

# Northside News

August 2015

Vol. V, Issue 7

This summer the Jackson Center had the opportunity to work with four youth from the Housing & Community Summer Youth Employment Program. While it is the first time we have worked with the program, it will not be the last! We thoroughly enjoyed working with them, each bringing their own special gifts and talents to our work place.

**Albert Nyamayaro** – very independent, self-starter hard working, give him a task, count it done

**Takenya Evans** – always ready to meet a challenge no matter how difficult with a smile

**Jessica Gonzales** – very detailed oriented and beautiful kind spirit

**Chandler Alston** – full of words of wisdom and always willing to take on any task

They will be greatly missed when they return to school. We wish them well and hope to see them again, perhaps next summer or coming to volunteer! –*Yvonne Cleveland and the Jackson Center staff.*



This will be my 3rd year working with the Chapel Hill- Carrboro Summer Youth program. I can honestly say that every year I participated I really enjoyed myself and the teaching that came along with the program. This year I was placed to work in the Marian Cheek Jackson Center, where I can say I have had great experiences. From walking in on my first day with all new faces and everyone being so welcoming to being a child in the community who grew up playing basketball at Hargraves, I was able to connect and see how so many people are involved in the community. Working with Heavenly Groceries every afternoon really gave me a good feeling to know that we are feeding so many families! Working with the church women and Hollywood who work there everyday, and who have worked there for many years straight, is just amazing to be a part of and was just a blessing. – *Albert Nyamayaro*

Working at The Jackson Center has been an amazing learning experience. I learned how to work with others and, I became more hard working. I also enjoyed my amazing co-workers who were so down to earth and nice. It wasn't just one of us working, we did it all as a team and helped each other out. My favorite part of working at The Jackson Center was helping with Heavenly Groceries. I liked having conversations with people as they got their food and I learned a lot of recipes from working at Heavenly Groceries. I met a lot of cool people from Heavenly Groceries like MaMa Kat, Ms. Billue, Ms. Alston and Ms. Charlie. – *Takenya Evans*



If I could describe this summer with The Marian Cheek Jackson Center in one sentence it would be "Not the typical office." As a 2015 summer youth employee I had a great experience not only for my own knowledge but, as a job experience, I have been able to adapt to a different environment. In the office; Yvonne, well she's like the mom of us all. She shows us so much care and attention plus you never have to worry about not having something to talk about. George, as a supervisor this summer was very chill and laid back with everything and he had such a great mood all the time! Hudson let's say age doesn't have an appearance, he is a cool guy, busy during the day but he gets it done. Then there's Brentton, he brings such a great vibe and there's not one time I don't laugh around him! Manju, was fun! She was always in and out the office but always happy and had such a great attitude and down to help anyone who needs it. Dustin was great with helping us paint the Jackson center, his skills with ours turned out better than I'd imagine plus your height helped us out a lot! Thank you all so much for making me feel welcome from the first day. I will truly miss everyone but you'll be seeing me around! You made my summer job the BEST! – *Jessica Gonzales*

My experience working with the Jackson Center was very fun, educational, and eventful. I have learned a lot about this community. I also have ties to the Northside neighborhood. My great great grandma Christine lived on Gomains St and my great grandma Polly and grandma Deloris Bynum lived on Bynum St. Also, some of my cousins live in the Northside area on Craig, Gomains, and Weaver St. On Mondays we have a staff meeting. This is the only day that is not like the others. A typical work day at the Jackson Center includes different tasks like delivering Northside Newspapers, painting the center, or helping mow the lawns of our elderly neighbors. Sometimes I have had the privilege of talking to people in the community while I deliver papers. Also at the end of every day we would go to the Heavenly Groceries program. The Heavenly Groceries program helps people that are in need of food. In closing I have gained skills like painting, typing, and working with people. – *Chandler Alston*



## ASK KEITH

*Ms. Keith Edwards is a lifetime resident of McDade Street and lifelong advocate for the community. Keith is widely known as a fighter for justice and receives calls from neighbors asking her about programs and referrals for help with household and community issues. To submit questions for "Ask Keith," call the Jackson Center at 919-960-1670.*



**Where can families get donated school supplies, and other materials for the upcoming school year?**

These are some of the locations that we are aware of at this time.

Hargraves Community Center will be having a Back to School Backpack giveaway this Saturday August 15th. Registration will begin at 10:00 a.m. in the Hargraves gymnasium. Parents must be with their children who will be receiving book bags. Refreshments will be provided such as popcorn and freeze pops. Hargraves center will continue accepting donations of school supplies from anyone up until Friday August 14th. For more information contact Hargraves Community Center at 919-968-2794.

Even though the Rogers Road Community Center had their book bag giveaway last Saturday August 8th, they still have some book bags and school supplies available. In order to receive one of these book bags and supplies, you must register at the Rogers Road Community Center at 1704 Purefoy Drive and complete a form. RENA's operational hours are 10:00 a.m.– 5:30 p.m. Monday–Friday and 10:00 a.m.–6:00 p.m. on Saturdays. For more information call 919-918-2822

St. Josephs C.M.E church, at 510 W. Rosemary St. will be having a Back to School Extravaganza. Saturday August 15 from 11:00 a.m.–1:00 p.m. Refreshments, games and activities will be provided.

Please don't let all of these opportunities pass you by and remember, first come first serve!

## ARCHIVE TRIVIA

Submitted this month by: **Who was the first black female Police officer in Chapel Hill/ Carrboro?** Anonymous

Call in by 10am Wednesday August 19 (919) 960-1670 with your answers

Last Months Answer: Jeff Foushee

## Do you have minor exterior house work, yard work, and need help?

Volunteers for youth and F3 are teaming up with the Jackson Center to help families in need the first Saturday of each month. The next opportunity is September 26th.

F3 is a working group of adult males from Chapel Hill looking to assist community, while Volunteers for Youth has provided youth programming in Orange County for over 30 years. This group is not experienced with major construction work but can lend a hand with yard and shed clean up, and physical labor where needed. If interested or you know someone who needs assistance contact George Barrett at [george@jacksoncenter.info](mailto:george@jacksoncenter.info) or call 919-960-1670 with details of your project!

## Community Board

Birthdays in August. If we missed yours or someone else's, please call us at 919-960-1670, to submit birthdays so we can make sure to remember everyone for the future.

- Sheila Alston– August 2
- Kathy Atwater– August 5
- Steven Pendergraft– August 5
- Troy Harrison Jr. –August 6
- Kathy Wilson–August 8
- Elizabeth McCain– August 10
- Tiffany Watson–August 22
- Sherdena Weaver–August 28
- Keith Edwards– August 29

- The Center for Health Promotion and Disease Prevention is partnering with Orange County Farmers Markets that have EBT machines, including Chapel Hill Farmers Market, to give SNAP ( Food Stamp) recipients access to fresher and better quality food. Join the last interest session August 29th. For more information contact Jemela Kollie at 919-966-9521.
- Eric and Valline Zeigler's Zumba Classes– Just \$5 a class! Ephesus Elementary School Gymnasium. Thursdays, 6:30-7:30 pm. Zumba. Chapel Hill Community Center. Saturdays, 9:00-10:00 am. Zumba Toning. Saturdays, 10:00-11:00am. Zumba
- Community Outreach Meeting August 11th from 6:30-7:30pm at Hargraves Community Center.
- Come to Street Scene Teen Center and get to know Brothaz Unique! An amazing youth hip-hop dance group! Brothaz Unique includes the talents of main man Joshua Weaver and Northside youth Taz Shaw among others.
- Good Neighbor Initiative is still looking for volunteers for the neighborhood walk around on August 17th from 4-6:30 p.m. If interested contact Aaron Bachenheimer at [bachenhe@email.unc.edu](mailto:bachenhe@email.unc.edu) or call 919-843-5827.

Submit your community posts to the Jackson Center at [contact@jacksoncenter.info](mailto:contact@jacksoncenter.info) or 919-960-1670. 1-2 Sentences recognizing individuals or significant events in the life of our community.

Northside News is produced by the Marian Cheek Jackson Center for Saving and Making History with support from EmPOWERment, Inc. as a vehicle for communication among Northsiders, Midway business owners, and friends across the towns and county. Do you have a special photo or recipe to share? A local event to report or concern to raise? Please contact the Center at [contact@jacksoncenter.info](mailto:contact@jacksoncenter.info) or (919) 960-1670 or come by 512 W. Rosemary St. to visit us. We look forward to your contributions!



# Northside News



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A print-link for neighborhoods of change

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## A Medical Home for the Community!

Northside residents should think of the Carrboro Community Health Center as more than a building that sits in their community. They should think of it as their "medical home," according to Piedmont chief operating officer Misty Drake, who oversees a network of health centers in central North Carolina including the Carrboro center.

"Our goal is to be good neighbors and to provide the highest quality care to those in the target area," Drake said. "We are focused on providing the right care at the right time...We try to provide care that is culturally competent and welcoming."

The Carrboro Community Health Center (CHC), located at 301 Lloyd Street in Carrboro, is one of eight CHC's operated by Piedmont Health Services. It was one of the original health centers started by Piedmont and it happens to be the only one that sits right next to Piedmont's corporate headquarters, located at 299 Lloyd Street.

"We're here for residents, from mothers giving birth to the senior older adults," said Drake.

### The Carrboro CHC's services include:

**Womens' Health, Wellness, Prenatal Care and Family Planning:** This includes Women Infants and Children (WIC) Program, a federally funded health and nutrition program for women, infants, and children. WIC educates families about nutrition and helps them find healthy foods, health care and other community services.

**Back-to-school services:** The center provides annual well child exams and immunizations, which aim to ensure each child is ready for the school year. It also helps identify needs prior to the beginning of the school year.

**Dental services:** These services are offered at convenient hours and include a variety of services such as cleanings, X-Rays, fillings, extractions, teeth whitening and root canals. Dental does not do orthodontics, implant replacement, and fixed bridge services but will refer to others in the community.

**Medical care:** Comprehensive primary care is important for every member of the family from prenatal services, through midlife to specialty services for senior older adults. Recently, Carrboro was recognized as a Patient Centered Medical Home, Level 3 which is the highest level an organization can obtain by the National Committee for Quality Assurance.

**Pharmacy:** Carrboro has an affordable on-site pharmacy that includes pharmacists available to counsel patients on their medication.

**Senior Care:** Northside residents can benefit from Piedmont's "Age Well Services," which include MEDICAL AND DENTAL CARE AT THE CARRBORO LOCATION.

**Piedmont Health SeniorCare:** A number of people MAY BENEFIT AND BE ELIGIBLE FOR Piedmont Health's Senior Care program in Pittsboro. SeniorCare is a Program of All-Inclusive Care for the Elderly (PACE), a program that aims to promote and sustain the independence of seniors wishing to remain in the community by providing them with comprehensive long-term health, social, medical and dietary care. PACE is a safe alternative to nursing home care.



Picture of Senior Care of Pittsboro.

### SeniorCare Program in Action!

For many Chapel Hill-Carrboro residents, the services offered by Piedmont Health's Carrboro Health Center and Piedmont Health SeniorCare program are essential. The SeniorCare program has been "a God-sent thing" for Kat Gattis, a 72-year-old Carrboro resident, who has been participating in the program for about a year. For 26 years, she was in charge of the salad bar at K&W at University Mall in Chapel Hill. However, spinal surgery left Gattis in need of comprehensive care. Now, she gets medical care at the SeniorCare facility in Pittsboro. She also visits the facility for exercise classes such as the stationary bike and recreational activities like working puzzles, coloring pictures, and fellowship with many friends.

"I'm a very independent person," Gattis said. "I always worked for what I got. When I came in here, it was completely different. Every thing was handed to me on a silver platter. No more copays, and I could get my medical visits and have physical therapy."

SeniorCare also helps caregivers. Susan Headen removed her sister, Rena Headen from a nursing home when she was unhappy with the care the home provided and brought her to live in her Carrboro home. Rena was able to visit SeniorCare until she had a second stroke; now, SeniorCare health-care providers visit their Broad Street home three times a week, Susan said. The providers help with everything from bathing her sister to "emotional support," said Susan. A social worker even provided an iPod filled with gospel music, Rena's favorite!

Asked how she would manage without SeniorCare, Susan replied, "Ooh, it would be more than I could handle. I would have to do a lot more. They make a huge difference."

The Carrboro CHC welcome all new patients including senior citizens. They accept most insurance and have a sliding fee scale. For more information, visit <http://www.piedmonthhealth.org/> (Click on "locations" then "Carrboro CHC") or call (919) 942-8741.

Piedmont Health SeniorCare welcomes new participants. For more information, visit <http://piedmonthhealthseniorcare.org/> Please feel free to stop by Piedmont Health SeniorCare of Pittsboro or call to schedule a meeting or a tour by calling (919) 545-7337.



Kat Gattis does puzzles at Piedmont Health SeniorCare Pittsboro facility.

### Home Workout!

Albert Nyamayaro is a rising senior at Chapel Hill High School. He plays wide receiver, defensive end, corner back and safety for the football team. This is the workout Albert does at home to keep in shape. Do not feel pressure to do exactly what he does but work your way up to it and then surpass it! Keep challenging your body to stay as healthy as possible without hurting yourself.

#### Work out Plan

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|--|--|
| 1. Warm Up 5 minutes with Jump Rope    | 5. 50 lb. shoulder shrugs, 3 reps of 8       |
| 2. Dumbbell 35 lb. curls, 3 reps of 12 | 6. Dumbbell lunges any weight, 4 reps of 10. |
| 3. Dumbbell 50lb bench, 3 reps of 18   | 7. Jog 20 minutes .                          |
| 4. Triceps dip, 3 reps of 15           | 8. 30 second elbow blanks 4 times.           |



### Promise of Home: Critical Home Repair Program for Elderly Neighbors

The Promise of Home Fund was established with an initial gift from the Jackson Family in honor of Mrs. Marian Cheek Jackson's 90th birthday. You can make your contribution in person at 512 W. Rosemary Street or at [www.jacksoncenter.info/](http://www.jacksoncenter.info/)

Visit us at [www.jacksoncenter.info/](http://www.jacksoncenter.info/) or drop by 512 W. Rosemary Street or call us at (919) 960-1670!