



## New Pathways Family Reunion &



Date: Friday, August 25, 2006

Time: 12:00 p.m. to 6:00 p.m.

Where: Gunpowder State Park  
(Hammerman Area)

Ebenezer Rd. (off Route 40, near White Marsh)  
Chestnut Pavilion

## THOUGHTS FROM MR. KEVIN KEEGAN

Hello again,

I hope that everyone who attended our Six Flags trip this month had as good a time as I did. Please remember, we will be holding our annual Family Reunion and summer picnic at Gunpowder State Park on August 25. The time will be from 12-6. We will have plenty of transportation for current clients and graduates. It should be a great day, and I hope to see everyone there.

For those that missed our last All-Client meeting, our guest speaker talked about an issue that I think bears repeating; that issue is Burning Bridges. Sometimes the way we end things is more important than the way we start things. We never know when we may need to go back to someone that we need something from, for instance a recommendation for a job or apartment. Whether it is this program, a job, an apartment, and even more importantly relationships with people, ending things in a positive way is something to consider. If you burn a bridge once you cross it, you can't go back again. Think about it.

As always, take care and be safe,

Mr. Kevin


## WELCOME NOTES

Hello, Everyone! My name is Ms. Ericka Morgan and I am the newest addition to the case management staff for the Independence Plus program at New Pathways. I am very excited to be here and to have the opportunity to meet so many staff and young adults who are excited about doing positive things in the community. I have been a social worker for a little over eight years and I have had the pleasure of working with clients ages birth to 21 in treatment foster care, educational, out-patient mental health and residential settings. I enjoy what I do and plan on doing it well. I am particularly interested in doing some career counseling and supporting New Pathways' clients with educational, vocational and mental health goals. Please be patient with me as I get to know all of your names and faces. I hope to eventually get to know you all quite well. On a more personal note, I enjoy writing poetry and performing spoken-word on occasion. I also like to travel and try new and exciting foods. If you'd like to learn more about me or to introduce yourself, please feel free to stop by and say hello. My door is always open!

## HAPPY BIRTHDAY



A special Happy 21<sup>st</sup> Birthday to Pernisha I and Latierdra S! Happy Birthday to Lashawn M. LaGloria P, Ciara M, Justin D, Dante P, Devin P, Caroline M, Adanna W, Cameko S. and Harry C. A big Happy Birthday to Ms Jennifer and Ms Denise.

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.

**10 Steps To Better Decision Making  
Considering The Possibilities  
From DailyOM.com, a “thought for the  
day” service on the internet.  
Submitted by Beth Bitler**

1. Making a difficult choice can seem harrowing when you feel you're working alone. Involve others in your decision making by asking for criticism and seeking advice from those who can approach the choice from a fresh perspective. Listen to opinions that fall on both sides of the topic at hand. You may also want to consult an expert.

2. Learn from your mistakes as well as your triumphs. Examine decisions you have made in the past as they will teach you more than you will learn from most other sources. Though some decisions will not seem important, all decisions shape our lives and should be regarded as educational. Apply that knowledge to your current dilemma.

3. A good decision acted upon in a timely matter is always better than a great one acted upon too late. It is important to recognize that you will never know enough to make the perfect decision. Don't become paralyzed by your need to foresee all possible outcomes to every possible choice.

4. Involve your head and your heart. Ask both practical questions and personal questions about the problem at hand. Considering the facts as well as your feelings (and the feelings of others) when examining your options will ensure that you make a balanced decision.

5. Before anything else, focus on the most basic, necessary results. Often, a decision maker will get bogged down thinking about the non-essential elements of a decision. Avoid considering extraneous factors and far-fetched perfect outcomes. Ask yourself, "What needs to be done?"

6. Consider the entire range of possibilities, no matter how unlikely. When faced with a complex decision, brainstorm by yourself or with others to find as many of the vital elements as possible. Evaluate those elements as they relate to the choice you must make.

7. It was a wise person who noted that, "you can't please all of the people all of the time." Almost all decisions will involve some dissatisfaction or conflict. Some decisions may even create new problems. Once you have made a decision, stand by it. Keep in mind that you have used your best judgment and it was the best choice at the time.

8. Don't waste time on poor choices. Reject poor choices, even if you've begun to implement them, and stop doing the things that aren't working, so you can focus on the

solutions that have strong potential.

9. Consult with the people who will be directly affected by your decision. People appreciate being heard and enjoy when their opinions are seen as valuable. Even making a simple choice can have a profound impact on those around you.

10. It is easy to dismiss your intuition, but in doing so, you may be disregarding valuable insight and even solutions. Ask yourself what choices you would make if you weren't afraid and then see what your subconscious offers as an answer. Try to ignore the fear of error when consulting your "gut."

**“BIG UPS TO”**



BIG UPS TO Mr. James for being there  
for me.

Reggie

What is “BIG UPS TO” you ask? It is your opportunity to acknowledge something good about a staff member or client at New Pathways. Did someone do something nice for you? Did you enjoy an event or class at New Pathways? Do you have something nice to say about someone at New Pathways? This is your chance to share your thoughts and feelings. Please write down your Kudos and forward them to the NP News c/o Main Office (this can be done via your case manager or other staff member). Thank you.

**MOVIE RECOMMENDATION  
Mr. Kevin Keegan**

If you have not seen "16 Blocks" make sure you go see it. First thing I realized is how old Bruce Willis is getting, but Mos Def plays a great role in this movie as his sidekick. It is a good cop/bad cop kind of movie that is very exciting, but also has a really nice message in the end.



## LETTERS TO MR. BOB

Dear Mr. Bob:

I have had a reoccurring illness and I now feel better. Do I have to take my antibiotics any longer?  
Reoccurring Illness

Dear Reoccurring Illness:

Yes, all medications, especially an antibiotic prescription, should be taken until all pills are gone unless your M.D. tells you to discontinue them.

Good luck with staying well.

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.

## FINANCIAL TIP OF THE MONTH PENNY BANK



Dear Penny Bank:

How can I save money when I go to the grocery store?  
Grasshopper

Dear Grasshopper:

Consumers save hundreds of dollars annually by using coupons while doing weekly grocery shopping.

Some supermarkets have double coupon week and this can also save additional dollars when combined with your coupons. For instance, if your total grocery bill comes to a total of \$45.65 and you have coupons that average a savings of \$3.00 combined with the double coupon feature your total savings will be \$6.00. Instead of paying \$45.65 your final grocery bill would be \$39.65.

If you use coupons on a regular basis you could save at least \$50.00 or more per year on your grocery bills alone. Fifty dollars may not seem like a large amount but if you are budgeting this amount can be utilized for more needed items, or you could bank the money and let the interest accumulate.

Ms. Gloria's Penny Bank

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.

## CALENDAR OF EVENTS AUGUST 2006

8/10 5 PM - Welcome Party  
6 PM - All Client Meeting & Movie Night at the Senator

8/25 Annual New Pathways Picnic

\*\*Watch for future information on a trip to New York to see a Broadway Show.

### NP News Staff

**Echo G. Hester- Jennifer Pettis-Jeff Lambert**

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.

## NP RECIPE OF THE MONTH CHOCOLATE CHIP COOKIES

2 ¼ Cups Flour  
1 Teaspoon Baking Soda  
1 Teaspoon Salt  
1 Cup Butter (or Margarine)  
¾ Cup granulated Sugar  
¾ Cup Packed Brown Sugar  
1 Teaspoon Vanilla Extract  
2 Large Eggs  
2 Cups (12-oz. Pkg) Chocolate Chips  
1 Cup Chopped Nuts (Optional)

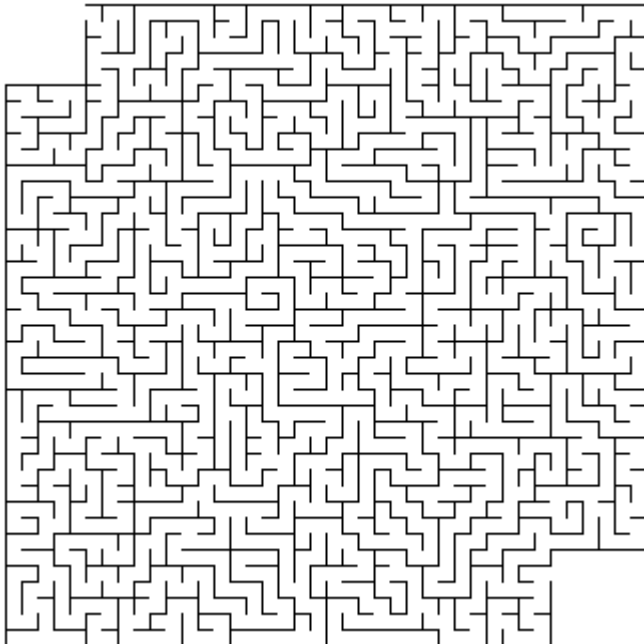
1. Preheat oven to 375° F.
2. Combine flour, baking soda and salt in small bowl.
3. Beat butter (or margarine), granulated sugar, brown sugar and vanilla extract in large mixing bowl until creamy.
4. Add eggs, one at a time, beating after each addition.
5. Slowly add flour mixture.
6. Stir in chocolate chips and nuts.
7. Drop by rounded teaspoons onto ungreased baking sheets (leave room between cookies to flatten out when baking).
8. Bake for 9 to 11 minutes until golden brown. Cool on baking sheet for about 1-2 minutes and then cook on wire racks.
9. Pour a big glass of milk or your favorite beverage and enjoy!

# NP NEWS AUGUST 2006

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

BRIDGE	CHOICES
CLIENT	COMPLEX
DECISION	EDUCATIONAL
ELEMENTS	FOCUS
GROCERY	HAMMERMAN
HELLO	JUDGMENT
MARGERINE	MISSION
PICNIC	POSITIVE
RECOMMENDATION	SENATOR
SHOPPING	SIXFLAGS
TIME	TRANSPORTATION
WISE	

## AUGUST 2006



Can you find your way??????



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### Staff

**Kevin Keegan, Executive Director**  
**Jeffrey Lambert, Associate Director**  
**Lois M. Peach, Financial Director**  
**Echo G. Hester, Administrative Assistant**  
**Angel Lyles, Secretary**  
**Barry Smith, Safety & Operations Coordinator**  
**James G. Sutton, Jr.-Facility Manager**  
**Angela Womack – Housekeeper**  
**Brenda Campbell, Dir of Training & Voc Svs.**  
**Jamal Evans, Life Skills Trainer**

### Independence Plus

**Jennifer Johnson Pettis, Program Director**  
**Tom Mumaw, Case Manager**  
**Adia Crawford, Case Manager**  
**Catherine Andrews, Case Manager**  
**Ericka Morgan, Case Manager**  
**Vonzell Barker, Life Skills Counselor**  
**Kenneth Barnes, Life Skills Counselor**  
**Karen Brown, Sr. Life Skills Counselor**  
**Tonya Brown, Coordinator of Residential Life**  
**Kelly Ellerbe, Life Skills Counselor**  
**Denise Graves, Life Skills Counselor**  
**Yolanda Hawkes, Life Skills Counselor**  
**Sharnett Kelly, Life Skills Counselor**  
**James Richard Jr, Life Skills Counselor**  
**James Sippio, Sr. Life Skills Counselor**  
**Gloria Taylor, Life Skills Counselor**  
**Alexander Watson, Life Skills Counselor**  
**Daphney Williams, Life Skills Counselor**  
**Dante Wilson, Life Skills Counselor**  
**Deborah Young, Life Skills Counselor**

### Second Generations

**Laura Fertig, Program Director**  
**Makda Belay, 2G Life Skills Counselor**  
**Beth Bitler, Parenting Trainer**  
**Yvette Boone-Green, 2G Life Skills Counselor**  
**Judith Dukes, 2G Life Skills Counselor**  
**Deanna Murray, Life Skills Counselor**  
**Brenda Phelps, 2G Sr. Life Skills Counselor**  
**Lisa Sutton, 2G Life Skills Counselor**