitted by the third Friday of the month for the next month edition. A special thank you to all clients and staff who have made this possible.



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Adia Crawford, Case Manager  
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Stanley Anderson, Life Skills Counselor  
Kenneth Barnes, Life Skills Counselor  
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Tonya Brown, Life Skills Counselor  
Towanda Carter, Life Skills Counselor  
Tifini K. Davids, Life Skills Counselor  
Arnold Gamble, Life Skills Counselor  
James Sippio, Sr. Life Skills Counselor  
Deanna Murray, Life Skills Counselor  
Alexander Watson, Life Skills Counselor  
Gerard Washington, Life Skills Counselor  
Daphney Williams, Life Skills Counselor  
Deborah Young, Life Skills Counselor  
**Second Generations**  
Laura Fertig, Program Director  
Lesley Meredith, Transition Counselor  
Makda Belay, 2G Life Skills Counselor  
Tia Dickson, 2G Life Skills Counselor  
Judith Dukes, 2G Life Skills Counselor  
Brenda Phelps, 2G Sr. Life Skills Counselor  
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