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### *News from Babette*

Welcome to February!

In an effort to spread the word about Pathlight HOME, we invite interested residents to share their story! Residents can sign up at the front office and provide their name and apartment number. I will be joining the photographer who will come to Maxwell Terrace on March 4<sup>th</sup> at 1pm and to Maxwell Garden at 3pm. This is for residents who are comfortable with having their pictures taken and don't mind sharing a bit of their journey.

Some more exciting things are to come, including a new employee for our Restore program, Steven Hamilton.

Steven comes to us from the United Kingdom with years of experience helping vulnerable and formerly homeless individuals in London assisting them to maintain their housing. He saw what we are doing here at Pathlight Home and realized his purpose aligns with our mission.

You may have seen Steven around Maxwell Terrace property as he is now our new Community Services Specialist. His role is to support residents to maintain their housing and connect with needed community services. He described his first week with us as "amazing" learning how we operate from a client-centered approach. Steven has a big heart to assist those in Central Florida and feels "really blessed and grateful to have been chosen for this role".

**If you are in need of case management services, you can find Steven in the Restore office in unit 318 of Maxwell Terrace.**



Steven Hamilton

### *Garden & Terrace News*

The Miracle of Love Mobile Unit will not be available this month due to repair needs. Testing will be available once again in March with the unit coming to Maxwell Terrace the first Thursday and Maxwell Garden the second Thursday of the month.

#### **Free haircuts!**

A few local hair stylists have been kind enough to volunteer and offer free haircuts to Maxwell Terrace & Garden residents. This will be offered twice a month, rotating between the two locations every month. Stay tuned for flyers in your mailbox about when and how to make an appointment!



### *Get Healthy with Audrey: How Old is Your Heart?*

Many American adults have a heart that is older than our actual age placing us at increased risk of a heart attack or stroke. Statistics from the Center for Disease Control show about 3 in 4 heart attacks and strokes are due to risk factors that increase heart age.

Some factors put us at risk that we cannot change and others we can. The most common reasons for a higher heart age that we have control over are high blood pressure, high cholesterol, smoking, obesity, unhealthy diet, physical inactivity, and diabetes.

It is known that cigarettes come at great costs, to our health and to our pocket. If this is an area you are ready to explore, Tobacco Free Florida can help you find your why, when, and how, offering free tools and resources to help you on your quit journey. Check out <https://tobaccofreeflorida.com> or call (850)245-4144. Our hope is that this empowers you to incorporate healthy habits resulting in greater mental and physical health and well-being.

## Black History Month Fun Facts from Rotaya & Gail



◆ Dr. Martin Luther King Jr. improvised most of the iconic “I have a Dream” speech.



◆ Eatonville, FL is the first town in the country to be incorporated by African Americans.



◆ Cathy Williams was the one and only female Buffalo Soldier, posing as a man named William Cathay to enlist in the 38th infantry in 1866. She served for two years before a doctor discovered that she was a woman, leading to her discharge.



◆ Did you know that our founder Rev. Fred L. Maxwell won multiple awards in honor of Black History Month?

◆ In 2005 Rev. Maxwell received the Humanitarian Award at the 2005 Black History Celebration Banquet.

◆ In 2006, Rev. Maxwell was the Black History Month Honoree by Lynx.

This is only a few of the many awards Rev. Maxwell received as he spent his life dedicated to the betterment of our community. Though we are thankful for him every day, this month we especially honor him for his fantastic work for Pathlight HOME and the community.

## February 2020 Calendar of Events

SUN	MON	TUE	WED	THU	FRI	SAT
						01
02	03	04	05	06	07	08
09	10	11	12	13	14	15
					Valentine's Day	
16	17	18	19	20	21	22
	President's Day – Office is open				Office Closed to public	
23	24	25	26	27	28	29
					Office Closed to public	

## Chef's Corner

Chef Esteban always prepares delicious meals with the culinary students at Pathlight Kitchen. Today he's passing along a quick recipe that you can make at home!

### Easy Cabbage and Sausage

#### Ingredients

- ½ head of cabbage
- 3 sausage links
- ¼ chopped onions
- ¼ chopped green peppers
- 2 tablespoon of olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

#### Instructions

- ◆ Pan fry chopped sausage set aside
- ◆ Use olive oil to cook onions and peppers until soft
- ◆ Add chopped cabbage to the peppers and onions cook until cabbage is done
- ◆ Mix the sausage with the cabbage
- ◆ Enjoy!