

# KEEPING UP WITH A TEMPO

FEBRUARY 2012



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*Join us as we CELEBRATE Carol Adade's 1 Year Anniversary as  
Program Coordinator for Community LINKS!*

In January 2011 Carol Adade officially became Program Coordinator for Community LINKS (CLINKS), a Street Outreach program of Tempo. During the past year Carol has re-energized the outreach team, adding many new places to travel. Carol's creativity and ability to think outside the box have helped CLINKS and Tempo increase the number of young adults we are able to help. Alan, a co-worker of Carol's, describes her as a dedicated worker who responds quickly to issues. She is always available to talk and has an ease about her.

Carol's enthusiasm and passion for her work at CLINKS is admired and respected by all the staff at Tempo/CLINKS. Nick, a peer mentor for CLINKS, talks about the influence Carol has had on him. "[She] has been a huge role model for me and has been extremely helpful in assisting me in achieving my goals. She is very passionate about what she does and it is contagious, which is a good thing. She has been an amazing boss and she is really understanding in issues that may come up in my life." Rosario, a fellow co-worker, describes Carol as a good listener whom you can feel comfortable asking for help. Carol's positive attitude truly sets her apart. Despite any obstacles or difficulties on the job, she remains upbeat. Her energy is contagious, and she makes the work environment fun and enjoyable.

April 2012 will mark Carol's 2<sup>nd</sup> year at the program. As a Transition Facilitator at Tempo Carol has lead a self-esteem group for young women, worked 1:1 with Tempo/CLINKS interns and peer mentors, and helped to plan and lead many staff development outings. Happy Anniversary Carol!! We are lucky to have you.



## February is National Heart Awareness Month

Heart disease is the number one cause of death in America. Every 25 seconds an American is suffering from a coronary attack and every minute one American dies from it. There are signs and symptoms that can be detected if one is having a heart attack. The first sign is chest discomfort. Pain in the center of your chest for a few minutes could be the result of a heart attack. The second sign is discomfort in any other upper body part. The next symptom of a heart attack is shortness of breath. The last few symptoms are breaking out in a cold sweat, nausea, and lightheadedness.

Heart attacks are dangerous and can be very scary; however, there are safety measures that can be taken to prevent heart attacks. Most steps that can be taken are changes to one's diet. One step is to keep an eye on the size of each meal consumed. It is better to eat in moderation and it is healthier. Also it is healthier to cut back on sodium intake. Do not drink soda or if it is consumed make sure it is a small amount. The most important measure someone can take to prevent heart disease is to exercise regularly. Heart attacks are no joke, but there are precautions that can be taken which can limit the amount of heart attacks in the United States.

*I carry your heart with me (I carry it in my heart)  
I am never without it (anywhere I go you go, my dear;  
and whatever is done by only me is your doing, my darling)  
I fear no fate (for you are my fate, my sweet)  
I want no world (or beautiful you are my world, my true)  
and it's you are whatever a moon has always meant  
and whatever a sun will always sing is you. . .*

*From E.E. Cummings 'I Carry Your Heart With Me'*

# TEMPO Begins the Year with Four New Grants

The year 2012 has just begun, and TEMPO has already been awarded four new grants. The four grants were from DMH SAMHSA, Root Cause/ Social Innovations, The Sudbury Foundation, and The Metrowest Health Foundation.

The MA Department of Mental Health received a SAMHSA grant to enhance behavioral health services to young adults, using the statewide Community Service Agency system of care as a foundation. Wayside partnered in the development of the proposal, and Tempo is the designated model for influencing the statewide system. Total funding for Tempo is approximately \$40,000.

Root Cause selected Tempo from a pool of over 150 candidates as a "Social Innovator" program, worthy of promotion as a non-profit venture. As a grantee, Tempo will receive a year-long pro bono consultation on marketing and presentations; access to individual, corporate and foundation donors who are interested in providing long-term support; and a cash grant of \$10,000.

The Sudbury Foundation awarded a grant of \$10,000 to Tempo to explore costs and benefits of starting a project based on Boston's Artists for Humanity enterprise. A year-long consultation and planning process will prepare us to decide on the value of starting a micro-enterprise that would provide supported employment to young adults and a revenue stream for the Tempo program.

A new Foundation grant will allow Tempo to increase the focus on health care for young adults by hiring a part-time nurse to hold office hours on site and build relationships among young adults that will help them to connect with primary and behavioral health care, build healthy habits, and access on-going health guidance. Total grant is \$28,584 for the first year of three.

With these new grants TEMPO can continue its great work helping the many young adults that are encountered.



## Amanda Weintraub (TAY Coordinator )Shouts Out her Young Adult's !

Niko is beginning his first semester of Mass Bay this month! What makes this SUPER exciting is that Niko was a college pessimist for years! When we first worked together years ago, and he had recently graduated high school...Niko and I talked a lot about his options and at the time he did not see the value in pursuing an education. Now, a much wiser and less curly haired Niko is excited to start school (FULL TIME!) and will be majoring in Communication this spring. He plans to earn his liberal arts degree there or maybe even move onto a different four year university.

Ryan recently moved to a new hair styling job. He left another styling job last fall which he says was scary but he needed change and to grow in the industry... Now he's cutting hair at Fabu Salon & Spa, an upscale salon in Newton Highlands. Ryan is on his way to become a licensed hair stylist and seems to be happier than ever!

Kylie... Photo Voice one of our newest members opened up for the first time in group this week and read one of her poems out loud. Kylie had been hesitant to share with group members because she often feels shy and nervous to speak in public. For the first time she shared her awesome poem to group members and expressed her appreciation for the new photo voice friends she has made during her time in group!

Lupe gave birth to a beautiful baby girl! The new mama says she is enjoying motherhood very much and looks forward to the Tempo team meeting her beautiful new bundle. Congratulations to Lupe and Dareek!



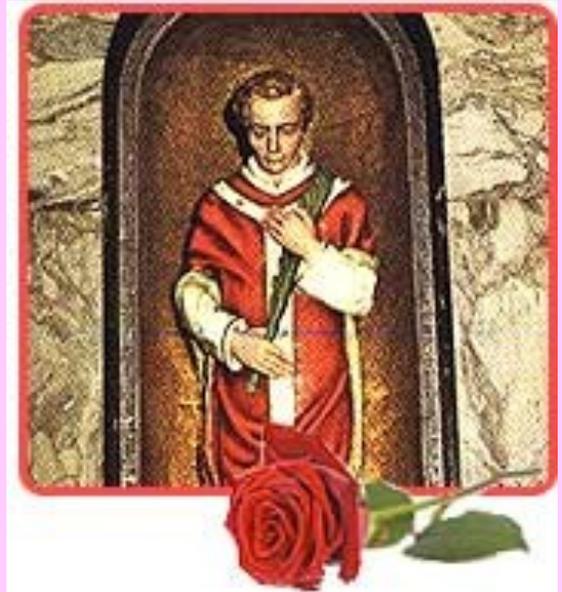
# The History of Valentine's Day

Valentine's Day is a holiday where couples show their love with dinner, flowers, candy, jewelry, etc. It is said to be celebrated in the name of Saint Valentine, but it is unclear who this individual was. However, there are two stories that attempt to explain who and where Valentine's Day originated.

The first and best known story took place in the year 269 A.D. in Rome. Emperor Claudius the second was involved in many bloody wars that were not supported by most of his citizens. In order to get more men to join his army, he canceled all engagements and marriages in Rome. Saint Valentine of Rome, who was a priest, continued to perform secret marriages. When Saint Valentine was discovered he was sentenced to death, but while in jail he met a young girl who he fell in love with. He was put to death on February 14<sup>th</sup>, but he left behind a letter for his lover and signed "From your Valentine."

The second story also took place in Rome. It was created to honor Juno who was the Queen of the Gods and Goddesses, but she was also known as the Goddess of women and marriage. In early roman times boys and girls were forced to live separately. However, on Valentine's Day Roman girls would write their name on a piece of paper and place it in a jar. The boys would draw the girl's name from the jar. That boy would have to spend Valentine's Day and the feast of Lupercalia with that girl. This tradition could lead to those boys and girls to falling in love that could eventually lead to marriage.

Valentine's Day is an interesting holiday because there is not a specific answer to how this holiday was established. There are only stories from older times that can be used to explain the birth of this holiday. However, there is no concrete evidence to support any story or theory for the emergence of the holiday known as Valentine's Day.



## Tempo's Hours

**Monday and Wednesday 9am-8pm**

**Tuesday, Thursday and Friday 9am-5pm**