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Mission Statement:

CEDA's mission is to work in partnership with communities to empower families and individuals to achieve self-sufficiency and improve their quality of life.

Would you like to be on the mailing list for *Community Networking News*? Contact Editor Amanda Grant via phone (312-795-8958) or email (agrant@cedaorg.net) with your mailing address information. Email subscriptions are also available.

CEDA Center for Community Action Computer Class Teaches Kids to Push the Right Buttons

The CEDA Center for Community Action, located in Harvey, Illinois, conducted a Computer Camp this summer introducing technology to low-income children ages 7-10 years old. For many, this was their first exposure to the wonders of the Internet.

"Using only child-friendly Internet sites, the children learned how to access information, play games to improve basic math and English skills and do research for assignments," stated Office Manager and class instructor Carolyn Taylor. "The children also wrote and

published stories, used graphics to enhance their words and learned how to print digital photos."

The program was made possible in part with donations of equipment and funds from the Beaumont Technology Foundation, the Illinois Department of Commerce and Economic Opportunity and the local

board of directors. "We were very pleased that Suman Sood (Director of the Summer Food Service Program) facilitated our participation in the Summer Food Program, which allowed Computer Camp participants and neighborhood children to enjoy a nutritious lunch (continued on page 3)



Children learn how to use the computer to write and publish their own stories, and safely navigate the Internet, at Computer Camp.

CEDA Housing Offers Seminars in West Suburbs

The CEDA Housing Department hosted its first Regional Housing Seminar in west suburban Cook County on September 16 at the CEDA Near West office in Cicero. Information in Spanish and English was available to all clients attending the seminar.

Alma Rojas, bilingual Housing Counselor of CEDA Near West, was the first to speak on the topic "Homebuyer and

Homeownership Education." Ms. Rojas was very informative when she discussed how to qualify for a home purchase, various resources to finance a home, credit repair, and other topics related to homeownership. She outlined key persons, such as the lender, home inspector, real estate attorney, and bankers that are encountered in the home buying process. Ms. Rojas shared the essential information of how to qualify for a loan, how to

shop for a home, and what to expect at loan closing.

Israel Vargas, bilingual Housing Counselor of PLCCA, discussed the important topic of predatory lending. Mr. Vargas identified warning words and phrases outlined in suspect settlement statements and in loan packages. He expressed concern with dishonest ways that some (continued on page 3)

CEDA Celebrates National Weatherization Day with 33,000th House

On October 28, CEDA Weatherization recognized National Weatherization Day with a demonstration and celebration recognizing the 33,000th home weatherized by CEDA since 1976.

In the morning, Ms. Juanita Chacon welcomed visitors to her Berwyn home for a demonstration of assessment measures including blower-door depressurization to locate air leaks. Assessors Paris Murphy, Jaime Gonzalez and Evelyn Loudon gave tours of the home.

Visitors observed measures taken to improve the safety and energy efficiency of the fireplace, attic, windows and furnace. Later,

visitors met at the CEDA Near West office as guests of Director Madge Favale for refreshments and presentations.

Director of Weatherization John Hamilton discussed the history of weatherization and its stellar return on investment for taxpayers, and introduced special guests. Steve Palmeri from the U.S. Department of Energy talked about other national activities recognizing Weatherization Day. Randy Bennett from the Illinois Department of Public Aid, local clients of CEDA Near West, and other CEDA Weatherization staff members were in attendance.

Last year, CEDA's

Weatherization program serviced 3,359 homes in the City of Chicago and suburban Cook County and spent an average of \$3,000 on each home. For more information on the Weatherization Program or to locate intake sites in your community, call 312-795-8998.

Article written by John Hamilton, Director, Weatherization Department



This Berwyn home received a complete weatherization assessment, including safety inspections of the fireplace and furnace.

“WIC Walks the Talk” by Promoting Healthy Eating, Exercise Habits

WIC Walks the Talk was one of the recurring themes for the Region One Obesity Workshop held on October 26 at the Ukrainian Village Center at 2247 W. Chicago Avenue. This day-long event featured speakers Robin Orr of the University of Illinois Extension, Ginny Smith and Sarah Sullivan, both Registered/Licensed Dietitians of the CEDA Women, Infants and Children (WIC) Program. Over 100 local agency staff in attendance were able to model healthy behavior by eating five servings of fruits and vegetables, and walking at least 3 - 5 miles during this well-planned event.

The day began at 2247 W. Chicago Avenue with opening remarks from Margaret Saunders, Nutrition Director of the CEDA WIC and Family Case Management (FCM) programs and Lead WIC Agency Host for the event. CEDA staff provided

instructions on how to use the "WIC Walks the Talk" pedometers provided to every attendee.

While on the Move to Better Health, attendees received a community walking tour to the second location, 1924 W. Chicago Avenue (Chicago Nutrition Education Center) where a review of the Hip Hop Junior project, mock grocery store tour, and cooking demonstrations were given. In order to receive a healthy lunch which included various vegetables and lean chicken, workshop participants were able to get on the move and walk back to the Ukrainian Village location for the noon meal.

Moving on to the third location, 1746 W. Chicago Avenue (WIC Food and Nutrition Center Store), each team participated in a walking tour of the West Town neighborhood and completed a "Fact

Sheet" on local sites. At this location, Ms. Sullivan discussed how young children and even infants and toddlers are developmentally ready for physical activity; and showcased both the P.H.A.T. (Promoting Healthy Activities Together) for teens/tweens and Elmocize videos for toddlers.

After returning to the Ukrainian Center, attendees experienced a final presentation on Managing Obesity in Young Children as well as viewed and discussed the Beyond Nutrition Counseling and Feeding Relationship videos. To top off the day, final comments on personal goals and awards were given by Ms. Saunders. Congratulations to Ms. Saunders, CEDA, and the Region One WIC Coordinators for planning this event.

Article written by LaShon Keys, Regional Nutrition Consultant, Illinois Department of Human Services

Southwest Development Association's Annual Neighborhood Forum

The CEDA Southwest Development Association held their annual Neighborhood Forum on September 29 to discuss the needs of the community with approximately 80 local residents. Participants discussed topics ranging from economic development to housing to education.

"Your opinions tell our center how to spend money. Your input tells us how to direct funds and prioritize the needs of the community," stated Teena Juergens, President of the Southwest Development Association Board of Directors.

Participants were divided into discussion groups and assigned a moderator from the SDA's Board of Directors. Residents discussed various needs facing the community, and prioritized those needs before presenting them to the audience.

Overall, attendees felt that job development, housing and emergency services were the most important needs. These were followed closely by a call for more senior services and programs for children and youth. Providing neighborhood forums such as this is

a longstanding practice of CEDA.

"We'll continue the tradition of bringing residents together to address issues facing the community. It is our mission to help families and individuals become more self-sufficient," stated Robert Wharton, President and CEO of CEDA.

After discussing community needs, Doris Robinson, Executive Director, recognized Mamie Parker as Volunteer of the Year for donating countless hours to the center's food pantry to organize and distribute donations.

Housing Dept. Seminars in Western Cook County (Continued)

(continued from page 1) home improvement companies/agents visit the homes of senior homeowners to convince them to sign fraudulent loan documents. Seminar participants related their experiences with dishonest mortgage brokers and insurance agents, highlighting the problem of predatory lending.

Peppy Golden, Housing Counselor of CEDA Southwest, demonstrated various techniques to use in maintaining and keeping a home. For the homebuyer, Ms. Golden outlined that not only do the buyers have to think about shopping

for a home loan and looking for the best purchase, they also must understand the dynamics involved with being a homeowner, such as maintaining furnaces and other appliances, utilities, lawn care, and roof and gutter maintenance.

Ms. Golden demonstrated do-it-yourself steps of maintaining the home inside and out in order to save money. She also offered solutions to home repair and home maintenance questions posed by seminar participants. All information was interpreted in Spanish by Israel Vargas.

All participants were given Homebuyer/Homeowner Certificates for attending the seminar, as well as handouts written in English and Spanish from all the speakers.

The Housing Services Department looks forward to hosting more Homebuyers/Homeowners Seminars regionally and locally. For more information concerning future seminars, please contact the Housing Services department at (312) 795-8962.

Article written by Barbara Hyshaw, Director, Housing Services

Computer Class Teaches Kids to Push the Right Buttons (Continued)

(continued from page 1) each day," stated Ann Hernandez, Director of CEDA Center for Community Action. For many children it was their first meal of the day.

Celebrating the achievements of the graduates of the Computer Camp, the CEDA Center for Community Action Board of Directors presented each child with a backpack and a full assortment of school supplies. Richard F. Kelly, local Board President and Bremen Township Supervisor, applauded the

work of local staff who obtained support from the Beaumont Foundation for this project.

Many of the children and their parents now use the Computer Lab and its free Internet access for research, job searches and school readiness activities. For more information on the Technology Center and future computer classes, call 708-339-3610.

Article written by Ann Hernandez, Director, CEDA Center for Community Action



At graduation, children proudly display their new backpacks, courtesy of the CEDA Center for Community Action Board of Directors.

WIC Interviewer On Public Television

In honor of Breastfeeding Promotion Month, the Department of Human Services presented a special segment titled "Breastfeeding: The Gold Standard," which aired live on Chicago Access Network Television on August 18th. LaShon Keys, DHS Regional Nutritionist Consultant, invited Nidia Cabrera, CEDA WIC Interviewer and Breastfeeding Peer Counselor, to be a guest on the show.

Ms. Cabrera hosts Breastfeeding Support Groups once a month at the Albany Park WIC office. During the airing of the special segment, Ms. Cabrera gave information about CEDA WIC's Breastfeeding Support Groups and answered questions telephoned in by the viewers.

Article written by Anne Zonca, WIC Field Coordinator

Community Nutrition Network Receives Truck Donation from Harrah's Entertainment

The Community Nutrition Network (CNN), an affiliate of CEDA, celebrated the donation of a new Meals On Wheels delivery truck from Harrah's Entertainment on September 30. Ann M. Cooper, CEO, accepted the gift from Joe Dominico, Vice-President of Harrah's, and received the keys from Robby Gordon, NASCAR driver.

Robby Gordon and State Representative Robert Malara then lead the procession in the Harrah's #55 NASCAR to deliver meals to three seniors. What a surprise to have a NASCAR, the new truck and police escorts arrive at your home for the meal delivery!

Robby Gordon returned to the Southwest Suburban Center on Aging in La Grange, Illinois to talk with the seniors, sign autographs

and take pictures. Harrah's representatives gave every senior a gift.

The new delivery truck will be used by the Fleetwood-Jourdain Center in Evanston, where it will be used to deliver 70 meals daily to area seniors.

Article written by Peg Isaacson, Director, Suburban Cook County, CNN



Ann Cooper, CEO of the Community Nutrition Network, takes the new truck out for a spin.

Team FireStopper Pairs Weatherization Program With American Red Cross to Make Chicago Homes More Fire-Resistant

CEDA Weatherization staff joined 150 other Red Cross volunteers on Saturday, October 9th at Chicago's Ogden Park facility in Englewood to participate in the fire safety education program, Team FireStopper.

Coinciding with National Fire Safety Week, the Team FireStopper program makes over 300 home visits to the most fire-affected communities in the Chicago area every October.

Team FireStopper volunteers provide families with free life-saving safety equipment such as smoke detectors, fire extinguishers, disaster supply kits and carbon monoxide detectors. They also apply fire retardant spray to furniture and help families design an escape plan in the event of a fire or other disaster.

CEDA has a strong presence in the community, and this is the second year CEDA has partnered with the American Red Cross fire safety program.

The CEDA Weatherization Program informs the community about applying for the free Team FireStopper service. CEDA Weatherization contractors perform the furnace safety checks at no cost to the Team FireStopper clients.

This year, two CEDA Weatherization staff members also volunteered to provide service to the community. John Kiepura, Multifamily Weatherization Manager and Anna Sullivan, Weatherization Training Coordinator, completed five home visits on October 9th with the help of their team members

- local high school volunteers, Kendall and Tiffany.

This fire safety program is vital to our communities. Chicago has one of the highest fire death rates in the country, with children under five and seniors most vulnerable to this deadly disaster.

Article written by Anna Sullivan, CEDA Weatherization Training Coordinator



Local volunteer Kendall and Multifamily Weatherization Manager John Kiepura collect fire safety supplies for home visits in Englewood.

CEDA Hosts Annual Weatherization 101 Training for State of Illinois

The process of home weatherization is often complex, which is why the State of Illinois holds the seminar Weatherization 101 for social service agencies throughout Illinois. This year, CEDA's Weatherization Department hosted the training, featuring presentations from Randy Bennett, Illinois Department of Public Aid, and Anna Sullivan, CEDA Weatherization Training Coordinator. During the three-day seminar, participants gained new insight into the process and updates on the technologies available to home weatherization experts.

"Weatherization 101 gives new program managers and staff an overview of the entire weatherization program in the state of Illinois, from funding sources to program management issues to future directions for the program," stated Ms. Sullivan. Topics covered the entire weatherization process from start to finish, including grant origination, taking and prioritizing applications, using new technology and conduct-

ing final inspections.

"It was good to receive updates on new topics and new technology," stated Ron Daniel, Energy Director for Kankakee County Community Services, Inc. Participants also hailed from Crosswalk (West Frankfort) and the Peoria Citizens Committee for Economic Opportunity. New CEDA Weatherization staff also attended the training.

"I was able to learn more about the different funding sources and gain a better understanding of how grant amounts are determined for each agency," said Lorrie Murphy, CEDA Weatherization Customer Service Representative. "I also learned exactly how assessors determine how much money can be spent on each home."

Training included a demonstration on pressure diagnostics, a method used to determine air

flow in homes and where leaks are located. This was done using the "House of Pressure," a new training tool available to the CEDA Weatherization department. The size of a dollhouse, the House of Pressure shows how deadly carbon monoxide and other health hazards can spread throughout a home that is not properly ventilated or pressurized.

Participants also received the Illinois Home Weatherization Assistance Program Guide 2005, which includes the standards manual for the Weatherization Program.



Anna Sullivan, CEDA Weatherization Training Coordinator, explains depressurization to Weatherization 101 participants.

Preparing for the Future: Employment and Training CNA Program

Young women are training for future careers as Certified Nurse's Assistants through CEDA's Employment and Training Program. The course offers women the chance to gain valuable skills and knowledge while preparing for a career in health field. Held three times a year through the Bloom-Rich Community Development Association office in Ford Heights, each course lasts eight weeks.

Women participating in the CNA training receive 120 hours of instruction: 40 hours of clinical practice and 80 hours of classroom instruction. This program, funded by the President's Office of Employment and Training, provides

uniforms, books, classes and transportation to instruction sites.

The summer class is limited to students ages 18-21, while the spring and fall courses are for those aged 22 and older. Twenty-two young women participated in this summer's course. "I like working with people and helping people. Nursing is where I can do that," stated class participant Lamiea Franklin, of Chicago Heights.

At the conclusion of each course, the Employment and Training Program assists students with the costs associated with tak-

ing the state certification test. Job placement services are also available.



Summer course participants (back row, L-R) Tamika Humphries, Lamiea Franklin, Brenetta Dodd, Alicia Dodd, Paulette Humphries, (front row, L-R) Danita O'Brien and Ceaira Stone proudly show their stethoscopes received as part of the CNA Program.



CENTRAL OFFICE:
208 South LaSalle Street, Suite 1900
Chicago, Illinois 60604-1001
312-795-8844
www.cedaorg.net

CEDA NEAR WEST

6141 W. Roosevelt Road, Cicero, Illinois 60804
(708) 222-3824

CEDA CENTER FOR COMMUNITY ACTION

53 East 154th Street, Harvey, Illinois 60426
(708) 339-3610

CEDA NORTHWEST SELF-HELP CENTER, INC.

1300 West Northwest Highway
Mt. Prospect, Illinois 60056
(847) 392-2332, www.cedanorthwest.org

CEDA NEIGHBORS AT WORK

1229 Emerson, Evanston, Illinois 60201
(847) 328-5166

**BLOOM-RICH COMMUNITY DEVELOPMENT
ASSOCIATION (CHICAGO HEIGHTS OFFICE)**

1203 West End Avenue
Chicago Heights, Illinois 60411
(708) 754-4575

**PROVISO-LEYDEN COUNCIL FOR
COMMUNITY ACTION, INC.**

411 West Madison Street, Maywood, Illinois 60153
(708) 450-3500

**BLOOM-RICH COMMUNITY DEVELOPMENT
ASSOCIATION (FORD HEIGHTS OFFICE)**

1647 Cottage Grove Avenue
Ford Heights, Illinois 60411
(708) 758-2510

SOUTHEAST CEDA

3518 West 139th Street, Robbins, Illinois 60472
(708) 371-1220

SOUTHWEST DEVELOPMENT ASSOCIATION

7666 West 63rd Street, Summit, Illinois 60501
(708) 458-2736



208 South LaSalle Street, Suite 1900
Chicago, Illinois 60604-1001