



Know Your Value(s)

Independent Living Programs for Maryland's Youth

New Pathways News November 2007 Vol. VII Edition V

and goals that people would want to complete before a certain amount of time.

I have a lot of different values ranging from a small one such as a car and big values such as my family. What value means to me is something that I would cherish and keep. I have a lot of values but the most important values are *my life, my family, free education, a place to lay my head and money*. I chose my life to be my first value because my life is precious and I wouldn't let any one take my life from me. Family would be my second value because my family is the most important thing to me without my family I would be lonely. I decided to chose free education to be my third value because I need the knowledge to succeed in life and to be able to go as far in the world as I could. My next value would be my own place to lay my head because there's nothing like having your own; and last but not least is money something that everyone would love to have. Without money people wouldn't be able to buy things that they need so money is very important to a lot of people. There is a phrase that some people use that says "money makes the world go round" but I don't think so I think love and respect makes the world go round.



WORD OF THE MONTH "Values"

By: Ms Sharnett Kelly

VALUES: *beliefs of a person or social group in which they have an emotional investment (either for or against something); to consider with respect to worth, excellence, usefulness, or importance.*

What or who do you value the most and why? Do you value money? Maybe you value clothes, cars, jewelry, a family member or friend? Do you value a super star, artist or athlete? Why do we focus on these things instead of focusing on the real deal, ourselves? Who's more valuable than you? Under no circumstance should someone or something be more valuable than you. Valuing yourself means you won't allow defeat to be an option, failure have apart your goal or settling for less be good enough. Valuing yourself will lift your self-esteem. Your example will push or encourage others to value themselves as well. The ladder of success never ends but it has a beginning and that beginning starts with you believing in yourself, you valuing yourself and you thinking highly of yourself no matter what. So don't wait for anyone to encourage you but value yourself and become your personal #1 fan. Pat yourself on the back if no one is there. Obstacles are just opportunities wanting to happen so value you more than anything because no matter what with the right mind, motive and goals you will win.

VALUES

By: Dakita J.

Values are morals that matter and make a difference to individuals. Things such as money and family are two of the few things people value the most. Some people separate their values from most important to least important in order to make their lives better. There are a lot of different values that are characterized as *Personal Values*. A personal value is a value that is meaningful to that person. For example a personal value can be somebody's kids, their car, and their house. It's the same meaning but different beliefs. Values can also be dreams

VALUES

Ms Sheena-Marie Hill

Everything that we do is driven by our values. This may seem like an exaggeration, but if you stop to think about how we make decisions that influence our daily lives, you can see that your values—the things that you hold important—help you distinguish between choices. For example, when you make purchases you may value quality, price, and customer service. Taking these things into consideration helps you decide where to shop and what to buy. Knowing what you value and how those values play out in your life can help make it easier to make good choices when faced with more complicated decisions like what to study in school, what career to choose, who to date and how to navigate some of life's hardest questions.

In December, the Life Skills Curriculum will introduce an ethics course which can help you to decipher what values you hold and how they impact your life. Values are something that no one can take from you and that you will always be able to rely on, no matter what life throws your way. At New Pathways, we encourage you to think about your values and where they came from.

FINANCIAL TIP OF THE MONTH



Dear Penny Bank:

I received a check in the mail for a large sum of money (\$2,500). I was told that if I would deposit this amount in my account they would send me more money. What should I do? I appreciate the senders' generosity besides I do need to buy a few things. Would it hurt to deposit this check in my account? Please help, I only have a few days to make a decision.

Caveat Emptor

Dear Buyer Beware:

Junk mail is sent to people every day. Junk mail consists of newspapers, catalogs, envelopes containing coupons, checks that when cashed have to be repaid (no vendor sends checks soliciting services/instant loans through the mail without charging you something), etc. Checks are also included with many credit card bills in the form of instant loans.

If you do not personally know the sender of the check, you should tear the check in half right away - you are probably being solicited. If you get checks with your credit card bill – tear them in half also. If you cash the check you are opening yourself to huge problems that won't go away for a long time. Although you may think buying a few things would be nice, it would not be nice to have your credit ruined by a bad decision you made.

If you get a check from someone you think you know and you have read all the fine print and still don't understand the consequences of cashing the check, ASK SOMEONE FOR ADVICE. Asking for help at 17, 25, 35, 60 is smart. You can ask the customer service representatives at your bank for advice, a tax advisor, lawyer, financial advisor, someone here at New Pathways familiar with finances.

Some checks that come through the mail are good checks. For example when you file a tax return and get a refund check from the Federal or State Government. If **you** apply for a refund through the mail for buying products (cereal, coke, etc.) you know you are getting what you asked for. Some company's mail their paychecks directly to their employees – that is a good check.

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.



LETTERS TO MR. BOB

Dear Mr. Bob:

Is honesty the best policy?

Honesty Seeker

Dear Honesty Seeker:

What you ask is what I believe is part of each person's value and ethical system. Before trying to answer one's responsibility to be honest, one has to define lies.

Is lying simply not being ready to tell the truth? Is this then an opportunity for growth for the honest person as well as the person who is not ready to tell the truth. Is lying making up an answer that you know is not true, but you think it may be what the other person wants to hear.

Honesty sometimes hurts. Lies can ruin your credibility and eventually the truth will come to light at a very high price. We all have Free Will and have to answer this one as an individual. Just make sure you understand the long term consequences of your words.

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.

DAYLIGHT SAVINGS TIME REMINDER

Ms Echo G Hester

In 2007 daylight savings time changed to the second Sunday in March (time springs forward one hour) and first Sunday in November (time falls back one hour).

It's now that time of the year when time is turned backwards one hour (November 4). Don't forget to:

- Reset your watch (s)
- Reset your clocks (alarm, kitchen, VCR, DVD, etc.)
- Cell phones normally automatically reset themselves
- Computers normally automatically reset themselves
- Change your smoke detector battery whether it needs it or not

New Pathways News

In this issue we address the topic "Values"; we say hello and farewell to members of the New Pathways family; American Indian Heritage Month; and learn new ideas in life skills.

NOVEMBER IS AMERICAN INDIAN HERITAGE MONTH



Mr Jeff Lambert

What started at the turn of the century as an effort to gain a day of recognition for the significant contributions the first Americans made to the establishment and growth of the United States, has resulted in a whole month being designated for that purpose.

One of the very proponents of an American Indian Day was Dr. Arthur C. Parker, a Seneca Indian, who was the director of the Museum of Arts and Science in Rochester, N.Y. He persuaded the Boy Scouts of America to set aside a day for the "First Americans." In 1915, the annual Congress of the American Indian Association formally approved a plan concerning American Indian Day. It directed its president, Rev. Sherman Coolidge, an Arapahoe, to call upon the country to observe such a day. Coolidge issued a proclamation on Sept. 28, 1915, which declared the second Saturday of each May as an American Indian Day and contained the first formal appeal for recognition of Indians as citizens.

The year before this proclamation was issued, Red Fox James, a Blackfoot Indian, rode horseback from state to state seeking approval for a day to honor Indians. On December 14, 1915, he presented the endorsements of 24 state governments at the White House. There is no record, however, of such a national day being proclaimed.

The first American Indian Day in a state was declared on the second Saturday in May 1916 by the governor of N.Y. Several states celebrate the fourth Friday in September. In Illinois, for example, legislators enacted such a day in 1919. Presently, several states have designated Columbus Day as Native American Day, but it continues to be a day we observe without any recognition as a national legal holiday. In 1990 President George Bush approved a joint resolution designating November 1990 "National American Indian Heritage Month." Similar proclamations have been issued each year since 1994.

The Bureau of Indian Affairs was created in 1824 and later became part of the Dept. of the Interior. The new bureau was not successful in preventing wars with Native Americans or in protecting their rights. The Bureau evolved primarily into a land-administering agency to act as trustee over Native American lands and funds. The bureau also promotes agricultural and economic development, provides a health program, social services, Native American schools, and reclamation projects for Alaska Natives and Native Americans in the United States. Beginning in the early 1970s, Native American civil-rights groups, such as the American Indian Movement, began actively protesting their dissatisfaction with the bureau. In 1997 the bureau was accused by Interior Dept. auditors of mismanaging money owed to Native American tribes and individuals, that when finally settled, could result in billions of dollars owed to Native Americans.

The American Indian Movement (AIM), an organization of the Native American civil-rights movement, was founded in 1968. Its purpose is to encourage self-determination among Native Americans and to establish international recognition of their treaty rights.

RECIPE OF THE MONTH Indian Pudding

4 c. milk
1 c. maple syrup (or $\frac{3}{4}$ c Molassas)
 $\frac{1}{4}$ c. butter
 $\frac{2}{3}$ c. cornmeal
 $\frac{1}{2}$ t. ginger
 $\frac{1}{2}$ t. cinnamon
 $\frac{1}{4}$ t. nutmeg
1 c. raisins

In a saucepan over medium heat combine 3 cups milk and maple syrup. Heat until just boiling and then add the butter.

In a bowl, combine the cornmeal and the spices. Gradually stir cornmeal mixture into the hot milk. Reduce heat to low and cook, stirring frequently, until thickened, about 10 minutes. Fold in raisins.

Spoon mixture into a buttered 2-quart casserole. Pour remaining 1 cup milk over pudding. Do not stir.

Bake 2 $\frac{1}{2}$ hours in a slow oven (300°) until all the milk has been absorbed and the top is golden brown. Serve warm. Serves 8.

TIPS FOR AVOIDING COLD INJURY

Ms Ericka Morgan

There are many ways that you can avoid cold injury. First, listen to the weather forecast and dress appropriately. Second, dress warmly in layers as exposed skin can freeze in minutes. Wear a coat, gloves, scarves and a hat to stay warm outside. Third, seek shelter and stay dry if you are dealing with heavy snow or rain during the cooler seasons. Remove outer layers of clothing and open your coat if you begin to sweat profusely. Wet clothing chills the body quicker and leaves you more prone to illness. Fourth, stay active so that your body will continue to generate heat. Finally, know your limits. Some people are more susceptible to the cold, particularly children, the elderly and those with circulation problems. Avoid alcohol, tobacco and certain medications as they too make you more susceptible to illness. The winter season can be fun, but it is important to put safety first. Be careful and dress appropriately.



Parenting November 2007
TEACHING CHILDREN VALUES

Ms Sheena-Marie Hill

We all want our children to be happy, healthy and successful in life. What many parents often overlook is that these qualities are taught and the most effective way to teach them is through helping children gain an understanding of values. Values are fundamental core beliefs that we use to make decisions. While some values are held for the duration of a life, many are defined and examined throughout the life course as experience changes how we perceive the world and ourselves. Nonetheless, parents have a crucial role in instilling values in their children which will serve as the foundation for assessing values into adolescence and adulthood. Some common values that we want to teach our children are:

- self-discipline
- moderation
- respect
- trust
- honesty
- work ethic
- feelings are ok and manageable

These may seem like abstract concepts that are difficult to teach, but it is important to remember that children learn values through daily interactions with parents and caregivers and that you can find countless opportunities to show as well as speak to your children about values. These opportunities do not have to be big situations or long in-depth conversations with your child. Simply acknowledging your child for telling the truth shows them that you value honesty. You may even say to them, "it is important that we tell the truth." This helps to introduce the idea of honesty to your child and enforces awareness that this is important to you.

Since children learn values through example, it is important for parents to decide what they value and what values they want their children to have. Don't be discouraged if some of the values you hold are still hard to implement consistently in your own life. Children can learn values that parents are still striving to master themselves, as long as they see that parents are working to live that value and if you discuss it with them. You could say, "Mommy snapped at you and I'm sorry, because I want you to know that I care about you." Or you might try saying, "Mommy shares with her friend because I think that sharing is a very important thing to do."

Another way that children learn values is through family and community traditions. This means that if you always do something for your child's birthday, they learn to value themselves and the fact that they were born. Or if you do something to participate in a holiday celebration,

they learn to value that holiday along with the events and actions that make it special. Remember that children also learn values through interactions with society. This is important to remember since some things that your child witnesses or experiences may conflict with values you are trying to teach at home. This becomes especially important when you consider the types of music, movies, TV, and books that you allow your child to access. If your child hears a song that degrades women or speaks derogatorily of a certain group, your child will learn that value and may think that you approve of it. If your child hears you state a stereotype or repeat something that they heard on the radio or on TV, they will have that negative value reinforced by your example. Unfortunately, this means that as parents we need to be extra careful about what we expose our children to and how they perceive what is being shared with them. This can make a parent's job harder as they try to be careful and consistent with their children, but once you identify what you value most, it can become second nature to instill your values simply by interacting with your child. This can be effective if you decide on family or house rules and then stick to them.

Some great ways to help your children learn values everyday are:

- Read and discuss stories that support your beliefs.
- Agree on family rules and live by them.
- Monitor your child's media exposure (parental influence should be the primary path to the development of moral standards for behavior.)
- Share your approval when praiseworthy behavior is portrayed in the media and/or in real life, and discuss your displeasure when corrupt behavior is displayed.
- Comment on your child's admirable conduct. For example, "Andrew, you were being dependable when you picked up your toys without being reminded."
- Name your own commendable actions. For example, "I was honest when I told the clerk she had given me too much change."
- Be polite and considerate toward others.
- Be consistent and follow through.
- Display warmth, support, and encouragement toward your child.
- Set high but reasonable standards for your child's behavior.
- Listen respectfully to your child's ideas and feelings.
- Answer your child's questions.
- Offer your child choices.
- Take time to have fun with your child.
- Consider how your family spends its time and money by asking yourself, "In my child's eyes, what does my family value most?"

Remember that your child will adopt the values you demonstrate daily.



MENTORING PROGRAM

Courtney LaPrince
Xia Williams

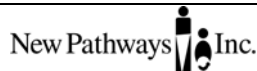
External mentor training begins Wednesday, November 7, 2007 at the Enoch Pratt Free Library, 6:00-8:00pm. The following mentor have signed to attend: Wonderlyn S., Dakita J., Antonio R., Sean A.,. If any other mentors can attend please contact Courney L., or Xia W. The mentoring workshop is free and transportation will be provided. NPW's Mentoring will have a party with mentor/mentees getting to know each other. We are waiting for the Reisterstown Clubhouse to be completed.

YOUTH ADVOCACY PROGRAM

We are still recruiting for 5-7 youth who will participate in bi-weekly meetings whereby each youth verbally makes suggestions (advocates) for the other NPW's youth. Do you want to be heard by the NPW's staff and Board of Directions? Please do not miss this opportunity. Phone or stop by Mr. Tom Mumaw's desk or call him at 410-207-3481.

AFTERCARE

We have received a Casey Grant that will allow 10-15 graduates of NPW's unique opportunities to learn to enhance self advocacy. There will be 12 sessions beginning January, 2008. If you know someone or are interested yourself please contact Mr. Tom Mumaw at 410-464-2600 x103.



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.

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

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

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

NP NEWS NOVEMBER 2007

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

ADVICE	APPROVAL
CAREGIVERS	CHARACTERIZED
COLLEGE	CORNMEAL
DAYLIGHT	DISTINGUISH
EXTERNAL	FAMILY
FRIEND	IMPACT
INDIAN	INJURY
INVESTMENT	LAYERS
MEETING	MEMORY
MONEY	RESOLUTION
SYMPATHY	TEAR
UNIVERSITY	VALUE

THE MESSAGE BOARD



A big Happy Birthday Troy M., Ciara J.M., Antonio R., Amber D., Angenette G., and Ms. Shawn R.



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

WELCOME

Ms. Shawn Robinson

Hello everyone, my name is Shawn Robinson and I received my BSW from Morgan State University in 2005 and my MSW from the University of Maryland School of Social Work in 2007. I have experience as a Behavioral Counselor, Case Manager, group facilitator and EAP Counselor. I have been providing direct services to both adolescents and adults in a variety of clinical and non clinical settings including working with children in therapeutic foster care, mentally ill adolescents, women in a prison reentry program, and HIV positive women.

I have worked with many diverse populations who presented with an array of psychosocial issues including HIV, substance abuse, mental health, homelessness and co occurring disorders among others. In addition, I have coordinated a coalition of community service providers, facilitated presentations nationally on Prison Re-Entry and facilitated an assortment of groups including HIV prevention education, safe sex education, grief and stress management.

I am a highly motivated and dependable individual who works very well with others. I am glad I have the opportunity to bring my outgoing personality and work experience to New Pathways. I look forward to working with the staff and clients at New Pathways.

Mr. Gregg A. Palmer

Hello, I am the new Coordinator for Residential Life, and come to NP from private practice and upon completing an advance degree. I have spent 10 years on active duty in the United States Air Forces as a Law Enforcement Officer and possess over 25 years of working in the healthcare field. I have 2 Masters Degrees University of Maryland, and Nyack College (Counseling & Organizational Leadership) and am currently pursuing a PhD at Loyola College in Pastoral Counseling. I am also active in my community with my local church, Toastmasters International, and the High Impact Leadership Coalition. I enjoy singing, playing bass guitar, keyboard, and reading.

“BIG UPS TO”



Big Ups to Elaina for her promotion at Changes!
Ms Jennifer Pettis

Big Ups to Dakita Jones for passing the second portion of her Police Cadet test! She is one step closer to protecting and serving us all!

Ericka Morgan

Big Ups to Xia Williams and Courtney LaPrince for completing the Life Skills Curriculum!!!

Ms Sheena Marie Hill

A Special Thank You to Shawnece Greene for hosting the Second Generations Halloween Party!!

Ms. Sheena Marie Hill

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.

In Memory of Mary Concetta Maffezzoli New Pathways Board of Director

Mary Concetta Maffezzoli died of pancreatic cancer on October 26, 2007 at Gilchrist Center for Hospice Care. Mary was 64 and was born in Trenton, New Jersey. She was a long-time resident of Towson, Maryland.

Mary dedicated her life to the betterment of children. She received her undergraduate degree from the College of Notre Dame and her Masters of Social Work from the University of Maryland and was employed by Catholic Charities for over 25 years. Mary held many positions in her career including Administrative Director of St. Vincent's Center for Abused and Neglected Children. She also founded the Chara House of Baltimore for medically fragile and/or developmentally challenged infants and toddlers. More recently Mary served on the Board of Directors of Notre Dame Preparatory School and New Pathways, Inc., a non-profit organization that provides counseling, independent living and developmental opportunities for Maryland youth emerging from foster care systems.

New Pathways extends their deepest sympathy to the family of this great lady.

“If we don't stand up for the children, then we don't stand for much.”

Marian Wright Edelman

CALENDAR OF EVENTS & HOLIDAYS November 2007



Know your Value(s)

- 11/8/2007 – All Client Meeting & Movies
- 11/20/2007 – Staff Luncheon & Training
- 11/22/2007 Happy Thanksgiving @ Golden Corral – Main Office Closed
- 12/13/2007 – All Client Meeting & Ice Skating
- 12/18/2007 Staff Luncheon & Training
- 12/20/2007 New Pathways Annual Holiday Celebration
- 12/25/2007 Christmas – Belvedere Square Office Closed
- 1/1/2008 Happy New Year – Belvedere Square Office Closed

Announcement: Parenting class is being moved from Tuesdays at 6:30 pm to Thursdays at 6:30 pm at Second Generation. See you there.

****ALL DATES SUBJECT TO CHANGE**



New Pathways, Inc.
540 E. Belvedere Avenue
Belvedere Square Suite 201
Baltimore, MD 21212
Phone 410-464-2600
Fax: 410-464-2687

Staff

Jeffrey Lambert, Acting Executive Director
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.
Gregory Palmer, Residential Coordinator
Thomas Mumaw-Mentoring Coordinator
Independence Plus
Jennifer Johnson Pettis, Program Director
Christine Adams, Case Manager
Aaron Milton, Case Manager
Ericka Morgan, Case Manager
Shawn Robinson, Case Manager
Dara Alper, Intern Case Manager
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 Sippio, Sr. Life Skills Counselor
Christopher Sutton, Life Skills Counselor
Gloria Taylor, Life Skills Counselor
Nathan Toth, 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
Desirea Claiborne, Life Skills Counselor
Tonya Cook, Life Skills Counselor
Tia Dickson, 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 – Jennifer Pettis

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 that make the NP News possible.



New Pathways, Inc.
540 East Belvedere Avenue
Suite 201
Baltimore, MD 21212