

SUMMER 2014 NEWSLETTER



THE MADISON COUNTY COMMUNITY ECONOMIC DEVELOPMENT AGENCY, INC.(MCCEDA)

Health Forum and Student Career Day Continue their Annual Success

McCeda Fall 2012 Healthy Living Workshop and Forum Friday, October 12, 2012, 4pm-7pm

The McCeda Fall 2012 Healthy Living Workshop and Forum was a rousing success. The speakers were well-received, and there was a host of health & financial information, brochures & pamphlets disseminated.

A special thank-you to our keynote speakers, Dr. Esaias F. Lee (mental health), and Dr. Marie Amanze (cancer prevention and disease) from Tallahassee.

An additional thank you to Winn Dixie pharmacists Hattie Alexander and Charles Evans, Sr.; DIS Program Manager Craig Wilson; pharmacist Mekia Jackson; Leon County Health Department, 2B Prevention & Control Team, Deveda Bellamy, MAC; and nurse Gretchen Jackson who were available for various health screenings and health consultations. The health screenings and one-on-one healthcare consultations that were available to attendees were the icing on the cake.

Thanks to each of our exhibitors, speakers and contributors for taking the time to share with our attendees and help improve the health, financial stability, and overall well-being of Madison County residents. To add to the refreshments and fun, numerous door prizes were distributed, including several from Winn Dixie, Mildred Young, and our partnering organizations. Thank-You.

The planning committee worked tirelessly behind the scenes to ensure the event's success: Deveda Bellamy (2012 Event Chairperson), Chiquita Kornegay, Hattie Alexander, and Lanta Evans-Motte. Certificates of Appreciation for partners, speakers, exhibitors, and volunteers were distributed at the end of the event. (see page 2 for more info)

Student Career Day December 2013

Student Career Day at Madison County Middle School continues to be a popular event for students and alumni and career day participants. More than 30 adults offered career preparation tips and insights to the students. More than 300 students in grades 4 through 8 participated in the program, held in December 2013. McCeda continues to assist with recruiting volunteers to participate. Several demonstrators offered hands-on exposure for the students, including fire & rescue, ambulance, bull dozer, and Coca Cola trucking.



Sleep To Enhance Learning

Research suggests these tips may aid students and other learners (**source www.NIH.gov**):

- Get a good night's sleep before learning. Lack of sleep can cut learning ability by up to 40%.
- Get a full night of sleep within 24 hours after learning to strengthen new memories & build connections between different pieces of info.
- Get enough sleep each night—7 to 8 hours for most adults. Memories won't be strengthened with 4 hours or less of nighttime sleep.

Madison County Community Economic Development Agency, Inc. (McCeda)
Providing Hope, Improving Lives

McCeda, Inc.
 P.O. Box 314, Greenville, Florida
 www. McCeda.org

A non-profit 501© 3 organization

McCeda: Providing Hope, Improving Lives

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McCeda, Inc.—WHO WE ARE

The Madison County Community Economic Development Agency, Inc. (McCeda) is an educational and charitable organization that provides educational programs and resources to individuals, families, and youth in the greater Madison County area that will help them take control of their healthcare, education, housing, career, and personal finances, and thereby enable them to strengthen the communities in which they live. McCeda is a non-profit 501(c)3 organization.

McCeda works to develop, nurture and promote meaningful partnerships with nonprofits, governmental agencies, community-based organizations, and faith-based institutions to implement comprehensive programs that help develop healthier, better trained, better educated, and more financially stable individuals, families, and communities.

McCeda's Program Focus Areas:

Program activities include: 1) Youth Development Programs; 2) Healthcare Management Programs; 3) Financial Education/Home-buying Programs ; and 4) Workforce Enhancement/ Career Development Programs

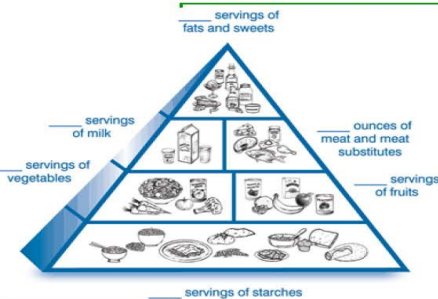


**McCeda
 Madison County Community
 Economic Development Agency**

Presents its Fall 2012 Healthy Living Workshop and Forum

The goal of the forum is to provide education, instruction, and insight to improve the health and well-being of Madison County residents: High Blood Pressure, Cholesterol, Heart Disease, Stroke, Diabetes, HIV/AIDS

FREE
**2012 HEALTHIER LIVING
 WORKSHOP AND FORUM**
Friday, October 12, 2012; 4:00pm–7:00pm
Allen Chapel AME Church
 1694 SW Grand Street, Greenville, Florida 32331
 (Light refreshments will be served)



Free Health Screenings:

- High Blood Pressure
- Diabetes
- HIV/AIDS

Free Seminars/Workshops:

How to Reduce Debt, Repair Credit & Improve Finances
 Managing Mental Health Issues & Chronic Disease
 Preventing and Treating Cancer
 Planning for a Comfortable Retirement

Event Hosting Partners: Allen Chapel AME Church, Greenville; Rev. Ernest Washington, Pastor Mt. Zion AME Church, Madison; Rev. Charles Evans, Pastor Leon County Health Department, 2B Prevention & Control Team, Deveda Bellamy, MAC

Invited Partners include:

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|-------------------------------------|----------------------------------------------------|
| Winn Dixie | Madison County Health Department |
| Jefferson County Extension Services | CHP (Capital Health Plan), Dr. Esaias F. Lee, M.D. |
| Regal Women's Club-Greenville | Hematology Oncology Solutions of Tallahassee |
| Tri-County Healthy Start Coalition | Literacy Institute for Financial Enrichment (LIFE) |
| BTK (Boys To Kings), Madison | Raymond James Financial Services, Inc. |

National Institutes of Health (NIH), National Library of Medicine