To reduce unemployment and underemployment in the District of Columbia by enhancing the skills of its residents.
A Baby Shower at Backus

A surprise baby shower was given by the Backus Medical Billing and Coding class for expecting classmate, Lovett Nyahn, Bertie Backus.

Bertie Backus Appreciation Game Night

What fun, what enjoyment, what excitement, what an evening. Game night consisted of both Family Feud and The Price is Right. Students had a chance to compete for prizes against our peers and staff as well as faculty members. Our team, the HVAC Installation class, dominated the score board and won the game of Family Feud, winning a basket full of prizes for the entire class to share. We represented our school, our class, and ourselves.-UDC-CC All the Way! -Lamont Shaw, Bertie Backus
Shadd Students’ Words of Appreciation

Student Appreciation Day at the Shadd site was a memorable experience, one of festivities, merriment, raffles, speeches, and quotes. Shadd staff organized the event to show their eager scholars (who thirsted for knowledge and marketable skills) their appreciation for us, but we students flipped the script and showed the staff how much we also appreciate their efforts. It was an enjoyable day for all. --Paul Quick, Marion Shadd

First I want everyone to know that, like me, sometimes you have to literally “move” in life to move your life ahead. Once I found out about these UDC Community College Workforce Development offerings of free classes in my field I moved from Alexandria Virginia to D.C. This class would have normally cost $675 but as a D.C. resident it is free. The first day I enrolled in class, I was treated like a student that mattered. I appreciated everyone who helped me.

Due to my success here a more competitive job market is in my future. I feel proud when I say that I attend UDC CC Workforce Development Program. So remember you may have to literally move to move forward in life. Thank you Ms. Johnstone, Ms. Nix, Ms. Hill and brother Davis.

Otto Washington, Marion Shadd

The Student Appreciation Day was worthy of attendance; I was truly elated to be a part of the Workforce Development program here at Shadd. Student Appreciation Day was very informative, yet fun. I even won a prize! This is out of the norm for me, but it was confirmation that I was at the right place at the right time. To see the commitment of staff as it pertains to the success of the Workforce Development program was truly appreciated.

I would like to thank the staff and my fellow students for making Student Appreciation Day possible. --Eric Fowler, Marion Shadd
This is my second time participating in the student appreciation event. I really enjoyed this experience. It is a pleasure to participate in the school activities that helped me network with different students. The staff is magnificent, special thanks to PR Harris Staff. I really did not know how to model until Ms. Lakina Morgan showed me different techniques on modeling. I would love to work with these excellent students next semester. I am a Veteran, the skills that UDC CC Workforce Development Program provides really helped me while I was between assignments. I love UDC CC Workforce Development Program. Thanks, Dean Ford, for supporting me! -Gregory Holland, Patricia Roberts Harris
United Medical Center

My name is Althea D. Tolson, current student at United Medical Center enrolled in the Direct Support Professional (DSP) program. I have been a student at UDC Workforce Development since 2007. I have taken all college courses and several trade classes which included HVAC I, HVAC II, Basic Electrician and CFC Certification and recently passed my test for my Universal Certification this past fall 2013. I decided to take some healthcare courses. I completed Medical Terminology and Anatomy and then Medical Administration at PR Harris, but I did not complete. The Direct Support Professional (DSP) program gave me a new outlook on individuals who have developmental disabilities. I learned a lot from the program including adaptive equipment, human rights, universal precautions, infection control, abuse and neglect. My instructor, Mrs. Padgett, Site Director Mr Holmes, office staff Ms. Ross and Mrs. Tate ensured through their assistance and guidance that our entire class would be successful DSP’s. I had the most rewarding practicum at Community Multi-Services (CMS) in a group home for women 50 years of age and older. I had a chance to see how DSP’s really work with individuals one-on-one. I was so impressed because these women loved what they did and showed compassion for the clients. The staff at the group home are not only knowledgeable but patient. They showed care and concern. This was a real learning experience for me and an opportunity to network with great people and to get ahead in life. I would like to thank the staff at United Medical Center and the Community Multi-Services organization for all of their hard work and encouragement.—Althea Tolson, DSP Graduate Spring 2014, United Medical Center

Hi my name is Cheryl Bass-Chase. Two years ago I found myself in a position of having to go back to school for training in another field of work. I decided to go to UDC-CC because of the extensive programs offered in the healthcare industry. I just recently graduated from the Phlebotomy Technician program and received my national certification as a Certified Phlebotomy Technician (CPT) at United Medical Center. I decided to return and take the EKG Technician program, which I plan to complete this spring. In the Fall 2014, I plan to return and complete the Medical Billing and Coding program and receive my certification in this specialty field. With the training and certifications I’ve earned from Workforce Development, I am starting a new career in the healthcare industry, armed with a plan of action! Thank you UDC-CC Workforce Development—Cheryl Bass-Chase, CPT and EKG Graduate Spring 2014, United Medical Center

Pharmacy Technician Students

Dr. Anissia Neal, BS, PharmD (Instructor)
Appreciation to Dean Ford

We are happy you’re our Dean.
We enjoy presence in our school.
Your energy and words encourage us
to dream, work, and pursue.
With your personality and ambition
you can light up a room.
Every day you are planting a seed
of curiosity and motivation
to know, grow and succeed.
You have helped us fulfill our potentials.
We are thankful and grateful for all
of your efforts.

We admire you daily, and we just want to say:
As our Dean of the University of the District
of Columbia Community College
Workforce Development and Lifelong Learning,
WE THANK YOU!!!!
You are our GUIDING LIGHT,
THE FLAME OF OUR “TORCH”!
T = Tremendous
O = Outstanding
R = Reliable
C = Committed
H = HOTTIE

From Ms. Muhammad’s class at
Patricia Roberts Harris

From the Carpentry class at
Marion Shadd
Community Service

On March 14, 2014, I distributed programs for the Morehouse Glee Club from Atlanta, Georgia. I seated guests before the performance and between the breaks in the songs. This was the first time that I had ever heard of the group. I met several of the members and actually received autographs from a few of the young men. I enjoyed the variety of songs that they sang and the instruments they played!- Sharman Wilkins, Patricia Roberts Harris

Tracy Coffin- As a volunteer today, I was the first person to greet the people as they entered. There were different races of people. It made me feel proud to be a Washingtonian. I was privileged to witness the Morehouse Glee Club. It was an experience of a lifetime. I would love to volunteer again. Patricia Roberts Harris
Look Who’s Working

The World Bank

Ponja Sadjiet
Internship at the World Bank

Jacqueline Gray
World Bank

Lisa Alexander
Department of Labor

Timothy Capers
Smithsonian
Hello my name is Tracy Coffin and for Fall of 2013, I had the privilege of being the first intern for UDC CC Workforce Development Lifelong Learning Center P.R. Harris Campus. For thirteen weeks my internship was with Professor Keisha Mohamed in her 12pm to 3pm Medical Billing and Coding class. As an intern I was assigned daily duties which helped the class run smoother. My daily duties consisted of setting up for the day by making sure all materials are copied and ready and available when needed, assisted with checking and collecting homework, and mentored. To my surprise I also found myself helping the students with assignments as well, which I loved doing. You see, I was a former student of the same class in the winter of 2013 section of same class, during which I succeeded in adding the Billing and Coding Specialist to my portfolio.

Being an intern helped me a lot as well because even though I was a Certified Billing and Coding Specialist I was nervous about going out and getting the job because I felt I would draw a blank when asked something, but the internship let me know I retained the information I was taught and built my confidence levels up tremendously would like to thank Mrs. Thompson for allowing Professor Mohamed to have me as her intern this semester; the experience was greatly appreciated. I also would like to thank my former Professor Mrs. Mohamed for believing in me and choosing me for this opportunity. I feel internships should be offered more to any student who would appreciate the experience. I’m sure the teacher would love the help as well.

Tracy L. Coffin CMAA, CBCS, Patricia Roberts Harris

UDC-CC College and Career Fair; I have gone to many job fairs, and I must admit that I was pleasantly surprised by the one held by UDC on March 28, 2014, (and not just because they fed us). The employers were very nice, some like the Baltimore Police Department, provided information not only for gaining employment with their office but also information on how to obtain employment with other Baltimore agencies. The CSX employee representative took the time to walk me through the entire employment process, identifying which jobs didn’t require me to have the actual skill set needed to do the job at the time of application because they provided the training needed to do the job effectively. Some of the actual hiring managers were on hand and were performing on the spot interviews. Even though I am a little bias, I would have to say the Howard University representative made me want to sign up for four years of that Bison life! Even though I did not have the pleasure of interviewing for any of the jobs that I was interested in, I definitely made valuable connections and will be reaching out to those individuals when I am ready to proceed with pursuing employment with their organizations. —Rosmatine Pondexter, Bertie Backus
A Veterans Story

Troy Souder began taking classes here at Shadd in May of 2013. His original intent of becoming a student here was purely financially-based. After enrolling here and taking courses his mindset quickly changed. He bonded with some of the students and staff at Shadd, realizing he enjoyed his academic experience and the progress he was making, and he realized his mission in life.

Troy made friends that he will see long after completing classes here. He attended study groups with his classmates, grasped the course material enough to help others, and felt comfortable enough to reach out to gain help himself when he needed it. His classmates made him feel welcome and he realized that they shared common interests. Troy made academic progress that he was surprised by learning new skills!

Not only did he make friends with his classmates he also bonded with Shadd staff and instructors. Troy realized early on that he could come to Shadd staff members and receive additional guidance for academic issues and future aspirations. He was encouraged and inspired by his teacher, mentor and friend, Mr. Baxter Brown. Troy felt that everyone at Shadd wanted him to succeed as a student.

After taking on the role as “student” again after being away from the classroom for so many years, the concept of attending classes, studying, taking notes and taking exams was difficult at first for Troy but these soon became an enjoyable habit. Troy realized within himself that he wanted to help someone else the way he was helped through this experience. He experienced a renewal of himself and gained a new outlook on life.

After this semester ends, Troy Souder will transition into the UDC Community College degree programs beginning this summer. He plans to major in Social Work. He wants to give back to others because he realizes that life is not only about him. He plans to reach out to his children to inspire them to continue their education and be of service to others.

Congratulations Troy Souder! - Susan Nix, Student Success Specialist
At the Inaugural UDC Community College Student Government All Star Awards, four Workforce Development students - Katrina Fields, Bryant Deas, Stephen Darby and DeWayne Mathis (not pictured) - and Dean Ford were recognized for their contributions to the University.
Student Success

Patient Care Technician Students In Their Own Words

The Spring 2014 Patient Care Technician (PCT) students under the instruction of Judy Jenkins, BSN, RN recently completed the 145-hour training including an additional 20-hours of Behavior Mental Health Technician training. Patient Care Technician students must be certified nursing assistants (CNA) or emergency medical technicians (EMT) prior to enrolling in the program. Patient Care Technician students learn additional nursing skills such as following the established restorative plan of care ordered for patients, assist with restorative rehabilitation activities, monitor and record vital signs, EKG monitoring and more under the supervision of a registered nurse in a hospital or clinical setting.

Since starting this program, I have learned a lot of new nursing procedures. I believe I have a very promising opportunity to work as a Patient Care Technician. My instructor Ms. Jenkins is an excellent and loyal instructor. I appreciate the time she spent thoroughly teaching me the skills needed to pursue my career in nursing.—**Meagan Green**

I have learned many new skills that will help me pursue my goals in healthcare. In the future I would like to be a Physician Assistant. I really appreciate the opportunity given to me! —**Vanessa Suber**

I enrolled in the PCT program to pursue my goal of becoming a registered nurse. My experience is amazing because of the wonderful instructor Ms. Jenkins, Dean Kim Ford, Director Mr. Holmes and my classmates. I am very passionate about working in healthcare because I enjoy working with people who need help. —**Turnesha Brown**

Since enrolling at UDC-CC, I have acquired several certifications in healthcare. I am now more marketable, and I have the foundation for pursuing my associate and bachelor’s degree in Nursing. My goal is to become a Geriatric Nurse.—**Phedocia Downs**

My long term goal is to become a registered nurse. The PCT program is a stepping stone I am using in order to reach my goal. I plan to return to college to pursue a degree in nursing. I am very grateful for the Workforce Development Program. —**Shamika DeFreitas**

I chose PCT because my goal is to become a registered nurse. I wanted to gain more experience before starting nursing school. I have learned so much from my instructor; Ms. Jenkins—**Tiffany Hicks**
After earning my A+ certification I decided to work to receive two more certifications. I am currently in Ms. Dorthy Jenkins' class for the Microsoft Office Certification (will be taking the test within the next week). As of last week I started my Network+ certification course with UDC Community College online learning. In addition, I applied for the Summer Semester with UDC; working towards my Associates Degree (3 classes away). I landed a job as an IT Coordinator with the World Bank last week! I begin in two weeks. The funny part was I was able to negotiate the salary they tried to offer me for a higher one because I am A+ Certified. I have never been able to do that! Lastly, I am thinking about jump starting my own Computer Repair business soon. I have made some strides towards it but it’s not an official business yet. As you can see I have had a few things going on. The certification opens up doors to many possibilities and opportunities. I hope that UDC will offer the class again soon and hope even more that others take advantage of it. I am so grateful and thankful for the program and was grateful to have been placed in the class. Professor Muhammad was awesome and truly an inspiration. I appreciate all of your help and information you shared with us. That really had a strong impact on me during the course as well. Not to mention the Bible scriptures you shared with me, really gave me inspiration and a boost. I read them and others now to help me through.

Thanks, Ms. Brandon, it was really hard trying to study, continue with the classes and take care of family. I have four kids one of which, my 8 year old who has a physical disability. It was rough but I knew this was something I wanted, needed and had to make some sacrifices to get. One of my daughters was hit by a car during my time in class. I missed class that day but Thank God she was okay because I probably wouldn't have been able to continue. Yes it's been a struggle but I am so happy I hung in there. My kiddies understood that I have to go to class to earn the way of life we deserve and are entitled too.

With that said, I promised myself I would do something to help someone else as soon as I became certified and from here on out. I knew Monica didn't pass the 801. But she came back to class and informed everyone else of what to prepare for and study hard on. So I set some dollars aside and bought an 801 voucher. Not because she is my friend but because she knows her stuff. I know she has fallen on hard times and I didn't want her to lose her drive and let that knowledge and time she spent go to waste. Thank you again Ms. Brandon for being an inspiration and a great supporter to me.—

Jackie Gray, Bertie Backus
DeWayne Mathis Represents United Medical Center at Spring 2014 Celebration of Excellence

“Before I even say hello, I first would like to thank my wonderful God in Heaven for shining his beautiful sunlight today and waking us all up to gather for this special occasion of my peers and actively going after what is rightfully ours. Now I say, Hello and Good Afternoon family and friends an of the Great UDC family. My name is DeWayne “Chase my Dream” Mathis. And I would like to say I was hand picked but I would rather say God chose me to talk to you all about all of the amazing things that have happened for me since I was able to enroll in classes and give my brain something challenging to do again since high school. I must honestly say that I have learned so much in this little time. Not only did I learn a great deal of knowledge and life skills while being in the presence of inspiring, patient, intelligent, hands on teacher, patient teacher I have ever had! Not to mention she has got to be the most pleasant and kind hearted person I know, and get this, this is the only teacher, instructor, professor who has actually been able to hold my attention and tell me DeWayne and I be quiet for a little while…. “stop playing DeWayne”, get serious DeWayne! Ms. Carole Woolfolk who we call Ms. CW. Her way of teaching accommodated my learning style tremendously and when I didn’t get something at first she had no problem taking time before or after class to make sure I got it!! And that’s what it takes to successfully transfer and feed knowledge to others. Whether it be a teacher, coach, supervisor, parent, or kid. The person giving the knowledge has to have understanding, care and be patient enough to allow the person trying to learn to actually learn. And that is simply done by being polite and having self-control at all times no matter how another person is acting always respect yourself, and others enough to stay cool headed, calm and make sure that every word that leaves your mouth should be at a lower and lower tone. If that doesn’t, work walk away. However, I won’t take credit for that, I learned it from Ms. CW as well!! If God is willing and keeps me I will continue to have a record breaking learning experience at UDC at UMC. Everyone there is so nice and polite and helpful even the admin team is great and helpful. I just can’t think of one bad thing to say about my time here. It’s been probably my best move in a long time. I mean I actually learned and want to keep learning as long as it’s free!!!! I’m going have so many certificates under my belt, folks will think I stole them!!! And I have something to say and I don’t see a better time to say it. My next goal is to enroll in a degree program here at UDC. I have decided to put medical billing and coding on temporary pause to pursue certification as a direct support professional. There is one main reason for my decision to do so. To get to work just a little quicker so that I can support myself and my responsibilities which include feeding, clothing, and paying bills to provide for my smart, intelligent, handsome 8 year old son Ajani St. John Mathis. He is my motivation and the reason I see a lot of things differently. And UDC has allowed me a route to set a living example for my growing son and all the other kids and people around me who may not notice that I look or may sometimes dress or joke around like people they know who may be positive role models. Then they can look at me and ask me what I do or how I get money and I can tell them I go to school and I work for mine and I never have to run from the police or worry about going to jail.

EKG Technician Program at United Medical Center

As a Certified EKG Technician (CET), you’ll operate machines that record the electrical activity of a patient’s heart. EKG rhythms provide important data for the diagnosis of heart conditions. As a CET, you may perform some or all of the following tasks:

- Set up and administer EKGs, stress tests
- Prepare patients for Holter, or ambulatory monitoring
- Edit and deliver final test results to physicians for analysis
- Schedule appointments
- Transcribe physicians’ interpretations

Benefits to obtaining an EKG Technician Certification may include: more job opportunities, an increased pay scale, job security, and increased subject matter expertise.
On May 3, 2014, UDC-CC Workforce Development & Lifelong Learning Division hosted a Celebration of Excellence to recognize the 643 students that successfully completed the Spring semester.
Student Success

In February, Dr. Edwards helped me redesign my resume to highlight my previous work experience as a teacher. I applied to DCPS with my new resume, and I was interviewed via telephone in March. I made it through the first round of interviews and was told to complete my drug test and fingerprinting. I recently received an email stating I have been cleared to move on to the second phase of the interview process. I want to thank all the staff at PR Harris that have helped and encouraged me throughout this process. I really appreciate it.—Bryant Deas, Patricia Roberts Harris

During the past three years, I have been enrolled at the University of the District of Columbia Workforce Development and Lifelong Learning Program, studying for my G.E.D. It’s been a rough road during my tenure. Due to the help of the staff, I’ve been encouraged to stick with the program regardless of my barriers. I am still enrolled and focused and will not give up until I get my GED. I am writing this to say Thank You, to the UDC CC Community College Workforce Development staff for their support on this journey. Please continue to pray for me on my road to success.—Johnson White, Patricia Roberts Harris
Culinary Students at Ballou STAY’s Lunch Time Soiree

The first ever Ballou STAY Lunch Time Soiree took place Friday, March 21, 2014. The event introduced Chef Thomas and Ballou STAY students to the culinary community, and was held at the Sumner School. Attendees included local business owners and restaurants. This was an excellent opportunity to highlight the skills and talents of our culinary students. Food prepared by the students, was certainly the highlight of the event. Each guest was treated to mouthwatering dishes such as orange and black pepper shrimp salad, baked tilapia, lamb, roast beef, complimentary sides and various delectable desserts. The students truly learned a lot from this experience with the hope of utilizing their skills in the culinary world.

The Ballou STAY Culinary Arts Program is a one year program that prepares students for post-secondary culinary education. Students learn kitchen safety, sanitation and knife skills. Students prepare stocks, sauces, soups, meats, pasta, rice and other grains, by applying the dry heat, moist and combination cooking methods. The program also prepares students for the ServSafe food handlers certification.
Student Success

Rosane Rahman, Phlebotomy Technician Graduate, United Medical Center
Washington, DC resident by way of Brazil

Why did you choose the Nursing and Allied Health Programs at United Medical Center Campus?
I wanted to be a Phlebotomist. So I went to the WDLL website, and {I am here}.

What is your ultimate goal?
I always wanted to work in the healthcare field. When my father was hospitalized for 40 days and the nurses made his life so much easier. {Seeing how they helped my father make life easier during that time, I wanted to do the same}

What made you chose healthcare?
I always wanted to work and help others, which makes you feel good it, and make money to survive. We all need to make money to survive.

What advice would you give to students who are entering the program?
The program is harder than you think and will be more difficult than what you thought. Persist, don’t give up. When you get to point when you understand {the material} it will be a lot better.

What do you like about this program?
The institution helps us a lot. They really do. They do all they can - video, books, materials, and they don’t charge anything.

Mr. Ralph Russell, CNA, CPT, United Medical Center
Native Washingtonian and former United States Marine. Mr. Russell completed the nursing assistant program at Bertie Backus before completing the phlebotomy technician program at United Medical Center. Mr. Russell has registered for the Summer 2014 Patient Care Technician program.

Why did you choose the Nursing and Allied Health Programs at United Medical Center Campus?
Well for one thing, this is the first time the program was free. At another school where I was trying to take phlebotomy, I had problems with student loans. I always wanted to be a nurse. Nursing is a demanding profession and my family history.

What is your goal?
My ultimate goal is to become a registered nurse.

What made you chose healthcare work?
Family history, it’s a growing field.

What advice would you give to students who are entering the program?
Take advantage of it, while the city is offering free courses! You can builds a career that can carry you for the rest of your life.

What do you like about this program?
The flexibility of the program, the hours, the staff, the training, and the way they help you towards the next step.
Student Transitions

My name is Dana Johnson, a mother of two boys and a wife. I’m a Licensed Cosmetologist who came to UDC CC Workforce Development to pursue a stable career in Medical Billing and Coding. I took the Medical Terms and Anatomy class along with the Medical Office Administrative Assistant class at the Bertie Backus location, which I enjoyed.

Once I realized that the Medical Billing and Coding class did not accommodate my work schedule, I decided to meet with Mr. Timothy McDuffie, the transition coordinator. I decided to attend the UDC CC to obtain an Associates of Arts Degree in Administrative Office Management. After attending these courses and succeeding, I have come to the conclusion that no matter my age or how discouraged I become, I know that I can succeed. I’ve proved that to myself due the help, teachings, encouragement and support of the professors at UDC CC. I intend on furthering my career with the knowledge obtained from these courses. Dana Johnson, Transition Student

Hi my name is Yvette Lassiter, I will begin classes at University of The District of Columbia for Liberal Arts.

My dream is to become a social worker, so that I can help as many children and teenagers to find and achieve their goals or dreams. I decided that I wanted to be a social worker very early growing up in a neighborhood where many people don’t get a chance to see their dream. Growing up, I knew a lot of people who went down the wrong path because they didn’t have anyone to show them which way to go or tell them what they could have accomplished. I feel like the children today need someone to look up to and begin to break the trend, “school is not cool”. We need more parents in our kids lives telling them that they have a future. I am a mother of three small children, that look up to me. I want them to know the importance of education. My children are proud of their mom. I show them how hard you have to work to get what you want in life. I’m especially doing this for my little girl, who has an opinion on everything that I do. I chose to stop smoking cigarettes but that is another article. On my journey to college I had an angel who actually helped me every step of the way: Mr. Timothy McDuffie, Transition Coordinator at UDC Community College Workforce Development Program. When I walked through the door and told Mr. McDuffie I wanted to attend college, he sat down with me that day and helped me fill out an application and financial aid packet. He assisted me with requesting my transcripts, and they were sent to the school. A very special thank you is extended to him for all of his help. I feel honored that I was asked to write this article. I hope that this message reaches someone and inspires them to go after their dream. –Yvette Lassiter, Transition Student
The University of the District of Columbia Community College is proud to announce that its Workforce Development & Lifelong Learning (WDLL) Division has won the National Alliance for Partnerships in Equity (NAPE) Education Foundation Teamwork Award. Each year, NAPE recognizes a group of individuals that have proven successful in promoting access, equity, and diversity in education and workforce development. The UDC-CC Workforce Development and Lifelong Learning Division was acknowledged for their team’s work in implementing the Student Success Initiative, resulting in a record number of program graduates.

According to Kim R. Ford, Dean of Workforce Development and Lifelong Learning, the Student Success Initiative was launched in 2013 to help students set goals and realize their full potential. She describes the program as a three-pronged strategy to support student success by building community, promoting feedback, and helping students transition from workforce development classes into full degrees.“This was a very involved effort in which the entire team played a significant and meaningful role,” said Ford. “We have seen amazing results in a short period of time, including an 8% increase in course completions and the Division graduating its largest class of 929 completers,” she boasted.

To achieve these remarkable results, Ford said the award-winning team instituted information sessions and one-on-one advising, held appreciation events and community service outings, and established a variety of mechanisms for students to better communicate with the staff and administration. The team also created a student-produced newsletter, redesigned the intake process to ensure students are best positioned to reach their goals, and hired Transition Coordinators to help transitioning students with their college applications & financial aid packages. Most importantly, our team has given these students a new-found confidence in their ability to be successful,” Ford said proudly. “Not only have we created a more equitable system, but we’ve worked collaboratively to integrate mechanisms that help people truly believe in themselves. Because of their passion and hard work, record numbers of DC residents who are low income, unemployed and underemployed have accomplished a goal,” she added.

“We are extremely impressed with the efforts of the UDC Workforce Development team” said NAPE’s Chief Executive Officer, Mimi Lufkin. “This innovative workgroup has distinguished itself by promoting access, equity, and diversity in career and technical education, and has demonstrated through the Student Success Initiative that they embrace the NAPE belief that access to diverse human brain power will help to solve global challenges”, she said.
Health Matters

**JUNE IS MEN’S HEALTH MONTH**

*awareness | prevention | education | family*

**01**

**Eat Healthy.** Start by taking small steps like saying no to super-sizing and yes to a healthy breakfast. Eat many different types of foods to get all the vitamins and minerals you need. Add at least one fruit and vegetable to every meal.

**02**

**Get Moving.** Play with your kids or grandkids. Take the stairs instead of the elevator. Do yard work. Play a sport. Keep comfortable walking shoes handy at work and in the car. Most importantly, choose activities that you enjoy to stay motivated.

**03**

**Make Prevention a Priority.** Many health conditions can be prevented or detected early with regular checkups from your healthcare provider. Regular screenings may include blood pressure, cholesterol, glucose, prostate, heart health, and more.

**100%**

Women are 100% more likely than men to visit the doctor for annual exams and preventive services.

**1 in 2**

1 in 2 men are diagnosed with cancer in their lifetime compared to 1 in 3 women.

**1994**

On May 31, 1994, President Clinton signed the bill establishing National Men’s Health Week.

“Recognizing and preventing men’s health problems is not just a man’s issue. Because of its impact on wives, mothers, daughters, and sisters, men’s health is truly a family issue.”

Congressman Bill Richardson (May 1994)

In 2000 there were fewer than 80 men for every 100 women by the time they reach age 65 – 74.

**ONLINE RESOURCES**

Men’s Health Month
menshealthmonth.org

Men’s Health Network
menshealthnetwork.org

Get It Checked
getchcked.com

Talking About Men’s Health Blog
talkingaboutmenshealth.com

Women Against Prostate Cancer
womenagainstprostatecancer.org
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Kim R. Ford
Dean, Division of Workforce Development & Lifelong Learning