

NEWSLETTER

February 23, 2011

Volume 2

Featured Articles:

- Dr. Adia Winfrey

H.Y.P.E.

“A powerful tool used to touch and transform the minds today’s youth”

- Mrs. Torie Evans

Mrs. Torie’s Healthy Living Corner

Cooking up some Healthy tasty recipes that are good for your body and waistline!

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H.Y.P.E. – Dr. Adia “Dia” Winfrey

Dr. Adia Winfrey is a published author and one of our Psychologists here at CYE. She has been a wonderful addition to our team, providing her expertise in counseling services for young adults and to the community at large. She has been featured in JET Magazine and other publications sharing her knowledge of a groundbreaking and powerful tool used to motivate and transform the minds of our youth! I had the pleasure of meeting Dr. Winfrey and she was kind enough to allow me a brief interview. Her wonderful attitude and passion was refreshing!

“The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education.”

~Dr. Martin Luther King, Jr.
Dr. Winfrey earned her

She jumped right in giving me a overview of her mission and what exactly H.Y.P.E. means. It stands for **Healing Young People thru Empowerment**. Dr. Winfrey is a married mother of four children. She gained much notoriety and has had a n article featured in Jet magazine. Dr. Winfrey has given H.Y.P.E. presentations throughout the country and trained numerous professional and youth advocates. She currently resides in Stone Mountain, Georgia

Psy. D., Doctorate of Clinical Psychology degree from Wright State University School of Professional Psychology, and Bachelor of Science degree from Wilberforce University, the oldest historically Black college in



Dr. Winfrey has a passion to change and challenge the minds of our youth.

To value his own good opinion, a child has to feel that he is a worthwhile person. He has to have confidence in himself as an individual.

Sidonie Gruenberg

the country. H.Y.P.E. is the product of Dr. Dia’s lifelong interest in the empowerment of youth, love of Hip Hop culture, and fascination with psychology.

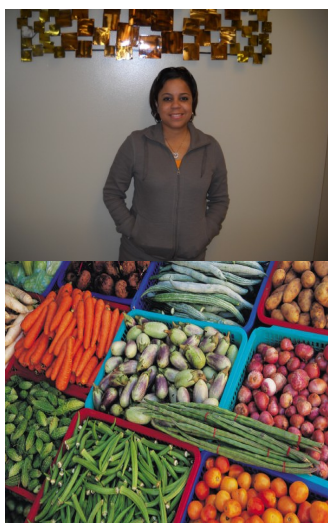
Dr. Dia has been a motivational speaker, advocate for youth,
(CONTINUED ON PAGE 2)

H . Y . P . E . C O N T I N U E D

and Hip Hop culture activist since she was a teenager. Throughout her life, she's held a number of leadership positions in organizations including the N.A.A.C.P. and African-American Women in Professional Psychology (AAWIPP). She was an Olympic Torchbearer for the 1996 Olympic Games in Atlanta, Georgia, an

honor she earned for her tedious work in the community by age 16. Family history and tradition have always been important to Dr. Dia. The family lessons and traditions passed through the generation, along with her childhood experiences in Jeffersonville, Indiana, Louisville, Kentucky, and Talladega,

Alabama, laid the foundation for H.Y.P.E. Today, Dr. Dia works tirelessly promoting H.Y.P.E., negotiating partnerships with youth organizations, offering H.Y.P.E. training throughout the country, organizing H.Y.P.E. groups nationally, and mentoring youth.



Mrs. Torie Evans is our Utilization Coordinator/Trainer. Mrs. Evans has been very active in the community mentoring and servicing since 1995. She is happily married with three children ranging in ages 11 to 17 yrs old. Mrs. Evans has a passion for Healthy eating and living a very active life style. Staying physically fit is something that she takes pride in and shares with everyone here at CYE! Her mission is to positively impact the lives of young adults and married couples providing mentoring and counseling services. Mrs. Evan is always sharing some of her Favorite healthy recipes and fitness tips and We are delighted to have her contribution to our newsletter!

Mrs. Torie's Healthy Living Corner
 "Cooking up something good for your appetite and your WAISTLINE"

Crab Meat Dip

Ingredients (Prep Time: 10min; Cooking Time 40 min)

- 1/4 cup plain bread crumbs
- 2 tablespoons freshly grated **Parmesan**
- 1 tablespoon chopped fresh parsley leaves
- 4 ounces reduced-fat **cream cheese** (or vegan cream cheese), softened at room temperature
- 1/2 cup light **mayonnaise** (or veganise)

- 1/4 cup fat-free milk (or rice milk)
- 1 **shallot**, minced
- 1 tablespoon chopped fresh chives
- 1 tablespoon **lemon** juice
- 1 tablespoon Worcestershire
- 1 teaspoon **Dijon mustard**
- 1/2 teaspoon salt
- 1/4 teaspoon hot sauce
- 1 (8-ounce) container lump crabmeat, picked through
- Celery or other crudités (raw vegetable pieces)

Directions

Preheat the oven to 375 degrees F. Spray a small 6 by 9-inch **baking dish** with nonstick cooking spray. Combine the bread crumbs, cheese, and **parsley** in a small bowl. **Whisk** the cream cheese in a large bowl until completely smooth. Stir in the mayonnaise, milk, shallot, **chives**, lemon juice, Worcestershire, mustard, salt, and hot **sauce**. Gently fold in the crabmeat until just blended. Spoon the mixture into the baking dish and sprinkle with the bread crumb mixture. Bake on the top rack until the topping is browned and the filling is hot and bubbly, 35 minutes. Serve with **celery** or other crudités.
 Nutritional analysis per serving: Calories 60; Total Fat 3 grams; (Sat Fat 1.5 g Mono Fat .77. g Poly Fat .57 g); Protein 5 g; Carb 4 g; Fiber .12 g; Cholesterol 20 mg; Sodium 240 mg
 ** Cholesterol and sodium level significantly reduce with vegan subs

Bottom of Form

CYE' HIP HAPPENINGS

CYE will now hold all meetings in the Atlanta Metro Area involving our clients including but not limited to groups and activities at:

5090 Winding Glen Dr.
Lithonia, GA 30038.

CYE Athens location is now accepting employment applications and business referrals. Please feel free to contact Greg our Customer Relations Manager with referrals. Please submit all employment inquiries to Info@covenantyouthempowerment.org

Or call our office at (770) 723-7700 and ask to speak with Brittney Roche our Human Resources Director for more information.

Covenant Senior Care
Is a new business providing In home personal care services to our Seniors and Disabled in the Atlanta Area... More information **COMING SOON!!!**

