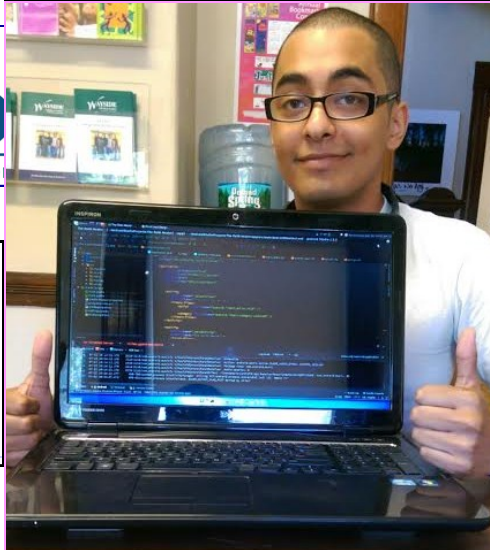


Keeping Up With Tempo

August, 2015

Tech Savvy at Tempo!



Greg, a young entrepreneur who dabbles in all things tech, just published his first app! The Faith Healer is a social network application that enables users to find nearby practices of any religion or spiritual group, as well as connecting people around the world with special healers and fellow devotees. It is completely free and is funded through donations and ads. Half the proceeds go to various charities.

Greg stumbled into code writing when he was approached to work for a startup in Boston. While working for them he found he really liked the work they gave him. "I realized my potential and kept going with it." The code writing for this app took about two weeks and he is immensely proud of it. "Look at this little tab," he tells me, flicking a menu tab in and out of being, "this little thing took forever."

Greg has been visiting Tempo for a couple of years now! He dabbled in art through participating in the Green House Graphics program. Next up he wants to create a game, as well as finish a book he's been working on for six years! "I just need time and coffee."

The app is available immediately on Androids and other devices, and will be available for I Phones within two weeks!



TEMPO Young Adult Resource Center

68 Henry St.
Framingham,
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(508)879- 1424

First Job Joy!

Selam recently started working at Tempo and she loves it! Through funding from the Future Skill Institute, she is interning through the summer.

Selam heard about the Youth Works opportunity from Oscar, a Transitional Facilitator at Tempo. He was doing outreach at her school, and she decided it was too good to pass up. After calling Tempo, advocating for herself and making an appointment she was ready to start! “I wanted to make this summer count and start working.”



So far she's been getting experience with answering the phones, office paperwork and projects for Patty, the FSI Director. Selam is also getting familiar with job searching on the internet! One of her duties is to look for available jobs online. She then compiles all the contact information from hiring companies and puts it together in a job binder with Patty.

She loves her first job! She even took a picture with her first paycheck...then gave it to her mom for safekeeping!

We love having you here Selam, and wish you all the best in your future endeavors.

Four years ago I worked at a McDonalds right off the boulevard in Virginia Beach, VA. The AC was broken more often than not, and there was almost always a line straight out the door. Every 15-20 minutes one of us was sent to clean up tables and check on the bathrooms, which I won't even describe. Working during the days meant more customers per minute...the nights gave slightly less people but they were all drunk and mean.

Obviously, I hated it.

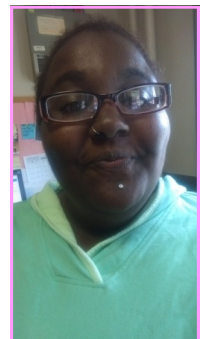
The moment I woke up I wanted to be back in my dreams, where even if I was facing the nightmare of that front counter a part of me knew it wasn't real. I dreaded putting on the scratchy uniform shirt, long black pants, and heavy socks. I loathed the walk or the ride to the restaurant because it just brought me closer and closer to multiple hours of doom. I thought that I was in this much physical and emotional pain because of my weight, and dismissed everyone else's complaints. I had no idea that I was living in a tiny, selfish and naive world.

I lied about needing bathroom breaks, just so I could sit and text for a few minutes. I took extra minutes on my break, not comprehending that the longer I take, the more I cut into the next person's break...but then I felt betrayed when my hours were cut!

Three weeks ago I started working at Tedeschis. I was afraid that I was going to hate it and dread as much as I did McDonald's, but I need a job so I faced that fear...only to find out I was wrong! In all this time I have learned the value of a dollar and what it takes to get it. I have learned how to think of others, and how to place my needs above my wants. I have learned how to be patient and how to take discomfort for a greater cause. And so even when it's nearing the end of my shift and I'm counting down the minutes, hopping from foot to foot, I know that I can't wait to come back, because THIS is important.

Ariane first visited Tempo three years ago, looking for help with housing and employment. She has completed a Peer Mentorship at Tempo and is now taking classes at Mass Bay Community College.

Ariane co-leads Tempo's Young Adult Advisory Council, produces our monthly newsletter and helps to facilitate Tempo's monthly activities. She is a wonderful addition to our team!





SHARE OUR STRENGTH'S
COOKING
MATTERS
NO KID HUNGRY

Spotlight!

Tempo has now held two sessions of Cooking Matters! Cooking Matters is a nonprofit that seeks to help feed and educate the community.

This is a great confidence booster for young adults, as for some it may be the first time they have cooked a complete meal for themselves. Two professional chefs volunteer their time to teach young adults how to prepare simple meals while giving them healthy tips and techniques. So far they've made a vegetarian pizza, a pasta dish, and an apple pecan cinnamon salad!

Each participant gets to go home with a bag full of groceries so that they can replicate the same meal at home. There has been a steady attendance of 7 young adults each week!!

Shoutouts!

Congratulations to all of the hardworking young adults! Here are some of their accomplishments this month.

- Deidre started her CAN training this month!
- David got a new job!
- Damien got his SNAP benefits, Mass Health and Mass ID!
- Jashawn became assistant manager at McDonalds!
- Thank you Ariane, Tyler, July, Della and Angelina for taking part in a tour and meeting with DMH and SAMHSA.

Health is Important!



August is National Immunization Month. Immunization helps prevent dangerous and sometimes deadly diseases. To stay protected against serious illnesses like the flu, measles, and pneumonia, young adults need to get their shots! Here at Tempo we make it possible for young adults to receive seasonal flu shots, and our Transitional Facilitators are ready to help with health insurance applications as well as rides to important clinic visits. Please contact us for more information and health resources at 508-879-1424!

Tempo's Hours

Mon. 9 a.m.– 5p.m, Tue. 8 a.m.-5 p.m, Wed. 8 a.m.-8 p.m.,
Thurs. 9 a.m. –5 p.m., & Fri. 8 a.m-4 p.m.
www.tempoyoungadults.org