


HAPPY BIRTHDAY & WELCOME

Welcome to Ryan D, Reggie J, Antoine J, Muhammad L, Larry C, Antonia R, Denise W, Adanna W, and Lisa C.

Independence Plus would like to wish Whitney J, Brandy S, Tyisha S (Happy 21st, Tyisha!), and Carrieann, all a very  Happy Birthday!

Second Generations would like to wish Leichelle a  Happy 21st birthday.

Happy Birthday to the following staff Ms Ronda, Ms Adia, Ms Daphney, Mr Tom, Mr Kevin, Ms Lisa and Ms Towanda

Welcome the first baby born while at New Pathways! D'anna gave birth to Adebayo on 8/22/05. He weighed 9 lb. 14 oz.!!! Congratulations!

Welcome New Staff! Please welcome Mr. James Richard, Ms. Yolanda Kennard-Hawkes and Ms Kelly Ellerbe to New Pathways. Mr. James and Ms Yolanda are our new Sr. Life Skills staff and will be providing Life Skills training and coverage during the daily 3p-11p shifts. They both come with a wealth of expertise and are enthusiastic about sharing their skills and passion for helping and teaching youth in our program. Ms Kelly will be working as a Part-time/Relief Life Skills counselor and will be providing coverage on a part-time basis whenever needed. Ms Kelly has a passion for working with youth and is an advocate for youth in foster care.

POWER OUTAGES Jeff Lambert

Now that we are into hurricane season, thunderstorm season, tornado season, and blackout season, I thought this would be a good time to list a few "just in case" things to do in the event of a blackout.

Utility officials urge customers to take some simple steps to avoid damage to appliances and sensitive electronic equipment during a blackout and when the power returns. The power outages often come with little or no warning and can last from a few minutes to several days. Utility officials recommend taking the following steps:

- Unplug sensitive electronic equipment like microwaves, computers, stereo systems, and televisions. This prevents damage from electrical surges when power is restored.
- Keep refrigerator and freezer doors closed during an outage to prevent food spoilage. Food in a closed freezer can stay frozen for up to two days.
- Double-check to make sure all heat-producing appliances (stoves, toaster ovens, irons, and hair curlers) are turned off. This will minimize fire hazards when power is restored.
- Turn off major appliances like washers and air conditioners. This prevents them from coming on unexpectedly when power is restored.
- Leave a hallway light or other overhead light on to signal when power comes back on.
- If you have medical equipment at home, make sure you have a backup power supply.
- Since some housing complexes and apartment complexes have electric security gates and doors, make sure you know how to operate them manually.
- Keep emergency supplies on hand such as a flashlight with a supply of fresh batteries, a battery-powered radio, and a telephone that works without a power supply. Cordless phones will not work when the power goes out.

You will want to call BGE and report that power is out. You will probably reach an automated system. In addition, BGE will be inundated with calls when broad power outages occur. You definitely want to call if you see that power is on in your neighborhood, but your power is out.

So when your power goes out, follow the above steps, and be patient. Normally, all you can do is wait.

"BIG UPS TO"



Big Ups to Mr. Sippio & Mrs. Brenda for helping me get my books and things together for school.

Brandy

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.

THOUGHTS FROM MR. KEVIN INVESTING IN YOURSELF

Many young people who have come through the “system” have not had much opportunity to really do any long-term planning for themselves. Frequently you are planning for tomorrow or maybe next week, but not years down the road. When you come here, this needs to change. There are so many opportunities that are in front of you here, and you have the chance to take advantage of as many of them as possible.

Investing is something we usually talk about with money. The idea is that if you are able to put money away to let it grow, and not spend it now, then in some years it will be worth more. It just takes patience to wait for it to grow, but the payoff can be great.

There are many investments you can make in yourself as well; the best example I can give you is school. If you take the time now, while life is free, to put as much knowledge in your brain as possible, and more than anything finish things that you can put on your resume, then doors will open to you. Your future will be one where you earn a good living and are able to support yourself in a positive way, and afford the things you want. If you go for the quick and easy money, the research says that you will be scrounging for the rest of your life. It is very hard once you are completely on your own to start school. If you are in the habit of going to school, it is not that bad, but if you wait until you leave here to do it, it will not be easy. Many youth do take advantage of this, and if you know some that are not, talk with each other. Sometimes people just need a little support, and you may be able to help someone else to follow in your footsteps.

We are always here to support you and give you guidance, even after you turn 21; but as I always tell you, we just can't do it for you.

Take care and be safe,
Mr. Kevin

SELF IMPROVEMENT Ms. Laura Fertig

When I learned that this month's topic for the newsletter was self-improvement, it occurred to me that this is actually the goal for New Pathways, in a nutshell. In the seven years that I have worked at this agency, I have seen this agency continue to grow and change to improve ways to meet the needs of our young people. NP has a Quality Improvement Committee whose job is to look at issues as they come up and to constantly try to improve the agency. This is done by looking at what is working, what isn't working, and trying to look at issues in a way to improve the agency.

This is a very similar process to what we go through as individuals. Residents and staff of NP should be continuously working on improving themselves. Residents of NP have all of their daily living needs met through the agency. This gives residents the amazing opportunity to focus on improving your situation before you are on your own. Take advantage of the educational resources available to you. More education will improve your job opportunities and increase your earning potential. Get work experience and improve your employability and bank account. If you feel your emotional issues are standing in your way of improving these areas of your life, then take advantage of therapy

The opportunities are there for everyone. The differences in outcome I see are in who really takes advantage of improving their situation while they are here. I see young people ready to turn 21 who aren't focused on self-improvement. They are focused on instant gratification. They can't see how working at a job they may not really like or how saving their money will greatly improve their options when they are on their own. The final thought I would like to leave you with is to take advantage of everything offered to you at NP. If you are able to focus yourself on improvement, then you will leave here much more prepared to handle life on your own.

SELF IMPROVEMENT

Ms Gloria Taylor

Once a person decides to make a "self improvement," they have a wonderful experience. You can improve your attitude and how you react to stressful situations, you can decide to make a physical change in your appearance for example: new hair style and/or new hair cut, updating your wardrobe and fashion style, experimenting with new hair color, these are just to name a few.

The self improvement I personally need to master is one that you cannot physically see, for me this is attitude and temperament adjustment. I have a tendency to pre judge people without giving someone reasonable doubt. I may accuse without first finding out all the facts and I express a doubtful attitude.

When stress and temperament are a factor for me I have a tendency to shut down and not be as pleasant and outgoing as usual. I find myself hearing Mariah Carey's song playing in my thoughts "Shake It Off". Everyone at one time or another can use a self improvement course or overhaul. A lot of us will not admit to this. I for one know first hand there is always room for improvement no matter how big or small.

MOVIE REVIEW

From the Phantom Viewer



THE BROTHERS GRIMM

Brothers Jake and Will Grimm, renowned collectors of folklore, have made a career out of traveling from village to village pretending to rid them of "enchanted" creatures. Their bluff is called, however, when they are forced by Napoleon's French government to investigate a haunted forest where girls have been disappearing mysteriously. What they discover leads to a series of adventures involving an actual evil (and immortal) sorceress that mirrors that of mythology and the fables that the Brothers Grimm would eventually become famous for. (<http://movies.yahoo.com>)

After watching the movie I would rate this as a DVD see or even wait until it comes on TV. It was a light movie with little action.

WORDS OF WISDOM

From: The Wise One

The best time to begin is now!
Today! No later than the next 48 hours!
If you wait, it will not happen
It will remain something you think about
Every now and then.

LET'S EXPLORE SPORTS

Reading: The Mental Sport

Ms Adia Crawford

Ok, so reading is not what anyone would consider a sport. Bowling and poker look more like sports in comparison. However, reading exercises the most important part of your body: your brain. I know what you are thinking, you have enough reading to do with all the books that are required in your school courses. Reading for pleasure is completely different. We all have difficult times in our lives and reading can offer that great, safe escape from the worries and stresses of our everyday lives. Whenever you read, do you picture the scenery as the author describes it? Do you imagine how the characters would look if they were real? You are transporting yourself to another world and becoming immersed into the lives of other people. Reading can transform you to imaginary worlds, such as when reading science fiction novels, or it can help give you strength and encourage you, as when reading biographies of someone you admire or wish to know more about. When you are by yourself in your room with a good novel, you are never truly alone.

SOMETHING TO THINK ABOUT:

If you want to improve something, start measuring it. Then attach rewards to positive measurements, or penalties to negative ones, and you'll get results.

-Peter Lewis, CEO of Progressive Corporation

FINANCIAL TIP OF THE MONTH



GASSING UP – PAYING OUT

By Angela C. Womack

Guess what? I can't afford to put fast food in me and gas in my car lately? Why? Because America is being taken to the tank.

Many Americans, if not all, are now finding it difficult to keep up with the daily increases in gas. I found a new way of thinking. Get rid of the vices and keep driving. You can save \$35.00 a week if you stop pulling up to the fast food windows. That is a tank of gas for my car – this week. Also, I don't have the added calories. I feel great. I'll lose pounds in the long run and gain the know how to use basic common sense.

OTHER TIPS

Ms Adia Crawford

- Only buy regular. Research has shown that there is no difference in how your car runs no matter how high the octane is.
- Due to increasing prices, don't let your car get below half a tank. This will save you money in the long run

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.



LETTERS TO MR. BOB

Dear Mr. Bob:

I think that there should be a client counsel to handle different client matters. There should be a President, Vice President, Secretary and so forth.

I would be willing to serve on such a board. It worked well at my high school.

A Client

Dear Client:

It sounds like a good idea. New Pathways has the Youth Advisory Board which is currently dormant at the moment. If you would like to be a part of this Board, contact Mr. Kevin Keegan. This is a way clients can improve the NP Program.

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.

RECIPE OF THE MONTH COFFEE CAKE

Preheat oven to 425 degrees. Grease 9" square baking pan.

Stir together:

- ½ cup sugar
- 6 tablespoons shortening
- 1 egg
- ½ cup milk
- 1 teaspoon vanilla

Add:

- 2 cups flour
- 2 teaspoons baking powder
- ¾ teaspoon salt

Pour into greased baking pan.

Topping

- 3 tablespoon margarine
- 2 tablespoon flour
- 1/3 cup brown sugar
- Chopped Nuts – Optional

Cut in topping ingredients together. Sprinkle on top of cake. Bake for 25 minutes. Enjoy!

SPECIAL EVENTS UPDATE

Towanda Carter

On Thursday August 4th we had movie night and our monthly birthday celebration at the Senator Theatre. As usual it was nice. Hope to see those of you who weren't able to come out at the next one.

New Pathways Family Reunion was August 26th, we had a ball. Everybody who was anybody was there. Sorry those of you who weren't there missed it. Maybe we'll catch you next year.

What's new in September? On the 1st their will be movie night and September birthday celebration at the Senator don't miss out. We are having an event on the 23rd of September but the location is to be announced. Be prepared!

With our deepest respect for those people in New Orleans who lost everything, including their loved ones, we are asking that everyone at New Pathways donate something from the heart. It would be greatly appreciated. You can drop off your items to New Pathways main office and we will take it to the news station. They will gladly ship the items for us.

NP NEWS SEPTEMBER 2005 WORD SEARCH

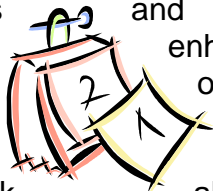
B Y T I N V E S T I N G E S K
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 M C F T P S E C N A I L P P A
 M T L M T R O P P U S L X I S
 T U E P H A N T O M L I G H T
 L O S G N I D A E R T A E H T

PLANNING

What is it? What does it mean to me?
 What value is there?

Planning defined by WEBSTER is” to formulate a way to achieve or do.” When you look at your life and the way you live, do you look to the future and determine when tasks need to be accomplished or do you live day to day? Do you complete goals or tasks on time with ease or do you wait until the last minute. Do you stop to consider the impact your decisions have on the people around you?

Looking ahead to the short term, mid term and long term future is a positive way to improve your life. Setting a time schedule to complete tasks and goals on a regular basis enhances your own life by creating order and self discipline.



Stop and take a moment to think ahead one month. What tasks/goals will you accomplish over the next month? Do laundry 3 times, pack a lunch every day, study two hours each night, go to one new movie, turn in your time card on time, meet with friends one time, pay bills on time, start a savings account. Now look ahead to the next four months. What goals or tasks will you complete? Take exams, study for mid-term and final, save \$400, deep clean your home each month, try a new recipe each month, begin a hobby, join a club, etc. Finally, think about long term goals/tasks. What are they and how will you complete them.

Only you can plan how you will live your life. This is a personal responsibility.

Happy Planning!

- APPLIANCES
- ATTITUDE
- BATTERIES
- BROTHERSGRIMM
- CAKE
- CALENDAR
- CALORIES
- ELECTRONIC
- EMERGENCY
- EMPLOYABILITY
- GOALS
- INVESTING
- LIGHT
- MEASURING
- OUTAGES
- OUTCOME
- PATIENT
- PHANTOM
- POWER
- PRESIDENT
- READING
- SELFIMPROVEMENT
- SUPPORT
- TASKS
- THEATRE
- VICES
- WISDOM

CALENDAR OF EVENTS SEPTEMBER 2005

9/1/2005 LST Employment – 12 pm Main Office – Ms. Tia

9/5/2005 Labor Day – Belvedere Square Office Closed

9/6/2005 LST Personal Hygiene 6 pm Walker Manor – Ms. Daphney

9/7/2005 LST Healthy Relationships 6 pm Main Office – Mr. Jamal

9/7/2005 LST Cooking Class 6 pm Walker Manor – Ms. Daphney

9/8/2005 LST Employment 5 pm Reisterstown – Mr. Sippio

9/9/2005 LST New Client Training 12 pm Walker Manor – Mr. Jamal

9/13/05 LST employment 6 pm Walker Manor – Ms. Daphney

9/14/2005 LST Legal Issues 6 pm Main Office – Mr. Jamal

9/14/2005 LST Cooking Class 6 pm Reisterstown – Ms. Rhonda

9/15/2005 LST Employment 12 pm Main Office – Ms. Tia

9/15/2005 All Client Meeting Reisterstown Square 6 pm

9/20/2005 LST Self-Advocate Class 6 pm Main Office – Mr. Sippio

9/20/2005 LST Cooking Class 6 pm Walker Manor – Ms. Daphney

9/21/2005 LST Housing/Transportation 6 pm Main Office – Mr. Jamal

9/21/2005 LST Employment 6 pm Reisterstown – Ms. Rhonda

9/22/2005 Autumn Begins

9/22/2005 LST Personal Hygiene 5 pm

9/27/2005 LST Personal Hygiene 6 pm Main Office – Mr. Jamal

9/28/2005 LST Conflict Resolution 6 pm Main Office – Ms. Jodi

9/28/2005 LST Cooking Class 6 pm Reisterstown – Ms. Rhonda

9/29/2005 LST Alcohol & Drug Abuse 6 pm Main Office – Mr. Jamal

9/30/2005 LST New Client Training 12 pm Reisterstown – Mr. Jamal

NP News Staff

Echo G. Hester
Gloria Taylor
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.



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