

January 3, 1996

Memorandum:

To: Barbara Russell, Executive Director, New Directions For Women Inc.

From: Bernice Casselle

Subject: New Directions For Women Inc., Women In Progress Program

The Women In Progress Program at New Directions For Women Inc. is an information and skills building program that is focused on addressing current health issues and life management skills for women recovering from addiction. The program consist of twelve hours of workshops presented each week for one hour. This format is offered to all of the residents at New Directions, for them to better understand how to become responsible for their health care and management of their own lives. The workshops are facilitated by a qualified training instructor. They stress an open interactive learning model that encourages questions, concerns and skills of the participants to shape and enrich the learning process. The facilitator seeks to blend

lecture, role plays and personal exchanges to keep the group motivated and focused on the topic.

Each woman is expected to make a commitment to participate in all twelve sessions and to share both her knowledge and questions with the group in a supportive manner. The programs design is aimed at creating an environment in which the participants can begin to view the prospect of managing their daily lives as a realistic goal.

The curriculum for the Women In Progress Program can be offered to women in a variety of settings. Community Centers, Schools, Clinics and Drug Treatment Facilities are among the sites where this program could be effectively implemented. The goal is to empower the participants with confidence and the ability to become self sustainable. As the women progress in their recovery they discover their talents and pursue avenues and opportunities to share experiences, strength and hope with other women in recovery.

The framework of the program covers the following topics

1) AIDS / HIV

The focus of this session is to give learners an understanding of the AIDS and HIV epidemic and to equip them with knowledge to share and present AIDS awareness trainings to others.

2) Psycho - Social Issues

This session explores the broad spectrum of issues the HIV positive individual must deal with and suggest solutions for coping. It also provides sensitivity training for the friends, co - workers, peers, and caretakers of the HIV positive person.

3) Self - Esteem

The core of this session focuses on self image and the ways self esteem have a particular impact on the decisions women make and their health. It teaches women how to have a positive relationship with self.

4) Building Relationships

This session encourages the individual to begin to look at the barriers that have deteriorated relationships with friends, family and other people affected by substance abuse and addiction. It focuses on different kinds of relationships and how to build bridges to restore healthy relationships with significant others.

5) Stress Management

The Stress Management session identifies the stressors in an individual's life and provides techniques for minimizing stress. Relaxation and focusing tapes are included in this workshop.

6) Nutrition

This session emphasises the important role good nutrition plays in maintaining good health for women. An examination of the nutrients in foods that keep us well and ingredients in foods that can cause serious health problems is discussed. Healthy recipes are created to share with the group and the importance of exercise to maintain a physically fit body is stressed.

7) Empowerment

This session is about practicing effective communication skills, learning how to listen and speak confidently, how to make decisions and stick to them and how to say no without feeling guilty. It also addresses how to fill out an application for employment, how to prepare for the job interview and dressing for success. In this session the learner discovers that they have ability and talents to creatively find solutions to whatever their situation may be. Each woman participates in the development of the workshop.

This curriculum is presented as a package of twelve workshops. Each session builds on the information presented in the previous session. Some topics will extend to two weeks because of the nature of the subject or interest in the topic.

cc: file

Community

Problem

Goals

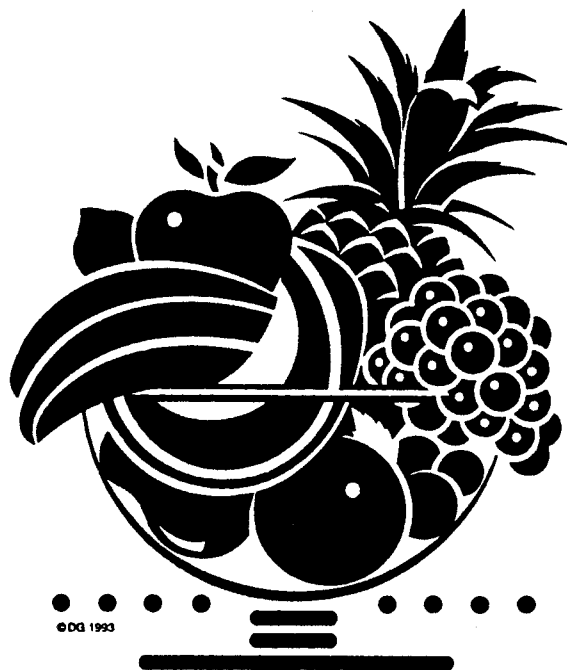
Purpose

Results

RECOMMENDATIONS

New Directions For Women, Inc.

4807 Germantown Avenue, Philadelphia, PA 19144



Women In Progress

Nutrition Calendar

1996

New Directions For Women, Inc.

Women In Progress Nutrition Calendar 1996

Women In progress is the title a group of women in New Directions gave themselves in January 1995.

This title was chosen because of their visualization of the goals, achievements and successes they will obtain as they progress in their recovery.



Women in Progress began in 1995 with the women in New Direction For Women , Inc. They participated in weekly Health Education and Self-Empowerment workshops. The workshops enabled them to see themselves in a different way and seek solutions towards positive self development. The women chose their own topics for discussion. As their self awareness grew, they named themselves Women In Progress.

The recipes contained in the Nutrition Calendar 1996, are a product of the Women In Progress.

Women In Progress want to share their knowledge, strength and success.

New Directions for Women, Inc.
4807 Germantown Avenue
Philadelphia, PA 19144

Barbara Russell, Executive Director

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New Directions for Women, Inc.
Barbara Russell, Executive Director

Women In Progress
Share Experiences
Strength and Hope

- * Building Relationships
- * Self-Esteem
- * Stress Management
- * Nutrition
- * AIDS/ HIV &
Psycho-Social Issues
- * Empowerment

Women
In
Progress





Certificate OF Award

May it be known that this Certificate has been presented to

for Outstanding Achievement in

PRESENTED THIS _____

_____ DAY OF

_____, 19 _____

Philadelphia Daily News June 26, 1995

New Directions for Women gave grandmom a way out

I was in a rehabilitation program. I thank God every day I was in it. It taught me a new way of life. It taught me how to be honest with myself in order to be honest with others. It showed me how to trust again. It showed me I can have a life again. It showed me an addict like me can change.

I now go to a training-readiness program helping prepare me for a clerical training program, which will help me enter the job force, so I can become a productive and responsible member of society.

I am grateful that New Directions for Women was there for me when I was sick and tired of being sick and tired.

I pray that other addicts seek help because there is a better way to live — drug-free. Maybe, a still sick and suffering addict will read this and gain a moment of sanity and seek help.

I am grateful to NDFW and my counselor, Evette Cheeks, and all the others there who have helped me become a grateful recovering addict.

My children are back in my life. My son, Vern, and my daughter, Karen, are very supportive. I can be a grandmother again to my four grandchildren. Most of all, I feel good about myself. I can hold my head up high. With God on my side, I can achieve the things I set out to do.

PATRICIA HOLLEY
Chester

An abuse of Authority

Thanks for the "Ethically Challenged" article by Jim Nolan and Bob Warner. Another city department abuses its power.

If those employees of the Parking Authority want to park in Center City, they should be made to pay just like the rest of us. I blame the officials at PPA for letting parking enforcement officers get away with it. We should flood the agencies with requests for the placards. I'll bet someone will sit up and take notice.

RAY STOFFEL
Philadelphia

DPA looking out for whose welfare?

I compare the experience of the Department of Public Assistance with a trip to the pre-natal clinic. You go there feeling, well, kind of OK, except for the discomfort of being in the condition you're in. But after they've had their way with you (for a lack of a better way of putting it), you're stripped of what little pride you have left.

"Caseworker?" How about "zombie?" An uninterested, uncaring person whose only concern seems to be how close it is to lunchtime? I was under the impression your caseworker was supposed to assist you. Not my experience; quite the opposite. In fact, when I was interviewed, my caseworker seemed annoyed that I was prepared.

In DPA, what's the A stand for?
LISA M. HAAS
Philadelphia

People pay taxes, yet have no idea where this money goes.

Social Security is a mandatory allotment everyone in my age group will probably never see.

Instead of the excessive taxes, why not give some of these third-generation welfare recipients an incentive to support themselves? How about a government-subsidized shopping center that deals primarily with food stamps? All the products could be generic.

It would return the money to the government, while offering employment and security to more Americans, since the products will all be American-made.

I'm not anti-government, just anti-moronic, and would like to see my investment spent a lot more wisely, not foolishly by

some bureaucrat more concerned about his future than ours.

MARK JUPIN
Philadelphia

Abused firefighter

I agree with Mary Humphrey about the lack of concern for Fire Lt. Robert Mowry (Dan Geringer column June 12). If we could only get Mayor Rendell and his sidekick David Cohen to open their eyes to Lt. Mowry's health, as well as his financial problems.

This poor dedicated man and his family have been abused and overlooked by the city's top officials. How can they take the word of a retired dentist over that of a top specialist in the field of bacterial infection from one of the greatest hospitals in our area?
DONNA GIULIAN
Philadelphia

Souljah comment riskier

W. Russell G. Byers (column June 8) suggests that criticism of Sen. Robert Dole for his attack on Hollywood is unwarranted, compared to the praise President Clinton received in 1992 for standing up to Sister Souljah's racist comments. Byers wonders why such similar positions have drawn such different reactions.

What Byers fails to take into consideration are the motives of each of these politicians. Few would disagree that today's Hollywood doesn't exactly have the market cornered on morals, just as most sane people saw the absurdity of Sister Souljah's babble

three years ago.

In attacking Hollywood, Dole confronts an overwhelming liberal constituency, one that could offer him little in the way of financial or political support under any circumstances. At the same time, his comments obviously appeal to the most conservative members of his party. This is particularly fortuitous, since those most likely take part in a primary election of either party tend to be the party's most extreme element. More centrist voters usually wait until the general election. Thus Dole's attack poses no political risk within the Republican party.

In contrast, Clinton's criticism of Sister Souljah risked alienating a significant portion of the Democrats' voting base. His comments could have cost him the votes of many blacks, as well as much of the far left vote. Considering the timing of this incident (in the midst of his campaign) and potential loss of votes, Clinton's stand can be seen as an expression of personal conviction at the expense of political expediency.

It is not so much the message itself upon which judgment is being passed, but the motivations of he who delivers that message.

CHRIS INDELICATO
Philadelphia

WRITE US

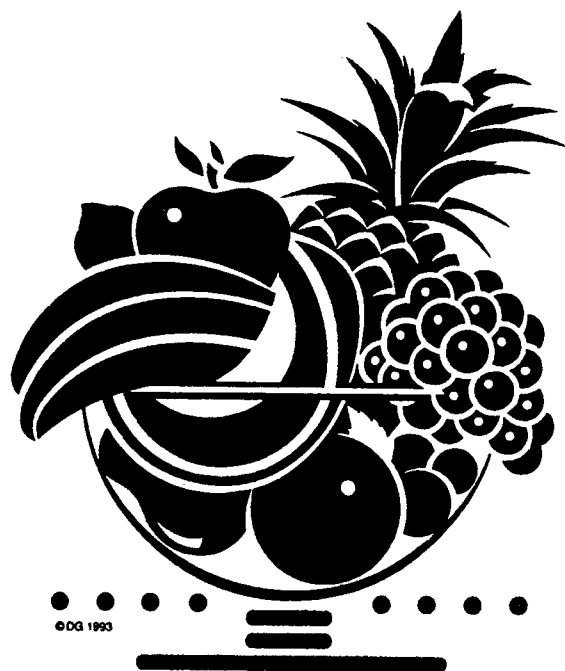
To be considered for publication, a letter must be signed and include the writer's address and telephone number. It should be concise, legible and written for this newspaper only. You can mail it or fax it to 215-854-5691 or e-mail to:

dndett@aol.com

All letters are subject to editing.

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Women In Progress

Nutrition Calendar

1996

New Directions For Women, Inc. Women In Progress Nutrition Calendar 1996

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Barbara Russell, Executive Director

Yogurt Mueslix Muffins

- 1 1/2 cups of biscuit mix
- 1 cup of Mueslix
- 1/4 cup of brown sugar
- 2 eggs
- 1 cup of strawberry banana yogurt
- 3 tbs of cooking oil



Mix biscuit mix, Mueslix and brown sugar together in a bowl.

Mix eggs, yogurt and oil in a separate bowl.

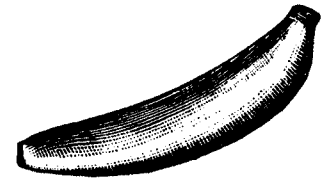
Add egg mixture all at once, to the Mueslix mixture (should be lumpy)

Grease 12 cup muffin pan or line with paper muffin cups.

Fill cups until 2/3 full.

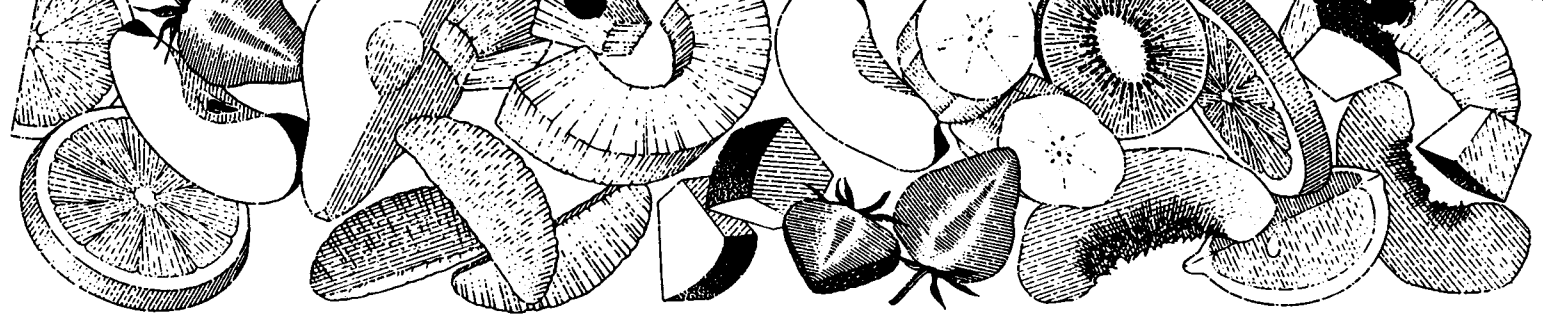
Bake at 400 degrees for 16 to 18 minutes or until golden brown.

Remove from pan, serve warm.



By Alma L. Bishop
5/24/95

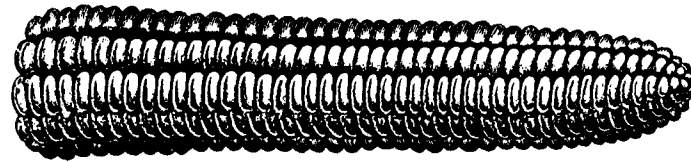
January 1996



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Easy Sunday Veggies

2 cans of green beans
1 bag of frozen corn
2 cans of stewed tomatoes
1/2 tsp of black pepper
1 tbsp of vegetable oil



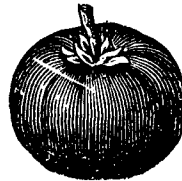
Melt oil in frying pan.

Add frozen corn, stir for 3 minutes.

Add green beans, stir for 5 minutes.

Add stewed tomatoes and black pepper, stir and let simmer for 5 to 10 minutes.

Serve warm.



February 1996

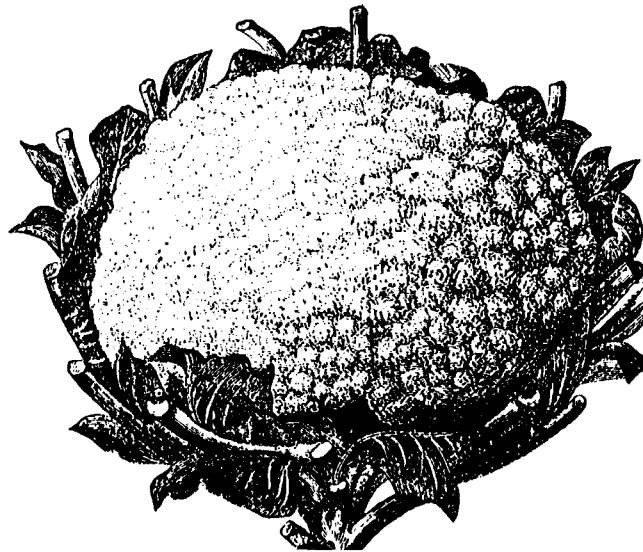


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Michelle's Salad

2 lbs broccoli
2 lbs cauliflower
2 lbs cooked shrimp
2 lbs crabmeat
2 cups Italian salad dressing

Mix all above ingredients, add spinach for decoration or dressing of dish or bowl.



By Michelle Bernard
5/18/95

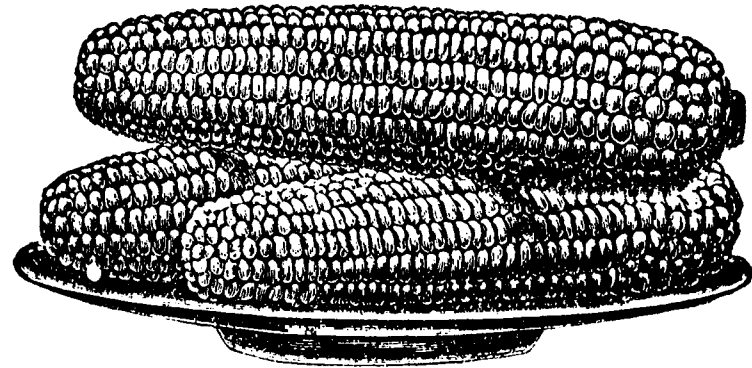
**March
1996**



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Vegetable Chicken Breast

4 boneless chicken breasts
2 cans of green beans
2 cans of yellow corn
1/2 cup of chopped onions
1 cup of rice
1/2 cup of margarine



Season chicken to own taste.

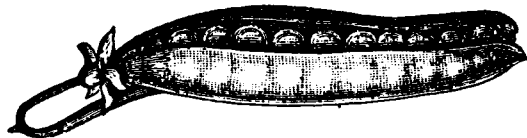
Bake in oven at 350 degrees until done.

Mix corn, green beans, onion and margarine.

Pour into skillet and simmer.

Cook rice, pour vegetables over chicken.

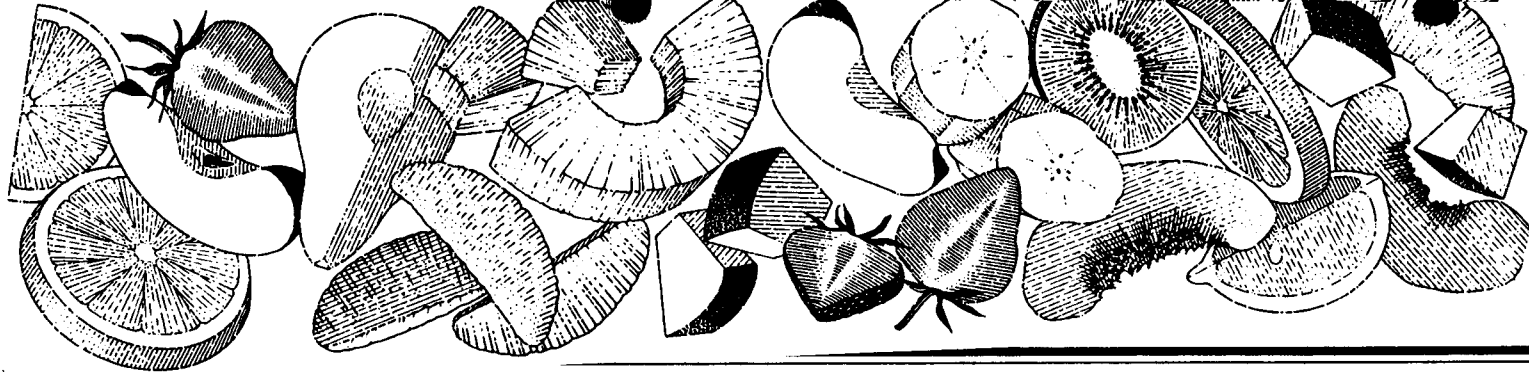
Serve with rice. Makes 4 servings



By Harriett Holmes

5/24/95

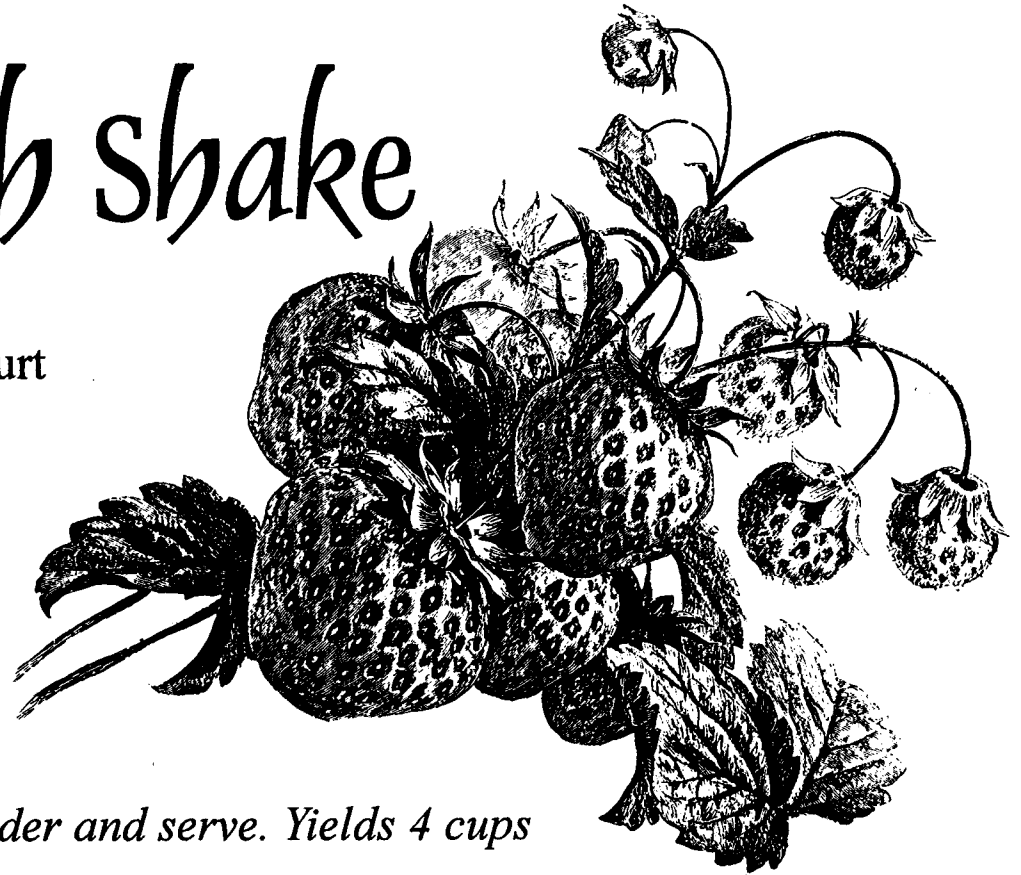
**April
1996**



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Health Shake

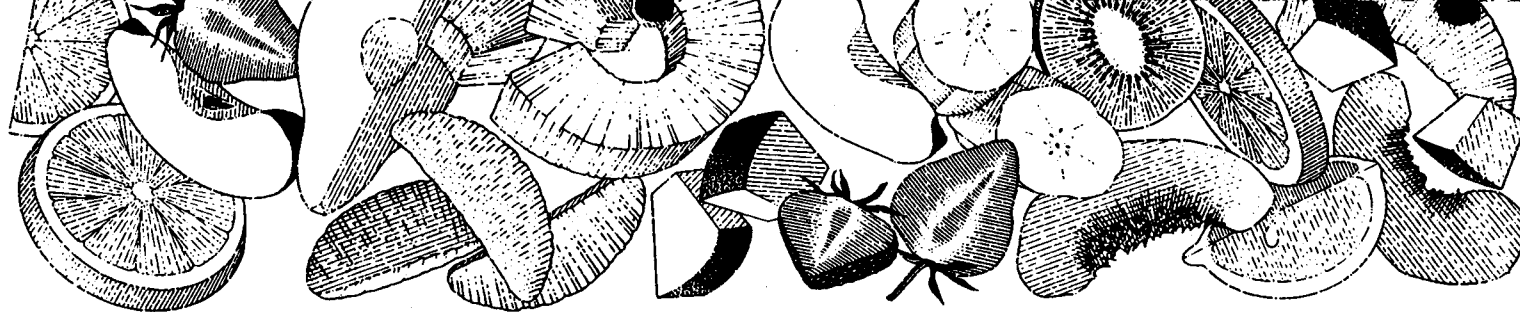
1 cup Dannon Strawberry Yogurt
1 cup skim milk
2 tbsp wheat germ
1/4 tsp vanilla
1 egg
2 tbsp honey
1 cup crushed ice



Mix all ingredients together in blender and serve. Yields 4 cups

By Sonya Dennis
5/18/95

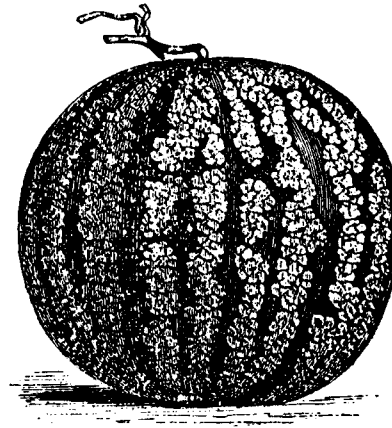
**May
1996**



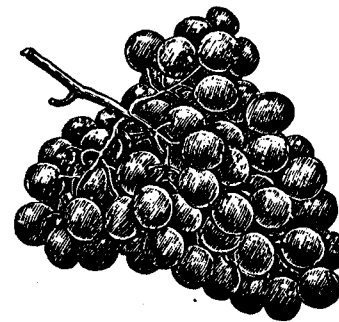
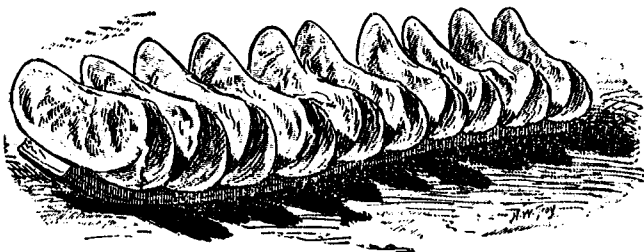
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Toya's Fruit Salad

1 Whole watermelon
1 cantaloupe
4 oranges
4 apples
1 grapefruit
4 pears
1 pineapple
4 kiwi's
2 lbs red grapes

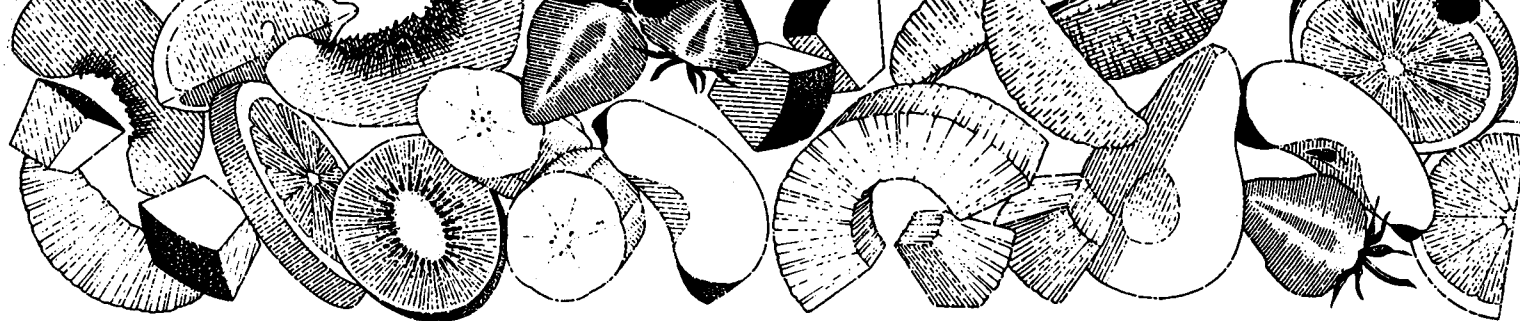


Cut watermelon in half and remove center. (Save center to mix with other fruit) Cut all the fruit into small pieces. Mix and pour into center of watermelon rind and serve. (Makes its own juice).



By Toya Smith
5/18/95

**June
1996**



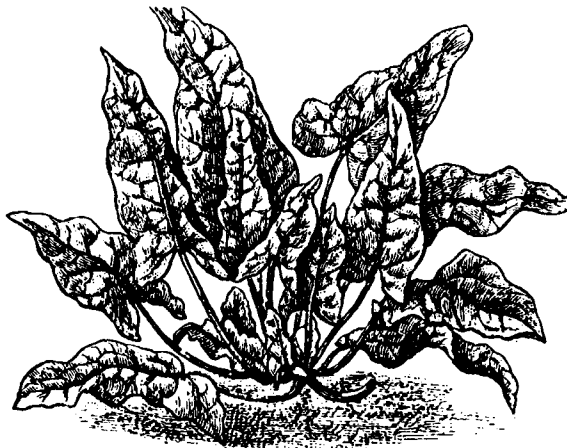
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Spinach Salad

1/2 cup of shredded carrots
1/2 cup of shredded cheese
1/2 cup of chopped boiled eggs
1/2 cup of chopped onions
1/2 cup of vinegar
1/2 cup of oil
1 bag of fresh spinach

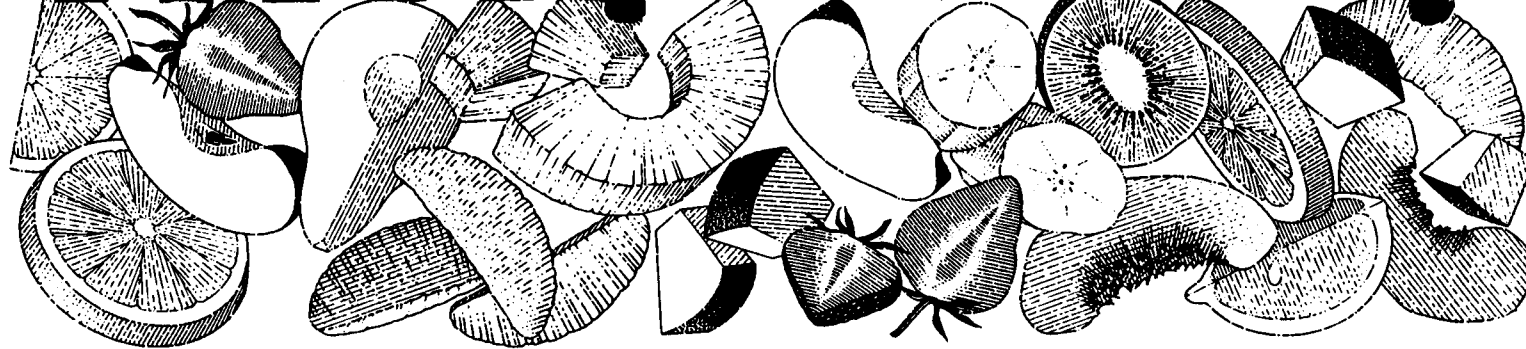


Mix vinegar and oil. Pour over spinach. Sprinkle cheese on top if you like.



By Janice McGee
5/24/95

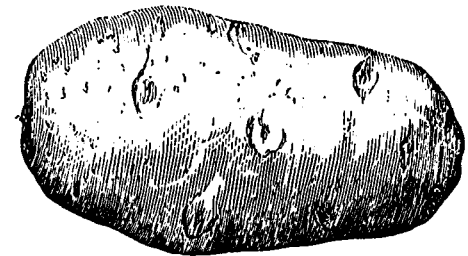
**July
1996**



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Chicken Shepherd Pie

6 mashed potatoes
1 can whole kernel corn
1 can sweet peas
3 lbs diced chicken
3 tbs of Molly McButter (or whatever butter you like)
1 tsp of Ms Dash



Make one layer of mashed potatoes in bottom of baking dish or pan.

Mix carrots, peas, chicken, melted butter and Ms Dash.

Spread mixture over mashed potatoes.

Add another layer of potatoes over top of mixture.

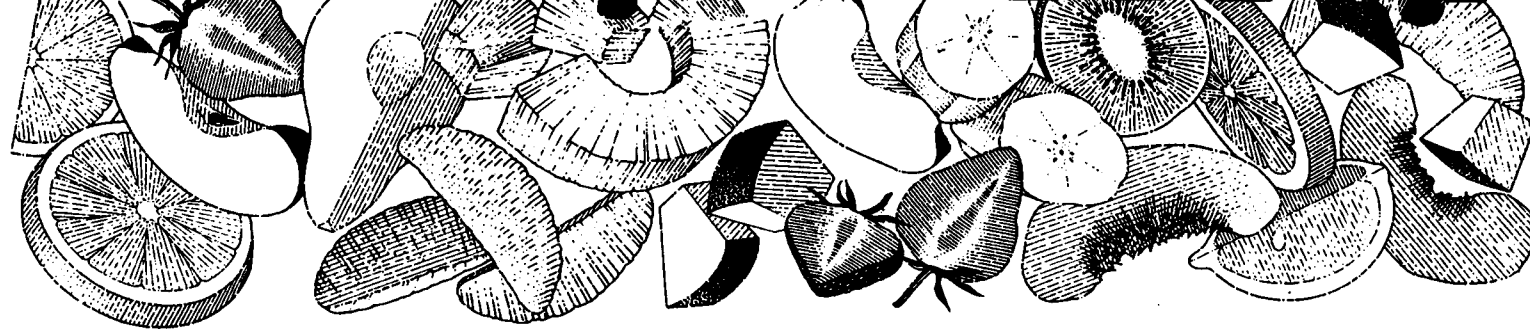
Sprinkle paprika on top.

Bake in 350 degree oven for 30 minutes.

By Lillian Harris

5/15/95

August 1996

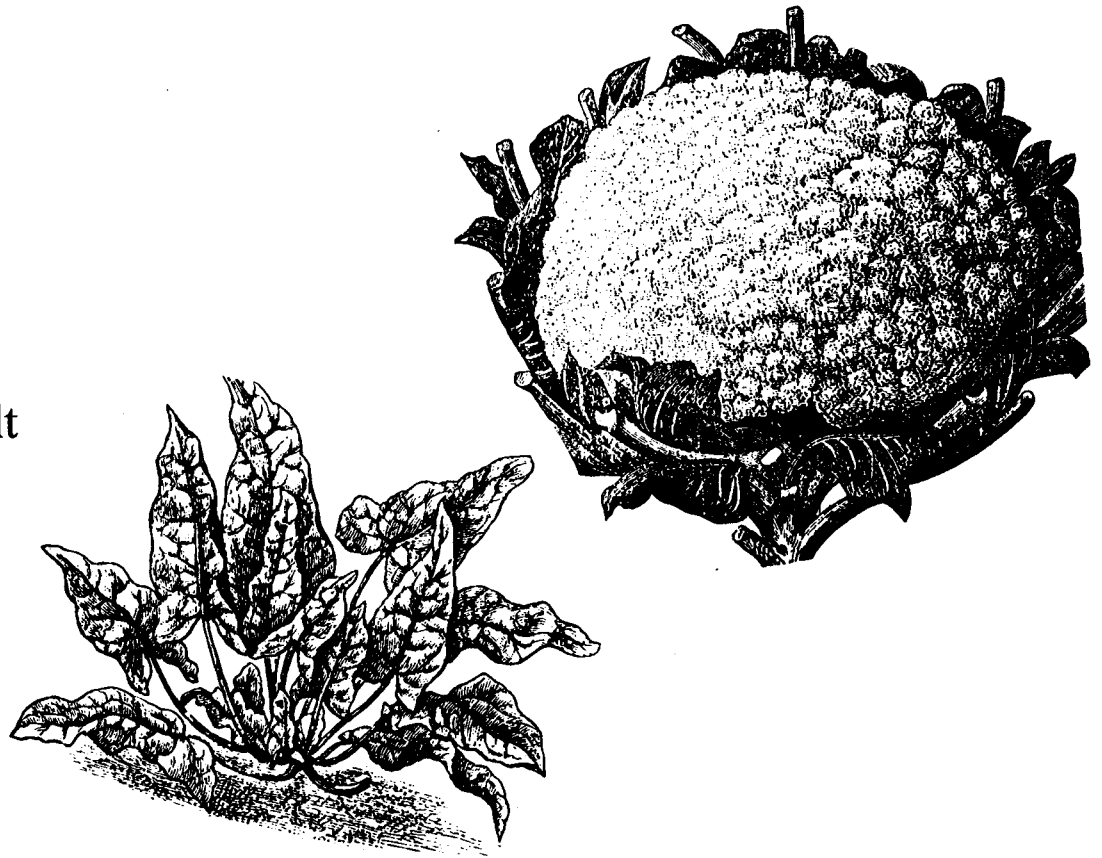


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Cauliflower and Spinach Salad

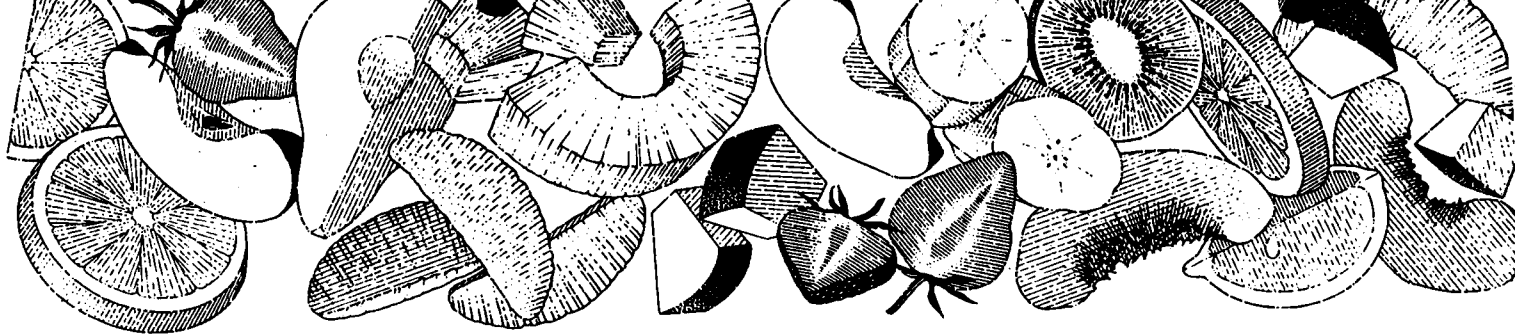
2 cups of cauliflower
2 cups of spinach
3 boiled eggs
2 green peppers
1 red onion
1 red pepper
1 teaspoon of vegetable salt
3 cucumbers
1 tomato

*Cut vegetables and place in a
Mix all ingredients together.
Sprinkle diced tomatoes on to*



By Patricia Kennon
5/18/95

**September
1996**



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Vinegar and Sunflower Oil Salad Dressing

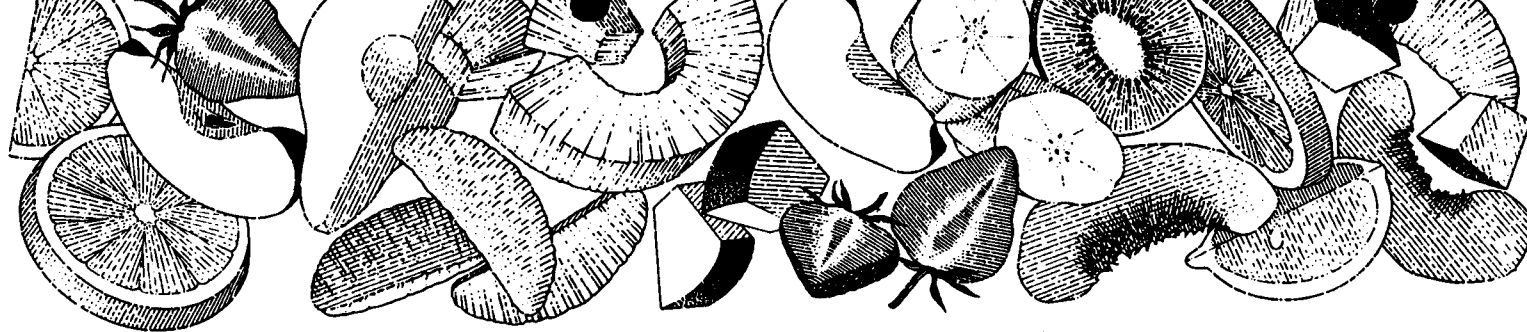
2 Tsp of brown vinegar
1 cup sunflower oil
2 tsp of vegetable salt

Mix and pour over salad.



By Patricia Kennon
5/18/95

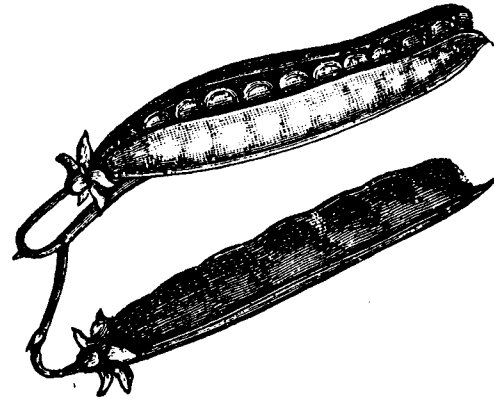
October 1996



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Quick Red Bean and Turkey Dinner

2 cans of kidney beans
1/2 lb of deli smoked turkey (sliced thick)
1/2 green pepper
1/2 onion
1 teaspoon oil
4 cups cooked rice



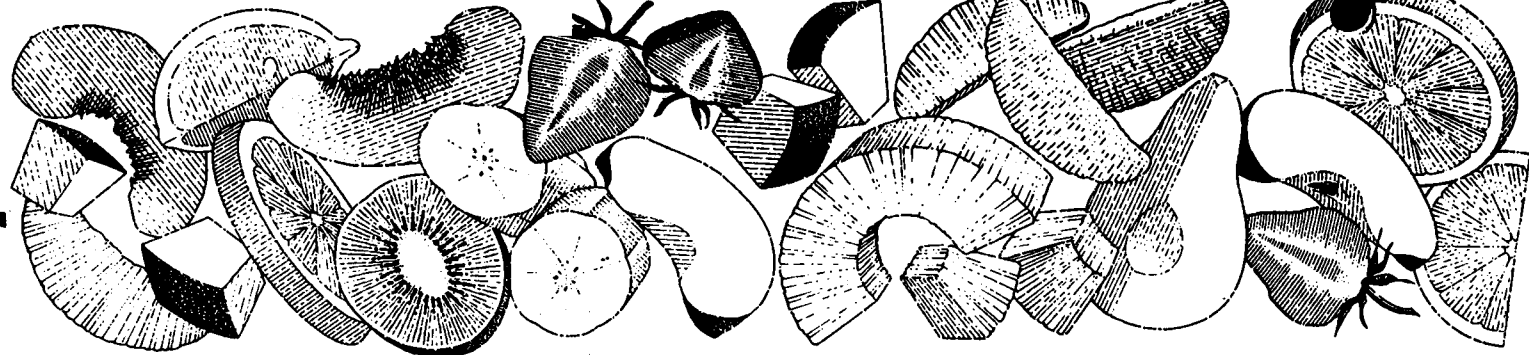
Slightly cook green pepper and onion in the oil.

Pour kidney beans in pan and cook for 3 minutes.

Dice turkey into little squares and lay over top of kidney beans, cover and simmer for 10 minutes.

Serve with rice.

November 1996



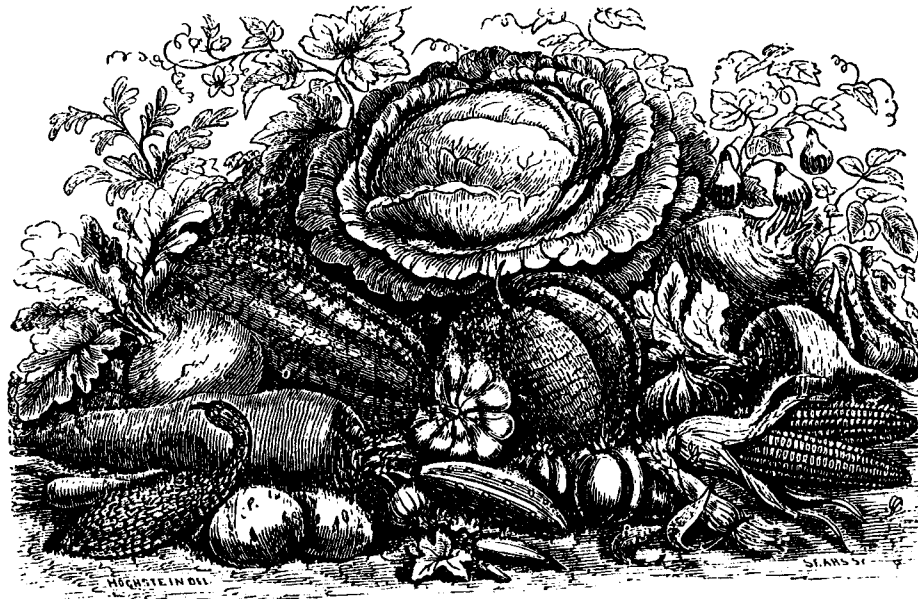
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Dorrie's Recipe

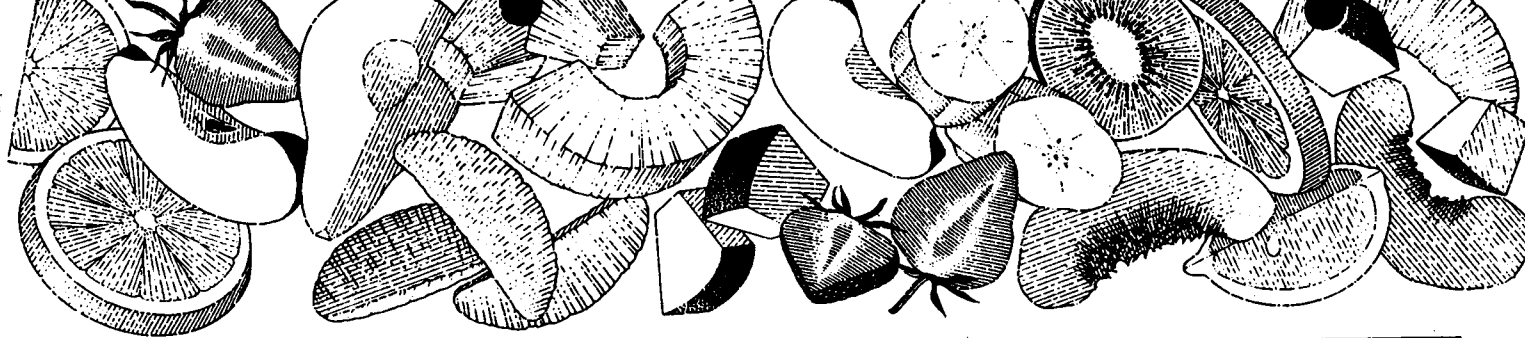
1 can of mixed vegetables
1 green bell pepper
1 onion
1/2 cup mayonnaise

Chop onions and green pepper. Mix with vegetables and mayonnaise.

By Dorrie Miller
5/24/95



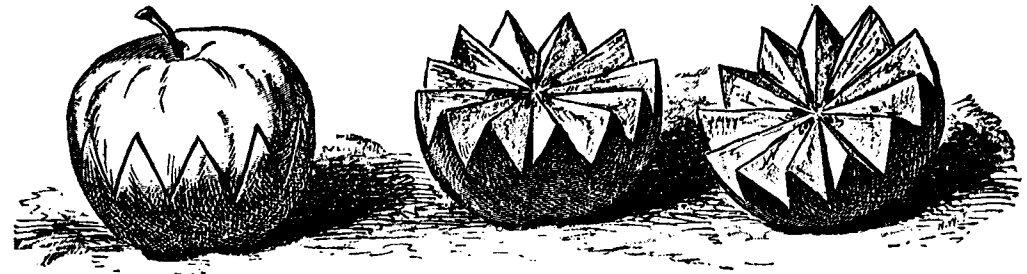
December 1996



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Graham Cracker Apple Betty

1 box graham crackers
1 large jar of apple sauce
3/4 cup of brown sugar
1/2 tsp of cinnamon
1 stick of margarine or butter
1 container of Kool Whip



Empty graham crackers into a plastic bag and crunch into little pieces.

Pour brown sugar and cinnamon in with graham crackers and shake to mix.

Grease the bottom of a square baking pan. Cover bottom with some of the graham cracker crumbs. Add some apple sauce and then another layer of graham cracker. Continue layering ending with graham crackers on top. Slice margarine on top and bake in 375 degree oven for 35 to 40 minutes. Let cool and cut into squares for serving.

Add a tablespoon of Kool Whip on top if you choose.

