

A Healthy Comm - Unity is a Viable Comm - Unity

Would you like your Voice Heard?

Susan Corrado,
Parish Nurse

Get Involved!

The Allied Wellness Center, UW Students and professional photographers will be offering a series of workshops designed to strengthen community leadership, enhance your creative skills, and learn more about how tobacco use affects your community.

Would you like your voice heard? The photovoice project is coming to the Allied Drive Neighborhood. This is an opportunity for you to take photographs that will help show the effects of smoking on individuals of the community. A camera will be provided for each person, and a photographer will be present to teach the basics of photography and give tips on capturing these images.

Taking part in this community project will give you the chance to share your views on tobacco with others. You will have the opportunity to display your final pictures at a community reception and voice your concerns to your community,



key policy makers, and other public officials.

Participating in this photovoice project will provide you with many benefits, some of which include: deepening your understanding of how smoking affects your community, becoming a leader in your community, getting your voice heard, and learning about photography.

WE have room for 10 people to participate. Participants will receive gift cards to compensate them for their time.

This photovoice project is open to the community members of Allied Drive ages 18 and up.

If you are interested in making a change in your community as well as learning more about this project, you may contact Susan Corrado at (608)274-7006 or at the Allied Wellness Center at 2225 Allied Drive, #2.

Allied Wellness Center

The Allied Wellness Center is all about encouraging people to make healthy choices and to live life in all its fullness. Wellness means taking care of your mind, body and spirit. Life doesn't always make it easy to do this, but with information, caring support, access to resources and valuing health; wellness can be yours. There are a number of programs and activities that happen routinely at the Wellness Center, participate and take advantage of what's available:

Alcohol and Drug Program: Allied Area Partnership Toward Recovery is a neighborhood program for anyone who struggles with alcohol or drug abuse. Offering respectful, confidential, support and encouragement no matter what stage of use you are in. Individualized counseling available, call to schedule an appointment.

Nurse: Available Tuesdays and Wednesdays 8a.m.-4:30p.m. and Fridays 8a.m.-12 noon to do health assessments, emotional support, health education, information and referrals and help problem solve what prevents you from maintaining your health.

Doctor Is In: A doctor is here 1st Wednesday, 2nd Friday (speaks Spanish), 3rd & 4th Tuesday of each month, 10am-12noon. Free physician consultation, and assessment.

Coffee Clutch: Every morning 9-11 am at the JFF site.

AIDS Network: Every Thursday, 1:00 p.m.-4:00 p.m., HIV testing, education and counseling.

Sista to Sista: Every Tuesday 6:30pm. Supportive women gathering.

Stories of Change: Every Friday 6pm at the JFF Building. Hear encouraging personal stories of recovery from substance abuse from guest speakers, and get the support you are needing in your own recovery journey.

Prayer Meeting and Bible Study: Every Monday 6p.m.-7p.m. led by the African American Council of Churches neighborhood chaplain, Alice Howard. Light meal included.

Badger Care Sign Up: Does your family need health insurance? Come talk to Elena every Tuesday and Thursday morning 8:30-12 noon to see if you are eligible to sign up.

Special Events :

Brothers Standing Strong every Wednesday from 5-8pm starting August 6. A time for Black men to talk about what is real. MAP office, call 217-5427 for questions

Women's Book Club: We will start with 'A Souls of my Sister Book of Revelation and Tools' We will meet every week to discuss.

Contact Susan Corrado if interested

Call Susan Corrado for questions about the Wellness Center and programs, 274-7006 or stop in at 2225 Allied Drive #2

You are invited to attend the
2008 Anna Mae Mitchell SENIOR IDOL

Final Competition Round
is being held
Saturday, October 4, 2008
at the CUNA Mutual Training
Center
5810 Mineral Point Road.
Competition begins at 2 pm.



Come out and support these talented Seniors as they compete in instrumentals and vocals, including R & B, gospel, opera and Rap!

This is a FREE event and is open to the public. You are asked to bring a non-perishable food item. All collections will be given to local food pantries.

For more information call 608-770-2049 and Visit our website at www.tntsenioridol.org

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"If you had asked me a year ago if the TRC would still be open at this time this year, I would have said "yes", but I would not have been 100% certain!"

Brenda Konkel, Director, Tenant Resource Center

Thanks to so many generous community donors, fantastic volunteers and dedicated staff, the TRC doors are still open and the phones have not been disconnected! We need your help to stay that way through the end of the year!

On Friday, October 24th from 5 - 7 pm
at the Brink Lounge
we will be holding our **final fundraiser**
of the year and we hope to finish with a bang!

It's been a hectic year and we have many plans, so we are anxious to finish up with our community fundraising and concentrate more on grantwriting and other activities to help grow the Tenant Resource Center.

So, you know what I'm about to ask! Can you help us out this one more time?

For details on how to donate call- 608-257-0143

Many, many, many thanks for your continued support! We can't do it without you!

Brenda