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## July 2021 Newsletter

### Stories of Hope:

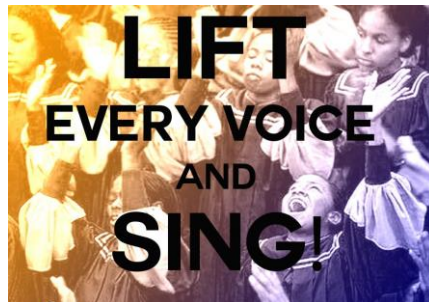
## Juneteenth Designated a National Holiday



The holiday legislation passed this week with overwhelming support in both chambers of Congress. The Senate approved the bill unanimously Tuesday night, and the House passed it in a 415-14 vote. To read more click on this link: [Juneteenth becomes federal holiday after Biden signs bill \(cnbc.com\)](https://www.cnn.com/2021/06/18/politics/juneteenth-becomes-federal-holiday/index.html) To see and hear a history of Juneteenth, as recently presented by Darnisha Garbade at the New Berlin Public Library in Wisconsin, click on this link: <https://fb.me/e/J569xKMi>

### Arts:

## In Recognition of Our Newest Federal Holiday - Juneteenth The Black National Anthem



<https://www.youtube.com/watch?v=MyS3HPInHtl>

BY [JAMES WELDON JOHNSON](#) *A group of young men in Jacksonville, Florida, arranged to celebrate Lincoln's birthday in 1900. My brother, J. Rosamond Johnson, and I decided to write a song to be sung at the exercises. I wrote the words and he wrote the music. Our New York publisher, Edward B. Marks, made mimeographed copies for us, and the song was taught to and sung by a chorus of five hundred colored school children. Shortly afterwards my brother and I moved away from Jacksonville to New York, and the song passed out of our minds. But the school children of Jacksonville kept singing it; they went off to other schools and sang it; they became teachers and taught it to other children. Within twenty years it was being sung over the South and in some other parts of the country. Today the song, popularly known as the Negro National Hymn, is quite generally used. The lines of this song repay me in an elation, almost of exquisite anguish, whenever I hear them sung by Negro children.*

**Back to Stories of Hope:**

## **A weight off your shoulders: Chicago strength coach's remarkable act of charity helps South Side school lift heavy burden**

By: Mike Lowe May 26, 2021



CHICAGO — It's been said that the heart is the strongest muscle. So, what happens when a heart beats inside of a strength coach?

Cam Paulson coaches inside of [Strive Village](#), where hard work is more than a slogan on a wall, it's a life philosophy. "There's no success without sacrifice." "You've got to love hard work, because that's what it takes," he said. "So that's my mission."

The 33-year-old strength coach is equal parts demanding and devoted, charismatic and candid. The former college football strength coach leads clients through grueling workouts. Some of the city's most successful people are drawn to the challenge. His clients include Chicago's top names in business, politics, sports, and media.

Paulson tapped into that network to start the non-profit, [It Takes a Village Chicago](#). "This isn't an organization where we sit on a board and waste time," he said. We're trying to be a force for good. I want to help as many people as I can – today!" To watch a 6 minute video about this story, click on this link:

<https://wgntv.com/news/cover-story/a-weight-off-your-shoulders-chicago-strength-coachs-remarkable-act-of-charity-helps-south-side-school-lift-heavy-burden/>

## **National Grasslands Award**



*Carol Ference, a volunteer at Midewin National Tallgrass Prairie in Wilmington, was part of a team that won a National Grasslands Award this spring in the category of grasslands research and technology. The team put together a series of self-guided interpretive tours of the facility that helped increase visitor participation from 7,000 in 2019 to 44,000 in 2020. (Midewin NTP)*

Homewood's Carol Ference remembers starting her computing career using mainframes that were bigger than refrigerators. "I worked on some of those," she said. "Now, my phone is more powerful than the computer that worked on when I started programming. It's been amazing." The technology has gotten smaller over the years, but her skills have gotten larger.

From training on those old behemoths, through decades in the working world, through retirement, Ference has kept up her computer skills and they have continued to pay off. Most recently, she was a part of a team that won a National Grasslands Award this spring in the category of grasslands research and technology.

The team consists of a group of volunteers from the Wilmington-based Midewin National Tallgrass Prairie. They put together a series of self-guided interpretive tours of the facility that helped increase visitor participation from 7,000 in 2019 to 44,000 in 2020. To read more, click on this link: [Homewood woman whose computer skills helped lure 44K visitors to Midewin lauded with National Grasslands Award - Chicago Tribune](#)

### Hope-Filled Organizations:



[Homepage - YWCA Southeast Wisconsin \(ywcasew.org\)](http://ywcasew.org)

**Mission Statement:** YWCA is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.



YWCA Southeast Wisconsin's commitment is to lasting, meaningful change. Our programs and services – from advancing resources for women and their families to eliminating barriers that perpetuate racial injustice – are woven together through focus areas shared by YWCA's nationwide. We ask you to join us as we serve both individuals and communities to build a world of peace, justice, freedom and dignity.

To achieve our mission, YWCA Southeast Wisconsin's integrated focus concentrates on individuals and the community as a whole. Our work has three pillars: racial justice, economic empowerment and health and safety. To learn more, click on the link above. To read more, click on link above.



**Vision Statement:** Partnering in a thriving Community

**Mission Statement:** Stabilizing lives by providing supportive programs and access to community resources for individuals and families.

**Agency Profile:** Racine Kenosha Community Action Agency, Inc. (RKCAA) has successfully operated anti-poverty programming in Racine County since 1967 and in Kenosha County since 1978.

The agency is governed by a tripartite Board of Directors, that includes representation from civic, low-income and government sectors of Racine and Kenosha Counties.

**CEO Message:** Supporting individuals and families thrive, is at the core of RKCAA's work. **POSITIVE FAMILY DYNAMICS** is a key foundational component needed to ensure family members residing in the same household or a single individual living alone, is able to develop a strong support system. To strengthen this effort, RKCAA's **PILLARS of Focus** are: **HOUSING, FOOD & NUTRITION, HEALTH and ASSET ATTAINMENT**. It is our hope that you will utilize these services or share the information with others who may benefit. The services provided and the work we do is important and critical to the growth and well-being of the communities we serve." In 2020, RKCAA served more than 53,000 individuals and families.

Agency staff worked with governmental entities, vendors, schools, churches and the broader community to assist residents in Racine and Kenosha by making services readily available. The Women, Infants, and Children (WIC) Program, and the temporary Wisconsin Rental Assistance Program (WRAP), which distributed more than 2.9 million dollars in rental payments to 1,708 households, are snapshots of the services provided in 2020. Thanks to donors, volunteers and staff for the many contributions to ensure that individuals and families received critical assistance. To find out more about the RKCAA click on this link: [www.rkcaa.org](http://www.rkcaa.org)

### **The Future:**

## **Priority #4: Health Care People Want:**

- Coverage for All Americans
- More Cost-Effective Healthcare System
- Public Health Promotion and Preparedness

Four shocking facts about health care in the United States:

1. We have, by far, the most expensive health care system in the world.
2. The health outcomes for United States citizens ranks 30<sup>th</sup> or lower in the world.
3. The United States is the only economically developed country in the world which does not provide coverage for all of its citizens.
4. Medical bills are the number one cause of personal and family bankruptcies in our country.

### **We have, by far, the most expensive health care system in the world.**

The average cost per capita for health care in the United States is about \$12,000 per person. This is double the amount per capita which other economically developed countries spend on health care.

The total annual amount of the cost of health care in our country is \$4,000,000,000,000 (4 trillion dollars).

**The health outcomes for United States citizens ranks 30<sup>th</sup> or lower in the world.** Some of the health outcomes which are lower than other developed countries include: life expectancy, infant mortality rates, and the prevalence of chronic, negative health conditions such as diabetes. On the other hand, we rank #1 in obesity among economically developed countries. To read more click on this link and scroll down to first article:

<https://hopefromthebottomup.com/future>

## **Share this Newsletter!**

If you find this Newsletter to be a positive contribution to promote Hope and positive changes for now and in the future, please consider forwarding this Newsletter to people you think would enjoy it and who may want to share their hopeful stories and programs for future Newsletters.

**Thank You**