

DESKAN INSTITUTE & TRAINING, INC.

RESTORING HOPE THROUGH COMPASSION

Fall/Winter 2015 Newsletter

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Hunger Action Month

September is Hunger Action Month--starting September 1, look out for ways that you can take action against hunger. But for now, mark your calendar for September 3 and plan to do your best orange outfit for Go Orange Day! Be sure to take a photo of your outfit and share it with us on Facebook. PLEASE REMEMBER TO HELP US SO WE CAN HELP OTHERS.



**TOGETHER WE CAN
SOLVE HUNGER.**

Back to School

Having the right tools for school can mean the difference between a passing and a failing grade. You can help ensure thousands of local students are equipped to succeed through the "Tools for Back to School" campaign at your neighborhood supermarket! Donate \$5, \$7 or \$10 at our website now through August 20. Proceeds will benefit the DESKAN 's Kids In Need program, which provides free school supplies for under-served children.

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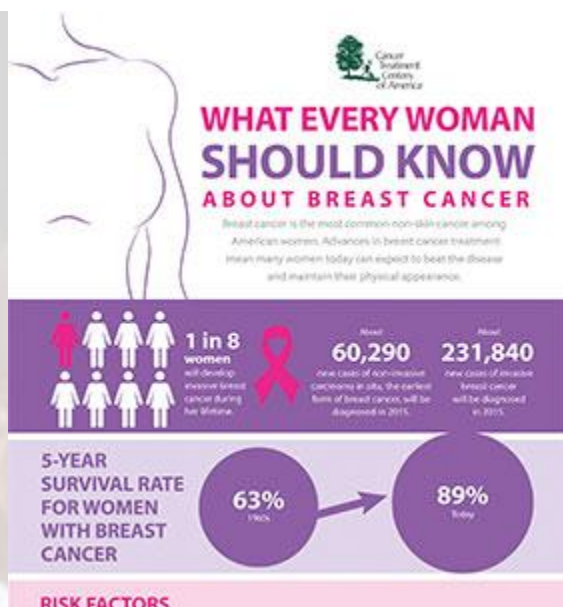
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What every woman should know

Breast cancer is the most common non-skin cancer among American women. One in eight women will develop invasive breast cancer during her lifetime. But advances in breast cancer treatment mean many women can expect to beat the disease and maintain their physical appearance.



What every man should know:

Prostate cancer is the most common non-skin cancer among American men. Every year, 1 in 7 men will be diagnosed with the disease. But prostate cancer is one of the most treatable malignancies, if caught early.

Deskan Institute & Training, Inc.

Volunteers Needed! Pick a Cause.



Deskan Institute & Training, Inc.
424 Orchards Walk
Stone Mountain, GA 30087
Office: 770.498.2152

HELP A VETERAN, PUT A SMILE ON A CHILDS FACE , Or HELP STUDENTS OUT!

Through awareness and education, everyone can find ways to improve their community and become a more informed citizen, Through civic engagement in areas that interest you!!!

Join us as we partner with you to assist people who are transitioning out of homeless shelters, transitional housing or the streets. This volunteer activity is designed to provide hands-on opportunities of service for individuals to meet basic community needs.

Students can earn Community Service Hours needed for their high school or college requirements.

HOMELESSNESS:

According to a 2013 Homelessness in America report, there are 20 homeless people per every 10,000 people in the general population, yet it's much higher for veterans; there are 29 homeless veterans for every 10,000 veterans in the general population. However, 38% of all homeless people in America are living on the streets, unsheltered, in cars or abandoned buildings.

There are several programs that help people obtain much needed hours

- Domestic violence: Battered women have to choose between abusive relationships or homelessness.
- Addiction disorders: People who are poor and addicted are clearly at an increased risk of homelessness.
- Veterans: This is due to war disabilities, difficulty readjusting back to civilian life, mental anguish, and Post Traumatic Stress Disorder

ENJOY LIFE: HEALTH & WELLNESS:

It is important to make sure we are keeping our bodies healthy so we can enjoy life. Enjoying life starts with simple tasks that we can do on a daily basis. Once you start, you will be happy you decided to take the healthy route!

www.deskan.net



Salt intake

Salt is a Leading Killer Worldwide, Scientists Say

In May, Scientists reported that Salt is a Leading Killer Worldwide. Researchers at the World Nutrition Rio de Janeiro 2012 Meeting Concluded that the only way a few million premature deaths can be prevented each year is to regulate salt intake.

“Salt [added to food] is the major cause of high blood pressure. [...]

Salt, or sodium chloride, is essential for human health; we need about 350 milligrams of sodium daily, according to the Centers for Disease Control and Prevention (CDC). That’s about the weight of half a raisin. Unfortunately, Americans consume on average about 3,500 milligrams of sodium daily.

Most of that sodium comes not from the saltshaker but rather from processed foods, in amounts unrealized by most consumers. A bag of potato chips might be an obvious culprit; one serving contains more than 250 milligrams of sodium. But so does a single slice of store-bought bread or a bowl of breakfast cereal. The bigger offenders are canned vegetables, canned soups and frozen dinners, each with around 1,000 milligrams of sodium.

Worse yet is just about any meal eaten out; fast foods in particular can contain over 2,000 milligrams of sodium in each meal.

Diet Is Key, But Exercise Is Essential

By Editorial Staff

Diet and exercise are two of the age-old pillars of health and wellness but is one more important than the other? A recent study suggests that when it comes to preventing a major consequence of poor diet and sedentary behavior – a dangerous condition called metabolic syndrome – exercise may actually be more valuable.

In the just-published study, researchers analyzed data for more than 4,000 adults participating in the 2007-2010 National Health and Nutrition Examination Survey (NHANES). Weekly physical activity from work, leisure-time activities and transportation activity was assessed, along with energy intake / expenditure from two 24-hour dietary recalls.

Reducing daily sodium intake by 2,000 milligrams at the population level could prevent 1.25 million deaths from stroke and almost 3 million deaths from cardiovascular disease each year, according to an analysis published in the British Medical Journal in 2009. A 1,200-milligram reduction

could save up to \$24 billion annually in U.S. health costs, according to a study published in the New England Journal of Medicine in 2010. [10 Leading Causes of Death]

¹ = Florey, C. du V., M. T. Ashcroft and G. J. Miller (Medical Research Council Epidemiology Unit, Univ. of the West Indies, Kingston 7, Jamaica).

² = *Amer J Epidem* 94: 419-424, 1971

NEW PARTNER: THE GEORGIA LIONS

GEORGIA LIONS LIGHTHOUSE FOUNDATION: DONATES THOUSANDS OF GLASSES TO OUR MISSION WORK: THANKS SO MUCH.

VISIONS TEAMS:

One of the most popular clinics with the patients is our vision team!

The lines are usually very long, and the needs are great.

Our vision teams perform routine eye exams-using charts, auto-refractors, and other methods to match patients up with the correct glasses.

While we take thousands of glasses with us, we always find there are more vision problems than supplies.

We are seeking to partner with ophthalmologists, optometrists, and other trained personnel to help in this area.



FOUNDATION: EYEGGLASS RECYCLING CENTER



WE WALK TO END HUNGER



Special Letter/Projects

Dear Ms. Liverpool
I just wanted to thank you
for all of the wonderful things
you donated to the Bag of Love
Ministry. The boxes with all of
personal need items were a God
sent. With this we were able to
stuff the handmade bags that
we give out. We added a stuffed
animal, throw blanket journal,
pens, pencil, a bible, small toy
or game etc.

Thank
things
toothbrush
Condition
in these
We deliver
DFAC of
Conyers
tells us
really

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pens, pencil, a bible, small toy
or game, etc.

Thank you again for all of the
things, moisturizers, combs, brushes,
toothbrushes & paste, soap, shampoo
Conditioners. We have a great need
in these areas.
We deliver these bags to the
DFAC office in Conyers & to the
Conyers Women's Shelter. Both
tells us that their clients are
really appreciative of the Bags.

one time when Ms. O'Neal from
the DFAC's office gave a bags
to one of the boys. He was going
through the bag & held up a tooth
brush and wanted to know
if that was his very own tooth
brush. He said he had
never had one of his very own.
Ms. O'Neal said the breakfast
was really nice because
sometimes they pick the kids
up late at night & they are
hungry so that is a big help.

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May God richly bless you &
your ministry as he has the
Bag of Love by sending you
to help with this ministry
Thank You.
J. Carolyn Renty

Are you looking for a Christian Environment, Loving, Educational and Fun
Learning, Camp? Look no further!! We are here to help you and your child
for the summer. Come Enjoy Vacation Bible Camp, Reading, Field trips, Life
skills.

DESKAN SUMMER CAMP 2015

We offer; Daily Devotions, Educational Re-Enforcement, Math, Sciences,
Reading, Arts & Crafts, Field Trips plus much more.

Where: Crossroads Presbyterian Church in Stone Mountain.

When: May 26, to July 31, 2015

Times: 7:30 am to 4:30 pm Monday-Friday

Agos: 5-13



SUMMER CAMP 2015



Our Projects

Our projects have grown considerably in the past several years. These pages which will follows illustrate the extent of our commitment to: Restore Hope Through Compassion..

The truth is, as those opportunities increase, your opportunities to be involved increase, too. You can come work with us! You can send someone, too! You can help us to provide **medical supplies, eyeglasses,** and even **financial support** to help continue the work as we reach out all over the country of Guyana.

As you read the headings below, you will first see a list of reports for the last few years. These reports will no doubt show you how our work is growing increasingly in the various communities.

Then, as you continue to follow the stories, you will recognize the different areas of service in which we are involved. You will also observe the different missions that we are planning to be doing in the 2015 - 2016 season. You will see what is taking place at DESKAN INSTITUTE & DESKAN MINISTRIES. And you will also follow what is being planned in the way of nurturing projects.

Take a look! Then drop us a line to find out how you can be involved.

DESKAN SUMMER CAMPS ACTIVITY 2105



Humanitarian Efforts

Bridge 2015

Medical Mission & Missionary Work



We are Ready to Go!!



BRIDGES 2015: Our focus will continue to be the enhancement of the current healthcare structure by providing a four-day Free Standing Clinic for the pediatric and adult members of your community. The goal of this mission is designed (a) to build the capacity of leaders and their

organizations undertaking sustainable programs that address cutting-edge-issues and (b) to provide the space for networking and the building of strategic partnerships that will broaden the impact of responses of all social issues, including HIV/AIDS, diabetes and hypertension to name a few. Issues that continue to be of grave concern to the country.

We will be in the following regions-Fort Wellington, Lenora, Project Dawn, Wismar and WALES.

BE a PART OF HISTORY IN THE MAKING!

Deskan provides Medical Mission Outreach, medical evaluation and consultation, and health education and prevention education. Vision Care: DESKAN Outreach mission also provides donated reading glasses to those in-need and over-the-counter medications are dispensed at the clinic, which is staffed by a local Pharmacist. Participants work in hospitals, schools, churches, community centers and local medical centers located in rural towns where they provide free medical care for thousands of patients in need of medical attention, education, counseling, prayers and love.

TEAM DESKAN: COME JOIN US:



VOLUNTEER WITH US!

- **EDUCATION COMMITTEE:** The Education Committee is responsible for planning and coordinating book drives, scholarships, college preparation programs, mentorship programs, tutoring programs, computer donations, school supply donations, food drives, clothes drive and other activities deemed necessary to enhance students' ability to learn and therefore, improve their chances of becoming viable citizens in society
- **EVENT COMMITTEE:** Our Event Committee responsibilities include, but are not limited to planning and coordination of various events and/or coordinate with the other committees and/or organizations. They will solicit volunteers to assist with carrying out their duties to ensure successful Events.
- **HEALTH AND WELFARE COMMITTEE:** The Health and Welfare Committee is involved with planning and coordination of medical mission, global disaster, health fairs, seminars, workshops, drives, support groups, donations to medical facilities, providing volunteer opportunities to medical facilities and other coordination efforts.
- **HUMANITARIAN COMMITTEE:** The Humanitarian Committee is responsible for planning and implementing various outreach programs to assist those that are in need in the local Georgia and Caribbean communities. Duties include and not limited to: feeding the homeless; emergency disaster assistance; clothes drives; food drives; soft toys to sick and needy children; book drives; providing assistance to elderly; sending care packages to military units overseas; donating time and supplies to disabled veterans; bereavement assistance; plus numerous other activities.
- **MARKETING COMMITTEE:** The Marketing Committee has a vested interest in the Deskan Institute and Deskan Ministries and its members. They are responsible for promoting and advancing Deskan brand and image. They identify innovative marketing, branding, and communication strategies necessary to enhance the organization and improve attendance at events. The committee utilizes above-the-line and below-the-line methods of promotion. Addition responsibilities include developing marketing materials, creating press releases, utilizing social media, email blasts plus other measures necessary to attain our objectives. The marketing committee is responsible for attaining sponsorship and advertising for DESKAN. The Public Relations Director or other qualified individual will chair the Marketing Committee.
- **MEMBERSHIP COMMITTEE:** The Membership Committee's duties includes, but are not limited to: recruiting new members and volunteers, renewing memberships, assisting with maintaining membership records, hosting new members functions, providing welcome letters to new members/volunteers and other duties deemed necessary to maintain membership and accomplish our mission in the community.

Welcome to Deskan Second Chance Program!

Second Chance Outreach Program strives to educate, rehabilitate and increase community safety by maximizing men and women's potential. Our services along with community collaboration and contributions, allow our outreach efforts to assist individuals in need of a Second Chance.

We understand that men and women deserve a second chance. Their families, spouses, children and communities also deserve a second chance. A second chance represents an opportunity to successfully decrease recidivism thus save lives, one person, family and community at a time.

Reintegrate men and women back into society, and job market. We must effectively reunite families, productively restore our communities and provide effective skills to all, as we move forward. During this Newsletter's printing we have been able to help a total of three (3) such individuals completing over a hundred and eighty Community Services Hours.

Accomplishments/Highlights For 2015-to date

1. Provided meals and clothing to more than 1600 Atlanta hungry and homeless individuals
2. Held workshops and information sessions on HIV/AIDS, HPV, Domestic Violence, Child Abuse and Rape. Provided counseling services to over 300 individuals, including young adults, children and youths in the Atlanta and DeKalb Communities.
3. Provided School supplies for 65 Homeless Children living at an Atlanta Shelter
4. Provided Breakfast and lunch for over three hundred (300) children in-need in DeKalb, Gwinnett, Rockdale and Decatur
5. Sent [10] barrels of donated medical supplies, school supplies and children's clothing to Guyana for churches and schools, Regions 10, 2, and 4.
6. Provided Scholarships for 2 adults to continue their Nursing Training in Guyana: 1st Installment \$40, 000 GYD.
7. Provide stipend to help repair home for homeless family of four (4) in Guyana
8. Provided funds to purchase an Electric Saw to help in the Amerindian Community of Guyana. Lumber
9. Provided funds to help with transportation for second chance program in need of work.
10. Provided school supplies for children in needy in Atlanta.

Deskan's Second Chance program made a difference for more than 10 individuals who benefited from this program for this year...



.WATCH FOR THE BOOK RELEASE BY OUR AUTHOR: MR CHARES E LIVERPOOL

PEEL ORANGES: POENS/ISBN: 9-781682-292792/available at www.AmericaStarBooks.pub

Congratulations: The Arrival of their son! Mr. & Mrs. Precella & Kirk Isaacs.

Any one wishes to become a member of Deskan Institute & Training, Inc. and Deskan Ministries can do so and is encouraged to submit an application with appropriate membership dues. Membership will entitle you to become a voice for Deskan, receive a copy of Newsletter and share in Deskan success story. Contact us: Email Us! Submit your comments on comment area on the web site. Sign up for a copy of our newsletter.

WWW.DESKAN.NET



NEWS IN THE NEWS

We have set up a special web site where you can make a donation to a friend or family member you may know who will be joining us on a future Medical Mission.

You can help us by using the sponsorship site to make a general donation to DESKAN Medical Missions. Your donation will be used where most needed

HELP END HOMELESSNESS. VISIT US AT WWW.DESKAN.NET

VISIT US IN NEW YORK

VISIT US IN GUYANA

VISIT US IN NEW JERSEY