



FAR SOUTHSIDE ROSC COMMUNITY MEETING

1/22/2024

- Welcome - What is ROSC- Frederick Buford RC, CPRS
- Audience Introductions – Robert Bufford RC, CPRS, NCR
- Presenting of Guest Speaker – De’Shara Shells – CPC, RCP
- Closing Remarks – Rev. Dr. K. White – CADC, NCRS, RCT

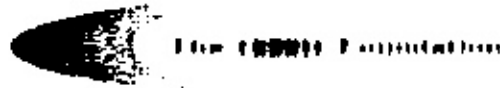
Guest Speaker – Valerie Goodloe

Rebuilding our Communities by Addressing
Communities Normalcy and Our Adaptation

Please leave your business cards so we can connect.

Thank You





Date:01/22/2024

Time: 10AM until 12PM

Location: 1750 West 103rd Street Chicago IL,60643

Virtual info:

Meeting ID: 83457129193

Password: 553998

Phone Number: 312-626-6799

**Community Topic: Building our communities by addressing
Communities Normalcy and Adaption!**

Guest Speaker: Community Advocate Valerie Goodloe

Normalcy: The condition of being normal; the state of being usual, typical, or expected.

Adaption: The action or process of adapting or being adapted

Rebuilding our communities:

1. Self-Awareness in Recovery What mode of life do you identify with?

Existing Mode: Fact: You must exist in order, but you don't have to live to exist. The present and current state of being.

- You lack purpose, drive, motivation, hopelessness, despair.
- Low engagement/ lack focus.
- You are merely going through the motions.
- Low or the lack of emotional balance, and emotional intelligence

Survival Mode: When the brain is in heightened state of alertness and stress in response to perceived threats. You do the things you need to do to stay alive!

What can cause this? Traumatic experiences, stressful events

- Lack of focus: Fogged mind, concentration problems
- Changes in memory: you forget things, situations or things that have happened throughout the day.
- Fatigue: tired mind and body
- Forgetting to take care of your basic needs: lack of self-care and maintenance.
- Emotional dysfunctional: depression, sadness, aggression

- **Guarded:** Lack of trust in people or situations
- **Withdrawn:** Isolation from things that once brought you joy or people who you love

Living mode: You do things you want to do to enjoy your life.

- You live with purpose.
- Emotional balance and control
- You are aware of self and those around you.
- High vibration
- You are thriving in all areas of life.

How do you Rebuild our communities?

Start you Self!

- Self – preservation and awareness
- Be willing to make the necessary changes to become better.
- Seek help to address any trauma so you can heal.
- Acknowledge your areas of improvement, accept your mistakes, and choose to do something different.
- Be honest and genuine.
- Love yourself.
- Self-evaluation

Be of service:

- Be kind to others.
- Get involved.
- Advocate
- Tell your story, share your experiences.
- Love others
- Create resolutions.

Acceptance:

- Meet people where they are.
- Throw out judgment and bias.
- Offer understanding and patience.

Change is necessary to grow and just because it is the norm you, have accepted doesn't mean its right:

- Patterns of behavior can create a "Norm."
- Change is possible.
- The power of choice is always there.

LIVING NORMAL
TELL ME WHAT
THAT IS

LIVI



HOW DO WE CELEBRATE NORMAL LIVING

"I think that Black life has been shown as something that's extraordinary, and out of the norm," "But I think that once we start to see the normalcy in everyday life as the thread that connects us all, there will be less of a conversation about why it's important to show the differences in Black life as opposed to why it's important to show that Black people are human beings."



THE TIES THAT BIND US

- Living in a community where there is shared culture
- Sharing stories of our success as Black People
- Loving the idea of having or being in a community where we can depend on each other
- Sharing a bond of same experiences

BUT WHAT REALLY BINDS US?

- Please raise your hands of there was a time in your life that you had to borrow the next door neighbors electricity
 - Please raise your hand if you were denied a job or position because you are black
 - Please raise your hand especially the ladies if you have been married or with someone who has been in prison.
 - Please raise your hand if you always had to do something to make ends meet
 - Please raise your hand just to exist you may have had to do something you didn't want to do
 - Please raise your hand if you know or related to someone who has been murdered by gun violence
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BEING ABLE TO KNOW WHATS NORMAL & WHAT IS NOT

- It is not normal to borrow the extension cord across that fence
- It is not normal to be continually denied a job because of the color of your skin
- It is not normal to have to have our mate to have come from prison
- It is not normal to always be in the mode of making ends meet
- It is not normal to risk everything to exist
- It is not normal to hear gunshots everyday
- It is not normal that your head always must be on a swivel
- It is not normal to be in a stage of trauma & grief

THINGS TO DO TO HELP CREATE NORMALCY

1. Vetting who we choose to make our life partner
 2. Know who you lay down with..
 3. Know your worth as a person and don't allow accept being hit, talked to, or made to feel that this is your best option.
 4. Know your children's whereabouts, and know what they have under that mattress
 5. Family time is important, dinner with everyone or a day set aside to do fun things with each other
 6. Watching how we treat each other in front of the children, no name calling no violence,
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THANK YOU

Questions

Valerie Goodloe

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