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SPRING NEWS 2020 VOLUME 2 / ISSUE 1

It's a New Day

"With the New Day comes new Strength and New Thought."

Ditch the Fear and Panic and Embrace One Another

The world has started implementing emergency measures to slow and conquer the spread of COVID-19. Social distancing, closure of workplaces, schools, and other public and private places.

This means many families find themselves with financial and health related anxieties. It is important to encourage sharing of feelings that you and other family members might be experiencing. Talk to one another and be aware of other's needs

In these trying times, family activities create important opportunities to bond and grow together. Families are a powerful source of strength!

From the Desk of Elizabeth Adler:



I started working with Quiet Storm Foundation in 2009. I decided to join the Quiet Storm Foundation as a volunteer. I started working with the Out of School Program creating instructional lessons for the academic component of the education of the program and working with the volunteers in Fitness and Nutrition for the University of Nevada Las Vegas (UNLV).

The following Summer, Cathy Watson asked if I wanted to help with Hoop Hope Basketball Camp & Parent Workshop. I signed on to be the registration coordinator. This was great, because I could meet students in the Summer who could invite to the Out of School Program during the school year. Of course, for Hoops for Hope we had to get ready for the Back to School event, I helped distribute backpacks for students in the Las Vegas Valley.

I enjoyed the experience and I let Cathy know I would love to help out with other projects forthcoming. Because of my yearlong commitment in helping out with whatever program the organization had going on, to celebrate 11 years of service with the organization, I am the Education Coordinator for the Out of School Program and still assist with whatever we need to accomplish to move the Quiet Storm Foundation organization along and help the youth and families of Las Vegas.

National Reading Month (March 2020)

“Once you have read a book you care about, some part of it is always with you.”

~ Louis L'Amour

C.J.'s Big Dream

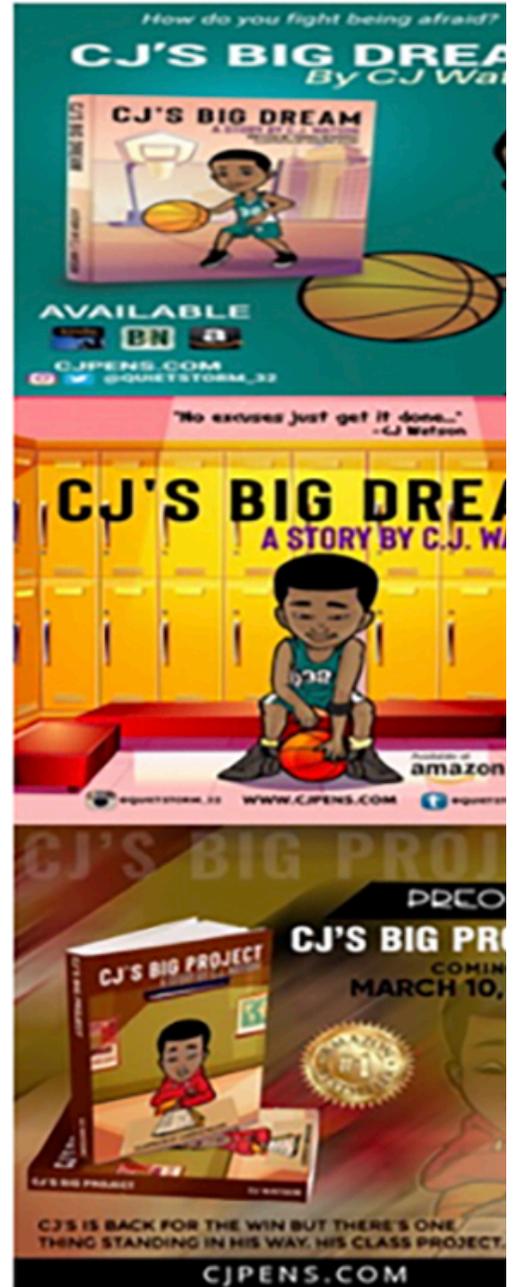
C.J. Watson's FIRST Book Release

C.J.'s Big Project

CJ's back for the win but there's one thing standing in his way, his class project. In order to play in the next Big Game, CJ must find a way to get passing grade on his science project but can he do it? Will he be able

get a good grade to play in the next big game? Find out in CJ's next adventure.

Now available at CJPENS.com or Amazon.com



<https://www.facebook.com/100000085717519/posts/3219426171403d=n>

S.T.O.R.M Educational Workshop



“KEY STEPS TO STARTING YOUR OWN BUSINESS

A private workshop was offered in partnership with Microsoft in the fashion show. An event for registered participants in the S.T.O.R.M program (Strengthening, To Optimistic, Revolutionary, Minds).

Participants were from the age of 18 -24. They learned basic steps and skills to start their own businesses. S.T.O.R.M participants brainstorm potential business ideas, create online business plans, and considered how to market, manufacture, deliver, and distribute their products or services.

Support Layla's Heroes Blood Drive

LAYLA'S HEROES

Layla O'Bryant was diagnosed with Post Viral Acute Cerebellar Ataxia at 2 years old after she contracted a cold from her ballet



classmate. ACA is a rare condition where Layla's body attacks her brain leaving her unable to walk, crawl, control her limbs, or emotions. There is no known cure for ACA.

Today, Layla is 5 years old and has found relief through a treatment called IVIG that relies on donated blood and antibodies to trick her body from causing more damage to her brain.

At this time, there is a NATIONWIDE SHORTAGE of donated blood and IVIG. We are asking for all blood types who are able to donate to please come out to our blood drive and help Layla continue to live a full life by donating their blood.

**PLEASE JOIN US
JUNE 6, 2020
9:30 AM - 3:30 PM**



Click Here To Sign Up For Layla's Heroes Blood Drive

**You can contact us at:
(702) 576-6855
atouchoflash@gmail.com**



Quiet Storm Foundation Internship/Community Outreach Matt Kelly Elementary School Career Day

February 4, 2020

“Quiet Storm Foundation gave me the opportunity to speak to underprivileged youth in Las Vegas community at Matt Kelly Elementary School, and engage them in my story a story about hardships, perseverance, and dedication. It was a wonderful experience to see the future of our society, and be able to encourage them to use every day to their advantage.

They were 4th grade students in a very low SES neighborhood, so inspiration is much needed to let them know they have a say in their paths. They do have a chance to be successful, and alongside my career partner Mrs. Cathy Watson, we emphasized the importance of staying focused and not allowing struggles and challenging circumstances to get in the way of their goals in life. At Matt Kelly, during the Career Day was a great opportunity for me to be able to proudly represent an organization that I truly learned a lot from over the last 5 years of working with, and being a product of the services Quiet Storm Foundation had to offer. I met so many inspiring students that day and I truly believe we all learn something from one another.”



C.J. Watson 12th Annual Black History Student Oratorical Luncheon

Red Rock Casino & Hotel

Student Essay Writing Topic

“How would you explain cultural diversity and how it effects the world? Why is it important? Who is the person you feel most embodies the ideals of a culturally diversity? (Exam Astronauts, Doctors, Actors and Inventors i.e.) “What will you learn from them to spread diversity in your community?”

Six schools were invited to partake in the annual student essay contest from January - February 2020:

- Ernest Becker Senior Middle
- School Kermit R. Booker Sr. Elementary School
- Preparatory Institute, School for Academic Excellence at Charles I. West Hall
- Wendell P. Williams Elementary School
- R.O. Gibson Middle School
- 100 Academy of Excellence School

Students were influenced in writing about any experience that has impacted their lives as it relates to the listed above.

Students took a journey down memory lane on radio, after television, the city of Las Vegas and the Mayor Councilman's appearance in February.

Please view the images of some footage of their journey below.





BENEFITS OF PHYSICAL ACTIVITY

***BIG IDEA:** Being physically active benefits your total health in a variety of ways.*

Physical Activity and Your Health

If you could take just one step to improve your health, what would that be? Probably the most important step you could choose would be to lead a more physically active life.

Physical activity benefits just about every system in your body, and it also helps your mental/emotional and social health. Physical activity doesn't just mean "working out." It includes all kinds of activities that you do every day, such as walking to school, cleaning your room, or playing sports. There are lots of different ways to make physical activity a part of your life and enjoy all its health benefits.

How is this photo image affecting their physical, mental/emotional, and social health?

Describe your thoughts in a short paragraph.



UPCOMING EVENT:

HOOPS FOR HOPE

Annual Youth Basketball Camp and Parent Workshop

THURSDAY-SATURDAY
JULY 23-25, 2020



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9:00 a.m. – 5:00 p.m.

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