

FEATURE ARTICLES IN THIS ISSUE:

- ▶ SUSAN G. KOMEN
COVER STORY
- ▶ DOMINICAN CENTER
SAFE & SOUNDS
COMMUNITY ADVOCATES
PAGE 2
- ▶ MPS
SOJOURNER
PAGE 3
- ▶ COMMUNITY HAPPENINGS
LEAD RESOURCE FAIR
HYDRATION- CHILDREN'S HOSPITAL
PAGE 4

AMANI United

COMMUNITY NEWSLETTER

ISSUE 19 JUNE 2018



SUSAN G. KOMEN OPENS NEW RESOURCE CENTER IN AMANI

Conversations with Komen, presented by Kohl's, kicked-off a *new initiative in Amani* on Tuesday June 5th. *Komen Corner – A Resource Center* opened inside the COA Goldin Center at 2320 West Burleigh Street in Milwaukee's Amani neighborhood. This event included the ribbon cutting ceremony with representatives from Susan G. Komen Wisconsin and COA Youth & Family Centers. Guests were also invited to watch a cooking demonstration lead by local chef, Caroline Carter, owner of Caroline's Raw Creations. Carter demonstrated how to incorporate healthy foods into an easy to prepare meal.

The goal of the Komen Corner is to address breast cancer health disparities in Milwaukee area communities and create a safe place where local women can walk in and get breast health information, FREE screening information and access to cancer services as needed.

The Komen Corner will also have volunteer leaders there to assist women in the community and share personal testimonies around breast cancer, screening and diagnosis. "The Komen Corner is a warm, welcoming place for the community to access education about breast health, resources for getting screened and learning ways to live a healthy lifestyle," said Amberlea Childs, Program Manager for Conversations with Komen.

Conversations with Komen, presented by Kohl's, The Komen Corner – A Resource Center is a designated home for *Conversations with Komen*, a program by Susan G. Komen Wisconsin. *The program encourages participants to openly discuss breast health, the importance of breast self-awareness and regular breast screenings.* The Komen Corner— A Resource Center will be staffed by Cetonia Weston-Roy, Program Assistant for Komen Conversations presented by Kohl's.

In the months to come, Komen Corner will host Conversations and other events to promote a healthy lifestyle such as cooking demonstrations, fitness and gardening classes. The corner will also serve as a resource for the community to learn about breast health and act as a community connection to find information about where and how to get screened — as well as where and how to get free screenings. Komen Corner will also be a place for breast cancer survivors to come together for support.

To obtain images of the Komen Corner or arrange interviews, please contact Ashley Kast at 262.523.3900 or ashleyk@z2marketing.com. For more information about the Komen Corner or the Conversations with Komen program, please visit www.conversationswithkomen.org.



COMMUNITY HAPPENINGS

JUNE

- June 8 - Community Fun Night Goldin Gym, 2320 W. Burleigh
- June 9 - Where is the Love Event, 12-3PM, Moody Park
- June 9 -Saturday Food Pantry, 9:30-11:30am, COA Goldin Center, 2320 W. Burleigh
- June 18 - August 24 - COA Summer Day Camp Program
- June 18 - August 24 - Summer Meal Program, M - F, 12 - 1 PM & 3 - 4 PM, Moody Park
- June 22 - Community Garden Party, Moody Park
- June 23 - Amani UN Ledged Event 11 - 2PM, COA Goldin Center, 2320 W. Burleigh
- June 23 - Saturday Food Pantry, 9:30 - 11:30 pm, COA Goldin Center, 2320 W. Burleigh
- June 26 - Amani United - 4th Tuesday each month, 4:30 pm. COA Goldin/NOVA Library, 2320 W. Burleigh
- Every Wednesday - COA Food Pantry, 4 - 6 pm, COA Goldin Center, 2320 W. Burleigh

JULY

- July 2 - Amani Safety Meeting – First Monday each month, 4:00 pm, COA Goldin/NOVA Library 2320 W. Burleigh
- July 4 - COA CLOSED
- July 7 - Amani – First Saturday Meeting, 8:30 am, Dominican Center, 2470 W. Locust ST.
- July 14 - Saturday Food Pantry, 9:30 -11:30 am, COA Goldin Center, 2320 W. Burleigh
- July 15 - Hepatha Resource Fair
- July 24 - Amani United, 4:30 pm, COA Goldin/NOVA Library 2320 W. Burleigh
- July 29 - Saturday Food Pantry, 9:30-11:30,am, COA Goldin Center, 2320 W. Burleigh
- Every Wednesday - COA Food Pantry, 4 - 6 pm, COA Goldin Center, 2320 W. Burleigh

AUGUST

- August 4 - Amani– First Saturday Meeting, 8:30am, Dominican Center, 2470 W. Locust St.
- August 6 - Amani Safety – First Monday Meeting ,4:00 pm, COA Goldin/NOVA Library, 2320 W. Burleigh
- August 23 - Amani United - Fourth Tuesday, 4:30 pm, COA Goldin/NOVA Library, 2320 W. Burleigh
- August 17 - Amani Community Fun Night, Goldin Gym, 2320 W. Burleigh

JOIN US FOR FREE WORKSHOPS AND HEALTH INFO

AMANI UN | LEADED

LEARN STRATEGIES FOR LEAD SAFE HOMES
AND TAKE ACTION FOR A LEAD SAFE AMANI!

LEAD

RESOURCE FAIR

SATURDAY, JUNE 23RD 11-2PM
COA GOLDIN CENTER | 2320 W BURLEIGH STREET

FREE FOOD + FREE PRIZES

Children's Hospital of Wisconsin
Kids deserve the best.

Heather Fortin, RD, CD, CDE
Clinical Dietitian Specialist
Sports Nutrition Clinic

CMG Nutrition Newsletter

Hydration

Many kids don't get enough fluids, which can lead to trouble concentrating in school, constipation, headaches and other problems.

Use the Holliday Segar equation to determine fluid needs:

- 0-10kg: 100mL/kg
- 10-20kg: 1000mL + 50mL/kg over 10kg
- 20+kg: 1500mL + 20mL/kg over 20kg

If kids aren't getting enough, suggest that parents:

- Talk to kids about the importance of water
- Offer water with snacks and both water and milk at meals
- Let kids have a fun water bottle with a straw at home and school to encourage drinking
- Try adding fruit to water to add flavor
- Encourage extra water with activity

Discourage using juice as a main source of hydration. If families are drinking juice, suggest diluting it by half with water.

Hydration is even more critical for athletes. Athletes who are not properly hydrated have increased fatigue and decreased performance.

Use these general guidelines for fluid needs in athletes, however the age and sport of the athlete will determine their individual needs:

Timing	Amounts
1 to 2 hours before event	12-22 ounces
10 to 15 minutes before event	10-20 ounces
During physical activity	4-6 ounces every 15-20 minutes
After physical activity	16-24 ounces for every pound of weight lost

A sports nutrition dietitian can assess if a child is getting adequate fluid for their sport.

To refer an athlete to a sports nutrition dietitian at Greenway, have the family call the Children's Hospital sports line at (414) 604-7512.

If you have a question for a dietitian, contact CMGAsktheRD@chw.org

Amani United News Contributing Board

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Amani United
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COA Youth & Family Centers
Dominican Center for Women
Medical College of Wisconsin
Northwestern Mutual
Safe & Sound
United Neighborhood Centers of
Milwaukee

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DOMINICAN CENTER'S YOUTH IN ACTION



Dominican Center's Amani Youth in Action program is recruiting young people between the ages of 8 – 18 for summer clean ups in Amani. Learn gardening skills, participate in team building activities, and attend field trips throughout the year.

Clean ups take place every Saturday between July 7 and August 11, 2018 from 10:00AM – Noon. Parents are welcome to join us and lunch will be provided. Interested? Contact Octavia Parker at 414-444-9930 or octavia@dominican-center.org.

SAFE & SOUND SUMMER

Throughout the summer, Safe & Sound will continue its collaborative efforts with the COA Goldin Center. Every third Monday of the month, *Barbershop Mondays* will be held in COA Goldin's Teen room. There, men of various ages and backgrounds share experiences and learn from each other. Facilitated by organizer Damien Smith, the group goes from discussing various topics of the day, to in depth conversations of a sensitive nature.



Often the sessions are co-facilitated by guest community members. Milwaukee Bucks players, elected officials, law enforcement, as well as other influential men, have all participated. Attendees receive free grooming in exchange for engaging conversation and community service when called upon. Please join us and tell a friend! Contact Damien Smith, youth organizer, for more information at 414-788-8085, Damien@safesound.org.

53206 DRUG-FREE COMMUNITIES PROJECT

The 53206 Drug-Free Communities project will be collaborating with the COA Goldin Center and other youth centers to do youth engagement projects and help develop young leaders. We will be working with youth to do projects that will not only improve the community, but also give youth opportunities to build resiliency. Research shows that youth who are resilient are more likely to succeed and less likely to have mental health or drug problems, and there are several ways to build these skills. The Center for the Study of Social Policy has done research that suggests ways to become more resilient for youth.

- Provide opportunities for productive decision-making and constructive engagement in their family, community, school, and other social institutions,
- Encourage adolescent voice, choice and personal responsibility,
- Promote the development of self-regulation, self-reflection, self-confidence, self-compassion and character,
- Engage in positive risk-taking,

- Build and sustain health relationships with peers and adults, and
- Deepen cultural knowledge.



The 53206 Drug-Free Communities project will help youth build resiliency to succeed in life. Some of these activities include workshops, games, community service, and group conversations to provide the opportunity for youth to speak out and meaningfully share their opinion. These groups are meeting at local youth centers in and around 53206. The youth centers will help in providing young people the chance to build resiliency skills and change their community.

For more information contact John Eshun, Drug Free Communities Coordinator, Public Policy Institute - Community Advocates, eshun@communityadvocates.net (414) 270-4659.

HOW TO ENROLL YOUR CHILD AT A MILWAUKEE PUBLIC SCHOOL

Families looking to enroll for the upcoming 2018-19 school year may apply online at: www.mpsmke.com/EnrollMPS or by visiting MPS Central Services or the MPS Welcome Centers located at Obama School of Career and Technical Education and South Division High School. Use our Find a School database on our website to learn more about our schools before you apply.

Once you've selected the appropriate school for your child, you are ready to begin the enrollment process! It's important to note that some schools do not use the online process; some schools use early admissions and some charter and partnership schools require students to enroll on-site or through assignment from Central Services.

The Amani Neighborhood has the following MPS Schools their neighborhood:

Auer Avenue
2319 West Auer Avenue
Milwaukee, WI 53206
Grades: K4-8th

Clarke Street School
2816 West Clarke Street
Milwaukee, WI 53206
Grades: K4 – 8th

Gwen T. Jackson Early Childhood and Elementary School
2121 West Hadley Street
Milwaukee, WI 53206
Grades: Head Start – 5th Grade

Nova Middle and High School
2320 West Burleigh Street
Milwaukee, WI 53206
Grades: Middle and High School



SOJOURNER FAMILY PEACE CENTER

On **Saturday, June 9, 2018, at 12pm**, Sojourner Family Peace Center along with Milwaukee Police Districts Five and Seven will host the **2nd annual "Where is the Love?" community event** to raise awareness and reveal the truth about domestic abuse. Held at **Moody Park**, this event will provide a platform to have a conversation about domestic violence and how it affects our community. It will also provide an opportunity for community and business leaders to reaffirm their commitment to transforming lives impacted by domestic violence in Milwaukee

"In 2016, Sojourner celebrated 41 years of transforming lives in Milwaukee. We are the leader in providing domestic violence programming and services in Milwaukee. As experts in the field, we have a proven track record of providing safety, support and emergency assistance to families in need," said Rhondi Love.

The mission of Sojourner Family Peace Center is to transform lives impacted by domestic violence. Sojourner provides crisis housing, system advocacy, and individual support. "In 2017, Sojourner made 79,190 contacts with 11,346 individuals from familypeace.org.

For more information about Sojourner in the Amani neighborhood contact Rhondi Love, the Community Prosecution Advocate Milwaukee Police District 5 of Sojourner Family Peace Center Office (414)935-7656 or familypeace.org.

