



**GERALD FORD**  
1913-2006

Gerald Rudolph Ford (originally born Leslie Lynch King, Jr.) was born in Nebraska. His mother divorced when he was young, moved to Michigan and remarried Gerald R. Ford Sr. who adopted her son and renamed him. Ford met his biological father when he was a high school senior. He wrote in his memoir that he broke down and cried that night and was left with the image of "a carefree, well-to-do man who didn't really give a damn about the hopes and dreams of his firstborn son." That moment in time did not stop him from reaching his full potential in life. Ford was an active youth who participated in scouts, sports, hobbies, served in the US Navy during World War II, and many other activities.

Gerald Ford became this nation's 38<sup>th</sup> president. He is the only president who was not elected to the office of President or Vice-President. He replaced former President Richard Nixon during a difficult time in the nation's history. He was a courage's man who took initiatives to heal the nation, faced much criticism and stood firm by his decisions. The results of his actions won him much respect by a grateful nation over time.

Former President Carter described him as "one of the most admirable public servants and human beings I have ever known." Gerald Ford lived a life to be proud of and is a role model to the men and women of this country.

## **ANNOUNCEMENTS**

### **WELCOME – HAPPY BIRTHDAY - CONGRATULATIONS**

We would like to welcome new Life Skill staff members Mr. George Hairston, Ms. Jazmin Cryor, and Mr. Christopher Sutton. Each new staff member brings a wealth of knowledge and look forward to meeting the NP family.

Happy Birthday to Darrell B, Priscilla D, Sean A, Dimitra D, Shanetta R, and Ms. Makda.

Warm congratulations to Sharese and Brandon on their marriage on December 29, 2006. We extend to you best wishes for a long and happy marriage.

## **THOUGHTS**

Dear New Pathways News:

I would like to share with you a letter I found on journey lane one day. I don't know what caught my attention to it because it was just laying there on the ground. Curious, I picked it up and opened it. It was addressed to no one in particular so I thought I'd read it.

"When I was a girl I was abandoned and adopted by the state. I was assigned new parents and was put on a quest. A quest for what I don't know, but I just kept my head up and stuck it out. On my quest I met some interesting people. Some good and bad. Some very influential and some who even sought my help. As I got older I got a bug on a place that would effectively assist me on my way to adulthood and would be very beneficial. So I made it my goal and set out a plan to get there. As I reached adulthood I fell in love and I reached my goal. I found that place that I had longed for so many years and I was ecstatic. I was embraced by wonderful people who were all in my best interest. Some about school, some about health, some about my relationships, but all about my well being and my transformation into adulthood. I felt like a million bucks. It was just as I expected it to be. A wonderful program dedicated to young adults who want to succeed in life and are willing to accept the help given for their success. Although I've only been with them for a few months, I am honored to have been embraced by them and would like to say thanks you from the bottom of my heart.

Sincerely,  
Sharese

ps: Because she doesn't address it to anyone in particular I really didn't know who to send it to, but I thought I would share it with you. It seems she really has been set on a "New Pathway" thanks to her experience.

**I want to wish all  
The youth, staff and board members  
A wonderful holiday season  
Filled with peace, love and joy.  
Ellen Torres, President**

**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 would like to thank all of the clients and staff that made the evening a success. In addition, we had a wonderful time on our New York trip; it is one of my favorite places particularly around the holidays.

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

**The Cold Within  
Author Unknown  
Submitted by: Levern Williams**

Six humans trapped by happenstance  
In black and bitter cold  
Each one possessed a stick of wood.  
Or so the story's told.

Their dying fire in need of logs,  
The first woman held hers back  
For on the faces around the fire  
She noticed one was black.

The next man looking cross the way  
Saw one not of his church,  
And couldn't bring himself to give  
The fire his stick of birch,

The third man sat in tattered clothes  
He gave his coat a hitch.  
Why should his log be put to use  
To warm the idle rich?

The rich man just sat back and thought  
Of wealth he had in store,  
And how to keep what he had earned  
From the lazy, shiftless poor.

The black man's face bespoke revenge  
As the fire passed from his sight.  
For all he saw in his stick of wood  
Was a chance to spite the white.

And the last man of this forlorn group  
Did naught except for gain.  
Giving only to those who gave  
Was how he played the game.

The logs held tight in death's still hands  
Was proof of human sin.  
They didn't die from the cold without  
They died from the cold within.

**KEEPING BABIES AND TODDLERS SAFE  
Beth Bitler**

When was the last time you crawled around your home on your hands and knees? Probably not since you were a young child. As strange as it sounds, it may be time to try it again. It's important to get down on the floor and see things from your little one's perspective.

Home injuries are the main reason kids under age 3 visit the ER, and nearly 70% of the children who die from unintentional injuries at home are 4 years old and under. Young kids have the highest risk of being injured at home because that's where they spend most of their time.

Supervision is always the best way to keep kids safe, in the home and out. Of course, you can choose to childproof as little or as much as you'd like in your home. Try not to concern yourself too much about every little detail of keeping your kids safe at all times. Even the most watchful parents can't keep children, especially babies and toddlers learning to explore their world, completely out of harm's way every second of the day. But there *are* some simple steps you can take to help prevent injuries in the comfort of your own home.

The common causes of home-injury deaths are fire and burns, suffocation, drowning, choking, falls, poisoning, and firearms. According to the Centers for Disease Control and Prevention (CDC), most home accidents happen where there's:

Water - in the kitchen, bathroom, swimming pools, or hot tubs

Heat or flames - in the kitchen or at a barbecue grill

Toxic substances - under the kitchen sink, in the medicine cabinet, in the garage or garden shed, or even in a purse or other place where medications are stored

Potential for a fall - on stairs, slippery floors, or from high windows

You can take steps to make these places safer, but the most important thing to remember is to watch young children at all times. Even if your home is "childproofed," it only takes a second for babies and toddlers to fall, run over to a hot stove, or put the wrong thing in their mouths.

However, accidents will still happen, so it's important to be prepared. It's a good idea to:

1. Learn cardiopulmonary resuscitation (CPR) and the Heimlich Maneuver.

2. Keep near your phone (for yourself and caregivers):

Toll-free poison-control number: (800) 222-1222

Child's doctor's number

Parents' work and cell phone numbers

Neighbor's or nearby relative's number (if you need someone to watch other children in the event of an emergency)

3. Make a first-aid kit and keep emergency instructions inside.

4. Install smoke detectors and carbon monoxide detectors.

**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



### LETTERS TO MR. BOB

Dear Mr. Bob:

I was robbed at gun point. They took my cell and wallet. I don't want to go outside any more because the robber might be there. How do I deal?

Robbed

Dear Robbed:

What you are experiencing is related to Post Traumatic Stress Disorder. There are recommended ways to begin the "healing." You can not talk too much about the incident. Don't keep thoughts and feelings hidden. Do not use drugs or alcohol to reduce the intrusive feelings and thoughts. Symptoms include from nothing at all to panic type feelings, anxiety, sleeplessness to sleeping too much, fear and depression like symptoms etc. If you don't start to feel more like yourself ask for a referral to see a counselor who specializes in PTSD. This problem is resolvable.

Mr. Bob

Dear Mr. Bob:

I know we have fire extinguishers in all the apartments but my roommate and I don't really feel we could operate it in an emergency. Are there any hands on trainings on the 1/07 calendar?

Worried

Dear Worried about fire!

NPW's will respond to requests for trainings on a small group or (1-1) basis. Please contact your case manager or a life skill counselor.

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.

### 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.

### FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

My employer has direct deposit. What is it? What are the benefits? Why would I want to sign up?

Direct Deposit Question

Dear Direct Deposit Question:

Direct Deposit is a **benefit** employers offer their employees at no charge. You have the option of receiving a paycheck or having your employer deposit your money directly in your checking and/or savings account and receiving a stub showing what you earned and how much was deposited into your bank account(s).

Most employers will allow you to deposit your check into at least two bank accounts. If your employer offers Direct Deposit it is smart to sign up and have part of your paycheck go into a savings account and the rest into a checking account to cover your bills. This is a great way to save money and you won't even feel it. (This is also how many people get rich the old fashion way – saving every paycheck builds wealth as long as you don't spend it).

Take advantage of this benefit – it can help only you.

Penny Bank

Do you have a question or problem about bill paying, saving money, budgeting or other money related question? If so, please send your questions to Penny Bank NP News c/o Main Office (this can be done via your case manager or other staff member) and we will be happy to answer your question in the next issue. Answers to Penny Bank will be kept simple.

### CALENDAR OF EVENTS & HOLIDAYS January 2007


1/1/2007 Happy New Year – Main Office Closed

1/10/2007 Women's Group – Tea Party

1/11/2007 All Client Meeting & Movie Night

1/27/2007 Shopping Trip

\*\*ALL DATES SUBJECT TO CHANGE

New Pathways  Inc.

### Independent Living Programs for Maryland's Youth Mission

New Pathways is committed to the development of self-sufficiency in young adults. We prepare youth to become empowered, educated, and economically independent adults, who are able to meet the daily challenges of life and make positive contributions to the community.

NP NEWS JANUARY 2007

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

- ACCIDENTS
- ACCOUNT
- ADVANTAGE
- BABIES
- BANKACCOUNTS
- BESPOKE
- CHICKEN
- CHICKENSOUF
- COLD
- DIRECTDEPOSIT
- EMERGENCY
- EXTINGUISHERS
- HAPPYNEWYEAR
- HEAL
- HOLIDAY
- HONORED
- INSTRUCTIONS
- INTRUSIVE
- JOURNEY
- KITCHEN
- MARRIAGE
- MEDICAL
- NATION
- NOODLES
- POETRY
- PRECAUTIONS
- PRIMARY
- ROBBED
- STOVE
- TREATMENT

Still want to search for words?  
 Find the list of words in the NP News and  
 circle them for an additional  
 Word Search Challenge

**NP News Staff**  
**Echo G. Hester - Jeff Lambert – Ericka Morgan**

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 the NP News possible.



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