



PCOSE NEWSLETTER

Peabody Class of Sixty-Eight

June 2025

Welcome to the second edition of our newsletter. Thanks to each of you who submitted information for inclusion. Our next newsletter is scheduled for a September 30 release. Please share information you think others would like to know.

Helen Benjamin, Editor



Did You Know That Gertrude (Joseph Williams) Runs a Non-Profit Organization?

After seeing far too many children being left behind the learning curve, it was time to step up. There is a need to bridge the learning gap for many children in underserved communities. This was the key reason why Gert founded the Joseph Learning Lab (JLL).

The Joseph Learning Lab is a 501c3 nonprofit in Signal Hill, California, founded in 2015. The after school tutoring and summer enrichment programs offered are essential in supporting



underserved children in K-12 who need to catch up in reading, math and other core courses. The learning lab offers a hybrid program that consists of after school tutoring and summer enrichment sessions. The after-school tutoring sessions are online weekly to tutor children who struggle with learning. The summer enrichment program is six weeks with free breakfast, lunch and snacks. Qualified teachers help underserved children in learning sessions during the morning, and recreation assistants assist with journals, fun games and sports activities in the afternoon. Gert will celebrate 10 years of service to the community this summer. For more information visit her website. www.josephlearninglab.org

See Informational Flyer on last page if you happen to be in the area and want to attend.



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June 2025

75th Birthday Celebrants

¡CELEBRAMOS A
KATHLYN A LOS 75 AÑOS!



SÁBADO, DICIEMBRE 21, 2024
6-10P.M.
WILLOW ON FRANCE (PARTY RM)
8848 GOODRICH RD.
BLOOMINGTON, MN 55437
RSVP @612.423.0581

Kathlyn Giles Stewart celebrated her birthday with family and friends in Houston.



JoAnn Cotton Williams was totally surprised by her daughter and a host of relatives and friends from across the country.

Helen Benjamin
celebrated on April
1 and 2 with her
sister in
New York City.





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Information provided by Joseph Jett

Peabody Changes Administrative, Football and Band Leaders



KEANDRA FORD,
the current principal at
Arthur F. Smith Middle
Magnet School, will be
leaving to
become the new principal
of Peabody Magnet High
School in 2025-26.



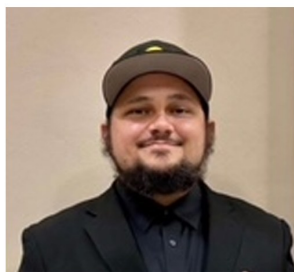
JORIEN VALLIEN
New Wide Receiver Coach



JAMAR WASHINGTON
New Head Football Coach



QA MINGO
New Offensive Coordinator
QB Coach



JOHN BURLEIGH
Director of Bands

HOMECOMING 25



CHARGIN' INDIANS
VERSUS
PEABODY

OCTOBER 03 2025

COMING HOME

(A Southern Girl with Western Exposure)

Hello everyone, this is Emma!



When I left Alexandria in the early 1970s, I was about 22 ½ years old. I headed to Southern California to Los Angeles specifically, and later to San Bernardino, CA (60 miles east of L.A.). So, between the two, I spent 38 yrs. and subsequently lived to Austin, Texas for the last 15 years. These two residences total 53 years away from the place of my birth. However, it was a tradition to come home to visit at least once a year most times.

My life in Cali started out slow as a young married mother of one son at that time. However, as life progressed, it became full with marriage, raising two sons, employment, career building, reaching educational goals, building long lasting relationships, church and community affiliations, and more. Well, after over thirty years of employment in my chosen field of human resources and becoming “empty nesters,” my husband and I retired from our respective employments and headed to Austin, TX to be closer to home.

While we did not know anyone in Austin, it wasn't long before, we found a new church home, made acquaintance with neighbors in our complex, etc. However, I was not quite ready to move into “retirement mode.” So, I tried my hand at “mystery shopping” and became quite good at it, I might say; I was able to sell my art of crochet fashions in an upscale boutique on consignment and became the owner of a LLC for life coaching and Christian mentoring. My husband had a lucrative business with his own passenger service.

It was in our twelfth year in Austin, my life as I knew it took a sudden turn. It was on November 13, 2022, my husband took our dog, Zaba, out for his morning walk. When Charlie returned from the walk and hung up Zaba's leach, he sat on the couch with a wide-eyed stare over his face as he panned the room. I knew something was wrong. I began to ask him some questions that he should've known the answer to; he did not. After consulting with a relative for a brief moment of what I suspected, he was in a medical crisis. He had suffered a stroke. I immediately rushed him to emergency.

I thank God that he did not have to be hospitalized for some rehab due to physical impairment; he did sustain some degree of cognitive deficit. So, at this point, I have become a caregiver among all of the other responsibilities that fell on me. Caregiving can be a lonely place, especially if you don't have some tangible circle of support; not discounting that *our* children, friends, family, church members would be called for sure. However, I began to fall deeply into a sense of loneliness, I missed my partner. I knew that God was holding me. And at some point, I also began to realize that I needed that down home support, the kind that you feel the love and a hug so that I would not neglect myself while being a better caregiver to him.

I had some reluctance because I knew that my husband never wanted to move back home. So, before making this decision, I sat down and made two “T” charts of pros and cons (reasons to move back home and reasons to stay in Austin). It was clear that moving back home was the winner. However, I still had some reservations because I knew that I would be facing some huge challenges financially, logistically, and using emotional and physical energy that I did not think I had. However, it was through a God-sent conversation with a relative that confirmed my need to “come home.”

On March 8, 2025, we officially became residents of Alexandria, and I must say ***IT WAS THE BEST DECISION AND DIRECTION FOR MY LIFE NOW AT SEVENTY-FIVE YRS. OLD.*** My husband and I were greeted with opened arms, and I felt a sense of “what took you so long.” We received that southern hospitality with help in moving in our stuff, greeted with food and rides to places we need to go (because we don't have a car right now), invites to special events and so on.

The things that I've noticed the most is that the areas our people live in have changed. Areas where our parents were the “help” and yard workers are now common place for black residents. There are lots of restaurants here and a variety of places to shop (lots of stores I am accustomed to for sure). Young professionals and not just in the medical and teaching field abound. However, on the flip side, I see the old neighborhoods and the areas I use to live and shop in the “hood” go desolate and full of crime by some of our youth; this saddens me greatly. It makes a difference when you just come to visit for a little while versus living here, no doubt.

Finally, I pray that God gives me grace to do my part in being an asset and contributor by utilizing all of the gifts, knowledge, and more that God has allowed me to obtain during my full journey and back around to be of service to my hometown of Alexandria, LA. My motto is to: “Finish Strong.”

HAPPY TO BE HOME AGAIN!

Health and Wellness Tips from Linda Smith Green



Greetings, classmates!

I pass these tips along to keep us strong and powerful.

Knowledge Is Power

Better health can be promoted by gaining knowledge that will empower you to improve you and your love one's health outcomes.



NOTE SOME OF THE FOLLOWING WELLNESS TIPS:

Knowledge about medication is crucial for promoting better health outcomes and fostering informed decision-making.

- ♦ **Education** – Healthcare providers should provide you with comprehensive information about your medications, including their purpose, dosage, potential side effects and interactions with other medications. Once started on a new medication for example for your Blood Pressure, invest in a Blood Pressure monitoring system. One that shows the B/P reading and your Heart Beat is the best.
- ♦ **Access to information** – You should have access to reliable sources of information about your medications. This can include pamphlets, websites or apps that provide accurate and understandable details about various drugs.
Using the same pharmacy is BEST. This makes it easier to track all of your medications, and it ensures that if any new medications are added they can immediately notify your doctor of any potential contraindications (interactions or side effects).
- ♦ **Shared decision-making** – You should encourage shared decision-making between you and your healthcare providers and be allowed to have a say in your own treatment plan as well as be informed of all of your available options.
- ♦ **Regular follow-ups** – Early detection is a priority. This will help you to track your progress and address any issues in a timely manner. Ongoing communication ensures that you remain actively involved in your plan of care.
- ♦ **Encouraging questions and feedback** – Your healthcare providers should create a supportive environment in which you feel comfortable asking questions about any aspect of your care.
- ♦ **Improving health literacy** – This is essential for understanding medication instructions, managing prescriptions, and recognizing potential medication-related problems. Healthcare providers can offer educational resources and support to enhance health literacy skills.
- ♦ **Medication management tools** – Utilizing medication management tools such as pill organizers, reminder apps and medication lists can help you remain organized.
- ♦ **Monitoring and feedback** – Regular monitoring of medication effectiveness and potential side effects allows you to provide feedback to your healthcare providers. This enables adjustments to be made to the treatment plan as needed, ensuring optimal outcomes.
- ♦ **Community support** – Connecting with support groups or online communities where they you can share experiences and learn from others facing similar medication challenges can be empowering and provide valuable emotional support.
- ♦ **Advocacy skills** – Equipping yourself with advocacy skills empowers you to navigate the healthcare system effectively, communicate your needs, and actively participate in decisions regarding your medication and overall care.
- ♦ **Remember to be an Advocate for yourself and for your family.**
- ♦ **Time is of the essence** – Do not hesitate to **Call 911**
- ♦ **Teach grandchildren how to call for help if you or a family member needs help, or is not responding.**

Additional discussion in the literature as it relates to Health in the Bible:

Source: www.healthinthebible

Health In The Bible

Additional discussion in the literature as it relates to Health in the Bible:

Source: www.healthinthebible

The Bible emphasizes the importance of health as a gift from God, encompassing physical, mental, and spiritual well-being. It portrays God as the ultimate healer and encourages believers to care for their bodies as temples of the Holy Spirit. Various scriptures highlight the connection between physical health, spiritual health, and even social well-being.

Key aspects of health in the Bible:

God as Healer:

The Bible often refers to God as the one who heals and restores health. Verses like Exodus 15:26 and Jeremiah 33:6 promise divine healing and restoration.

Physical Health:

The Bible acknowledges the importance of physical health and encourages taking care of the body. Verses like Proverbs 17:22 and 1 Corinthians 6:19-20 emphasize the connection between physical well-being and spiritual health.

Spiritual Health:

Spiritual health is closely linked to physical health, with actions like prayer, faith, and righteous living contributing to both. The Bible also emphasizes the importance of a joyful heart and gracious words for overall well-being.

Social Health:

The Bible highlights the importance of relationships and community in maintaining health. James 5:16 encourages believers to confess their sins to one another and pray for each other, promoting healing and reconciliation.

Obedience and Blessings:

Many scriptures link obedience to God's commandments with health and blessings, including freedom from disease.

Healing through Faith:

The Bible emphasizes the power of faith in healing, particularly through prayer and anointing with oil as described in James 5:14-16.

Holistic Approach:

The Bible presents a holistic view of health, recognizing the interconnectedness of physical, mental, and spiritual well-being.

Blessings Classmates





Let's celebrate Sly Stone who passed recently and created the soundtrack for our lives in the 1960s and 1970s with songs that cooled us off in the summer. Rest in power and peace, Sly!

Use the QR code to hear one of those created in 1969.



Election Day 2025

Year	Date	Day of the week
Election Day 2020	November 3, 2020	Tuesday
Election Day 2021	November 2, 2021	Tuesday
Election Day 2022	November 8, 2022	Tuesday
Election Day 2023	November 7, 2023	Tuesday
Election Day 2024	November 5, 2024	Tuesday
Election Day 2025	November 4, 2025	Tuesday
Election Day 2026	November 3, 2026	Tuesday
Election Day 2027	November 2, 2027	Tuesday
Election Day 2028	November 7, 2028	Tuesday
Election Day 2029	November 6, 2029	Tuesday
Election Day 2030	November 5, 2030	Tuesday

SAVE THE DATE



10TH

ANNIVERSARY FUNDRAISER BRUNCH

Join Us!

Joseph Learning Lab's Nonprofit (JLL)
(Provides free after school tutoring
and summer enrichment programs)

Brunch* *Music* *Prizes* *JLL Student Showcase

This is your opportunity to get tickets for JLL's
Education Fundraiser and help underserved children
catch up to grade level for reading and math.

When! July 26, 2025
11:00 am - 3:00 pm

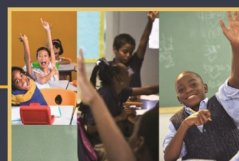


Where! The Grand
4101 E. Willow St.
Long Beach, CA 90815

RSVP NOW

Tickets! Call or Text 714.336.5581

[Click here for Ticket](#)



\$75 Ticket Donation

\$150 Ticket with Sweepstakes Prize

\$1000 / \$1500 / \$2500 Table Sponsors

Thank you!