

The Good Samaritan

Homeless, But Not Helpless



Michael Rondinelli of Empire Education Group volunteered to provide haircuts for the group.



Shawnesha Mahoney watches as the group prepares an apple crumble for cooking class.



Cassidy Kennedy, Program Manager (third from left), Darnell Ferguson (center), and Shawnesha Mahoney (far right), with the men participating in the Capstone Project.

For many years, St. Vincent de Paul is host to practicum students from the University of Louisville's Kent School of Social Work. This year one of those students, senior Shawnesha Mahoney, is conducting her practicum in Ozanam Inn Men's Shelter and chose to work with eight of the men for her Capstone Project. The title of her project is "Homeless, Not Helpless: Phoenix Rising" and its aim is to raise self-esteem and self-efficacy. When asked how she came up the program, Shawnesha said, "When I would work with clients I got a vibe that they didn't have high self-esteem. They felt like they couldn't accomplish anything because they were beating themselves up and because other people in their life had told them 'No, you can't do this.'"

The six-week program included a mindfulness meditation class, resume creation, haircuts, cooking class, an art night, and a visit from local chef Darnell Ferguson of SuperChefs. "When we first started, I told the guys, 'This will be fun!' They said fun was not a word in their vocabulary. 'We're used to pain and disappointment.'" Shawnesha's response? "Well, fun needs to be in everyone's vocabulary."

Shawnesha partnered with people like Michael Rondinelli of Empire Education Group for haircuts and Lacey Latimer of Run Possible for cooking class. Darnell Ferguson, owner of SuperChefs, spoke to the men about how he went from drug addiction and jail to being homeless to eventually owning his own restaurants. Speaking about homeless shelters, Darnell shared, "This is my birthplace. Being here with you all, it was the first step for me. It's where I was planted to grow. It's where I learned the most about myself."

The program was a hit with the men. "As the program progressed, more guys wanted to join so that's a good sign," says Cassidy Kennedy, Program Manager at Ozanam Inn. "Even one of the guys that moved out has come back to participate in the program."

The program wrapped with dinner at Texas Roadhouse and the men received a resource binder filled with information to help them continue the work Shawnesha started.

St. Vincent de Paul Louisville has helped homeless men since 1984 by providing safe shelter on a nightly basis. Ozanam Inn has 58 emergency overnight beds, 12 transitional housing beds, and 20 beds reserved for

Heroes of Black History

During Black History Month, students at the Family Success Center created posters celebrating the achievements of prominent African Americans such as Muhammad Ali and Maya Angelou.

JESSE JACKSON

Born: October 8, 1949
 Facts: In 1965, he went to ~~Florida~~ Alabama to march with Martin Luther King Jr.
 • In 2000, Jackson was awarded the Presidential medal of freedom.
 • He founded Operation PUSH.
 (People united to save humanity)



SHIRLEY CHISHOLM

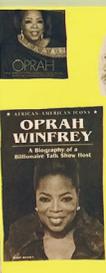
Born: November 30, 1929 in New York City
 Death: January 1, 2005 in Ormond Beach
 Book: Unbought and Unbossed and the Good Fight
 Education: Teachers College, Columbia University, Brooklyn College
 Awards: Presidential medal of freedom



Most known as the first African American woman elected to congress and first African American woman for President

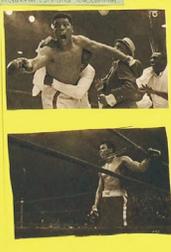
Oprah Winfrey

Born: January 29, 1954
 Facts: She is the first African American woman to become a billionaire.
 She founded the Oprah Winfrey Leadership Academy for girls in Liberia.
 She is a member of the NAACP and the NAACP Image Awards.

Muhammad Ali

Born: January 17, 1942
 Facts: He is one of the greatest boxers of all time.
 He was the first African American to win the heavyweight championship of the world.
 He was known for his 'float like a butterfly, sting like a bee' style.

Aretha Franklin

Born: March 25, 1942
 Facts: She is one of the greatest soul singers of all time.
 She was the first African American woman to be inducted into the Rock and Roll Hall of Fame.
 She was known for her powerful voice and soulful music.



Barack Obama

Born: August 4, 1961
 Facts: He was the first African American President of the United States.
 He is from Hawaii and Kenya.
 He was known for his leadership and his historic victory in 2008.



Maya Angelou



Born: April 04, 1928
 Passed: May 28, 2014
 Hometown: St. Louis

Maya Angelou wrote poetry. Her poetry related to what a lot of African-Americans were going through with racism and discrimination. Many African-Americans were inspired by her poems.

MARTIN LUTHER KING JR.



Born: January 15, 1929
 Died: April 04, 1968
 Hometown: Atlanta, Georgia

Martin Luther King Jr. helped lead the civil rights movement. His leadership and his message led the country to have integration.



Martin Luther King Jr. was killed at the Lorraine motel in Memphis, Tennessee for his contributions to the civil rights movement.

SAVE THE DATES! Two Ways to Show Your Support

For tickets and sponsorship information contact Abigail Costello at (502) 272-2134 or acostello@svdplou.org



HOMELESS

Continued from page 1

Veterans. It also serves as a White Flag site during dangerous weather conditions.

Thanks to the hard work of our case managers, and practicum students, we have a growing success rate with moving homeless clients into more stable lives through planning and coaching toward employment, education, and stable housing.



Using paints, pencils and markers, the group worked on a large drawing of a phoenix.