



## FRIGHT FEST

Miss Sara

I had a really nice time at Six Flags. It was the perfect night for the trip. I also had the right amount of good food before we arrived, which I am glad because with all that rolling, rocking, and rumbling my stomach was doing, it didn't get upset at all! So, good choice of food New Pathways! I really enjoy the simple roller coasters with the short lines! The thing I really dislike and always will about Six Flags is that you will wait in line for your favorite ride and you will wait a good 20 minutes and as soon as you get close to the front, they shut the ride down. I really dislike that but, the goods overrule the bad. I still had a good night of fun and fright. It was a wonderful sight to see all the New Pathways clients all getting along and having fun together! On a scale from one to ten, I would rate this trip a 9 ½!!

## OUR FIRST COMMUNITY JOB FAIR

Miss Brenda Campbell

On Wednesday, October 26, 2005, New Pathways sponsored its' first Community Job Fair. It was held at The Forum Caterers and it was a great success. We were fortunate to have twenty eager employers present to hire as many qualified individuals as they could. Our list of employers was diverse. We had representatives from Wal-Mart, Target, Life Renewal Services, Aramark, Forum Caterers, Express Staffing, Auto Zone and many more. It was indeed a pleasure to see over one hundred people come to the event to take advantage of these great opportunities. Many employers were able to offer employment opportunities on the spot. Some of our own New Pathways clients were able to schedule interviews and actually received employment offers.

Since that day, we have received many calls from people in the community telling us how pleased they were with the job fair. I would like to thank all of the New Pathways staff that assisted in any way with this event. Without your help, this event would not have happened. Those of you that attended the job fair please continue to follow through with your interviews. Opportunities like these do not come often. For those of you that were not able to attend please know that we plan to have this event every year. We look forward to seeing you there.

## "LIFE HAPPENS"

Ms. Adia Crawford

When the Pilgrims landed on the New World, the land destined to be called the United States of America, they were filled with hope and promises of opportunity. Here was a land they could call their own, where they could make the rules and people would be afforded freedom they did not have in their native land.

Imagine their surprise as they got off their boats and discovered this so-called unoccupied territory was already inhabited by Native American Indians. Seeing that people already lived in this country changed their plans. They were not going to be able to make this land their own as originally expected. The Pilgrims humbled themselves, acknowledging that the Native American Indians occupied this land. It did NOT belong to the Pilgrims as thought.

The Pilgrims set out to make peace with the occupants, sharing with them a feast we now call Thanksgiving. In addition, the Pilgrims had to humble themselves and admit their limitations. They did not know how to survive on this land. They went to the Native American Indians asking for advice and help on how to hunt, farm and basically live successful lives in this new world. The Native American Indians were more than glad to help out the new residents to their land, teaching the Pilgrims the skills they required in order to live long lives.

Now we all know our history. This truce did not last long between the Pilgrims and the Native American Indians. In their stubbornness, the Pilgrims still had a desire to be rulers and felt that although the Indians were there first, they had a right to the land. The Native American Indians afforded the Pilgrims opportunity to live on their land, to work together to make this a great nation. The Pilgrims, however, chose not to take help that was afforded to them.

This Thanksgiving, make it a point to think about the people who have been there in your lives. You may not have recognized their help at the time, but remember the times when you allowed your stubbornness to get in the way of some good advice or even a shoulder to lean on. Things happen in life and plans change. Our greatest strength comes from not what happens to us, but how we respond to those unexpected changes and who we draw strength from.

## THOUGHTS FROM MR. KEVIN

This month's topic of pride relates well to a conversation that I have had a number of times with a few of you, and I thought I might share my comments here. So many young people in care have developed a stubborn quality that certainly makes sense given many of the things you have been through in your lives. This stubbornness is not a bad thing because it has likely helped you to survive through many difficult situations. The problem comes when you get to be a young adult, and there are teachers, bosses, landlords and other authorities that will at times tell you to do things that you may not want to do. These are not things that will hurt you, and they are reasonable expectations for those people to have of you. However, because of this quality you frequently choose to fight instead of comply with the request. So for much of your life this quality that has helped you to survive can now get in the way of making your successful entry into adulthood. I can't really tell you how to get past it, except to try to step back before choosing to fight, and try to figure out what the issue is. If the person is trying to take advantage of you, then you do have a reason to fight, but much of the time it has something to do with not wanting to give in to someone in authority over you who are not trying to hurt you, but needs you to do something for them. This is just something you may want to think about. If it applies to you...great, think about it a little. If not...oh well, it just cost you a minute to read.

Anyway, I hope to see everyone at our upcoming events. On the Friday following Thanksgiving, we will be having our annual brunch at the main office which you do not want to miss. I will also be putting together another poetry slam for our upcoming Holiday Party in December.

Please take care and be safe,


Mr. Kevin

### I FINISHED THE LESSON

Miss Echo G. Hester

I started it. It is hard  
I'm going to finish it. It is hard  
I may not finish at the top. It is hard  
If I don't finish, I will have to do it again  
I don't want to do this again!!!  
It is hard  
I've got to finish this lesson. It is hard  
Next time it's going to be harder  
I will complete this task  
I may not finish at the top, but I will finish it  
I completed the task  
Now I don't have to repeat the lesson  
I am successful!

## HAPPY BIRTHDAY & WELCOME

We would like to wish! a very happy birthday  
November birthdays (happy 21<sup>st</sup>!), Harold are: Denise W, Timothy P  
Also a very Happy  B, David M and Kyeshia J.  
Birthday to Mr. Jamal.

Welcome back to Latierdra S!

## "BIG UPS TO"



Big UPS to MS. Gloria for always stepping up to help when we need her! Her support is very much appreciated by all of the staff!

Jodi Schmidt

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.



## LETTERS TO MR. BOB

Dear Mr. Bob:

I have been interested in some suggested activities discussed in the NPW's newsletter. How do I follow up to show my interest so that such activities take place? I really look forward to movie night each month.

Excited!

Dear Excited:

You should consider joining the "Special Events Committee." There is a client opening. The committee discusses and plans for future NPW's events. 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.

## NP RECIPE OF THE MONTH EASY PUMPKIN PRALINE DESSERT

Miss Brenda Campbell

Try this easy delicious recipe for the Holidays or anytime

- 1 can (15 ounce) pumpkin - *you can substitute sweet potato if you wish*
- 1 can (12 ounces) evaporated milk
- 3 eggs
- 1 cup sugar (or Splenda if you're watching your carbs)
- 4 teaspoons pumpkin pie spice
- 1 package of Betty Crocker yellow cake mix
- 1 ½ cups of chopped pecans or walnuts
- ¾ cup butter or margarine melted
- Whipped Cream (if you want it)

Heat oven to 350°. Grease bottom and sides of a 13"x9" pan. Beat pumpkin, milk, eggs, sugar and 4 teaspoons of pumpkin pie spice in medium bowl with wire whisk (or spoon) until smooth. Pour into pan. Sprinkle dry cake mix over pumpkin mixture. Sprinkle with pecans. Pour melted butter evenly over top of dessert.

Bake 50 to 60 minutes or until knife inserted in center comes out clean. Cool slightly. Just cut and serve. It's delicious warm with whipped cream!!! It can also be stored in the refrigerator and served cold. This is soooo good!!!

### EMPLOYMENT TIP OF THE MONTH GET THAT JOB - HOW TO BE PREPARED

1. Before you start job hunting, take time to think about what you enjoy doing.
  - Do you like to work with food?
  - Do you like to work with your hands?
  - Do you have a hobby?
  - Do you like to help people?
2. Research companies in the field you are interested in. Find out what type of jobs are available with different companies and what benefits are offered at different work levels (FT or PT) such as education, insurance, leave benefits, etc.
3. Create your resume.
4. Get your resume out there before employers. Keep an ongoing list of employer names, address, and phone numbers where you apply for a job. After you drop off your resume or complete an application, call the employer the next day and follow up. Let them know that you want to work for them. **DO NOT LEAVE IT UP TO THEM TO CALL YOU.** If you want the job, you need to work for it.
5. At the interview, remember the following:
  - Take two copies of your resume (one for the employer and one for you)
  - Take a pen and pencil to complete any applications or other paperwork the employer may need. **DO NOT RELY ON THE EMPLOYER TO HAVE A PEN AND PENCIL FOR YOU.**
  - Dress for success – Each industry has its own dress code – do your homework.
  - Relax and be the best person you can be.

Happy Job Hunting!

## FINANCIAL TIP OF THE MONTH



Dear Penny Bank,

I'm on a budget and the holiday season is coming up. How do I monitor my spending without going over budget?

Holiday Spender

Dear Holiday Spender,

First and foremost – don't open any credit cards!!! The holiday season is the worst time to apply for a new credit card. People with no credit experience tend to overspend and ruin their credit before they even get started. Also, don't borrow money you cannot repay quickly (the next month).

Begin your shopping by making a list of who you want to shop for and what you would like to get them. Then re-read your list. Make sure you really want to part with your hard earned money on each person. Take people off the list that you are buying for show only. Next when you are making your list choose gifts that will last a long time after the holiday. Many people like to open packages and then within a month after the holiday – they throw out what they receive because it has no value to them. Think about where you can purchase gifts for the best value. Goodwill and the Salvation Army stores always have antiques and special one of a kind gifts that can be cleaned and wrapped. Also, hand made gifts are from the heart. If you draw or paint, crochet or knit, cook or bake, or write stories or poetry, there are many ways to give a gift without going over budget. Save your receipts and get gift receipts for gifts when applicable. Good shopping and have a happy holiday!

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.

### NP News November 2005

G E H T H G N E R T S W J S T  
Y H U M B L E N E S S O T B H  
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ACTIVITIES, BRUNCH, COMMITTEE, COMMUNITY, EMPLOYMENT, FRIGHTFEST, HAPPENS, HUMBLENESS, INTERVIEWS, JOBFAIR, LANCASTER, LESSON, LIFE, MOVIE NIGHT, OPPORTUNITIES, PILGRIMS, POETRY, PRIDE, PUMPKIN, ROLLERCOASTER, SHOPPINGTRIP, STRENGTH, STUBBORNNESS, THANKSGIVING

## CALENDAR OF EVENTS November 2005

- 11/1/05 LST Employment – 6 pm – Walker Manor – Ms. Yolanda
- 11/2/05 LST Vocational Readiness – 6 pm – Reisterstown – Mr. Jamal
- 11/3/05 **MOVIE NIGHT** at the Senator Theater
- 11/6/05 LST Employment – 5 pm – Walker Manor – Mr. Al
- 11/8/05 LST Cooking Class – 6 pm – Walker Manor
- 11/9/05 LST Vocational Readiness – 6 pm – Main Office – Mr. Jamal
- 11/10/05 LST Self-Advocate – 5 pm – Main Office – Mr. Sippio
- 11/11/05 **VETERANS DAY**
- 11/13/05 LST Cultural Perception – 5 pm – Reisterstown – Mr. Al
- 11/15/05 LST Employment – 6 pm – Walker Manor
- 11/16/05 LST HIV/AIDS – 6 pm – Main Office – Mr. Jamal
- 11/16/05 LST Cooking Class – 6 pm – Reisterstown – Ms. Rhonda
- 11/17/05 LST Employment – 5 pm – Reisterstown – Mr. JR
- 11/17/05 **ALL CLIENT MEETING** – Walker Manor – 6 PM
- 11/24/05 **HAPPY THANKSGIVING**  
Watch or ask your Case Manager for information about Thanksgiving Dinner with Mr. Barry
- 11/25/05 **HOLIDAY BRUNCH FOR CLIENTS AND STAFF** – 12 pm - Main Office
- 11/27/05 LST Cultural Perception – 5 pm – Walker Manor – Mr. Al
- 11/29/05 LST Mental Health – 6 pm Walker Manor – Ms. Daphney
- 11/30/05 LST Health & Medication – 6 pm – Main Office – Mr. Jamal
- 11/30/05 LST Cooking Class – 6 pm – Reisterstown – Ms. Rhonda
- 12/1/05 LST Housing – 5 pm – Reisterstown – Ms. Rhonda
- 12/22/05 **NEW PATHWAYS HOLLIDAY PARTY** at Idlewyld Hall
- 1/7/06 **SHOPPING TRIP TO THE OUTLETS IN LANCASTER PA** – see your Case Manager for details

### 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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