

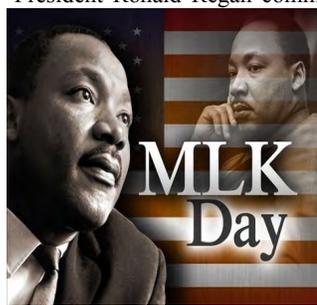


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### Commemorating Martin Luther King Jr.

### January National Family Fit Lifestyle Month

"I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation." These twenty-seven words were the first words expressed by the late Dr. Martin Luther King Jr. during his historical *I Have a Dream* speech. Although Martin Luther King Jr. was born on January 15, 1929, President Ronald Regan commenced Martin Luther King Jr. Day as a federal holiday. Therefore every third Monday of January each year we as a nation commemorate King's life and achievements. As a nation we will continue to "not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred". As a nation we will "forever conduct our struggle on the high plane of dignity and discipline". Through hurt and despair, as a nation we will "not allow our creative protest to degenerate into physical violence". As a nation, "We cannot turn back. We cannot walk alone. We shall always march". Dr. King's words are still relevant today as it was 52 years ago with the tragic deaths of Eric Garner, Trayvon Martin, Michael Brown and Oscar Grant. Therefore, as a nation it is our responsibility, it is our burden, to exhibit and pass along the dream Martin Luther King Jr was so boldly to disclose to us.



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We all made our individual New Year resolutions. Getting fit is one New Year resolution that is always on someone's list. And sometimes getting fit is harder than it appears. Therefore, one way in accomplishing this goal is to obtain a workout buddy. Some may chose a friend, co-worker, or relative. How about involving the whole family? January is National Family Fit Lifestyle Month. PERFECT, right? What an excellent time than now to get the entire family involved? This month is focused on implementing healthy habits and preventing any future health problems. So, let's get the kids involved in these easy steps. As always, remember, a family who exercise together, stays fit together.

- Go grocery shopping together and choose nutritious food
- Implement regular family fitness activities within the family daily routine
- Limit the amount of television
- Make it fun. Go bowling. Utilize the Wii fit and Konami's Dance Dance Revolution.

## True To Life Foundation Spotlight

### TTL Pilot Mentoring Program

### Life of a Child

True To Life Foundation is excited to launch their TTL Oh Shift! Teen Mentoring Program. The teen mentoring program enables TTL to support the teenage population within the Chicagoland community. The mentoring program is a co-ed mentoring program for teens ranging from ages 13 to 15 years of age. The program will consist of group mentoring with the usage of the well known Oh Shift! For Teens curriculum. The program will also have peer to peer mentoring, mentor-mentee meetings, and a Teen Advisory Council. We are currently in the recruitment phase. Therefore, if you would like to nominate a teen, please feel free to contact the True To Life Foundation main office at (773) 374-7046.

On December 23, 2014 Life of a Child program took their families to the Kohl Children's Museum in Glenview, Illinois. The Kohl Children's Museum offers 17 interactive hands-on exhibits for children age's birth to 8. Each exhibit enables young children to become effective learners through self-directed complex play.

The families enjoyed several exhibits during their visit. They were able to utilize their imagination as they role played as a doctor or caregiver in the *Baby Nursery* exhibit. They were also able to play the roles of a cook, cashier, server, janitor, and diner within the museum's *Potbelly Sandwich Works* exhibit. Lastly, they were also able to explore the library of books and enjoy story time within the *Sheridan's Books and Crannies* exhibit. The Kohl Children's Museum is a great place for the family, and an excellent place for the children to have fun as they learn.



## New Year Resolution 2015

Each year on December 31st we reflect on the year with ourselves and or our friends and family and make the proclamation, "NEW YEAR, NEW ME!" Right? And each year we tell ourselves what we are going to do differently this year and *how* we are going to do it. Does this sound familiar? And yet when December 31<sup>st</sup> approaches, you began to realize "NEW YEAR, NEW ME!" turned into "NEW YEAR, SAME ME!" Whether our New Year resolution is to lose weight, quit smoking, eat healthier, save money, or manager debt, we start off great during the first 30 days of the year, but then began to regress. So, how can we make this year different? Follow these simple SMART tips.

1. **Make your goals specific:**  
-Focus your goal. One is more likely to achieve a specific goal rather than a general goal.
2. **Make your goals measurable:**  
-Track your progress with a usage of a journal, whiteboard, or your smart phone.
3. **Make your goals attainable:**  
-Goals must be realistic. Realistic to your personal life restrictions
4. **Make your goals relevant:**  
-Choose a goal that matters to you. Make it personal.
5. **Make your goals timely:**  
-Set a deadline of completion. A timeline sets the tone of seriousness and will enable you to become more motivated in accomplishing your goals.

## Chicago Warming Centers

**Englewood Community Service Center**  
1140 W. 79<sup>th</sup> St

**King Community Service Center**  
4314 S. Cottage Grove

**South Chicago Community Service Center**  
8650 S. Commercial Ave.

**Garfield Community Service Center**  
10 S. Kedzie  
Open 24 hours

**North Area Community Service Center**  
845 W. Wilson Ave

**Trina Davila Community Service Center**  
4357 W. Armitage Ave

Hours: Monday-Friday  
9:00am-5:00pm  
Closed on weekday holidays

## January Family Fun in Chicago

Chicago Museum Free Days

### Adler Planetarium

January 5-7, 12-14, 19-21, 26-28

### Museum of Science and Industry

January 5-9, 12-16, 19-23, 26-30

### Chicago History Museum

January 5-9, 12-15, 19-23, 26-30

### Navy Pier Children's Museum

Ages 15 and under free on every 1st Sunday

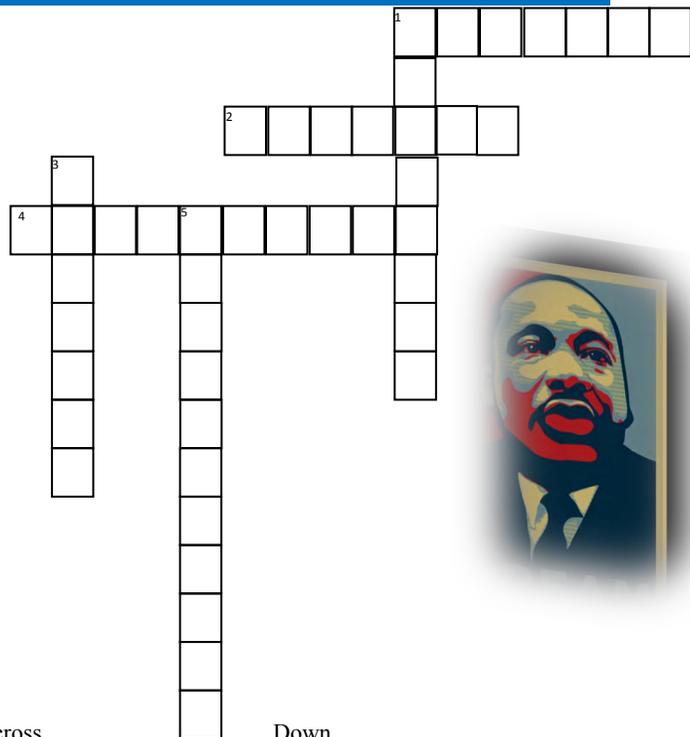
Free for all ages on Thursday's 5:00pm-8:00pm

### Shedd Aquarium

January 5-6, 12-13, 18-20, 23-27



## Dr. Martin Luther King Jr.



Across

1. town in which Dr. King was assassinated
2. town in Georgia Dr. King was born
4. way in which Mr. King organized his demonstration in order to minimize injuries

Down

1. Occupation of Dr. King
3. Wife of Dr. King
5. name of one of Dr. King's famous speeches