VOL. 2, NO. 4 OCTOBER 2020

STEP'S FOUNDATION NEWSLETTER

Quarter 4: Steps Foundation, Inc Highlights!

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Final Quarter Update

So many things have grown and changed in the last few months. We're excited for how our quarter is ending. We've made multiple community partnerships and we're preparing to do more with students and families early next year. Our newsletter continues to grow in content and we're able to bring you more information for our upcoming programs as well as community partner programs. We thank you all for a fantastic 1st year, we're looking forward to celebrating our anniversay.

We know that COVID-19 has brought some undo stress to everyone in the community. It may be hard to figure out how to relieve the pressure and stress. We wanted to bring you a article that hopefully helps you.

5 Stress Management Techniques

Have you been feeling stressed out lately? As if you can't handle work, home, family, or life in general. The stress is piling up and you are not sure what to do. Well here are some quick tips to managing stress so you don't feel so chaotic in your life:

1.Take a 10 minute walk. According to a few experts if you take a walk it will help reduce endorphins in the system that cause stress.

2. Practice mindfulness. Learning to focus on your breathing can help you reduce stress. If you are able to take a few minutes out of day and breath in silence this can greatly help you reduce your stress.

3. Create an exercise regiment. If you can spend some time of your day getting in a workout that you enjoy for about 45 this can also help reduce the amount of stress that you receive and help you manage it.

4. Write a reflection journal. Create a journal where you can write down your thoughts and process events that have happened to you. This can help you get a fresh prospective about the situations you are in.

5. Organize yourself. Set aside a few minutes a day to create a planner in order to get your thoughts straight and take in a chill pill to avoid the chaos that might be taking place around you currently.

These are just a few points and tips to help get the stress you may have under control. One of the best ways you can help control your stress is by coming up with ideas on your own that have worked on reducing those stressful moments. The best stress manager is yourself.

Written by: Jasper Gates, M.A., LPC Intern

http://cu-hopecounseling.org/blog/5-stress-management-techniques

Steps Foundation, Inc's Life Skills Program presents

Professionalism & Marketing Workshop

From the moment you create a resume and begin searching for a job you are marketing yourself. Employer's will always be looking for the best possible candidate to fill their positions. Alyssa Hogan of Alyssa Hogan Enterprises has over 10 years of Business Management Experience. She will speak to you about social media, email etiquette and professionalism on and off the clock.

Date: 10/10/2020
Time: 12:00pm
Where: Zoom
Register:
www.stepsfoundation.org

Breast Cancer Awareness Month

October

Breast cancer is one of the most common forms of cancer we know. While the risk of breast cancer is lower in men, it does happen. I feel that sometimes this is a fact that gets left out many times. So for this article I want to focus on how men can recognize the signs of breast cancer.

Based on the Susan G. Komen website she mentions that the most common sign of breast cancer in men is a painless lump or thickening in the breast or chest area. However, any change in the breast or nipple can be a warning sign of breast cancer in men including:

- Lump, hard knot or thickening in the breast, chest or underarm area (usually painless, but may be tender)
- Change in the size or shape of the breast
- Dimpling, puckering or redness of the skin of the breast
- Itchy, scaly sore or rash on the nipple
- Pulling in of the nipple (inverted nipple) or other parts of the breast
- Nipple discharge (rare)

https://ww5.komen.org/BreastCancer/BreastCancerinMen.html

Business Spotlight

Kreations by KL

Kreations by KL is a online store that offers you the latest and greatest in custom shirts and masks. I chose to highlight this business because I ordered some masks from her and she had such great customer service I couldn't help but share. Since purchasing my masks I've been seeing multiple people on Facebook wearing her shirts (especially teacher shirts and aprons) and singing her praises for customer service. Another reason why I'm happy to share her services is because she's a educator amongst all else. During these times I know that many teachers are doing what they can to have extra income. So if you have a moment please take a look at her store and give her a shout out when you do.

Kimberly continue giving great customer services and continue being the phenomenal teacher that you are. You are appreciated more than you know.

You can find her at the following:

www.facebook.com/ShopKreationsByKL
Website: https://www.kreationsbykl.com

Time: 12pm - 2pm
For: High School Jr's and Sr's

Steps Foundation, Inc presents
2020-2021 Life Skills Program

8/8 - Resume Writing
9/12 - Interviewing Skills
10/10 - Professionalism & Marketing
11/7 - College and Vo-Tech
12/5 - Time & Organization Management
1/9 - Stress Management & Self Care
2/6 - Working a Budget
3/13 - Understanding your Credit
4/10 - Preparing your Financial Future

Register at:
www.stepsfoundation.org/events

Workshop Location:
Online Via Zoom

Step's Foundations Life Skills Program

Our Life Skills Program is open to all high school junior's and senior's no matter where they are. We are able to do this now since our program was moved online to due to zoom. We love having this opportunity because now students get to socialize with students in other areas. Students get to learn from each other and work together.

All program dates still remain the same and all other criteria remains the same too. Students still need to register in order to participate. We are looking forward to continuing to see students thrive in our program.

If you have a high school junior or senior that could use community service hours, scholarships, or social opportunities have them register for our life skills program.

Registration: www.stepsfoundation.org/events

COVID-19 UPDATE

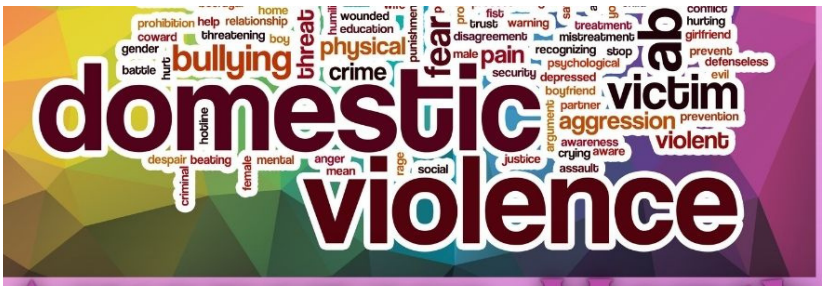
Every newsletter brings something new because of COVID. All of our workshops were moved online shortly after our last newsletter went out. This transition allowed us to reach more students safely. While we understand the strain that this has caused for many students and families, we also understand how exhausting it is doing things virtual. We want you to know we hear you and we truly understand and we cant wait to be in person with our students.

We're hoping to have an event as soon as we can! So stay tuned!

If you have any questions or concerns about what we're doing to keep students, families and volunteers safe feel free to reach out to us. Our previous protocols are still in place.

- Temperature checks
- Social distancing
- Hand sanitizers throughout
- Masks required

Email:
info@stepsfoundation.org
Phone: 407-279-0713



Awareness Month

October

The CDC reports that over 1 in 3 women and about 1 in 3 men in the United States experience intimate partner violence in their lifetime. 1 in 3 teens experience dating violence. Those who identify as nonbinary or LGBTQ+ are often even more likely to experience abuse. Black women are 35% more likely to experience domestic violence than white women. While people at all income levels experience domestic violence, those earning lower incomes experience domestic violence at higher rates than those with higher household incomes. Women with household incomes of less than $7,500 are 7 times as likely as women with household incomes over $75,000 to experience domestic violence. Those who identify as nonbinary or LGBTQ+ are often even more likely to experience abuse, which is compounded by homophobia and transphobia. Transgender women who experienced intimate partner violence (IPV) were nearly 2.5 times more likely to experience sexual violence and nearly 4 times more likely to experience financial abuse than survivors who did not identify as transgender women. National statistics show that at least 45% of domestic violence survivors report being sexually assaulted by their abuser.

https://www.doorwaysva.org/our-work/education-advocacy/the-facts-about-domestic-violence/

Donation Request

We're definitely in need of donations to help make our program a success. The list below is what we are in need of to either give kids on their first day of the program or as giveaways (incentives) during the program. Your help is greatly appreciated.

Donations

- Pens
- Pencils
- Notebooks
- Printer Paper
- Planners
- Stress Balls
- Sticky Notes
- Headphones
- Snacks
- Colored Pencils
- Journals
- Gift Cards
- Lanyards
- Movie Tickets
- Attraction Tickets
- Key Chains
- Phone Cases
- Ear pods
- Markers
- Index Cards

If ordered, donations can be sent to:
4701 Old Canoe Creek Road #700625
Saint Cloud, FL 34769

If I need to pick it up please email me at info@stepsfoundation.org or call me at 407-279-0713

Steps Foundation, Inc's Life Skills Program presents

College and Votech Workshop

Trying to understand what your next step in life will be like after graduation can sometimes be overwhelming. Al Brenner of Nations Roof will walk you through decisions that he made and life experiences that led him to where he is now. This workshop is geared towards helping students understand the need for trades programs, understanding financial aid in college, and how to go after grants and scholarships.

Date: 11/7/2020
Time: 12:00pm
Location:
Zoom

Register:
www.stepsfoundation.org/events

Scholarships

2021 SCHOLARSHIPS

1. Ida Mae Ward Humanitarian Scholarship
2. Samuel Ellis Social Services Scholarship
3. Ron Perine Creative Scholarship
4. Darlene Ellis Future Nurses Scholarship
5. Gardee Family Dare to Dream Scholarship

2021 SCHOLARSHIPS

Criteria

1. Complete at least 5 life skills workshops to be eligible
2. Read each scholarship's requirements
3. Turn in your essay by the deadline
4. Make sure you speak to those who are writing your reference letter so that they are received by the deadline
5. We're taking applications started 1/1/2021 and ending 3/15/2021.

Partner Spotlight

We want to take a moment to recognize our community partners!

Just Write

Saving Our Daughters

RGV
REAL GROWTH VAULT
COACHING AND CREATIVE COMPANY

4HER Perspective

HELP NOW
SAFETY. EMPOWERMENT. HEALING.

FLORIDA BEARS

BRIGHTLIGHT CONSULTING

estd // 2020
UNLOAD
we are YOUR backbone as you are THEIRS

NATIONS ROOF
THE ROOFING SOLUTIONS COMPANY

THE LCR PROJECT
Love, Compassion, Resolve

HEALING IS HERE LLC
The Breaking of is the Making of

Non-Profit Spotlight

Saving our Daughters

Saving Our Daughters Orlando Corp major program is the mentor program. This program consists of two levels, the Gems and the Jewels which cater to middle and high school young girls respectively. The purpose of this program is to address high-priority community concerns to prepare the young girls for a smooth and successful transition into adulthood. In order to accomplish this goal, SODC program is focused in the area of school dropout prevention, life skills training, community service, and social responsibility. A participant of this program will be accepted into the organization and assigned a mentor.

As the mentee, the young girls must attend bi-weekly meetings, meet and talk with mentors one-on-one, attend fundraising events, attend vision board sessions and complete any assignments given. The mentors work with the mentees in the areas of educational support, emotional support, life skills, and help encourage, foster and develop ideas. Once accepted into the program you are a participant until you graduate high school. Through the support of the mentors and other mentees, SODC has celebrated several high school graduations and college acceptances of mentees. The overall importance of this program is to help be a guiding hand in the life of a young girl to aid in a promising future. Contact us if your interested in mentoring or registering a young Gem or Jewel. Savingourdaughters407@gmail.com

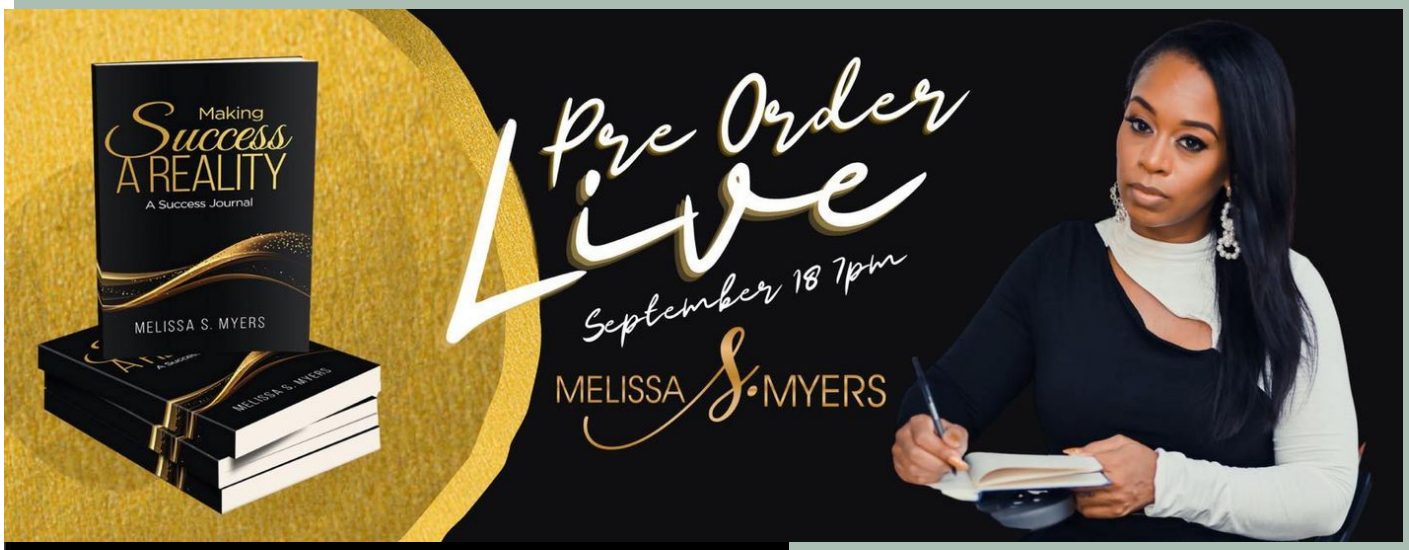
Steps Foundation, Inc's Life Skills Program presents

Time and Organization Management

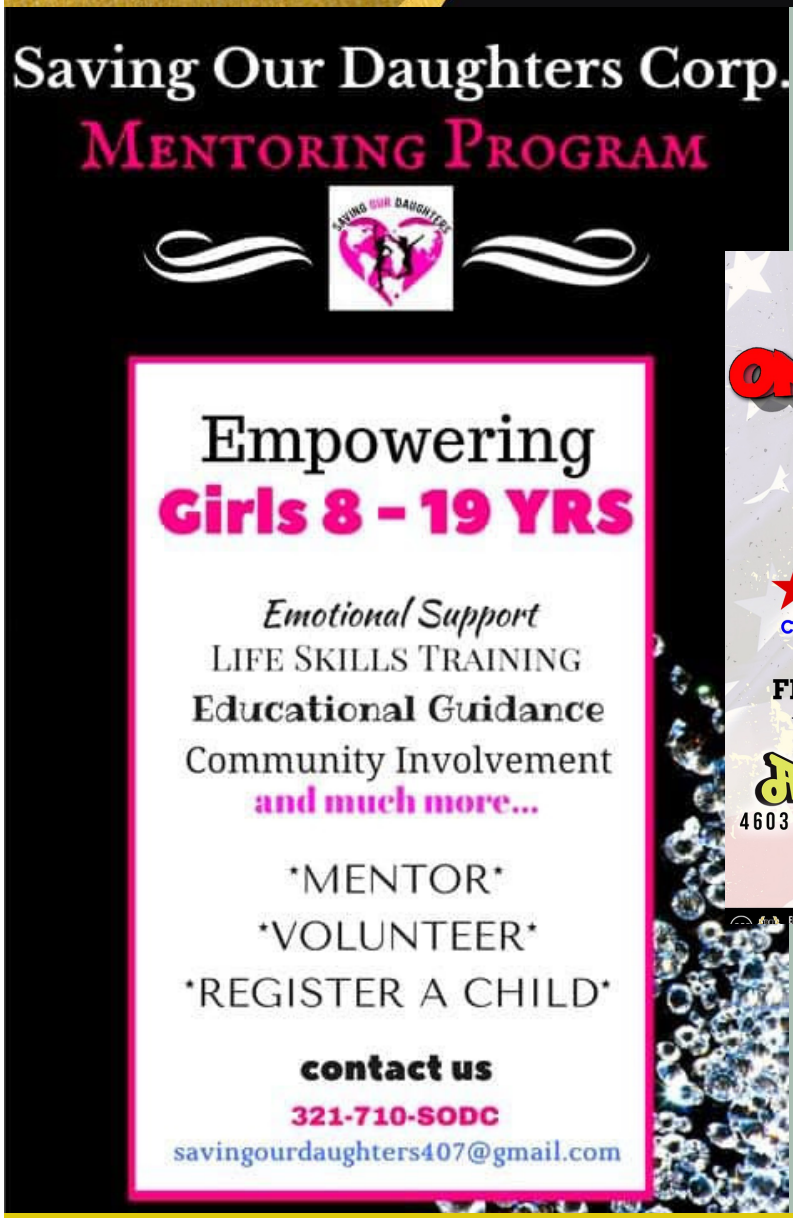
Shawntia Lee has a natural passion for seeing students thrive and grow. Her nonprofit foundation College-Thriver is helping to guide students before they get to college, while their in college and beyond their college years. Understanding how to manage your time is important. Whether college is for you or not, this is one skill that you will be expected to have in general. Having proper organizational skills will keep you on track for many things throughout your life, and it's certainly something that will bring rewards in your future.

Date: 12/05/2020
Time: 12:00pm
Location: Zoom

Register:
www.stepsfoundation.org/events



You can purchase the journal Making Success a Reality at https://melissamyers.com



Voting is such an essential part of learning for students. Join us at the voters rally on 10/9 at the Orlando Amphitheatre. Get tickets at www.seetickets.us/rodwave

Sponsorships

I pledge to make a difference is a pledge that Step's Foundation, Inc truly believes in. We believe that the small differences makes the biggest impact. We are often asked "How can I help"? There are so many ways that you can help but if you're unsure here are a few:

1, You can volunteer your time, expertise, or services. We love volunteers and we can tell you there is so much work to be done from helping setup and take down workshops, helping register families, spreading the word, joining committees, helping plan events, help put together goodie bags, etc.

2. We are looking for workshop sponsors. This is $100 and it helps cover the cost of supplies for the workshop.

3. We are looking for student sponsors. The cost of a student sponsor is $250. This helps cover the cost of the student grab bags and t-shirts.

4. Make a one time or monthly donation in any amount.

You can make an online payment or mail a check/money order to:

Steps Foundation, Inc
PO Box 700625
Saint Cloud, FL 34770

Native American Awareness Month

Facts:

- Native American women played important roles in most Native American tribes; they farmed, cooked, made shelters, made tools, made weapons, and sometimes participated in hunting and warfare.
- Most Native American Indian cultures farmed. The most common crop was maize; other important crops grown by numerous tribes around America were beans and squash.
- Many Native American tribes developed ball sports and often these sports were used to settle disputes as an alternative to going to war. Native American Stickball, which is similar to lacrosse, is one of the oldest team sports in North America.
- In most cases Native American men were responsible for negotiating with other Indian tribes and with European settlers and traders.
- In the United States only eight surviving Native American languages have a significant number of speakers; they are Navajo (by far the largest population of speakers), Cree, Ojibwa, Dakota, Cherokee, Apache, Choctaw, and Blackfoot.
- There were historically numerous Native American language families; which are similar languages with originated from a common language. These language families included Algonquin, Iroquoian, Salishan, Siouan, Muskogean, Sahaptian, Kiowa-Tanoan, and Caddoanand Athabaskan.

November

https://native-american-indian-facts.com/Native-American-Indian-Culture-Facts/Native-American-Indian-Culture-Facts.htm

Expect Respect is a 10 week program committed to teaching middle and high school students about healthy dating relationships. If you have students that would like to get involved have them join us by signing up at: https://www.eventbrite.com/e/119711047967

For the Step's Foundation Life Skills Program a tablet is being given away to the student who has the most referred students on the call on 10/10! Students get your friends involved so you can win!

Monthly Pledge Cards

Monthly Pledge Card

Standing
Together
Empowering our
Present
Self

Date: _____ Name: _____
Organization: _____ Email: _____
Address: _____
City: _____ State: _____ ZIP: _____
Day Phone: _____ Evening Phone: _____

I would like to pledge to make a difference by doing one of the following:

____ Monthly Workshop Sponsor $100 per month for 3 years

____ Monthly Student Sponsor $250 per month for 3 years

____ Monthly Sponsor $25.00 per month for 3 years

I would like to contribute in other ways:

___ Contribute $_____ monthly for ____ years

___ Please contact me. I have other thoughts to share

Payment:

_____ My check is enclosed, made payable to: Steps Foundation, Inc

_____ Please charge my Visa/MC #_____ Exp. _____

_____ My company will match my gift

We will withdraw today, and then on the 15th every month for your monthly pledge thereafter, unless you request otherwise.

Signature: _____

I pledge to make a difference!

Why take the pledge? Your donations help cover program costs! Your donations help cover scholarships! Your donations help cover student incentives! We need your donations, so please take the pledge to make a difference and donate. You can make donations on our website at www.stepsfoundation.org or you can make donations on our Facebook page www.facebook.com/stepsfoundationinc

DIABETES AWARENESS

Facts:

- More than 34 million people in the United States have diabetes, and 1 in 5 of them don't know they have it.
- More than 88 million US adults—over a third—have prediabetes, and more than 84% of them don't know they have it.
- Diabetes is the 7th leading cause of death in the United States (and may be underreported).
- Type 2 diabetes accounts for approximately 90% to 95% of all diagnosed cases of diabetes; type 1 diabetes accounts for approximately 5-10%.
- In the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.
- Diabetes Total: 34.2 million people have diabetes (10.5% of the US population)Diagnosed: 26.9 million people, including 26.8 million adults
- Undiagnosed: 7.3 million people (21.4% are undiagnosed)
- Prediabetes Total: 88 million people aged 18 years or older have prediabetes (34.5% of the adult US population)65 years or older: 24.2 million people aged 65 years or older have prediabetes

November

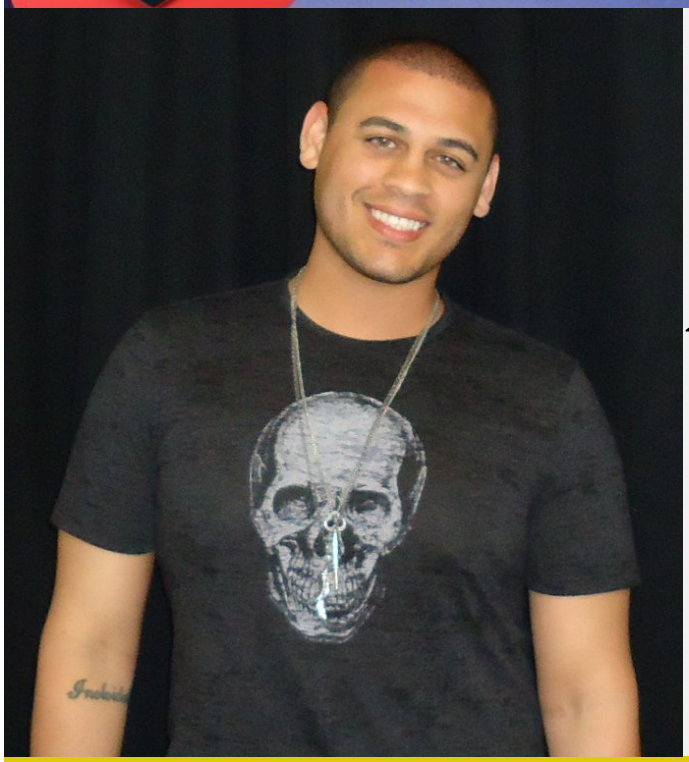
https://www.cdc.gov/diabetes/data/statistics-report/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fdiabetes%2Fdata%2Fstatistics%2Fstatistics-report.html

Giving Tuesday

We're excited about Giving Tuesday this year. It falls on 12/1/2020 and we would love for you to consider us. Please go ahead and write it on your calendars. All proceeds that we receive for Giving Tuesday will be going to our Scholarship Fund so that we can give out scholarships next April to high school seniors. Our goal is $20,000, so that we can give out 20 scholarships.

You can donate directly via check or money order or you can donate to our Facebook Fundraiser!

www.facebook.com/stepsfoundationinc



We want to say a special thank you to Alexander Milian for being a Student Sponsor and sponsoring 2 students in our life skills program.

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Feel free to reach out to us

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