

THE BUZZ



4 TIPS ON EATING HEALTHY FOR THE COMING HOLIDAY SEASON

The holidays are a time for us to gather with family and friends to celebrate. For better or worse, with celebration comes food. If you have been working very hard at eating healthy, losing weight, or maintaining your weight, this may be a difficult time for you. The last thing we want to do is over-indulge in all the delicious food that surrounds us during the holiday season. What are some things you can do to avoid over-eating and sabotaging all your hard work?

Prepare Yourself Before the Party

One of the biggest mistakes you can make before heading to a party is to skip a meal or arrive hungry. By eating a light, healthy snack before leaving your own house, you can set yourself up to make better choices. Try a low-fat yogurt, fresh fruit, or a small bowl of whole-grain cereal with skim milk.

Bring a Healthy Holiday Food

If you are hosting the party, you have control of the ingredients that are added to the favorite holiday recipes - but as a guest, it is not as easy. However, just because you are a guest does not mean you cannot offer to bring a healthy, low-fat dish to add to the selection. Most hosts will welcome an additional dish, and the other guests may enjoy having a healthier option to choose. Consider a simple dish like roasted string beans, or if you offer to bring dessert, consider a pumpkin pie without the crust or baked apples.

Be Mindful During the Party

The first thing you should do is remember what the celebration is about. Your mind should be focused on enjoying the time with your family and friends. During mealtime, fill your plate up mostly with vegetables. Try not to over-indulge, but you should not feel like you have to avoid any item. Choose items that are your favorite in smaller portions, and eat slowly to savor every bite.

One great way to avoid snacking throughout the party is to plan fun activities to participate in with other guests, such as games or making crafts. If it is available, set up a tournament with a gaming system that is interactive.

That is a great way to burn some calories and avoid the buffet of snacks sitting out on the counter or table.

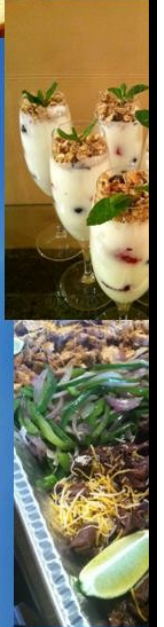
Keep Moving

This time of the year should be enjoyable. However, you need to keep physically active, maybe now more than ever. Physical activity reduces stress and gives us more energy. Try fitting in a workout before the party because, more likely than not, you will be tired from all the celebrating afterwards. During the party, go on a brisk walk with some of the other guests or, if there are children around, toss a ball outside. This can give you a burst of energy and a chance to catch up.

Remember: The holidays are for celebrating with family and friends. If you must splurge one, two, or even three days during the holiday season, then that really is not going to ruin all of your hard work. It takes an extra 500 calories each day, or 3,500 calories a week, to gain a pound. All the extra snacking can really add up, but you can easily pass up all the treats in the office and keep goodies out of your own home. If you do this, you can feel good allowing yourself to enjoy the foods you look forward to every year.

Inside this Issue:

Taste of T.O.U.C.H.E.D.	2
UPS is hiring!	3
The Pink Party for Teens	3
Classroom Central's Field Day	3
The Real Woman's Group	4
B.L.O. Youth Program	4
Parent Voice	5
Editor's Message	6
The SAAM Annual Family Festival	6



GENESIS PROJECT

Taste of T.O.U.C.H.E.D. gets a Taste of Heaven

With Chef Kevin Robinson

**Come an hour earlier at 12 noon for the FREE SMSI Community Health Forum regarding questions on the new Health Reform. A representative from Blue Cross Blue Shield of North Carolina will be present to assist. Gain information to make informed decisions about purchasing health insurance on the Health Insurance Exchange, qualifying for federal subsidies and much more....*

Come experience a live demonstration of a healthier way to prepare meals and still keep a Heavenly flavor.

FREE
(RSVP is a must due to limited seating)

Saturday, October 19th, 2013

1pm to 3pm

**JA Cuthbertson Family Life Center
517 Baldwin Avenue
Charlotte, NC 28204**



Space is limited. RSVP is a must!
Email: ahawkins@genesishproject1.org
Or call
704-596-0505 x203





UPS is Hiring!

UPS will be hiring Seasonal Driver Helpers!

- Earn extra money through December 31st.
- Be available Mon– Fri from 9am to 7pm
- Hours vary– availability is a must
- Receive paid training, uniform, & weekly pay
- Must have sturdy slip resistant footwear
- Able to assist drivers with delivers in all types of weather
- Work in an area convenient to your home, school, etc.

Note This is extreme physical work; face-paced, lots of walking, and lifting packages up to 70 lbs.*

Applications start October 23rd!!!!!!!!!!!!

Log onto www.upsjobs.com

-Select your local zip code

-Complete the Driver Helper application

-Schedule an interview session

-Wear your sturdy slip resistant footwear to the interview

-Bring your *driver's license* or *State issued ID*

-And your *social security card* to the interview

Classroom Central



Field Day

Memorial Stadium

Saturday, November 2, 2013

1:00pm - 4:00pm

Help LEVEL the playing field for students in need

On Saturday, November 2nd, 2013, join Classroom Central for a day of food, fun, family and friendly competition. Proceeds will be used to buy school supplies for students in need.

Corporate Challenge

Teams from local corporations will be competing on the field for the ultimate honor: Classroom Central Field Day Champion. For sponsorship and team registration contact Amy Davis at

amy@classroomcentral.org or visit: classroomcentral.org/fieldday.

Family Fun Area

Beyond the Corporate Challenge taking place on the field, there will be nostalgic Field Day activities for families and kids of all ages. Live music, concessions, face painting and sports mascots will add to the fun. Kids admission is FREE, adults cost \$5.

Memorial Stadium is located at 310 N. Kings Drive near Uptown. Parking is available for free. Opening Ceremonies start at 1:30pm and Closing Ceremonies at 3:30pm.

Classroom Central equips students living in poverty to effectively learn by collecting and distributing free school supplies.



FOR BREAST CANCER AWARENESS MONTH

WEAR YOUR PINK!

FREE "PINK" FOOD | FUN PINK GAMES
SKYPE INTERVIEW WITH CANCER SURVIVOR
FREE INFORMATION AND RESOURCES
MUSIC & PINK PRIZES

just for TEENS

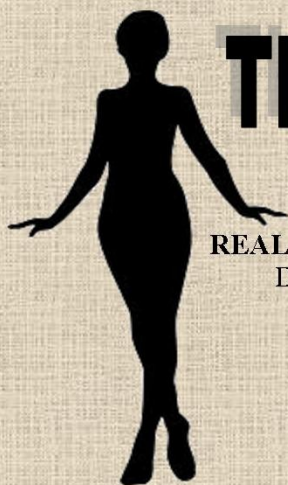
TUESDAY
OCTOBER 22, 2013
3 - 5PM

IMAGINON
THE JOB & JOAN MARTIN CENTER



Charlotte Mecklenburg Library

THE TEEN LOFT AT IMAGINON, 300 EAST 7TH STREET, CHARLOTTE, NC 28202



The Real Woman's Group



REAL WOMEN

Discussing

REAL ISSUES

Dealing with the

REAL WORLD

Discovering

REALISTIC SOLUTIONS



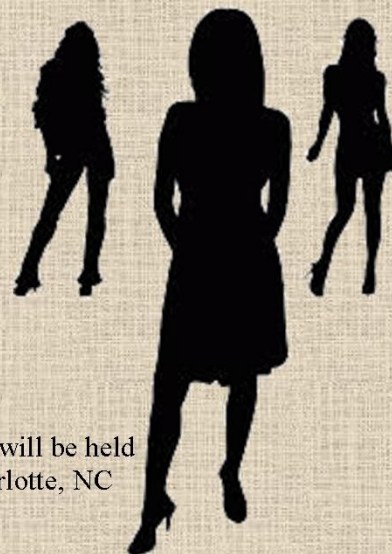
STARTING

Thursday, October 17th, 2013

An intake is needed to start

Call to schedule an intake appointment **TODAY!**

704-596-0505



Come be a part of a new positive support group for women. Meetings will be held at Genesis Project 1, Inc. located at 5108 Reagan Drive Suite 14, Charlotte, NC 28206 on Thursday's from 6 to 7:30pm.

(Day and time are subject to change to best fit everyone's availability. For more information call 704-596-0505 or visit our website: www.genesisproject1.org)



B.L.O. Inc. Youth Program

a Non-profit Organization

"Lending a hand to strengthen our youth and families in the community"

Do you know of a youth ages 9-18 that:

- Have been in trouble with law enforcement?
- Having behavioral issues in/out of school?

We are here to serve YOU!



Youth Participate in our:

Right Paths

or

Journey to Redemption Programs

(Required Parental Workshop)

Help Me

Now enrolling for Session 1

October 28th thru December 18th

Monday's & Wednesday's from 4pm to 7pm

Every other Saturday from 10am to 1pm

1801 N. Tryon, Charlotte, NC 28206

300 Building (Conference room 1)

Transportation provide upon request

Make a referral or register TODAY!!

Director –Shenera Mackey

704-208-9308

bloinc2010@gmail.com

www.blo-inc.weebly.com

Program consist of 7 weeks discussing:

- Gang Prevention**
- Substance and Alcohol**
- Legal Awareness**
- Truancy**
- A Better Choice**
- And much more!



Spreading Hope, Spurring Action, Supporting Families, Saving Lives!

October 2013 Monthly Announcement

EMPOWERMENT

The ParentVOICE Empowerment Group offers a safe, relaxed and friendly environment for Parents and caregivers to talk and share their struggles and triumphs while making new friends, all at the same time.

We are very excited this month to have guest speaker, Sandy Perkins, Clinical Psychologist, who has worked many years with Mecklenburg County families in the schools and mental health services. Don't miss this chance to talk with her!

Date/Time: **October 22, 2013 – 6:00 pm – 8:00 pm**/ Dinner and childcare will be provided.

Location: Grace United Methodist Church, 737 Woodlawn Rd. Charlotte NC 28209

For more information contact: Sheila Wall-Hill – 980-406-1498 (cell) swall-hill@mhacentralcarolinas.org

ACTIVE YOUTH

Come to A.C.T.I.V.E. Youth Group! This month our topic is *“Managing our Stress for Stress Free Living”*.

Date/Time: **October 22, 2013 – 6:00 pm – 8:00 pm**/ Dinner and childcare will be provided.

Location: Grace United Methodist Church, 737 Woodlawn Rd. Charlotte NC 28209

For more information contact: Kevin Markle - 980-406-1527 (cell) kmarkle@mhacentralcarolinas.org

GRANDPARENT

This group is for grandparents raising grandchildren with emotional, behavioral and mental health challenges. Come join us as we discuss **“Budgeting Strategies for Grandparents.”**

Please bring your favorite covered dish for the potluck brunch. Call to reserve your attendance.

Date/Time: **October 24, 2013 – 11:00 am – 1:00 pm**

Location: 3701 Latrobe Drive Suite 220 Charlotte NC 28211

For more information contact Barbara Baker - 980-406-1258 (cell) bbaker@mhacentralcarolinas.org

FAMILY SUPPORT

Having an Child and Family Team (CFT), a meeting with a service provider, an IEP or Intervention Team meeting for your child? Need someone to go with you?

Our trained staff is here to assist you with navigating and understanding various youth serving systems throughout Mecklenburg County. Call if you would like one of our Family Support Specialist to help you prepare for and/or attend meetings with you.

For more information and support contact:

Barbara Baker	980-406-1258 (cell)	bbaker@mhacentralcarolinas.org
Angela Garlins	980-406-8292 (cell)	agarlins@mhacentralcarolinas.org
Cathy Johnson	980-406-1169 (cell)	cjohnson@mhacentralcarolinas.org
Angelia McIlwaine	980-355-3237 (cell)	amcillwaine@mhacentralcarolinas.org
Sheila Wall-Hill	980-406-1498 (cell)	swall-hill@mhacentralcarolinas.org



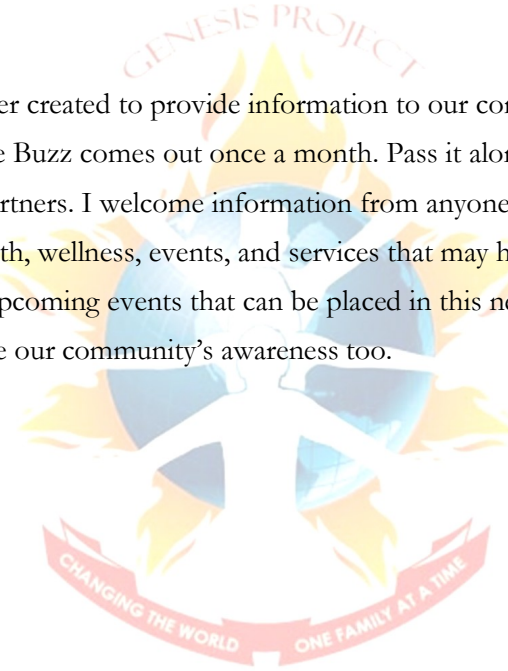
Program Mission
To provide information, support and opportunities that strengthen and inspire youth with mental health challenges, and their families and caregivers, to learn, lead, participate and advocate for quality services and successful outcomes.

Telephone: 704-365-3454
Website: www.mhacentralcarolinas.org
3701 Latrobe Drive Suite 220, Charlotte, NC 28211

Editor's Message

Hello all,

The Buzz is a Genesis Project newsletter created to provide information to our community at large. It has a plethora of information that is beneficial to all. The Buzz comes out once a month. Pass it along to your family, friends, neighbors, co-workers, business associates, and partners. I welcome information from anyone, as well, that has a goal to help get the word out to our community about health, wellness, events, and services that may help us all. Please do not hesitate to contact me about any information or upcoming events that can be placed in this newsletter. I am open to suggestions/changes that could be added to increase our community's awareness too.



Warmly,

Ms. Azizah Hawkins

Community Initiatives Coordinator

Genesis Project

704-596-0505 x203

ahawkins@genesisproject1.org

www.genesisproject1.org

**WE'RE ON THE WEB:
WWW.GENESISPROJECT1.ORG**



Substance Abuse Awareness Month Annual Family Festival

Community Vendors
Talent Showcase
Health Screenings
Wellness Tips
Drug Education

**October 19, 2013
11:00-3:00 pm**

**Greenville Neighborhood Center
1330 Spring Street
Charlotte, NC 28206**

Free Food
Music
Line Dancing
Kid Zone
Family Games



To Donate, Volunteer, or Vendor information
Contact The Center for Prevention Services: ph 704-375-3784;
www.preventionservices.org; facebook.com/preventionforward

