



# Loveuntil News

Loveuntil Foundation

December

2012

## Special points of interest:

- New initiatives in school base crisis intervention.
- Classroom supplementals
- Advice on eating right
- Raffa House fire
- Good Samaritans to the rescue
- Recovery and Discovery
- CSP initiatives
- Community health care
- Southern outreach
- Important dates

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## Serving to make a difference

Loveuntil Foundation resumed our life skills/crisis intervention school base programme in schools in Port of Spain and environs in September to coincide with the launch of the new school term.

Some of our projects this academic year include:



- Community project at St. Andrews Home, Belmont
- Tree planting
- Talent display
- Public speaking competition
- Sexuality programme
- Literacy programme
- Life skills training
- Peer leaders training
- “Real Talk” sessions

As always our aim is to empower junior citizens in order that they might grow in the positive, contributing members of society in years to come.

Our deep and heartfelt gratitude to Republic Bank Limited for their ongoing support of this most vital venture.

## Beyond the classroom

As schools marked the beginning of a new school term and school year, Loveuntil once again resumed our after school programmes in via the vehicles of our Homework Centre on Monday and Wednesday afternoons and our Music programme on Tuesday and Thursday afternoons.

Our Homework Centre caters for students of all ages while our Music classes feature the following:

- ◆ Pan, Piano, Guitar, Music theory

Interested persons can feel free the contact the Foundation to register and/or for more details regarding these programmes.



# SNACKS FOR PRESCHOOLERS

Preschool kids need about 1,200 to 1,600 calories a day, this should come from a balanced diet that includes whole grains, lean meat, beans, low-fat milk, fruits, and vegetables. Healthy and well-timed snacks can help keep kids from getting overly hungry and irritable.

## Tips for Smart Snacking

- ◆ Keep healthy snacks in your refrigerator or food cupboard. Let kids choose their own snacks from a couple of nutritious options.
- ◆ Offer a variety of snacks, not just the ones kids already likes. Offer new choices, but don't give up on foods that may have been rejected in the past. It may take several tries before a child accepts a new food.
- ◆ Have a schedule for meals and snacks, this lets kids manage their hunger. Avoid letting kids snack throughout the day as this can dull internal hunger cues and make them more likely to overeat.
- ◆ Don't let kids eat in front of the TV. Serve snacks and meals at the table.
- ◆ Keep mostly healthy foods in the house. Keep those high in calories, fat, and added sugar to a minimum—they should be offered only once in a while.
- ◆ Serve skim or low-fat milk or water with snacks instead of sugary drinks and soda. Limit 100% juice to one serving per day.
- ◆ Involve your preschooler—kids feel important when adults let them help out. Let them do what they safely can to prepare their own snacks — e.g. mixing a fruit salad.
- ◆ Keep an eye on how your child's moods affect eating patterns. Preschoolers often confuse boredom or fatigue with hunger. If your child just ate and is complaining of hunger again, see if a change of scenery or some active play could help.
- ◆ Share a healthy snack with your kids—they will follow your lead and get the message that you're serving something good.

## Be Creative

- ◆ **Cut it!** Use a cookie cutter to cut cheese, veggies, and sandwiches into fun shapes.
- ◆ **Dip it!** Combine slices of fruit, veggies, or whole-wheat crackers with a dip. Whether it's peanut butter, low-fat ranch dressing, guacamole, salsa, applesauce, or yogurt, everyone loves to dip.
- ◆ **Create it!** Make art out of food. Try some flower art with fruit, or maybe fun food faces with cherry eyes and a banana mouth.
- ◆ **Sip it!** Who says you have to eat a healthy snack? Fruit smoothies made with low-fat yogurt or milk and fresh fruit are a great way for kids to drink up needed nutrients.
- ◆ **Crunch it!** Low-fat granola and low-sugar breakfast cereals are good choices. Also try toasted whole-wheat bread for a satisfying crunch without the salt and fat of potato chips.
- ◆ **Play it!** Turn healthy snacking into a game. For example, try making a "food rainbow" on a plate and let your child decide which colors to eat first. Next time, you can do the same with different shapes. Which will it be — squares or triangles?



## RAFFA BOYS RAVAGED BY FLAMES



On Monday 18<sup>th</sup> June at approximately 12:30pm a burning scent permeated the atmosphere as the sleeping quarters of Raffa Boys' burst into flames. The five residents at home during the time of the blaze were evacuated immediately while caregiver Kerry-ann Davis who was on duty at the time telephoned the fire service department. Driver Jherae Pierre moved the Raffa bus from the yard a safe distance away onto the roadway. Neighbours alerted by the blaze began wetting other structures on the premises in an attempt to keep the fire from spreading. They also assisted in salvaging valuables not yet damaged by the flames. Fire officials arrived approximately 15 minutes after being called and successfully extinguished the blaze, unfortunately their arrival was not soon enough to save the top floor of the building from being totally destroyed.

The top floor housed the *sleeping* quarters of all eleven residents and caregivers. Beds, chest of drawers, wardrobes, clothing, shoes and other personal items were all lost in the flames. While the ground floor of the building was not burnt it was completely water logged as a result of efforts to extinguish the blaze. The ground floor housed the living room, dining room, wash room and storage room. All furniture and appliances in these locations were rendered non-functional. Support poured in from various sectors. One resident provided refreshments for those affected by the blaze while others tried to console those shocked by the turn of events.

The C.E.O, General Manager and all other staff arrived to lend support. T&TEC arrived approximately 2hrs after the incident and removed electrical wires that were connected to the other structures on the premises. The burnt structure was deemed unfit for occupation and air-marked for demolition.

At approximately 5:00pm the residents of Raffa Boys' were relocated to Raffa Girls' for temporary housing.

### Solidarity from Samaritans

In the wake of the Raffa Boys' fire many organizations and individuals stepped forward to assist in our time of need, Embassy of the United States, Heroes Foundation, Republic Bank Limited and United Way just to name a few. We would like to acknowledge these contributions and express our deepest gratitude for the assistance rendered. Without this invaluable support our road to recovery would have been much more difficult.

Raffa Boys' is pleased to now have a new location to call home. For more information on Raffa House visit [www.raffahouse.org](http://www.raffahouse.org), join us on Facebook or follow us on Twitter. To find out how you can contribute to Raffa House please call 674-9466 or E-mail [raffahouse@hotmail.com](mailto:raffahouse@hotmail.com)



### R.E.A.D.I, set... Recover!

Nestled in the tranquil environment that is Matura, our R.E.A.D.I Centre (the drug rehabilitation arm of Loveuntil Foundation) continues to service males in need of deliverance from substance addiction.

The Centre boasts a versatile and power packed programme geared towards guiding participants back to a substance free, healthful life in keeping with the ideals of the creator. It continues to be open twenty-four hours a day, seven days a week with ongoing intake to facilitate instant access to assistance in times of crisis.



## Securing our children's future.



Loveuntil Foundation through its subsidiary Reaction Productions Limited, continued its collaboration with Citizen Security Programme (CSP) in their drive to impact “high needs” communities, on this occasion it was the community of Enterprise, Chaguanas reaping the benefits of this collaboration. Some of the projects undertaken in this locale include:

- Afterschool programmes
- Beauty Culture
- Electrical Installation
- Peer Leaders training

We are particularly grateful to the Principal and Staff of the Lendor Hindu School who allowed us to use of the institution as a base from which to function. Their support has been tremendous.

Loveuntil through Reaction Productions Limited is pleased that our efforts in this area have yielded positive results. We look forward to continuing our service in ways which will ensure similar results so that communities and by extension the wider society might benefit from the contributions of capable citizens.

### Health matters

In recent months, Loveuntil Foundation has been reaching communities both far and near through our community health clinics. Assisting those in need of health services is always timely and appreciated.

In August of this year we collaborated with the Ste. Madeleine SDA Church for their health day; in September we collaborated with the Sangre Grande SDA Church as they hosted theirs. In November we collaborated with the Amazing Grace Company of SDA as they hosted a health emphasis at the Kolomo Kings pan yard in Pleasantville, South Trinidad as well as with the Maloney Government Primary School for a health effort on the school grounds. In the near future we will be collaborating with the Marabella SDA Church and the Laventille Girls' Government Primary School for health efforts in their respective regions.

We are very thankful for the goodwill and participation of sister organizations on these occasions and express our gratitude to the following:

- ◆ QPCC&C,
- ◆ Family Planning Association,
- ◆ Sangre Grande SDA Health Team and
- ◆ T&T Blind Welfare Association

We also acknowledge and thank our many volunteers for their dedication and commitment in assisting us at these sessions.







## MISSION / VISION

**MISSION:** TO ENHANCE THE QUALITY OF LIFE AND EMPOWER THE PEOPLE OF THE COMMUNITY IN ORDER TO ACHIEVE THEIR OBJECTIVES PHYSICALLY, SPIRITUALLY AND EMOTIONALLY.

**VISION:** "WE PROVIDE A BETTER WAY OF LIVING TO THE COMMUNITY PHYSICALLY, SPIRITUALLY, EMOTIONALLY, MENTALLY AND SOCIALLY. WE OFFER SERVICE TO INDIVIDUALS IRRESPECTIVE OF ETHNICITY, RELIGIOUS OR POLITICAL AFFILIATION. WE ARE THE LEADING NGO IN THE COMMUNITY PROVIDING A HOLISTIC APPROACH TO THE WELL-BEING OF FAMILIES WITH SPECIAL EMPHASIS ON HEALTH AND EDUCATION.

**LOVEUNTIL FOUNDATION ADOPTS A HOLISTIC INTEGRATED APPROACH TO FULFILLING ITS MISSION. IT IS A COMPREHENSIVE APPROACH WITH A NETWORK ARRAY OF SERVICES.**

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**"REACHING THE  
COMMUNITY EVERYDAY"**

We're on the web!  
[www.loveuntilfoundation.org](http://www.loveuntilfoundation.org);  
Facebook; Twitter.

### New Developments

- ◆ Our recently held Annual Golf Tournament in aid of Raffa House was a resounding success. Special thanks go out to all sponsors and participants as well as to organizer Mr. Richard Lara and also Ms. Joanne Raymond and Strategic Benefit Programme for their hard work.
- ◆ In recent months Loveuntil has once again extended its arm to South Trinidad, specifically in the community of Debe. In addition to assisting individuals expressing various forms and levels of need we have also undertaken clothing distribution drives in the locale. As a means continuing our outreach in the southern region we will also extend an arm of assistance to the Moruga and environs.

### Upcoming Events

- ◆ December 13—After School Holiday Treat
- ◆ December 15—Health Clinic at the Tarouba Cricket Field in Tarouba, South Trinidad.
- ◆ December 20—Loveuntil Foundation Holiday Hamper Distribution



**Happy Holidays  
& Best Wishes for the New Year!**