



"Sara Howell" <showell2@charter.net> on 03/10/2001 01:50:36 PM

To: <Sharon_Durbin@illinoispower.com>
cc: <showell2@charter.net>

Subject: Completion of AHand Up!

I just want to let you know that your program is so much more than just help with your power bill. During this past week I have been involved in this program along with 24 other people. At the beginning people met with the only common goal was to help pay their power bill. The general idea was I can sit here for the results. However, by the end of the week many things have changed. This group came from all parts of Centralia, each had different reason for there bills being behind. Some due to medical problems, some due to loss of jobs and some because they just could not cope with the rising costs. What ever the reason for their physical presence, they walked away with some totally new beliefs. The main belief was that there is hope for a better life if you want to make that choice, as well as they were not alone and people are willing to help them achieve if they are willing to make the effort. I have always felt that God has put people in my life for different reasons at different times in my life. Sometimes it was because they need something from me but I too always received something. I believe we all gained that insight of how differences can make lasting relationships and a common ground to build up on. I sincerely hope that this program continues to grow, I feel that in years to come the results will show the objectives where not only met but exceeded all expectations with long range benefits for the people who have been a part of A Hands Up! Once again ,
THANK YOU! Sincerely Yours,Sara Howell

A Hand Up, Inc. TM & Kaskaskia College Workshop

Day 1 -

Orientation to Workshop and Directions for Facilities Use
(All partners should have a representative present)

- TABE reading and Math Survey – Adult Ed Staff
- Registration Paperwork - Adult Ed Staff – CEFS staff or transportation/childcare
- Attendance Incentive Program – Adult Ed Staff
- Get Acquainted Activities – Adult Ed Staff
- Intro to Computers – Career Center Staff

Day 2 –

- Career Exploration – Career Center Staff
- Time Management – Career Center Staff
- Dress for Success – Career Center Staff
- Money Management – Adult Ed Staff/Salvation Army Staff
- Shopping Trip to Thrift Store – Salvation Army Staff

Day 3 –

- Resource Fair – Kaskaskia Area Partnership – Clinton County Project Success
- Roundtables – Social Service Agencies
- Meet some employers
- KC Services – Recruitment and Financial Aid – Sharon Donners
- Energy Conservation – IP Representative

Day 4 –

- Resumes – Career Center Staff
- Applications – Career Center Staff
- Job Search – Career Center Staff
- Job Keeping Skills – Career Center Staff
- Relaxation and Stress Reduction – CRC

Day 5 – At IETC –

- Self Esteem and Motivation CRC
- Orientation to resource room – IETC Staff
- Red Cross – Safety Home and the Work Place

Graduation Ceremony – All partners have a representative present

A Hand Up, Inc. TM & CILCO Workshop

March 19 – 22, 2001

Day 1 -

Orientation to Workshop and Directions for Facilities Use

- Registration and introduction (9:00 – 10:00)
- Attendance Incentive Program – A Hand Up (10:00 – 10:30)
- Big Brother – Big Sister – Benefits of Program to your children (10:30 – 11:15)
- American Red Cross – Info on Family Safety (11:15 – 12:00)
- Lunch (12:00 – 1:00)
- State of Illinois – info & benefits to Kid Care (1:00 – 1:45)
- Energy Conservation – CILCO (2:00 – 2:30)
- Closing remarks (2:30 – 2:45)

Day 2 –

- Share Food Program – Benefits to you and your family (9:30 – 10:30)
- Police Department – Personal Safety (10:45 – 12:00)
- Lunch (12:00 – 1:00)
- Money Management – Consumer Credit Counseling (1:00 – 2:30)
- Social Service Agencies Info (tentative (2:30 – 3:00)
- Closing remarks (3:00 – 3:15)

Day 3 –

- Self- Esteem Awareness – Joy Miller & Assoc. (9:30 – 10:00)
- Relaxation & Stress Reduction – Joy Miller & Assoc. (10:00 – 10:45)
- Lunch (12:00 – 1:00)
- Job Assistance/resume writing – Illinois Work Force (11:00 – 12:00)
- Parent & Family Training – Easter Seals (1:00 – 2:30)
- Closing remarks (2:30 – 2:45)

Day 4 –

- Dressing for Success – Goodwill (9:30 – 9:45)
- Job Keeping Skills – Goodwill (9:45 – 10:45)
- Role Playing for job interviews – Urban League (11:00 – 12:00)
- Lunch (12:00 – 1:00)
- Certificate Presentation (1:00 – 2:00)
- Closing remarks (2:00 – 2:30)
- Closing & finalize program participation