



New Pathways would like to wish everyone a safe and happy holiday season



THOUGHTS FROM MR. MARK

As many of you are aware, this is flu season. This year is different in that in addition to regular influenza, there is a potentially life threatening form; Swine Flu, which is also called H1N1. The Center for Disease Control (CDC) is highly recommending both vaccines this year. Following is a list of recommendations and safety precautions

1. Contact your doctor and schedule influenza and H1N1 vaccines.
2. Cover your nose and mouth with a tissue when you cough or sneeze. Throw tissue in trash after you use it.
3. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
4. Avoid touching your eyes nose or mouth.
5. Try to avoid close contact with sick people.
6. If you are sick with flue like illness the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other emergencies (your fever should be gone without the used of fever reducing medicine). Keep away from others to avoid making them sick.

Children less than one year of age are at higher risk for seasonal influenza virus compared to older children. The risk of influenza complications is extremely high for children less than six months of age. Among children less than five years. risk for severe complications from seasonal influenza is highest among children less than two years old. Young children are less likely to have typical flu symptoms (e.g., fever and cough) and infants may present to medical care with fever and lethargy, and not have other cough or respiratory signs.

Children younger than four years of age should not be given over the counter cold medicine without first speaking with your health care provider.

Aspirin or aspirin containing products should not be administered to any confirmed or suspected ill case of novel influenza H1N1 virus infection, age 18 years old and younger, due to the risk of Reye syndrome. For relief of fever, medication such as acetaminophen (Tylenol) are recommended.

For more comprehensive guidelines and everything you should know about the flu, please see the Centers for Disease Control and Prevention website at www.cdc.gov/flu or www.cdc.gov/h1n1flu.

Thank you for your help in preventing the spread of the flu.

NEW PATHWAYS TRAVELS TO OCEAN CITY, MARYLAND



My first time going to Ocean City was with New Pathways. Ocean City was fun and exciting from the time I arrived to the time I left. I enjoyed all the rides and entertainment displayed along the boardwalk. I was also able to enjoy my favorite, a funnel cake. I also was able to go on the haunted house ride; which was pretty exciting. I had a great time and first experience, and New Pathways made it possible.

Monique C.

The New Pathways trip to Ocean City, MD was a rewarding trip for our clients that attended. Many of the clients expressed how they enjoyed themselves at the beach for the first time even though the ride was a journey. They were amazed by the many activities, shops, and venues on the boardwalk, as well as being able to take a dip in the Atlantic Ocean. The behaviors displayed on this trip were excellent, and that within itself made the trip also a great success. Maybe next year we can visit the beach for a couple of days, to get the full affects of a family vacation and the beach life for a few days.

Raymond Cuffee

GLEN BURNIE STAFF OFFICE Sandra Keach Doyle

In partnership with Anne Arundel County, New Pathways extended the Independence Plus program to Glen Burnie at the end of May. New Pathways has five apartments at the Americana Southdale complex, right off of Ritchie Highway. There are a lot of open grassy spaces with tall oak

trees at the complex, and this time of year it's pretty much raining acorns. The Glen Burnie apartments are behind a shopping center and directly across the street from Marley Station Mall! The shopping center features an All Green International Market, and if you like live eels and cactus fruit; this is the place to shop for groceries. They also stock over 50 varieties of Ramen Noodles! The sushi is very good there, too. In May, there were only three clients living in Glen Burnie. Now the program is full with a total of eight clients. Many clients are attending classes at the nearby location of Anne Arundel Community College, and they have found jobs both nearby and as far away as Annapolis. As you can imagine, the Glen Burnie location of Independence Plus can be pretty quiet at times with only eight clients. We encourage visitors! Lots and lots of visitors! See our scenic oak trees*! Admire our many squirrels**! Marvel at the wonderful foods available at the International Market ***! Come to amazing Glen Burnie, home of the newest program of Independence Plus ****!

*Wear a hat

** Not tame

*** Try the Sushi

**** Visitors encouraged – call the Glen Burnie office at 410-760-1250

STATE OF OUR YOUTH
Raymond Cuffee

Over the last five years we have seen the state of our youth become more nonproductive then successful as a group. The students are attending schools and being promoted to the next grade without meeting the standard requirements for promotion do to behavioral issues and The No Child Left Movement. They have become more prone to participating in negative behaviors and partying than setting goals for life and education. Gangs have replaced their families and friends, and true happiness has been removed by sadness. Now these are a few of many the problems, changes, and challenges by our youth today in society.

Now before we go to the race card and limit this problem to just one race, we must look at the whole picture to see that this isn't a racial problem but its an American problem in the youth society. Several solutions have come about over the years to attempt to limit the negative behaviors displayed by the youths in the classroom, at home, and in the communities. Now while these solutions may have targeted a certain population of our youth, what happens to the ones that can't obtain the services or help from the system put in place for relief? They are left behind fall by the wayside and the result from this is more prisons and homeless shelters being built than education centers.

From these few points made we can clearly see why the youth can't express and process feelings correctly, cling to the thug behaviors than becoming a scholar in school, and running away from the values and morals set forth by our ancestors and families to the hood fame and worldly lust

painted by mainstream communication and media. Fellow colleagues, parents, teachers, counselors, and members of the national village, we must take back our youth. Now is the time to empower them and show them basics of growing up, proper decision making skills, combating peer pressure, and giving loving discipline. So stop being afraid of the youth and meet them on their playing fields of communication and living to show them that we see their pains and struggles and we are here to help, not judge or beat-up them of for the their state of being. Remember that if it wasn't for someone showing you the way regardless of how you were raised, you wouldn't be where you are today, and how you came through the struggle may be the same way that any of these youths can adapt to, to gain the strength for becoming somebody instead of another statistic.



Word of the Month
Traditions
Sharnett Kelly

Tradition: the handing down of statements, beliefs, legends, customs, information, etc., from generation to generation by word of mouth or by practice; a long-established or inherited way of thinking or acting.

We usually hear the word, "Tradition", around the Holidays especially the phrase, "Family Tradition". Here are some examples of traditions: following the steps of family members to attend the same college, going into the military, working the same careers, playing sports etc. But it's important to know that traditions can be an individual practice as well. For example, it can be a tradition for someone to buy themselves a gift every year. It can be a tradition for a person to travel somewhere different around the same time every year. As a tradition a person could diet every year in the spring/summer time to prepare for the Holiday seasons. What makes a tradition a tradition is it has to be a long-established custom. Traditions aren't something you start today and end three year later, it never ends. Real tradition are past on or inherited over time from generation to generation.

The special thing about traditions is anyone can start a tradition, but it takes a strong person to carry it out and pass it on. It's never too early or too late to start a tradition. What are some special things you would like to see carried out in the future personally or family wise? Start a tradition with yourself first and as time goes on pass it on.

My tradition for years has been to do something for myself every year for my birthday and Christmas no matter what whether it is a gift or trip. I make sure I'm the first person on the list every year. This is something I would love to pass on to my family for several reasons. One reason is to appreciate myself no matter who does and doesn't. Traditions not only ease stress but they also make a person and family stronger. Traditions are fun and can be very unique. Try it out. You may like it.

IT AIN'T EASY BEING GREEN- FALL DEBT BUSTING AND SAVING EDITION PART 2



Aaron Milton

The changing color of leaves, the bi-polar weather, and the shortening of days and lengthening of nights can only be a sign of one thing – Fall is here! We are a few short months before winter and a brand new year, so is there any better time for a review of your finances? Instead of waiting until December, let's get a head start!

In the article I wrote in the previous newsletter, I utilized the teachings of well known financial advisor Suze Orman to provide a foundation toward a successful financial future. In this edition I will do the same expanding upon what we have started.

In the past edition, we established that **being honest with your self about your personal financial issues and weaknesses is essential for making a fresh start.** If you know that you cannot step foot within a mall without buying something, then maybe you should limit your visits. If you know that you overdraft often when paying with a bank debit card, then maybe it is in your best interest to get rid of the debit card (crazy idea, right?).

After having a real conversation with yourself, then it is essential to **take action.** If you have a credit card where the balance never seems to lessen no matter the amount of payments you make, call the credit card company and ask them about lowering your interest rate. If you have a bill with a collections company, take the initiative to call them to set up a payment plan that works for you. The bills are not going anywhere and the sooner you take control and pay your necessary dues, the sooner you and your credit score get happy.

And lastly from the previous article, **get rid of all your credit cards but one.** Having one credit card and using it occasionally can assist you in building good credit and having emergency funds available if needed, but having several is unneeded temptation to spend. If you have more than one, cut up the ones with the highest interest rates and start paying down the balances.

When considering our lives, we often times only think of money in relation to personal items, or *things*, versus thinking of money in relation to security. Due to the stresses of day to day life it is easy to get stuck in the habit and ritual of spending to keep yourself happy and fulfilled and not saving for the future. Many of us, myself included, have had this modeled by family and friends, and have taken it on as one of our own life behaviors. However, what we have trapped ourselves into is a cycle of surviving and not living, which can look the same but at the heart of it are two very different things.

By spending recklessly and not saving enough, we set ourselves up to live in the short term but survive in the long term. Surviving is when you live pay check to pay check, and would fall into financial disarray if you lost your job or had an emergency. Surviving is when we ignore our debts and add even

more when we purchase things we want and not need. And surviving is becoming preoccupied with being your happiest today and not allowing yourself to be hopeful enough in the idea that tomorrow would be happier if you prepared for it better.

Living, on the other hand, is enjoying today while preparing for tomorrow. Living is knowing that if something went wrong you can safely take care of yourself. Lastly, living is knowing that you can break a cycle of financial negativity instead of perpetuating the dependence upon others for stability. Saving for yourself and for your family increases your ability to breath lighter and live deeper.

The final tip I offer after that extensive rant is to **plan a realistic budget for yourself.** This means taking into account your bills and needed expenses such as weekly groceries, credit cards, cell phones, and anything else your know must be paid, while allowing some treats for yourself such as \$10 for a movie or money to go out. Trapping yourself in an unrealistic budget where you only spend on essentials is just as bad as having no budget, because when you break (and you will) you will buy everything in sight. Know yourself and your needs, and plan accordingly.

Quick Saving Tip: Have a hard time saving money? **Start with saving \$5 a week.** This is a relatively small amount and should not hurt too much. At the end of the month you have \$20 saved, and at the end of the year \$240 saved. Increase as your comfort (and stress) level allows. Also, if you know that seeing money in your account makes you want to spend it, open an account with another bank. Suspend bank statements that are mailed to your house and sign up for online banking so you can review the account when desired. If you do not want to invest immediately in a savings account that may require a minimum balance fee, get a free checking account. This account can just be for saving money with no debit or ATM card attached. **Make today the first day of your financially responsible life.**

I leave you with a quote by Ms. Orman on knowing your value and saving for your future: **“When you undervalue who you are, the world will undervalue what you do and vice versa.”** The true investment you are making when being in control of your money matters is the investment in yourself.

Best wishes in this new season!

NP News Staff

Echo G. Hester – Jeff Lambert
Christine Adams – Angel Lyles

The New Pathways News is a quarterly 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 edition.

A special thank you to all clients and staff, who contribute and make the NP News possible.

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.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I have five credit cards and they are maxed out. Now I can't get any more credit cards. What can I do to get more credit?

Credit Hungry

Dear Credit Hungry:

Credit is more than a plastic card that can make your life either happy or sad – to get more credit – make good choices.

To get more credit or buying power, you need to pay off your credit cards and use them wisely. Look at the interest rate you are charged on each credit card. If you are making your monthly payments early or on time, you can call the credit card company and ask them to reduce your interest rate. If you are not, hold off calling until you can show the credit card company that you are a responsible bill payer. Begin by paying as much as you can afford extra on the smallest credit card balance first. When you pay the monthly payment on the other four cards try to pay at least \$2 - \$5 extra each month. When your first credit card is paid in full, put it away and don't use it. **DON'T CANCEL THE CARD** – building credit means holding onto the card and using it responsibly. As you pay off your credit cards, make a small purchase on the paid credit cards every six months – buy something that you will have in six months (Lamp, Bed Sheets, Towels, something you can look at in six months and say to yourself “I bought this and it is mine”) and pay it in full the next month.

If you are struggling to pay off your credit cards look hard at your monthly income. You may need to take on a second job. You may need to re-evaluate how you spend your money. You may need to learn how to cook & pack a lunch. What ever choices you make, don't forget to save a little money each week in your savings account to counter-balance your credit card debt.

Good luck and if you have more questions, just write me.

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.

a child blossom can be one of the best feelings a parent can experience. However, if you are bogged down with work, school and life's many demands you just might miss it!

There have been studies for generations that early and continual parent nurturing promotes healthy growth for a child. *Nurture* is defined as support and encouragement during the period of training or development; to feed and protect and to bring up, train and educate. The only possible way to nurture is to spend time. As parents, we must make time for our children *everyday*. Professionals suggest that thirty minutes per day playing and reading to your child promotes proper brain growth.

It is a proven fact that spending quality time with your child will help them grow. As rain showers assist the trees and flowers to grow, a parent's nurturing love assists a child's healthy growth. Talking to your child, touching and giving them your attention promotes healthy brain growth. Each child is born with about 100 billion brain cells which are called neurons. These neurons don't touch each other but communicate across a very small space. A nerve impulse travels down the neuron and across the space to the next neuron. The nerve impulse travels as an electrical impulse; kind of like the electrical current in the cord of a lamp that lights the light bulb when the lamp is turned on. The electrical impulse in the neuron stimulates the release of chemicals at the nerve end which, in turn, either excites or inhibits the next neuron. These chemicals are called neurotransmitters and are extremely important. Neurotransmitters are the chemical messengers allowing the brain cells to talk to one another. It is critical that all the major neurotransmitters be present daily and in sufficient amounts in order for the brain to be chemically balanced.

At birth, the connections between the cells are not very fast. But, the more the brain is stimulated, the faster and stronger these connections become. These connections then become a part of the permanent structure of the brain. **But**, if the brain is not stimulated the connections between the cells dry up. Simply put, the more connections between the cells the better because these connections are forming the structures that allow a child to learn. In order for these connections to happen a child's brain **must** be positively stimulated. As parents, we can promote healthy brain growth by making sure our child is pleasantly stimulated. Hugs, praise, attention are ways we can stimulate our children's healthy brain growth.

All children are different but they all need the attention and love of their parent. To assure that your child is receiving the nurturing needed include parent-child time in your day. With the busy lives parents seem to have it is imperative that you have a daily routine to interact your child. After a long day it is soothing to hear the laughter of your child. Reading stimulates a child's thinking and promotes language growth. Playing is always a good way to spend time and can be done in so many ways. Depending on age, cooking, cleaning and even getting ready for bed can be incorporated into time with your child. As parents we need to make sure that our children's needs are being met, not just materialistically but mentally and emotionally as well. Let's make the commitment to play, read and enjoy our children!



PARENTING
QUALITY TIME EQUALS GROWTH
Ronele James

As parents we want the best for our children, but we let so many things hinder us from the joys of parenthood. Watching

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***

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

FOOD FOR THE SICK **CHICKEN SOUP RECIPE**



With 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.

2 medium sized boneless chicken breasts
2 sprigs of fresh parsley
1 teaspoon of salt
1 toe of garlic minced
1-2 stems of fresh celery sliced
2-3 medium carrots sliced
1 ½ teaspoon of black pepper
½ bag of egg noodles

Fill a large sauce pan with water and add salt, pepper, garlic, celery, carrots, chicken breasts and onions. Bring mixture to a medium boil (usually ten minutes). Place a lid on the pan and cook for 20 minutes. Remove chicken from broth, cut up into small pieces and put back into the water. 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.

UPCOMING EVENTS & HOLIDAYS CALENDAR

10/14/2009 – All Client Meeting
 10/30/2009 – Six Flags Fright Fest
 11/11/2009 Veterans Day
 11/15/2009 – America Recycles Day
 11/26/2009 – Thanksgiving – Belvedere Square Office Closed
 11/26/2009 – Thanksgiving at Golden Corral
 12/16/2009 Holliday Celebration
 12/25/2009 – Christmas – Belvedere Square Office Closed
 **ALL DATES SUBJECT TO CHANGE

ENJOYING A STRESS FREE HOLIDAY SEASON



Holly Powell

As the holidays approach, whether you celebrate Thanksgiving, Christmas, Hanukah, Kwanza, any other holiday or even no holiday, this time of year can be stressful for many people. Stress can manifest in a variety of different situations. You may experience financial stress, food stress, relationship stress, shopping stress or any other type of stress. It is important to learn how to manage this stress so that you are able to enjoy this time of year.

One way to manage your stress is to think about the positive accomplishments you have made this year. Have you stopped smoking? Have you found a job? Did you successfully complete a challenging class?

A second way to manage your stress is to maintain healthy eating and exercise habits. While it may cause you more stress to establish those habits at this time of the year, if you have been able to establish them prior to the holiday season, it will ease your stress to maintain them. That is not to say that you can not eat that piece of pie at your grandmother's Thanksgiving feast, but it just means that you should plan for it. If you know that you will most likely overindulge at a meal, then plan more carefully before and after the meal. It is important to not go to a party starving either as you are more likely to overindulge.

By maintaining a consistent exercise plan, you will make some room for the extra calories that you may consume over the holiday season. Exercising will help you manage your stress by helping you to maintain a stable body weight and it can have other positive mental health benefits as well. That does not mean that you have to go run a marathon; if you only have a few minutes a day to go for a walk that counts too!

Last but not least, keeping healthy relationships is great for stress relief. If you have someone that you feel you can talk to and is supportive of you, that can be a fantastic way to relieve some stress.

THE MESSAGE BOARD

October November December 2009



A Big Happy October Birthday to Michael B, Jelana P, Chaz W, Monique Cu, Jameia S, Auriel P, Amy R,

Erica G, Danierdra J, Davon B, Keyon—2, Ms. Cynthia, Ms. Ericka, Ms. LaKeisha.

A Big Happy November Birthday to Rachel C, Troy M, Martika C, Ma'Kayla—2, Ms. Lauren, Mr. Antoine, Ms. Shawn.

A Big Happy December Birthday to Shaquajia W-R, Christina J, India J, Mia J, Phillip "TJ" P, Jasmine D, Kimberly D, Nakhi—3, Mr. Mike, Ms. Denise, Ms. Keyia.



WELCOME LITTLE ONES

“Amorri”

Born to Kavonne W. on August 4, 2009

at: 1:00 p.m.

Weight: 6 lbs, 3.7 oz

“Alexis”

Born to Chante M. on August 29, 2009

at: 8:11 p.m.

Weight: 8 lbs, 3 oz

“Lyric”

Born to Monique H. on October 4, 2009

at: 5:33 p.m.

Weight: 6 lbs, 2 oz

“BIG UPS TO”



BIG UPS to Michael B. for finally completing his Life Skills Classes!!!!

Christine Adams

BIG UPS Monique Cu. for successfully aging out of New Pathways this month. I wish you all the best!!!!

Christine Adams

BIG UPS Shaquajia W.R. for being my youngest client to transition to NICHAC. Congratulations and Good Luck!!!!

Christine Adams

BIG UPS Xia W. for transitioning to NICHAC. Keep up the great work!!!!

Christine Adams

BIG UPS to La'Shaunda D. for completing the life skills curriculum and finding a job.

Holly Powell, LCSW-C

BIG UPS and congratulations to Monique H. on having her baby Lyric.

Holly Powell, LCSW-C

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.



A warm New Pathways welcome to our new staff:
 LaKeisha McClendon, LSC, Keyia S. Moore, LSC, Pamela A Pryor, LSC, Mark A Sykes, LSC, Nakia S. Williams, LSC, Veronica Grimes, LSC, Elisia A Alston, LSC, Ericka Weber, Case Manager, Kelly Williams, Intern SG CM, Allie Wolf, Intern CM SG, Mary Pat Muhl, Intern IP CM, Melanie Smith, LSC, Myriah Newman, LSC.

NP News October 2009

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

ATLANTIC
CANCEL
COLLECTIONS
COUGH
CUSTOMS
FEVER
IMPULSE
MOVEMENT
RESPIRATORY
SOCIETY
SURVIVE
TARGETED
TRADITION

BUDGET
CHICKEN
COLLEGE
COUNSELORS
DEBT
HOLIDAY
KWANZA
OCEANCITY
RITCHIE
STIMULATES
SYMPTOMS
THANKSGIVING
YULE



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