



In the Know-Now

APRIL 2009 ISSUE 17

PRAXIS Housing

Inc.



Come join Team Praxis on Sunday, 17 May 2009 as we take to the streets of Manhattan once more to raise money and awareness for the cause.

Last year, Praxis had its largest turnout ever and we'd like to top that attendance.

To join the Praxis Team online, visit <http://www.aidswalk.net/newyork> and click "Register to Walk" and "Join a Team" or contact Sheri Pompey in the Main Office.

NY/NY III Congregate Supportive Housing

Praxis is pleased to announce that the New York City Department of Health and Mental Hygiene has selected Praxis to receive funding for supportive housing which will be granted once Praxis has purchased its own site.

This supportive housing is for both chronically homeless single adults who have a substance abuse disorder (Population III) and chronically homeless families (Population V) in which the head of household suffers from a substance abuse disorder, a disabling medical condition, or HIV/AIDS.

NOTES FROM THE PRAXIS BLOG...

Praxis inspires residents to get ahead

My name is Ian and I am a resident of the Praxis Lincoln Hotel where I am also a Peer Educator.

With the encouragement of Praxis staff, starting last week I began Arrive training with Exponents following in the footsteps of over 9,000 previous graduates.

The Arrive program - "serves to offers life-skills building, training, and support services that assist with recovery and build stability for those combating illness, addiction, poverty, and homelessness. "

Through my participation in this 8 week course, I hope to become a better Peer Educator at the Lincoln and gain the tools, techniques and credentials I need to perform to the best of my ability. I hope to learn more about myself and others, the Virus, coping and dealing with difficult situations, improve my understanding of addiction and how to implement this knowledge effectively in my day to day life and work.

My ultimate goal, which my counselors at Praxis have helped me to realize, is to work in the field of HIV/AIDS helping to educate, care for and support others, drawing on my own experiences, successes and failures and paying it forward. During my first few weeks at Arrive I have had the pleasure to meet a group of brave and inspirational individuals composed of both Exponents staff and my fellow classmates whose drive has served to reaffirm my desire to succeed in helping others.

In addition to various trainings, Exponents also offers additional services such as case management counseling and support groups and well being programs such as acupuncture. They also have a wide array of educational literature, a selection of which I have brought back to the Lincoln to share with my fellow residents.

To anybody who wishes to make a change for the better in their lives and the lives of others I would strongly urge you to get in touch with Exponents and I am looking forward to completing and graduating the Arrive class.

- This post was written by Ian, a Praxis Resident and is available online at the Praxis blog. To become a blogger, contact Inga Hyatt at ihyatt@praxishousing.org.



Pictured: Riva Naimark and Praxis client Edgar

New Massage Therapy Video Online

Praxis wants to encourage residents to sign up for Massage Therapy Thursday sessions with Riva Naimark, so we've put together a short video available at the Praxis website under the video section.

With doctor's permission, clients can be treated to an hourly massage once per month. Massage therapy has proven to reduce depression, physical aches, and stress. It also increases circulation and boosts the immune system.

5 Questions for New Lincoln Site Director Cymanda Robinson

Where did you work before coming to Praxis?

My last place of employment was The Salvation Army of High Point, North Carolina. I was the Director for the Transitional Housing Program, and Emergency Shelter Program. I was an active board member for the Guilford County Homeless Coalition. My shelter housed over one hundred families, single women, and single men with children.

How did you hear about the Site Director position?

I was surfing the internet and came across Praxis web site. After viewing the Fashion show video and the interviews that were conducted with Praxis residents, I knew this was the place for me. My journey during my career ventures has always been to help an individual identify their strengths and guide them to stability and sobriety. The Praxis mission is parallel to my mission statement. My mission is to help the underserved population become productive members of society as well as regain all hope for a more fulfilled and vigorous future.

What are you looking forward to most about working at the Lincoln?

I am looking forward to incorporating new programs in the Lincoln site. I am looking forward to identify new funders to enhance the services at the Lincoln. I am looking forward to making a positive change in the lives of the residents as well as the staff.

Where are you from and tell us a bit about your background.

I am born and raised in the city of New York. I relocated to North Carolina to care for my grandmother who died in September 2006. After restoring the Salvation Army Shelter, I decided to relocate make to my home town. I received my Bachelors from the College of New Rochelle. I am presently working on two Masters. First Masters is with Mercy College. I have three more credits to complete and I will receive my MS in Counseling with a certification in Family Counseling, Substance Abuse Counseling and Mental Health Counseling. I am also working on my second degree from Strayer University which is an online university. I have twenty more credits to complete and I will have a second Masters in Business Administration. By the summer of 2010, I will be enrolled in a PHD program. I am presently conducting research for potential universities.

Tell us something that people would be surprised to know about you.

I am the single parent of four wonderful children. I have an eighteen year old son in Penn State University working on his Bachelors Degree in Automotive Services. I have a twenty year old daughter in East Stroudsburg University working on her Bachelor's in Nursing. I have a fifteen year old son that continues to amaze me everyday with his athletic abilities. UNC University has already made contact in the hopes of recruiting my son for their Football team. My fourteen year old son continues to bring in good grades. He would like to be a computer programmer. What I most commend myself for is the fact that I was fifteen years old, pregnant, homeless and a statistic. I have turned the negative into a positive and beat all odds against me. Today I am a role model for my children, family and friends.

NEW HIRES

**Terry Evans
DeAndre Banks
Tijean Leroy
Carolyn Holmes**

**Case Worker
Site Director
Residential Staff
Residential Staff**

**St. Nicholas
Scatter Site II
Riverside
Riverside**

