



Balance: My Point of View A Lesson from Pursuit of Happiness

Ms Brenda S. Campbell

People are searching for balance in everything. Balance with their checkbook, balance with home, balance with relationships, etc... Since we are a Life Skills program I want to look at this as a whole and focus on Life Balance. There is this quote I read by a motivational speaker that said "Most people struggle with Life Balance simply because they haven't paid the price to decide what is really important to them." I cherish this quote because I feel it best defines my point of view about balance and how it should be achieved.

It has always been difficult for me to focus on doing one thing. Everyone that knows me says that I am always "up to something". Some people say that individuals that have difficulty focusing don't get things done. That's not true. I believe that the key to achieving many things simultaneously is finding balance. Balance – what is it? My definition is: "being able to handle many things at once, and putting them where they need to be in order to get a desired outcome." This is a daunting and challenging task -Which is why I believe so much in the quote that I stated earlier.

In the movie Pursuit of Happiness, Will Smith's character (Chris Gardner) exemplified paying the price after deciding what was important to him. Even though his world was in major turmoil, he stayed focused on what was important to him (achieving self-sufficiency) and was able to balance his daily tasks in order to complete his goal. What were his daily tasks? He had to find a place to live, take care of his son, and pursue his vocational training (sound familiar). Mr. Gardner juggled all three of these in order to obtain his goal of self-sufficiency. In order to attend his internship program he and his son sometimes slept in a shelter or in the subway bathroom. Each day he had to balance his tasks in order to achieve his goal.

While you may not consider your situation as major as Mr. Gardner's, it is crucial to know that it is easy to lose focus and not achieve balance if you cannot identify what is important to you. If you haven't decided that having your own place and being self-sufficient is important then you will never be able to manage the tasks that will lead you there.

"Most people struggle with life balance simply because they haven't paid the price to decide what is really important to them." - Stephen Covey

HAWAII VACATION

Ms Judy Dukas

I recently visited the state of Hawaii for 7 days with some friends of mine. We went from August 11, 2007 to August 18, 2007. It was a wonderful trip and I would like to return again in two more years. I shared with Ms. Echo some of the wonderful places I visited while in Hawaii and how beautiful this state is and how everything is so green and how the water is blue and green. I did not have anyone that was not nice to me while on the cruise ship which was the Norwegian Cruise Line Pride of America.

I had mentioned to Ms. Echo that it took me a whole year to pay for the Hawaiian trip and she asked me to write a couple of paragraphs about the balance it took for me to still run a household and pay for such an expensive trip.

Well to tell the truth when a person makes up in their mind to do something or to accomplish something in life there are sacrifices and choices to be made. I was able to turn my dream of going to Hawaii into a reality for me. I made great sacrifices and choices to save a certain amount of money each month in order to pay for the trip. Yes it took me a whole year but it has been worth the sacrifice. I denied myself from shopping unnecessarily, I worked hard in keeping balance in paying my household bills and it was not easy but I did it because I was determined to do this for myself and no one else.

So once an individual make up in their mind and has a plan go on and carry it out someday, somehow doors are opened for you. It took a lot of sacrificing on my part and yes the trip was costly but most of all, I have memories of this experience that will last for a lifetime. We all have balance in our life it sometimes does not feel like it especially when you make choices and sacrifices.

New Pathways News

In this issue we address the topic "Balance", we say farewell to some staff, celebrate fun times in August, and learn new ideas in life skills.



LETTERS TO MR. BOB

Dear Mr. Bob:

There has been so much “change” at NPW’s. It makes me feel unsafe even though everything seems to be running well.

Change

Dear Change:

Please make use of your best supports to challenge rational or irrational feelings evoked secondary to “change”. Change is not a good or bad phenomenon. It often affords new growth opportunities. Good luck.

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



Dear Penny Bank:

What is the “Latte Factor”?

Client

Dear Client:

The latte factor is seemingly insignificant daily purchases that add up to a significant amount of money over time. What does that mean in English? If you buy a cup of coffee at Starbucks everyday during the work week – five days a week – for \$3.00, you are spending \$15.00 for coffee each week. Multiply that by one year (52 weeks) and you are spending \$780.00 a year on your daily coffee. The latte factor represents the little items that you purchase on a daily basis (pop & snack everyday from the corner store for \$3.00, cigarettes for \$4.00 a pack (you should not be smoking anyway), etc.) that you really could do without.

Think about how you could invest \$780.00. You could put it in a savings account; purchase Certificates of Deposit, start a retirement account (yes, if you are over 18 there is a retirement plan you can start), buy bonds, or all of the above.

What is your latte factor? Can you make your money work for 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.

RECIPE OF THE MONTH

7-Up Cake
Ericka Morgan

Preparation Time: 30 minutes

Cooking Time: 90 minutes

Ingredients:

1½ cup butter or margarine 3 cups sugar
5 eggs 2 tsp. Lemon extract
3 cups flour (sifted) ¾ cup 7-Up soda

*The butter, eggs and 7-Up must be at room temperature.

Directions: (Pre-heat oven to 250 if gas stove and 225 if electric)

- 1) Butter and flour bundt cake pan and set aside.
- 2) Cream butter and sugar, add eggs and mix well
- 3) Blend in lemon extract; add flour and 7-Up. Mix well.
- 4) Pour in bundt cake pan and bake for 90 minutes.

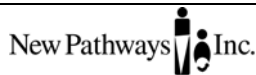
“BIG UPS TO”



BIG UPS to Danielle W for always following the rules that New Pathway’s has set. Keep up the good work.

Ms Kelly Ellerbe

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.



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.

New Pathways Family Reunion



Thoughts & Comments

Hi! What's up! This is a new client and so far I'm enjoying my day at our reunion. Especially, with the people who have made me feel welcome in New Pathways. Thanks 4 Everything

Shannon W

I really enjoyed the picnic. It was a lot of fun. The scrabble game was very interesting and the food and music were great. I hope others liked it as much as I did. I can't wait until the next one. Lov ya!

Shalise N

It had fun games, lots of food, and snowballs.

Laeh H

I really enjoyed the OT picnic. It was good to see a lot of faces I haven't seen in a while. The food was great. And I wish Mr. Kevin the best of luck in the future. And I also want to thank New Pathways for the best 4 years of my life. I will miss you.

Brandy S

The key to New Pathways – Allow the people to help you. Success is not about glory. It's about realizing your dreams.

Emanuel H

It does my heart good to see New Pathways growing in a positive way. I spent 22 years at NP and they were all enjoyable. I wish the staff and residents continued good luck and prosperity. Please keep me in your thoughts and prayers. Sincerely

Mrs. G.A. Goode
Former Operations Manager

I liked the cookout. I think New Pathways is a good program.

Mark

★★★★★ I had a wonderful time catching up with old and current clients and staff. The reunion also gives me the chance to tell all current youth, "To Finish Your Life Skills Classes!"

Mr. Jamal Evans
Former Life Skills Coordinator

Combine a pavilion on top a hill overlooking a lake, hot weather, occasional cool breezes, cold drinks, food, T-shirts, games, music, clients and staff, young and old, current and former, and you have the perfect New Pathways Family Reunion. Thank you to all the people that made it happen.

Ms Echo G Hester

The Grill was hot and I was too!!

Mr. James Sippio

It was soo HOT! But it was soo good to see everyone still trying to have fun in the HEAT! Ms Karen and Ms Jazmin go crazy when they play cards, but Laeh kept her cool while playing with them. Sippio and JR were great on the grill. A special thank you to Mr. Barry for just making things happen. He is great!

Ms Brenda Campbell

FAREWELL BUT NOT GOODBYE

I am not a person who responds well to change. However, one thing that I have learned is that change is inevitable and is in fact, a constant in our lives. We are changed as a result of things changing around us. In the constant quest to figure out who we are and where we fit in this world, change is a must. It is with this thought in mind that I am leaving New Pathways. The past four years have been an experience I will never forget. The people I have had the pleasure to call co-workers, the young people who have come and gone for various reasons, truly hold a special place in my heart. You, staff and young people, have taught me so much about life and who I am. It is this lesson that gives me the courage to move on from this great place. I am very nervous and at some times wondering if I am not even crazy for leaving a job I have loved, and continue to love, so dearly. However, I know that it is time to move on in order to continue growing and learning. This is my first experience in leaving a job that I still enjoy and I must say, it is not easy. At the same time, it is refreshing and rewarding to leave a place without animosity or tension. Know that I carry you all with me as I begin a new chapter in my life. Thank you all for being such a large part of my life and my family's life for the past four years.

Ms Adia Crawford

I would like to take this opportunity to say farewell to everyone at New Pathways. While I fully expect to see everyone at some of the events coming up in the future, I will certainly not have the opportunity to see people on a daily basis like I have for the past 9 years. There are only a couple of thoughts I would like to share with everyone. First of all, I have watched too many people through the years wait too long to begin to take their futures seriously. Please take advantage of the opportunities that are presented to you. You will not find a more committed and knowledgeable group of staff anywhere, and trust me when I tell you they are looking out for your best interest.

The final thing I really have to say is "Thanks". Thanks to all of the staff who have been such great teammates to work with through the years, and who helped to create our vision for what this place could accomplish. Thanks to all of our graduates who have been so successful and who have helped us to create the "family" feeling around here. I need to thank the Board of Directors who have been such a support to me. And last, thanks to all of the clients who have allowed me to enjoy my job more than anyone I know. I have been blessed to look forward to coming to work everyday for the past 9 years.

As always, please take care and be safe; and I still want invitations to all of the housewarming parties!

Peace.
Kevin Keegan



Parenting September 2007

HELPING CHILDREN UNDERSTAND EMOTION

Ms Sheena-Marie Hill

Emotions are a natural and unavoidable part of life. The ability to manage your emotions can help you to achieve balance in your life. Helping children identify, label and express them will not only enable more effective communication with you as the parent but with others as well. It is particularly challenging for young children to understand that other people have feelings too. You can help your child understand the role that emotions play in our lives and interactions with others by doing a variety of activities and drawing attention to the way emotions play into your daily lives.

- Discuss a wide range of feelings even when you are not experiencing them so the child can easily identify the feelings when they actually happen
- Read books about different emotions or ask provoking questions while reading or watching TV. "How do you think this character feels? How would you feel?" If your child says they do not know how the character feels, give them clues that will help teach them how to decipher feelings. "What does their face say? Their body language? What words are they using?"
- Explain how you are feeling and why. Ask your child how they feel.
- Use "I-statements" when you express feelings and encourage children to do the same. (Ex: say "I feel angry when you ignore my words" instead of saying "You make me angry when you don't listen to me.")
- Play a game about feelings. Say "I feel _____ when _____." (This is a great game to play while in the car or waiting in line).
- Hang up pictures of different facial expressions of feelings to help children identify and name feelings (they can be family pictures, cut out from magazines or drawn by you and your child)
- Explain the difference between on purpose and accident. Role-play intent and accident.
- Talk about real-life examples of problem-solving. For example, you and a friend or spouse had a disagreement. Explain how you talked about your feelings, listened to each other and agreed to compromise in the end.
- Sing "If you're happy and you know it" using many emotions and trying to act them out when it comes time to do the motion associated with the words.

Discussing your emotions with your child will help your child empathize with your feelings, while encouraging them to communicate their feelings with you helps your child realize that you empathize with their feelings and that their feelings are important to you. Empathy happens to be one of the most important skills that you can teach and exemplify for a child. Understanding emotions helps children be more accountable and responsible for their own behavior, decreasing incidents of misbehavior. Understanding and expressing emotions effectively helps make children more socially competent and capable of setting healthy boundaries and establishing productive relationships. To enable your child to understand how to express and make sense of their own emotions, you can practice making emotions a topic of conversation in your family.



MENTORING PROGRAM

Courtney L and Xia W

Well admissions have finally slowed down so there have been fewer matches this month. Many of our mentor/mentees were observed either wearing our logo T-Shirts on August 25, 2007 at The New Pathways Family Reunion at Druid Hill Park. The word is out that we are going to have the Family Reunion in September 08 to avoid the risk of 100 degree heat with humidity in the 90's. We got some nice pictures of mentors with their mentees at the picnic. Thank you Youth As Resources for helping us fund the NPW's Peer-to-Peer mentoring Program. We will have a training and support group for mentors the second Wednesday in September at 6:00pm at the staff office at Reisterstown Square apartments.

There will be fun, food and drinks.

YOUTH ADVOCACY PROGRAM

New Pathways Youth Advocacy Council (YAC) will meet 9/5/07 at the main office at 5:00pm.

AFTERCARE

The next aftercare committee will meet on 9/5/07 at 6:00 pm. at the main office. Wonderlyn S. has been appointed co-facilitator.

Workplace Etiquette Essentials
From CareerBuilder.com
Submitted by Jeff Lambert

Snacking and Eating

- 1) NEVER talk with your mouth full and NEVER point at anyone with your utensils.
- 2) Always wait for your host to sit down first before taking your seat.
- 3) No grooming of any kind should be done at the table. Excuse yourself.
- 4) Sit up straight and keep your feet flat on the floor or cross your legs at the ankle. Crossing your legs during the meal causes you to slouch and looks too sloppy and casual.

Interacting with others

Body language

Here are some signals to look for and what they could mean.

- Gesture: Hands on hips signals readiness, aggression
- Gesture: Hand to cheek signals evaluation thinking
- Gesture: Hands clasped behind head, legs crossed signals confidence, superiority
- Gesture: Pulling or tugging at ear signals indecision
- Gesture: Rubbing the eye signals doubt, disbelief
- Gesture: Tapping or drumming fingers signals impatience

Listening

There is nothing more rude or disrespectful than not paying attention to someone when he or she is talking to you.

Always give full attention to the person who is speaking.

Do not look overhead at a television, another person, at the door or out the window.

Do not let your mind wander. Concentrate on the speaker's words.

Do not interrupt.

Finish listening instead of worrying about what you are going to say next.

NP NEWS SEPTEMBER 2007

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

ACHIEVING
ADMISSIONS
BALANCE
COMMUNICATE
COMPETENT
COMPROMISE
CONGRATULATIONS
DISAGREEMENT
EGGS
EMOTIONS
FOOD
HAPPYNESS
HAWAII
INTERNSHIP
KEY
LATTEFACTOR
LEMON
LIFETIME
MEMORIES
MISSION
PAVILION
PICNIC
QUOTE
RATIONAL
REUNION
SACRIFICING
SEPTEMBER
SING
TASK
TRUTH

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

Sudoku

			7				9	
1				4		3		
8					5		1	
2				7		1		
			9		8			
		7		1				3
	6		3					2
		4		8				1
	9				6			

Fill in the grid so that every row,
every column, and every 3 x 3 box
Contains the digits 1 through 9.

ANNOUNCEMENTS



A big Happy Birthday Brittany P,
LaShawna B, Simone C, Brandy S, Tiffany E,
Whitney J, Mr. Tom, Ms Lisa, Ms Daphney, Mr.
Cornell and Mr. George.



Congratulations to all clients returning
and continuing with their education. Keep up
the good work!

New Pathway's Inc.



Is

Hooked on Fishing!!!

Date: Saturday, September 8th, 2007

Time: Leaving @ 1pm; Fishing by
2:30—until we catch all the
fish

Place: Right across Bay Bridge

RSVP: By Friday, August 31, 2007
with Ms. Angel (410-464-2600
Ext. 123)

All clients and staff are welcome

If you have never been fishing and always
wanted to. Here is your opportunity!
(Fishing Rods, Bait and oh yes the **FISH** will
be provided.)

Who will catch the most and Biggest **FISH**?

We will have a whole lot of **FUN**.

Hope to see you all there.

Please sign up **ASAP**, The First **FIFTY** to do
so will be able to attend.

Snacks & Sodas on boat

(you can bring your food too!)

We'll stop for pizza on the way home

CALENDAR OF EVENTS & HOLIDAYS SEPTEMBER 2007



Balance Your Life

9/8/2007 Fishing Trip – Watch for further details

9/11/2007 6th Annual Golf Fundraiser

9/13/2007 All Client Meeting & go-Kart Racing Night

10/6/2007 Shopping Trip

10/11/2007 All Client Meeting & Activity Night

10/19/2007 Fright Fest at Six Flags

****ALL DATES SUBJECT TO CHANGE**



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Lois M. Peach, Financial Director
Echo G. Hester, Administrative Assistant
Angel Lyles, Secretary
Barry Smith, Safety & Operations Coordinator
Angela Womack, Housekeeper
Brenda Campbell, Dir of Training & Voc Svs.
Jazmin Cryor, Life Skills Trainer
Sheena Marie Hill, LS Crdtr/Parenting Trnr.
Thomas Mumaw-Mentoring Coordinator

Independence Plus

Jennifer Johnson Pettis, Program Director
Christine Adams, Case Manager
Nadia Surin, Case Manager
Ericka Morgan, Case Manager
Levern Williams, Coordinator of Res Life
Vonzell Barker, Life Skills Counselor
Kenneth Barnes, Life Skills Counselor
Karen Brown, Sr. Life Skills Counselor
Cornell Dews, Life Skills Counselor
Kelly Ellerbe, Life Skills Counselor
George Hairston, 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
Christopher Sutton, Life Skills Counselor
Gloria Taylor, Life Skills Counselor
Daphney Williams, Life Skills Counselor
Deborah Young, Life Skills Counselor

Second Generations

Laura Fertig, Program Director
Makda Belay, 2G Life Skills Counselor
Tonya Cook, Life Skills Counselor
Judith Dukes, 2G Life Skills Counselor
Deanna Murray, Life Skills Counselor
Brenda Phelps, 2G Sr. Life Skills Counselor

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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