



***From the President's Desk—DO YOU HEAR THE CALL***

***Future Events:***

- June 28 Team Building Event
- August TBD
- October 31 Fall Harvest Luncheon
- December 20 Christmas Party

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Recently another of our babies was killed in a drive-by shooting! This is the third little girl killed by gun violence in our community

this year! Amazingly some people seem ambivalent to these horrendous acts of random violence; through some absurd manner of thinking or rationalization some people seem to even suggest that such insanity is just a sign of the times. In a sane world senseless acts of violence can never be tolerated, in a sane community babies are not killed by the random acts of lunacy committed by distorted individuals. To the families of the precious little angels lost to these senseless acts we at StarrVista offer our heartfelt sympathy. To our brothers and sisters of this community we voice our outrage and the affirmation of our commitment and dedication to eradicating our community of the insanity that is attempting to plague our homeland. StarrVista pledges to continue working in effort to improve the neighborhoods of Wayne County and we challenge every citizen young

and old to help stop the madness and reclaim our streets.

The Care Management Organizations working in cooperation with the Wayne County Department of Community Justice have learned so much from each other over the last two years.

Collectively we are working towards a promising future for the children of our community, we share a vision of growth for the future. Mr. Jeriel Heard, Director of the WDCJ has continuously provided leadership and guidance to those of us dedicated to securing the future of our young people. Today it is time for all of us to stop and reflect, are we doing enough as individuals, have we heard the call, have we embraced the demand for positive change in our community? Each of the CMO's is full of talented committed people. StarrVista applauds the efforts of our partners, Black Family Development, Growth Works, Bridgeway and Central Care Management.

Together with these partners and other dedicated organizations and individuals we can make a difference. Each day we must work honestly, earnestly and efficiently. The "clarion call" has been made and along with our partners in the community StarrVista is responding! Our children are our first priority and those that would endanger, threaten or harm them are our enemies... all stand on

*"To our brothers and sisters of this community we voice our outrage and the affirmation of our commitment and dedication to eradicating our community of the insanity that is attempting to plague our homeland."*



*(Continued on page 2)*

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notice that we will not tolerate the harming of our babies for any reason and there is no excuse for any action that causes a single one of them harm.

In the coming months you will see an enhanced partnership between StarrVista and various faith based and community service organizations. Together with other positive, progressive dedicated individuals we can turn our community around. The ignorance and violence that has plagued our community and our children for far too long must come to an end. In the near future StarrVista will be a primary player in a new “Positive Youth Development” initiative that will embrace our children and build on their talents to further strengthen our community. StarrVista fully supports Mayor Kwame Kilpatrick’s agenda. We will support the future of our children, we will not tolerate hurting and we will use our resources to promote positive change. The Detroit Police are our partners and we will support them and their efforts to stop crime in our neighborhoods. We will support efforts to maintain clean streets and play areas for our children. Each of us must focus on maintaining clean homes, work areas and neighborhoods. It is time for us all to make an investment in our community; it doesn’t cost us anything to clean up our personal space or to give a child a word of encouragement. The rewards of living in a clean, safe environment are priceless. The members of the StarrVista team must stand as champions of our community and do whatever is necessary to insure our future.

This is an election year; let’s make certain that the newly elected officials serving our community understand our expectations. As president of StarrVista I am encouraging each member of our team to be part of the catalyst for positive change. Let’s make sure that everyone we touch understands the importance of our children...**“RIGHT HERE, RIGHT NOW.”** Ask your friends and family... have you heard the call?

## *In Memorium—*



“She was a survivor,” are words appropriately used to describe Alexis B., by her former independent living case manager, Willie Davis (Starr Commonwealth). Will had the pleasure of working with Alexis for almost a year and a half, until her death on March 30<sup>th</sup>, as a result of complications caused by lupus. Alexis was a bright and charismatic young lady, who aspired to academic achievement. So much so, that during junior high her desire to be in high school, led her to find a way of enrolling and attending Redford High. During her enrollment at Catherine Ferguson Academy, she maintained her honor

***She was a survivor  
of life’s adverse  
circumstances!***

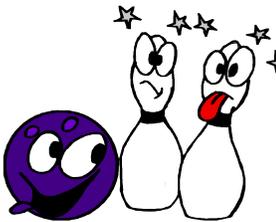
roll status, in spite of her illness and in addition to her obligations as a mom. Last year, Alexis attended a six-week academic summer program in Canada and managed to pass all her classes - despite the constant pain she endured. Alexis had planned to attend Wayne State University next year; unfortunately those plans will never be realized. Due to the added support of our case manager, Francine Stitt, and Starr Commonwealth staff, Alexis began to blossom as an independent young woman and mother. Alexis was always concerned about her now two-year old son and his well-being. It is truly amazing, how this young woman was able in a short period of time, to grasp some of the fundamental principles of parenthood, setting goals, and moving forward in life – in spite of the odds. Even though her life’s story was shortened by circumstances beyond her control, her life stands as a testimony of what the human spirit can accomplish with the right mixture of willpower, determination, and positive support. Alexis will always be a shining example of why we do what we do – every hour, every day, every month and year – because stars sometimes need a little polishing to fully shine.

For more information on lupus, see page three.

## What is Lupus?

Did you know that Hippocrates was the first known person to provide a written record on lupus? The name “lupus” comes from a Latin word meaning wolf and was used in reference to the ulcers it caused on the face. **Do you know what lupus is?** Did you know that in a recent survey of more than 1,000 adults, where 65% claimed to have some awareness of the disease – only 20% could offer accurate basic information about lupus? Lupus is more common than multiple sclerosis, muscular dystrophy or leukemia. **Do a lot of people have lupus?** Lupus is a disease that at least 1.4 million Americans, mostly women are believed to have. **Does lupus have a preference on who to strike?** Women of child-bearing age (15-45) are most often affected. In fact, in this particular group, lupus is 8-13 times more common in women than men. The disease occurs in 1 of every 600 Caucasian women of child-bearing age and 1 in every 200 African-American women. And yes, the disease does occur in men, children, and the elderly. **Is lupus contagious or hereditary?** Although lupus is not contagious, heredity may influence whether or not a person develops the disease. **What is lupus?** The most common and serious form of lupus is known as *systemic lupus erythematosus* or *SLE*. SLE is a treatable, chronic, autoimmune, inflammatory disease that can affect any organ in the body and in a pattern that varies from person to person. Simply put, the body’s antibodies begin to attack its own tissue, which results in an autoimmune reaction that causes the inflammation that affects specific tissues or organs. **Can you learn more?** For additional information on lupus, please visit the Lupus Foundation of America’s website: <http://www.lupus.org>

## Let’s Bowl!!



Dig out your bowling ball and shoes and get ready to bowl that 300 game. On April 19, 2002 at 11:00 a.m. we will be adjourning to Plum Hollow Lanes for our staff meeting and birthday celebration (March/April birthday’s). We will break into teams following the staff meeting and bowl two games. Prizes will be determined for First Place Team, Last Place Team, Best/and Not So Best Bowler. Pizza, pop and cake will be served. Let’s go Bowl!

## Achievements



Senior Case Managers (from left) Mary Woods, Lance Fisher, Lori Linsday and Marcy Sabol

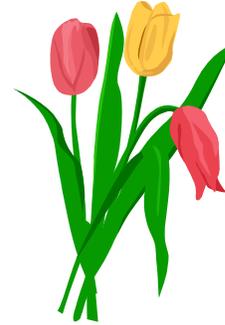
The Agency is always pleased to recognize the career enhancements of staff. Recently, Lance Fisher, Lori Linsday, Marcy Sabol, and Mary Woods were promoted from the post of Youth Investment Counselor (YIC) to the newly created post of Senior Case Manager. In this role, they will act as a liaison between the Case Management Supervisor and YICs, as well as assist in the overall planning and coordination of the work of the teams. Lance Fisher has a BS in Criminal Justice from Wayne State University, and a professional background in mental health work. He is interested in pursuing a master’s degree in Counseling. He enjoys working out, playing sports, and spending time with his friends and family. Lori Linsday obtained her BS in Criminal justice from Grand Valley State. She has a background in juvenile justice, and also plans to pursue an advanced

degree in Counseling. She spends her free time playing volleyball and working out. Marcy Sabol has a BSW from Northern Michigan University, as well as a background in juvenile justice. She plans to pursue a Master’s in Social Work. She is married and her interests includes shopping, redecorating (her husband loves that one), and most outdoor activities. Mary Woods has a BSW from U of D Mercy. She is the mother of a 12 year old son, Terrell. She also plans to obtain a Master’s in Social Work. Her hobbies include shopping, hair braiding, and making and selling decorative gift baskets. These exciting individuals will step into the role of Senior Case Manager on Monday, April 22, 2002. Best of luck!

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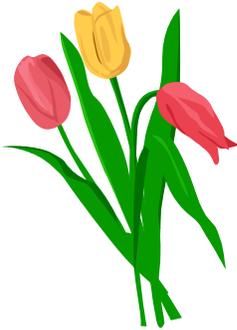
## *New Employee*

Let's give a warm welcome to Judith Richmond, who joined StarrVista's team on March 18, 2002 in the role of Operations Coordinator. In this post, Judith is responsible for coordinating the workflow of office operations and is the Agency's liaison to Wayne County. She is the mother of two, as well as grandmother to two. Her interests include sky diving, reading and writing, and she enjoys a wide variety of music. Welcome Aboard!



## *Youth Spotlight*

The Agency's business is invested in the lives of the children and families we serve, and we want to always take the time to recognize the achievements of our youth. This month we are spotlighting Hugo Y.; his case worker is Raymond Davis. Hugo came into our care in September of last year. He is currently placed in the community in the care of his Father. Since placement at StarrVista, he has made considerable progress with his treatment. He completed the Dearborn Heights' Youth Assistance Life Skills group, covering topics such as truancy, substance abuse, teen pregnancy and violent behaviors. According to Wanda Houze, Prevention/Delinquency Program Supervisor, at Vista Maria, Hugo provided valuable input and insight with the group topics. She indicated he was very motivated and willing to change. Hugo is enrolled and attends on a daily basis Inkster High School. He is well adjusted within the school and earning good grades. Hugo is a very athletic teen. He is on the basketball, baseball, and football team. Hugo enjoys his sports and aspires to become a professional athlete. Hugo's Father was concerned that that he may be overwhelming himself with school, sports, participation with his treatment and his desire to be employed. In response to his Father's concerns, Hugo devised a management chart indicating how he would manage his time to include all of these activities.



We applaud Hugo for the significant strides he has made in his treatment and commend him for a job well done. Keep up the good work!

## *Employee Spotlight — Sarah Harris*



Almost two years ago, Sarah began working for StarrVista as a Youth Liaison. However, her hard work and diligence contributed to her promotion to Youth Investment Counselor last year. Always the prankster and resident comedienne, when asked why she wanted to work with youth, she replied with a grin, "I really don't – I kind of slipped into this field. And right now I don't have any other job prospects." All joking aside, her commitment to youth and families comes from her belief that as carriers of the future, our children are in jeopardy – and there is need for someone to effect a change in what appears to be a losing battle. A social work graduate of Eastern Michigan University, Sarah is currently pursuing her Master's degree at Wayne State. When she's not tracking down youth or writing reports, Sarah includes among her hobbies: a variety of extreme sports, movie viewing, exploring new places to dine, and meditation. Sarah's advice to today's youth: "*Stay a child as long as life allows, because you have more than enough time to become a dysfunctional adult.*" With a constant smile and a kind word, Sarah is truly one of our stars in a galaxy of hope.

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## HAP Corner—Physical Fitness

### What is physical fitness?

Physical fitness is a state of health that's influenced by your physical activity. To stay physically fit, you need to participate in activities that do three basic things: Get your heart and lungs pumping (aerobic conditioning); keep your body limber (flexibility); and tone your muscles (strength). The following table shows how different exercises rate in these three areas.

Activity	Aerobic	Flexibility	Strength
Aerobic dance	High	Medium	High
Biking	High	Low	Medium
Cross-country skiing	High	Medium	Medium
Running	High	Low	Medium
Stair climbing	High	Low	Medium
Swimming	High	Medium	Medium
Tennis	Medium	Low	Medium
Walking	Medium	Low	Medium
Weight lifting	Low	Medium	High
Yoga	Low	High	Medium

### Why is physical fitness important?

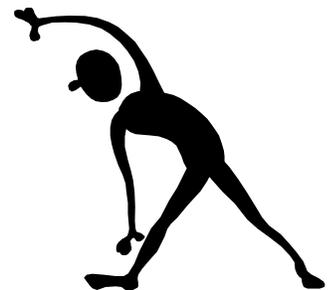
People who get regular exercise (about 30 minutes of moderate physical activity, three times a week) experience the following benefits:

- **Feeling better:** Regular exercise gives you more energy, helps you cope with stress, and helps you feel less tired (by improving your ability to fall asleep quickly and sleep well).
- **Looking better:** Regular physical activity helps control your appetite, tones your muscles, and lowers your body fat, all of which can improve your appearance.
- **Improved health:** Keeping physically fit can help you prevent coronary heart disease, high blood pressure, obesity, and osteoporosis. It can also help people manage diabetes and some mental health disorders.

### How do I start a physical fitness program?

You should consult your doctor before beginning any physical fitness program. Consider the following points as well:

- **Choose an exercise routine that's right for you.** Ask yourself the following questions: Do I enjoy this activity? Does this activity fit into my schedule and is it convenient? Do I need any special clothing or equipment to participate in this activity?
- **Vary your routine.** Switch between several different types of exercise. This gives you a balanced fitness program and keeps you from getting bored with your work-out.
- **Don't push yourself too hard.** Start slowly and gradually lengthen your work-out to avoid burn-out and injury.
- **Find an exercise buddy.** Exercising with a friend is fun and can keep you motivated.





# At the Movies

Okay, enough with the brainy puzzles, this month in honor of spring and the recent Oscars, we're featuring in a newsletter near you this delightful treat that is sure to test your knowledge of movies. Below are clues to movie titles of films released within the last 2-5 years. Use the clues to solve the mystery of this production. First to finish with the most correct answers wins a critic's choice award. Good luck and keep your wits about you.

**Examples:**     *A place to visit animals (+) opposite of sea (+) her-h = Zoolander*  
                  *A man's neckwear (+) a sunbather's goal (+) bic-b = Titanic*

1. Cassius Clay: \_\_\_\_\_
2. The Quick and The Angry: \_\_\_\_\_
3. Throw (+) Not here: \_\_\_\_\_
4. Poltergeist (+) Canine: \_\_\_\_\_
5. Matrimony (+) Organizer: \_\_\_\_\_
6. Violent Storm: \_\_\_\_\_
7. A stooping cat (+) an Unseen fire-breather: \_\_\_\_\_
8. Indestructible: \_\_\_\_\_
9. Locating (+) a Group of trees (+) her-h: \_\_\_\_\_
10. A Clan (+) Opposite of Female: \_\_\_\_\_
11. What little girls are made of: \_\_\_\_\_
12. An ogre (+) a small round sphere: \_\_\_\_\_
13. Practiced preparation (+) 1 unit of the week: \_\_\_\_\_
14. Hours of darkness (+) a fable: \_\_\_\_\_
15. Aristocrat (+) finger bands: \_\_\_\_\_
16. Scalp covering (+) 'e' (+) cooking utensil (+) tear-a: \_\_\_\_\_
17. Chuck's heavenly girls: \_\_\_\_\_
18. Rescuing (+) a precious metal (+) male: \_\_\_\_\_
19. Opposite of horizontal (+) restriction: \_\_\_\_\_
20. Shoe bottom (+) Source of nourishment: \_\_\_\_\_
21. Anticipated release of breath: \_\_\_\_\_
22. An attractive brain: \_\_\_\_\_
23. Cow sound (+) residential grass (+) cheek makeup: \_\_\_\_\_
24. Triple (+) physical blows: \_\_\_\_\_
25. The sea (+) a dozen – one: \_\_\_\_\_

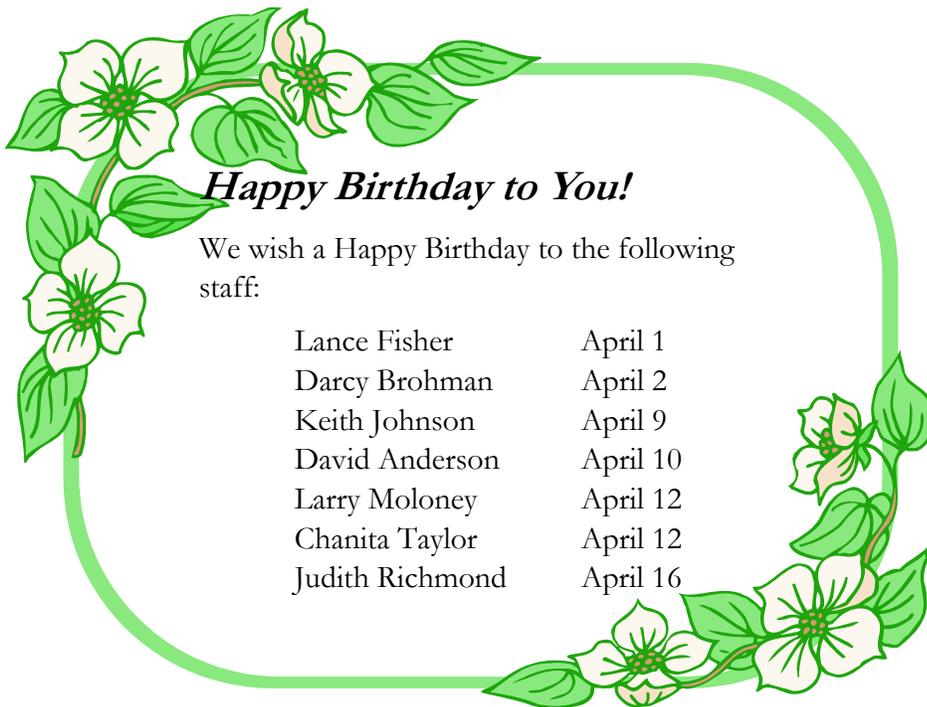
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Solutions through  
youth & family  
partnerships

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### *Happy Birthday to You!*

We wish a Happy Birthday to the following staff:

Lance Fisher	April 1
Darcy Brohman	April 2
Keith Johnson	April 9
David Anderson	April 10
Larry Moloney	April 12
Chanita Taylor	April 12
Judith Richmond	April 16

## *Training Calendar*

Upcoming Trainings:

April 12 9:30 a.m.	Wayne County/WEB Tether Training
April 16 9:30 a.m.	City of Detroit Health Department/Hepatitis B Training
April 23 9:30 a.m.	City of Detroit Health Department/AIDS/HIV Training



The last two trainings are being held due to the steady increase of cases of Hepatitis and HIV among adolescents.

## *Recipe Corner*

This month we are pleased to be able to give you two low-fat (for those of us dieters) recipes. They are also quick and easy.

### **Low-Fat Creamy Mushroom Chicken**

4 boneless, skinless chicken breasts	
1 tsp. oil	1/4 tsp. salt
10 oz. mushrooms (sliced)	1/2 cup light sour cream
1 medium onion (sliced)	1/4 cup water

Saute chicken breasts & remove from pan. In same pan heat oil and all mushrooms, onion & salt cooking till golden & tender. Reduce heat to low and add sour cream and water, heat through. Makes 4 servings.

### **Low-Fat Chocolate Cake**

1 1/2 cups flour	1/2 cup unsweetened cocoa
1 cup non-fat milk (skim milk)	2 eggs
1/4 cup granulated fructose	1 1/2 teas. Baking soda
2/3 cup canola oil	1 tsp. salt

Preheat oven to 350°F. Grease and flour a 13 x 9 inch cake pan. Combine all ingredients in a mixing bowl and beat just until blended. Pour into prepared pan and bake for 40-45 minutes. Let cool and serve. Makes 12 servings.

**Note:** If you would like to share some of your favorite recipes (especially ethnic recipes) with the rest of the staff, please submit them to the editors via interoffice mail or e-mail.