

Be Free Indeed Newsletter

Special points of interest:

- Opening Doors
- Taking It To The Streets
- What's In Your Kitchen?
- Leaving A Positive Mark
- 1-800-QUIT-NOW

Opening Doors-New Creations, Inc.

Since 1997, New Creations Housing Program has been the only transitional housing program to provide services to all populations: single men, single women, and families. Although New Creations, Inc. is a housing program, it continues to support its mission to improve the quality and safety of life for the poor and economically disadvantaged; this includes healthy environments. As the Founder/Executive Director, Pastor Jeremiah McGhee makes it a point to open doors that were once impassable by providing resources and supportive

services to those that want to secure permanent housing and live a healthy lifestyle. Recognized by the Metro Omaha Tobacco Action Coalition-MOTAC, NCI increased the number of families protected from the dangers of tobacco and secondhand smoke exposure by implementing smoke-free policies for its properties. New Creations, Inc provides the following programs: Not In Mama's Kitchen, Anthony's Army, and T.A.T.U. Resources are available upon request. If you are a landlord, manager, and/or property

owner interested in establishing smoke-free policy for your property, Pastor McGhee will provide technical assistance with tenant survey, lease addendums, and signage. MOTAC recognizes properties that set such life-saving policy. Call **402-690-6624** or visit **www.motac.org** for more information.



Taking It To The Streets-Tobacco Free Sarpy

As of June 1, 2009, the state of Nebraska is smoke-free and Tobacco Free Sarpy is celebrating! Youth from Sarpy, Cass, and Douglas counties attended the **ARE YOU E?** NoLimits advocacy training held at Christ Cathedral Church, Bellevue, NE. Youth created posters with "Smoke Free Nebraska" messages and watched a video about the tricks big tobacco companies

use to get young people to smoke. With posters, smoke-free songs and cheers in hand, youth went to spread the good news about the Nebraska Clean Indoor Air Law to passersby on 25th & Giles. Team-building projects allowed the youth to meet new friends and learned new facts about having a tobacco free life. Precious Moore won a backpack for answering

the most questions correctly. She enjoyed getting involved in a new community for the same cause. She stated that the event was life changing and a fun experience for her and her peers. She is looking forward to next year and will continue to live a smoke-free life!



TATU...Teens Aggressively Taking “U”thority...It Starts With You! prevention program empowers youth 10-18 years of age to take control of their lives through educated decisions and hands-on opportunities. Activities include educational workshops, media, community outreach, enriching field trips, and peer-to-peer fellowship.

The main focus for the group is to reduce the gap in health issues associated with tobacco, alcohol, and other drugs, especially in relation to the African American youth. Call 402-990-3111 for more information!



They Call Him Mr. Tillman



Since 1988, N.E.T.W.O.R.K. has been dedicated to providing academic enrichment, prevention education, career and social skills development, and cultural awareness for youth ages 6 – 18. N.E.T.W.O.R.K. Inc. is a culturally diverse leadership and family services program that

offers resources on HIV, alcohol, tobacco, and other drugs. Two years ago, Dwight Tillman was hired as the outreach specialist for N.E.T.W.O.R.K. to raise awareness of tobacco use and target marketing in the African American community.

Mr. Tillman made it a point to educate anyone, young or old, about the dangers of tobacco and secondhand smoke. He particularly took interest in the fight against tobacco because of his asthma condition. Earlier this year, Mr. Tillman passed away from a severe asthma attack. He will be greatly missed!

Not In Mama's Kitchen!

Not In Mama's Kitchen (NIMK) is a smoke-free homes initiative. Its goal is to educate and empower women, especially mothers, to protect their families from the dangers of tobacco use and exposure to secondhand smoke.

Exposure to secondhand smoke is the third leading cause of preventable death

in the United States. We can do something about that!

Since NIMK's inception, over 350 women have taken the smoke-free home pledge; that amounting to 1,200 children protected from the ill effects of secondhand smoke.

From generation to generation, whether you are in your kitchen or another part of your home, we know that whatever Mama says goes.

Take the pledge today and keep your family out of harms way; keep the smoke

outside.

Mt. Sinai Church, PHAT-Physically Healthy and Tone women program, Setting the Captives Free prison ministry for women, Greater St. Paul Church, Turning Point "Gospel on the Green, and Pleasant Green Baptist Church have sponsored a NIMK workshop/booth.

For more information or to request a Not In Mama's Kitchen (NIMK) booth, call 402-990-3111



Mama's Kitchen

Come on in girl, take a seat

You're just in time

Have somethin' to eat.

Get yourself a plate, pull up a chair

It's good to see you

Like your hair.

Pass those yams and biscuits too

Miss Ma's cookin'?

I know you do.

All done eatin'? Can't light up my dear.

Mama sets the rules, and she made it clear

There'll be no smokin' up in here.

Did You Know?

On June 22, 2009, President Barack Obama signed into law the Family Smoking Prevention and Tobacco Control Act, giving the U.S. Food and Drug Administration (FDA) comprehensive authority to regulate the manufacturing, marketing, and sale of tobacco products. The new law represents the most sweeping action taken to date to reduce what remains the leading preventable cause of death in the United States. *The Tobacco Control Legal Consortium*



T.A.T.U. Leaving A Positive Mark!

New Creations TATU presented at the 2009 YEOH-“Youth Expression Of Health” summit at North High School. Presenters, Victoria Young & Nathaniel Young did a great job. Approximately 82 youth between the ages of 12-18 attended the peer-to-peer presentation, “Youth Advocacy-Do You Have The Power?”. To date, over 400 youth have participated in the three-day educational event on health.

New Creations TATU hosted the Back To School Picnic at Fontanelle Park. Grilled hot dogs and a hilarious game of kick-ball “Boys vs. Girls” were a couple of highlights of the afternoon. More than 75 family and friends joined the fun. In recognition of commitment and support, TATU staff ,youth, and volunteers were given “It Starts With You!”certificates for another successful year in tobacco prevention and awareness.

New Creations TATU won FIRST PLACE for the Community Spirit Award at the 2009 Red Ribbon walk/rally! TATU youth wore t-shirts “I’m Not A Jerk, I Am Tobacco Free!” and danced to the song “You’re A Jerk” with Ciggy-a fictional cigarette character. TATU youth started the “Each One Bring One” challenge, bringing someone new to the event and four (4) participants won prizes from the drawing! LiveWise, in partnership with the Metro Omaha Tobacco Action Coalition, sponsored the walk/ rally event to recognize Drug Prevention Month. Over 600-700 took part in the drug free pledge, informational booths, walk, spirit awards, prize drawing, good food and great fun!

New Creations TATU showed up at the birthday party of Janesha McGhee and Shechinah McGhee. Party goers shouted tobacco facts in an effort to win a \$2 bill. Over 20 youth ate cake and learned something new about tobacco!

Break the code and follow its instructions!

3	5	12	5	2	18	1	20	4

19	13	15	11	5

6	18	5	5

1	9	18

A=1	B=2	C=3	E=5	F=6	H=8	I=9	K=11	L=12	M=13	O=15	R=18	S=19	T=20
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New Creations, Inc

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Check out the new website: www.motac.org

Call Today: 1-800-QUIT-NOW (1-800-784-8669)

The Nebraska Tobacco Quitline is available to all Nebraskans who want to quit smoking.

The toll free Quitline gives you 24/7 access to tobacco cessation counseling and support services.

Nebraska Medicaid now covers counseling and certain drugs specifically used to help clients quit using tobacco.

Medicaid clients must be at least 18 years of age, registered and actively participating in the Quitline program.

Both English and Spanish speaking counselors are available .

Do it for yourself and the loved ones in your life.

Did you know that:

20 minutes after quitting

- Your blood pressure drops back to normal and the temperature of your hands and feet increase, returning to normal.

8 hours after quitting

- Carbon monoxide level in your blood drops to normal.

24 hours after quitting

- Your chances for having a heart attack decrease.

2 days after quitting

- Your taste and smell improves.

1 year after quitting

- Your risk for heart disease is reduced by 50%.

Centers For Disease Control and Prevention (CDC)

