The Senior Pride

The Peninsula Foster Grandparent Program Newsletter

Quarterly Edition Oct/Nov/Dec2012



Share Today. Shape Tomorrow.

A Word from the Director

Jason S. Samuels

Today I want to share with you 12 traits that I believe will unlock the door to a successful school year.

Looking for a quick and easy way in life is not the answer. This is just the beginning of the journey. A Chinese proverb states, "A thousand miles begins with a first step." However, I would like to take it a step further and say that, you need to know the direction you want to go before you take your step. Furthermore; throughout your journey you will need to check you compass to ensure that you are heading in the right direction. This reminds me of a statement that was made by a unfortunately; person, I cannot remember the person's name. But he said...

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ATTENTION. ATTENTION. ATTENTION.

VALUECHECKS COUPON BOOKS/FUNDS ARE DUE NO LATER THAN OCTOBER 17TH.

PLEASE CALL DIRETTA FOR PICKUP.

Happy OCTOBER Birthday!!



Castro, **Beatrice** Chatman, Rosemary Bertha Davis, Freeman, Evelyn Sandra Hoskie, Hurling, Julia Palomo, Nemesia Parker, Nathaniel Pearsall, Bernice Richardson Barbara Taswell, **Margaret**

Happy Belated Birthday!!!

August

Alston, Pamela Carter. Josephine Chamblee. Bessie Chavers. Connie Annie Clark, Jones, Cecile Lane, Barbara Melton, Annie Stanley, Allene

September

Adams. Sarah Bailey, Doris Bennett, Kathleen Clark, Josephine Drew, Cora Hart, Daisy Johnson, Alberta Massev. LaVerne McCown. Constance Robinson, Betty Robinson. Warren Santiago-Dianne Person, Slade, Mollie Taylor, Annetta Tilton, Inez Waller, Claudia Washington, Gwendolyn White. Josephine

THERE <u>WILL NOT</u> BE AN IN-SERVICE MEETING ON OCTOBER 19TH. THE NEXT IN-SERVICE WILL BE ON NOVEMBER 16TH.

UPCOMING EVENTS

SALT CONFERENCE

October 17th at the Northside Christian Church, 1300 George Washington Hwy, Yorktown, VA.

Annual Winter Recognition Breakfast

December 21st, 2012 Golden Corral in Newport News At 9:00am Don't Forget Your Holiday Hat!!!

> January 10, 2013 8am – 1pm

9th Annual MLK, Jr. Senior Informational & Educational Forum
Day of Service

are successfully underway.

Mark Your Calendars!!!

News You Can Use:

- Did you know you can earn \$34,272 per year, and keep your Medicaid health insurance if you are on the SSI disability program?
- Did you know, if you receive SSDI benefits, that you can work for up to 12 months with no earning limit, and keep your SSDI cash benefits?
- Did you know that if you receive either SSI or SSDI disability benefits, that you are entitled to assistance in the return to work, including Job Search Assistance services, through the Ticket to Work program?

For more information please contact:
Wanda Boulden or Tecia Cogdell
757-766-4917 757-766-4906
wboulden@pwlink.org tcogdell@pwlink.org

Peninsula Worklink, 600 Butler Farm Road, Room 1015, Hampton, VA 23666-1513

Energy Assistance(Fuel Component)

The purpose of the Fuel Assistance Component is to assist low-income households pay a portion of their primary heating bill. The Program does not require that applicant household contain a child under six, an aged or disabled individual.

The Walk in Application Season starts October 9, 2012. Applications will be accepted through November 9, 2012.

Applications may be obtained from:

- Customer Service staff
- Website www.dss.state.va.us/benefit
- You/Mail

Customers may mail, fax, or return applications in person.

Eligibility criteria:

- Must meet citizenship and certain income guidelines
- Must have a heating expense

Please direct inquiries or customer calls to staff:

(you will be notified of additional staff when they arrive)

Barbara Batts G605

X71736

Barbara Kipps G694

X71421

NOTE: Customers should leave applications (with a copy of the utility bill) at the customer service area Kiosk.

Eligible households will receive notification of benefit amounts at the end of December. (They need to continue to pay their bills; there are no guarantees of eligibility or dates when bill payments will go out from the state). Payment amounts will be decided by the state in December once all applications have been processed.

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if you want to see the sun set, you cannot look east and expect the see it.

As you chart your course in life you will face many of life's challenges, I pray that when you are knocked down and you will be, you land on your knees and ask God for strength, when you are falsely accused you ask God for wisdom, when you are judgmental of others you ask God for discernment, and when you are afraid you ask God for courage. I recently read a book, "The Old Man and the Sea" by Earnest Hemingway, which tells the story of courage in the face of defeat, of personal triumph, and of wins and losses. I recommend that you obtain this book and read it and reflect on it because it is a true testament of life.

Let me now share with you the 12 traits to unlock the door. I will include quotes and thoughts from individuals that have influenced my life.

"Persistence and positive attitude are necessary ingredients for any successful venture." Douglas Wilder, Former Governor of Virginia.

- 1. Attitude: Stay positive and do not waver. "The collapse of character begins with compromise." Frederick Douglas, Former Slave. I would like to take it further and say that compromise changes attitude.
- 2. Tenacity: Nothing is ever accomplished with just one letter, one telephone call or one request. "All human beings are periodically tested by the powers of the universe. How one performs under pressure is the true measure of one sprit, heart, and desire." Spike Lee.
- 3. Risk Tolerance: Mistakes help you and others learn. "Feel the fear and do it anyway. A lot of people do not succeed because they are unwilling to face failure." Jason S. Samuels. "Success is the result of perfection, heard work, learning from failure, loyalty and persistence." Colin Powell, Former Security of State.

"Take advantage of every opportunity; where there is none, make is for yourself." Marcus Garvey

- 4. Active Honesty: Careless with facts kills your credibility. "Truth is proper and beautiful in all things and in all places." Frederick Douglas. "You must speak straight so that your words may go as sunlight into our heart." Lakota Chief, Ironweed. "It does not require many words to speak the truth." Chief Joseph.
- 5. Prudence: Thinking before you speak helps build your purpose. "Never give up. Keep your thoughts and your mind always on the goal." Tom Bradley. "Thought comes before speech." Native American Proverbs. Your words can kill a person sprit. The bible says it best, a tongue is mightier than the sword. Be careful when you speak because you can speak things into existence, weather good or bad. I would like to further share a thought provoking statement with you, "People feed pigeons and shoot eagles, the most majestic bird." Be careful who you share your dreams and aspirations with, because your dreams are like Eagles and the wrong person will try to kill your dreams.
- 6. Originality: People like to sense that with you they are breaking new ground. "Do not ever let others define you, limit you, or tell you what you believe." Jason S. Samuels.

"Life takes on meaning when you become motivated, set goals, and charge after them in an unstoppable manner." Les Brown

- 7. Modesty: It's better to have other people recognize your ability than to point it out yourself. "A person completely wrapped up in himself or herself makes a small package." Denzel Washington.
- 8. Style: It's not about your clothes, but about what you do while you are in your clothes. "It's your Swag! You have to know you can win. You have to believe you can win. You must feel like you can win. The person I can relate this statement to is President Barack Obama. It's his ability to captivate your attention, it's his charm, eloquence, and it's the way he walks with pride and dignity.

9. Willingness to admit mistakes: if you are error-free, you are probably effort-free. "The act of doing nothing is not excepting nothing in return." Jason S. Samuels. Sometimes you have to be the bigger person. Furthermore; it's the ability to learn from your mistakes.

"The time is always right to do what is right." Dr. Martin Luther King, Jr.

- 10. Downward Loyalty: You should protect the less fortunate. "If you won't fight for your people, then you can count on your people not fighting for you." Author Unknown. You must be committed to a cause.
- 11. Straightforwardness: People support what is simple and direct. "Say what you mean, and mean what you say." Keisha M. Samuels
 Last but not least,
- 12. Inquisitiveness: Curiosity leads life decisions into new areas. The willingness to learn: what, where, when, and how? "Make the unbelievably believable. Unbelievable is the moment we're all amazed when great things happen. But it's believable because great things don't happen without hard work." Robert Griffin III. Baylor QB.

In closing, I encourage you to use these traits as keys to unlock doors, and strive for excellence. Remember God's words; seek and he shall find, knock and I will answer. Be that change agent in this world. Give as it has being given to you and act as if someone else with greater power and authority is watching over you. "When you see a new trail, or a footprint you do not know, follow it to the point of knowing." Native American Proverbs

By Jason S. Samuels

IMPORTANT, IMPORTANT, IMPORTANT

Bring all Value Check Coupon funds/unsold booklets to the SALT Conference on October 17th
-OR-

call Diretta (727-1452) and make arrangements to turn in funds no later than Wednesday, October 17th.

Do you have an email address?

Do you text?

If so, receive Foster Grandparent Program news and updates faster.

Call Gina Lewis 727-1857 today to update your email address and to submit your cell number if you would like to receive updates electronically.

Please call Gina Lewis with your emergency contact information no later than November 1st, 2012. This is a requirement for ALL Foster Grandparent volunteers.



The month of October is known for colorful leaves & trick or treats. But do you know there are so many lesser known observances that take place throughout the month? Take a look...

October Observances

- Adopt A Shelter Dog Month
- American Cheese Month
- Apple Month
- Bat Appreciation Month
- Bullying Prevention Month
- (World) Blindness Awareness Month
- Caffeine Addiction Recovery Month
- Celiac Disease Awareness Month
- Church Safety and Security Month
- Class Reunion Month
- Domestic Violence Awareness Month
- Down Syndrome Awareness Month
- Dyslexia Awareness Month
- Eat Better, Eat Together Month
- Emotional Wellness Month
- Employee Ownership Month
- Energy Management is a Family
- Financial Planning Month

- German-American Heritage Month
- Global Diversity Awareness Month
- Head Start Awareness Month
- Health Literacy Month
- International Walk To School Month
- Long Term Care Planning Month
- Month of Free Thought
- National AIDS Awareness Month
- National Animal Safety and Protection Month
- National Audiology Awareness Month
- National Bake and Decorate Month
- National Book Month
- National Bullying Prevention Awareness Month
- National Breast Cancer Awareness Month
- National Caramel Month
- National Chili Month

- National Chiropractic Month
- National Crime Prevention Month
- National Dental Hygiene Month
- National Disability Employment Awareness Month
- National Go On A Field Trip Month
- National Kitchen & Bath Month
- National Liver Awareness Month
- National Orthodontic Health Month
- National Physical Therapy Month
- National Popcorn Poppin' Month
- National Protect Your Hearing Month
- National Pregnancy and Infant Loss Awareness Month
- National Reading Group Month
- National Roller Skating Month
- National Sarcastic Awareness Month
- National Stamp Collecting Month
- Pizza Month

If you would like to join the newsletter staff, please call
Diretta Glover at (757) 727-1452.

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The FGP Senior Pride is a quarterly newsletter designed for Foster Grandparent volunteers to entertain and to provide with up-to-date information about Program events, general news.

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