

SUPPORTIVE HOUSING HEROES "VIRTUAL REFUELING SERIES" **JUNE 8-19, 2020**

RSVP at www.projectfind.org or email us at events@projectfind.org

6/08 · 7PM **KRISTEN CROCKETT**

6/09 · 7PM **DORIAN**

6/10 · 12 NOON RENIQUA ALLEN / RION SCOTT / LAURA EVERETT



Free Masterclass: Navigating Death at Work, Home and in the Community www.kristencrockett.com



Dorian's Live Neosoul & Yoga www.dorianneosoul.com





Literary Change Agents: Using Books to Examine a Broken World www.reniquaallen.com www.rionamilcarscott.com www.reveverett.com



6/11 · 7PM **ZERLINE HUGHES SPRUILL**

6/12 · 7PM **SABRINA ROBINSON &** ANGELA WIGGLESWORTH



6/16 · 7PM **JESSICA GARAND & OMP STUDENTS**



Zumba with Z www.zumbawithz.com



Oh, You Fancy Huh? - Tips for Keeping Natural Hair, Nails and "Feet on Fleek"



History of Black Chefs in the White House www.soulfoodscholar.com



Opportunity Music Project www.opportunitymusicproject.org

6/17 · 7PM **BRANDON & JORDAN LLOYD BOOKEY**

6/18 · 7PM **CHEF ROCK** 6/19 · 7PM - 8:30PM **DJ SIXTH SENSE**



Shark Tank Winners Discuss Entrepreneurship www.ZooBean.com



Chopping it Up with Chef Rock: Hell's Kitchen Winner www.rocksolidfood.com



Let's Virtually Party Together! www.djsixthsense.com





VIRTUAL REFUELING SERIES

6/08/2020 · 7 PM - KRISTEN CROCKETT

FREE MASTERCLASS: NAVIGATING DEATH AT WORK, HOME AND IN THE COMMUNITY

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJ0rdeipqjgoH9DN_vjqXwXE_dP46CX0zo0f



Supportive Housing heroes are no strangers to death. At work they meet familiar foes of suicide, drug overdoses, disease and even homicide. Participants in this session will have an opportunity to explore feelings and methods of grieving about death in the workplace, their personal lives and the Community, as in the recent case of George Floyd and others. The session will be facilitated by Kristen Crockett. As the founder of The Crockett Collective, Kristen empowers individuals to navigate change from the inside out. She helps people embrace who they are today (their strengths, emotions and challenges) so they can get to where they want to go tomorrow. Learn more about Kristen at https://kristencrockett.com/

6/09/2020 • 7 PM - DORIAN'S NEOSOUL & YOGA

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJwodeCupzlvGNzYTWd-lg dagEFHWnT5y96



In almost 60% of states for which race and ethnicity data is available on the CDC website, the distribution of COVID-19-related deaths is substantially higher among African American and Latinx communities than the groups' distribution in the population. Supportive Housing heroes help program participants to thrive by focusing on health and wellness. Yoga is a low impact method of helping supportive housing tenants to add movement into their daily routines. What makes frontline workers in supportive housing special is their uncanny ability to make the everyday unique. Dorian does the same by adding a twist to traditional yoga. In this

active session, Supportive Housing Heroes and other guess should pull out a towel or yoga mat. Give your body, mind and soul the gifts of a soothing flow as you wind down your evening. Learn more about Dorian at https://dorianneosoul.com/

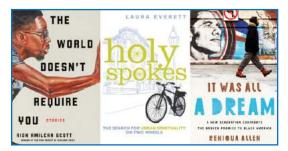


Lets Keep Going with more Events Proje Proje SERIES

6/10/2020 · 12 NOON

LITERARY CHANGE AGENTS: USING BOOKS TO EXAMINE A BROKEN WORLD

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJUqdeCgpj8sHdCmhQZfPPaDvv0 hKYk9RTi



RENIQUA ALLEN / RION SCOTT / LAURA EVERETT

A new survey conducted during the pandemic by researchers at the Johns Hopkins Bloomberg School of Public Health and the SNF Agora Institute at Johns Hopkins University found a morethan-threefold increase in the percentage of U.S. adults who reported symptoms of psychological distress--from 3.9 percent in 2018 to 13.6 percent in April 2020. According to the Beth McGinty, one of the writers, "Health care providers, educators,

social workers, and other front-line providers can help promote mental wellness and support." Supportive Housing heroes often use book clubs or current event groups to accomplish this task. In this session, Rion Amilcar Scott, Reniqua Allen and Laura Everett will talk about their recent publications which each uniquely examine the complexities of the world. These scribes will also share tips on the writing process and how their intelligent, fun and witty hardbacks shine lights on issues such as racism, oppression, women's rights, environmentalism and other multifaceted issues.

6/11/2020 · 7 PM

ZUMBA WITH "Z"

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJMIc-ChrDItE9z-sMPNo3sL95CQAnJonEzZ



Supportive Housing heroes often design low impact exercise groups such as chair yoga, mindfulness practices, and walking groups. During this session, it's time for the frontline heroes and others to relax and sweat under the instruction of Zerline Spruill. Zumba Fitness is an exhilarating, effective, easyto-follow, Latin-inspired, calorie-burning dance fitness party! Each Zumba class is designed to bring people together to "sweat it on." A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Zerline has studied and danced the styles of Afro-Cuban, modern, jazz, tap, ballet, liturgical dance and Zumba, merging all of what she has learned

over decades of taking classes, and dancing professionally. She has performed at the African Marketplace and Cultural Faire (Los Angeles), Hollywood Bowl, Hollywood Paladium, the Home of actor Ed Asner, Wilshire Ebell Theatre (Los Angeles), National Cathedral (Washington, DC), New York Avenue Presbyterian Church & more! Learn more about Zerline at http://zumbawithz.com/



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6/12/2020 · 7 PM

OH, YOU FANCY HUH? - TIPS FOR KEEPING NATURAL HAIR, NAILS AND "FEET ON FLEEK"

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJEpc-GoqTgjH9Yi2vjGB 9jyaao kllda7S



Sabrina Robinson and Angela Wigglesworth and Melanie Eggleston are minority-owned small business owners affected by closures during the height of the COVID crisis. This forced them to be imaginative about how they kept afloat. They each turned online to pivot their business platforms. Sabrina has been a licensed cosmetologist for 8-years. She owns and operates her shop Bean the Braider which specializes in natural hair, nails and eyelashes. She discovered a talent for hairstyling at the age of nine and plans to grow her business to include work with nonprofits. One of her dreams is to develop a line of wigs for cancer patients or others in need. Angela is the owner of Naturally Nailed, where she specializes in pedicures, diabetic foot care,

toenail reconstruction and other services to better the health of your feet and natural nails. She recently teamed with Melanie Eggleston of Oh My Nails Shop to start a virtual Foot Focused business on Instagram dubbed "Feet on Fleek," which targets people of color. During their sessions they discuss topics ranging from diabetic footcare to toenail abnormalities.

6/15/2020 · 7 PM

HISTORY OF BLACK CHEFS IN THE WHITE HOUSE

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJwod-2qpjgiG9Tv0DHeeFSM01rjzJX42Gt5



Supportive Housing sites often use themes to help guide the social work implemented by staff. Did you know that June was National Soul Food Month? This is a session for history buffs. Adrian Miller, AKA The Soul Food Scholar, will provide a history lesson on Black chefs in the White House. Miller has compiled this knowledge in his second book second book, The President's Kitchen Cabinet: The Story of the African Americans Who Have Fed *Our First Families, From the Washingtons to the Obamas* which was published on President's Day, 2017. The book was a finalist for a 2018 NAACP Image Award for "Outstanding Literary Work—Non-Fiction," and the 2018 Colorado Book Award for History. Adrian is a food writer, attorney and certified barbecue judge who lives in Denver, CO, Learn more about Adrian at www.soulfoodscholar.com



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6/16/2020 · 7 PM

JESSICA GARAND & OPPORTUNITY MUSIC PROGRAM STUDENTS

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJUrde-srzljE9S7P5R9I3dAsbP7VbGYa200



In a recent survey by the Royal Philharmonic Orchestra (RPO), three in 10 people (35 percent) said listening to orchestral music helps them to relax and feel calm during the coronavirus lockdown. Respondents shared orchestra music helped them concentrate and to be more productive while working from home they felt inspired to learn a new instrument (10 percent). However, people of color are underrepresented as classical musicians. The Opportunity Music Project founded by Jessica Garand hopes to change this. In this session, sit back, relax and enjoy the sounds of classical music. Jessica Garand, the founder of the NY-based Opportunity Music Project (OMP), will play selections along with OMP students and faculty. The mission of OMP is to provide the

highest caliber of instrument instruction, mentoring, chamber music and community engagement to motivated children and teens from low-economic backgrounds so that they may achieve their fullest potential as both artists and leaders in society. Learn more about OMP at https://opportunitymusicproject.org/

6/17/2020 · 7 PM

SHARK TANK WINNERS BRANDON LLOYD AND JORDAN LLOYD BOOKEY TO DISCUSS ENTREPRENEURSHIP AND THE JOURNEY TO WINNING \$250,000 FROM MARK CUBAN

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJEscuChqjkvE9bBs09kZc2gl MAzTD0slcF



Some 75% of all frontline workers are people of color, including 82% of cleaning services employees, according to a report by the New York City Comptroller Scott Stringer. More than 40% of transit employees are black, while over 60% of cleaning workers are Hispanic. This demographic also plays out in many Supportive Housing programs when it comes to lower wage jobs. Many Supportive Housing heroes hope to escape the grind of a nine to five lifestyle through the creation of their own businesses. In this session, Felix and Jordan will spend time discussing their turn from classroom educators to business owners.

Just two weeks after staring their curated book business Zoobean, On April 18, 2014, the couple appeared on the hit ABC series Shark Tank and gained a \$250K investment from Mark Cuban. They will share how this was exciting and one of the most challenging days of their lives, almost ending with a trip to the emergency room for a panicked Felix. Through their story, they will share stories of how to make it in the business world. To learn more about Jordan and Brandon visit https://zoobean.com



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6/18/2020 · 7 PM

CHOPPING IT UP WITH CHEF ROCK: HELL'S KITCHEN WINNER AND CELEBRITY CHEF

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJUldu2tqD0qEtGq7XpA9siqamTRTJi9b8C7



Supportive Housing heroes know that whole foods and food insecurity make healthy eating a challenge. Low-income households in food deserts — more than a mile from a supermarket in a city or suburbs or more than 10 miles in rural areas often struggle with having enough to eat, and the global pandemic has exacerbated that circumstance. Their access to fresh produce and meat continues to decrease. and they often turn instead to fast food or processed foods, according to the Agriculture Department. Chef Rock is a Celebrity chef who hopes to change these trends. Rock has extensive restaurant experience, most notably serving at the Executive Chef for B. Smith's in Washington DC from 1999 until 2007. Chef Rock gained national recognition when he won Season 3 (2007) of the Fox Reality television cooking show Hell's Kitchen, hosted by the legendary Chef Gordon Ramsay. Learn more about Chef Rock at http://rocksolidfood.com/

OUR SERIES ENDS WITH A VIRTUAL DANCE PARTY WITH DJ SIXTH SENSE

6/19/2020 · 7 PM - 8:30 PM

CHECK OUT ALL OUR OFFERINGS AND RSVP at www.projectfind.org OR DIRECTLY ON ZOOM AT https://zoom.us/meeting/register/tJMvdeGrgjoiH9xiggnRMzay55lu7dlgJwM8



Supportive Housing heroes know the best way to support residents is to have fun. The refueling series will end with a virtual dance party led by DJ Sixth Sense. To help people manage with COVID isolation and the anxieties of racial injustice, Sixth Sense used Facebook, Zoom, Periscope and other social media platforms to spin tunes for onlookers. For this session he has committed to share his gift with NY-based frontline workers in supportive housing. Make sure to RSVP and tell him what your favorite song is so it has a chance to get played. When companies, celebrities and party people need a deejay to move the crowd, they call DJ Sixth Sense. He's best known for his distinctive mixes on the popular Russ Parr Morning Show, which is syndicated in 24 markets nationwide. He had his own show on

Sirius XM's Hip Hop Nation Channel and currently is syndicating his own radio mixshow. Learn more about DJ Sixth Sense at www.djsixthsense.com