

## NLADA's New Client Section Holds Its First Meeting

The NLADA Annual Conference in Miami, Florida, was the setting for the first meeting of the new NLADA Client Section. More than 30 clients and friends gathered on Saturday, November 10, 2001, to get organized and make plans for the new section. Harry Johnson was elected as chair and Ann Leavenworth was elected as recorder of the section.

Johnson called the meeting to order and explained how and why the section was created. The NLADA Client Policy Group, with Johnson's leadership as chair of the Policy Group's Membership and Client Section Committee, guided the petition for section status through the NLADA Board of Directors, which gave its approval to the section in March 2001.

Clint Lyons, NLADA president and CEO, told the group he was pleased to see the section established because it will provide a forum to let him and the NLADA board know the issues that are important to clients. He said that NLADA would provide technical support. He mentioned that one issue the section may find important is the time limits on Welfare to Work. He said that many people who were transitioned to work have been laid off, and that funding decreases are likely to cause additional hardship. He expressed the hope that the Client Section will bring this type of issue to the attention of the leadership of NLADA.

Casey Duncan, former NLADA senior Web developer, gave a guided tour of the newly redesigned NLADA Web site, [www.nlada.org](http://www.nlada.org). He showed the group such features as the News and E-Library, which contain a wealth of information for the equal justice community. He invited contri-

butions and input from NLADA client members to ensure that the new Web site becomes a valuable resource for clients and community advocates. (Duncan left NLADA in March to work for Zope Corporation. Chris Abraham is his successor.)

After the elections for chair and recorder, the group designated a committee to address issues of meeting facilitation and decision making. The people who were nominated and agreed to serve were David Fraley, Ernest Henson, Lucinda Home, Jackie LaRue, Yvette Long, Judith Martinez, Peggy Santos, Martha Toran and Mary Wilson. The committee subsequently elected David Fraley as committee chair.

A second committee was formed to plan future meetings. The people who were nominated and agreed to serve were Pearly Blunt, Secret Henderson, Ernest Henson, Diane Jett and Shirley Peoples. The committee subsequently elected Ernest Henson as committee chair.



*Mozelle Smith (l), who accepted the Mary Ellen Hamilton Award on behalf of her late Aunt Gladys Barnes, received congratulations from Harry Johnson, NLADA Client Section Chair, at the NLADA Annual Conference in Miami.*

## NLADA Client Section

### Statement of Purpose

*The purpose of the NLADA Client Section is to promote the mission of NLADA by providing a forum for clients of legal aid and public defense programs to voice their interests and concerns as members of NLADA, as program board members, as customers of legal services and as advocates for themselves.*

## INSIDE

Leadership Corner . . . . .	2
Texas State Planning Report . . . . .	3
Oklahoma City Outreach . . . . .	3
Control Cholesterol . . . . .	4
Avoid Stress . . . . .	4
Recipes . . . . .	4

## NOCA OFFICERS 2002-2004

### **Lucille Logan**

President  
Oklahoma City, OK

### **Billie Anderson**

1st Vice President  
Dallas, TX

### **Amelia Nieto**

2nd Vice President  
Long Beach, CA

### **Fanny Mayahuel-Thomas**

Correspondence Secretary  
San Antonio, TX

### **Abigail Harris**

Secretary  
Alton, IL

### **Lucinda Horn**

Parliamentarian  
Santa Ana, CA

### **Imogene McElroy- Richards**

Sergeant-at-Arms/Membership  
Committee Chairperson

### **Secret Henderson**

Membership Committee Co-  
Chair  
Houston, TX

### **Shirley Peoples**

Issues Committee Chairperson  
Columbus, OH

### **Pearly Blunt**

Issues Committee Co-Chair  
Houston, TX

# LEADERSHIP CORNER

## Message from Client Policy Group Chair Rosita Stanley

Welcome to the second issue of the joint NOCA-NLADA *Client Update*. After the first issue came out last fall, the Communications Committee of the NLADA Client Policy Group, under the capable leadership of NOCA President Lucille Logan, went to work on your suggestions for how to make this issue even better. We have incorporated a lot of your input, and we continue to welcome your comments on this "work in progress." We are especially pleased to be able to offer photographs and other graphics as well as the articles on community and legal services issues. Thank you to Lucille and to all the newsletter contributors! There will be two more issues of the *Client Update* this year.

The Client Policy Group has met twice since the fall issue of the *Client Update*, on November 6, 2001, in Miami, Florida, as part of the NLADA Annual Conference agenda, and again on March 18 by conference call. The NLADA board met by conference call on April 10, and elected the following officers: Jean Faria, chair; Rosita Stanley and Harrison McIver, vice chairs; and Andy Steinberg, treasurer. Because of the impact of September 11, 2001, on NLADA training income, the NLADA board decided to hold the spring board and policy group meetings by phone as a one-time cost saving measure. The next in-person Client Policy Group meeting will be held on May 31 in Washington, DC.

The planning process for the 2002 Annual Conference, set for November 13-16 in Milwaukee, Wisconsin, is just beginning. Thank you to Client Policy Group member Ben Obregon for serving on the Conference Committee. The Conference Committee invites you to send in the enclosed Training Needs Survey to tell us your views about the kind of sessions that should be offered at this year's conference. At its May meeting, the Client Policy Group will meet with representatives of the Legal Services Corporation (LSC) to explore how LSC might contribute to the training program for clients and community advocates at the conference.

If you are not already an Individual Client Member of NLADA, I invite and encourage you to join by filling out and sending in the enclosed membership application, along with your \$15 dues payment. We don't want you to miss out on all that NLADA has to offer!

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## Message from NOCA President Lucille Logan

What a great conference in Miami! NLADA did a fine job of putting on the conference and asking for input from the Client Policy Group to spearhead the leadership role of the client sessions. The NOCA board and annual meetings were also productive. I am honored to be elected for a fourth term as president of NOCA. It has been a pleasure serving our membership. We have weathered some tough times.

I am proud of NOCA in that we have been operating without receiving any grants or other outside funding. The organization operates only on donations of dues. We have accomplished a great deal and want to continue to assist our clients and offer trainings at a national level. By becoming a member of NOCA or updating an existing membership, you make these things possible. It's also important to support NLADA. In addition to working with us to produce our newsletter, there is a separate section for clients and client issues. A donation of \$15 will allow you to participate in NLADA sections, such as the Client Section.

Election of officers was held at the meeting. Officers elected to serve NOCA for 2002-2004 are Lucille Logan, president, Oklahoma City, OK; Billie Anderson, 1st vice president, Dallas, TX; Amelia Nieto, 2nd vice president, Long Beach, CA; Fanny Mayahuel-Thomas, correspondence secretary, San Antonio, TX; Abigail Harris, secretary, Alton, IL; Lucinda Horn, parliamentarian, Santa Ana, CA; Imogene McElroy-Richards, Sergeant-at-Arms/Membership Committee chairperson; Secret Henderson, Membership Committee co-chair, Houston, TX; Shirley Peoples, Issue Committee chairperson, Columbus, OH; and Pearly Blunt, Issue Committee co-chair, Houston, TX.

Committees are open to anyone interested. If you choose not to serve on a committee but would like to raise a special subject or issue, please bring it to a committee member's attention and it will be addressed.

Welcome board member Rose Wilson (Lubbock, TX) who replaces Fanny Thomas. If any other representatives to the board have been replaced, please let me know.

The next newsletter will be Summer 2002. All information must be submitted by June 30 to me or the NLADA office. The next issue will not be out until September.

On a personal note, I want to thank everyone involved in the surprise birthday party. I really enjoyed it and was very surprised! Professionally, thank you again for your continued support. Working as a team we have accomplished quite a bit—now let's get to work to make this the best national organization of the 21st century.

# TEXAS: State Planning Report

By Mary Wilson

West Texas Legal Services and Legal Services of North Texas will merge their two programs by December 21, 2002.

These two programs entered into the negotiation process as friends. The programs have a long and cooperative history. The current headquarters of the programs are only 30 miles apart.

The programs coordinated a joint staff meeting in Dallas in 2000. Staff was able to interact with each other on a business and social level. It also helped that the executive directors of the two programs have been friends for many years.

Each program has been willing from the beginning to reach out to the other with a compromising spirit and positive attitude.

The Legal Services Corporation (LSC) awarded a three year grant to West Texas Legal Services, which includes a subgrant agreement with

Legal Services of North Texas for one year. After that, the two programs will combine and create a new entity devoted to serving 114 counties in the Northwest Texas area.

The programs have appointed merger committees to work on the technical details of the merger. They also have agreed on a Memorandum of Understanding detailing how the new entity will operate. Both executive directors and board presidents have attended each other's respective board of directors meetings.

The clients and communities are excited about this new venture between the two programs, and combined they will create the fifth largest LSC-funded program in the country.

Both West Texas Legal Services and Legal Services of North Texas have very active client organizations. Both programs have a long history of very active client involvement in shaping the program missions. Clients have been actively involved in this process.



*Hafeezah Ahmad (l) Legal Action of Wisconsin board member, and Mary Wilson, NLADA Civil Policy Group member, confer during the NLADA Annual Conference in Miami*

It has been a joy for us to participate in such a wonderful process as we continue to provide high quality legal services to low income persons.

## HEALTH CARE —

### *Oklahoma City Outreach Program*

By Lucille Logan

Turning Point, the substance abuse division of Community Action Agency of Oklahoma City and Oklahoma/Canadian Counties, Inc., and Mary Mahoney Memorial Health Center (MMMHC) implemented a new street outreach program, "Community Health Outreach and Educational Services" (CHORES). The CHORES program is a comprehensive primary health care, health promotion, disease management and disease prevention program that provides services to under served communities and low-income families.

A team of outreach counselors, including an LPN, provide residents of targeted areas with information about MMMHC as their "health home" and its services, HIV/AIDS, sexually transmitted diseases, chronic disease management and prevention. In addition, Child Health Insurance Program (CHIP), Medicaid and Medicare, WIC, food stamps, and eligibility for housing and other social and support services will be the focus of the outreach team.

The lack of access to primary health care services and health disparities tends to be disproportionately borne by disadvantaged African American and Hispanic communities. These communities are often the same ones affected by high rates of asthma, cardiovascular diseases, obesity, diabetes, infant mortality, hypertension, syphilis, HIV/AIDS and other preventable and chronic diseases. Measles, mumps, syphilis and HIV/AIDS call for a more comprehensive approach to eliminate these preventable diseases.

As participants in the Bureau of Primary Health Care's campaign for "100% Access and 0% Health Disparities," Center for Disease Control's "National Plan to Eliminate Syphilis," the HIV/AIDS Bureau's "Disease Prevention/Reduction Plan," and the Administration for Children and Families' "Welfare Reform and Job Creation Plan," Turning Point and Mary Mahoney will have the opportunity to participate in the implementation of several critical national strategies to eliminate syphilis, prevent HIV/AIDS and other diseases, and improve disease management.

## NLADA CLIENT POLICY GROUP OFFICERS 2002

**Rosita Stanley**  
Chair  
Macon, GA

**Lucille Logan**  
Vice Chair  
Oklahoma City, OK

**Ben Obregon**  
Secretary  
Madison, WI

**Harry Johnson**  
Membership and Section  
Committee Chair  
Indianapolis, IN

**Lucille Logan**  
Communications Committee Chair  
Oklahoma City, OK

**Rosita Stanley**  
Training Committee Chair  
Macon, GA

# HEALTHFUL HINTS

## TAKING CONTROL OF CHOLESTEROL

There are several factors that can help you improve your cholesterol levels:

1. Don't smoke. Smoking tobacco products damages the walls of your blood vessels and makes them vulnerable to accumulating fatty deposits. Smoking also lowers your good cholesterol levels by up to 15 percent.
2. Exercise. When you exercise, your good cholesterol (HDL) increases. Aerobic exercise is particularly effective in raising your HDL levels.
3. Lose weight. If you are overweight or obese, you lower your HDL. Losing just 5 to 10 pounds improves your cholesterol.
4. Reduce your total fat intake. Health experts recommend that you limit all types of fat to no more than 30 percent of your total daily calories. Keep in mind that no more than one-third of the fat you eat should be saturated fat found in such foods as butter and meat.

Taking your cholesterol medicine exactly as your doctor prescribed it is a very important part in taking control of your cholesterol. Remember to get your prescription filled on time.

If you have questions about your cholesterol or about the medicine you are taking to control it, talk to your doctor or pharmacist today.

## AVOID STRESS AT WORK

If you want to avoid the aches and pains from working at a computer all day, shake things up at your workstation.

Here are some easy ways to avoid repetitive stress injuries:

- Move your trash basket to a different location every day. Try to move it to areas that aren't within easy reach.
- If you are right-handed, use your left hand to do easy tasks like pick up the phone or reach for folders.
- Try to stand as often as possible—when co-workers enter your work area to talk with you or when you're on the phone.
- Place frequently used materials on the top of a book shelf so you have to reach up to pull them down.
- Use a rest room on another floor. Take the stairs.
- Try to rearrange the placement of materials and equipment in your work area once a month.

# RECIPES

Submitted by Mary Wilson

## Beef Tom in One

- 5 oz cheese grated
- 1 lb. ground beef
- 1 small onion chopped
- 1 small pkg. frozen okra
- 1 small can tomato sauce
- 1 small can whole tomatoes
- 1 small can corn
- 2 ½ teaspoons salt
- 1 tablespoon chili powder



Brown meat, combine with onion and cook over medium flame. Then add okra, tomato sauce, whole tomatoes and corn. Add salt and chili powder to taste. When okra is tender, sprinkle with grated cheese. Serve when cheese is melted.

## Eggplant Casserole

- 1 Large eggplant peeled and cut into 8 circles
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 tablespoons salad oil
- 3 tablespoons butter or margarine
- 1 cup chopped onions
- 2 cloves minced garlic (or garlic chips)
- 2 cups chopped, peeled fresh tomatoes
- pinch of thyme
- salt and pepper
- ¼ cup white bread crumbs
- 1 cup grated Swiss or Mozzarella Cheese

Slice eggplant about 1 inch thick and trim slices so they all are the same size. Place in oiled shallow oven-proof glass dish. Sprinkle with salt and pepper. Broil 5 minutes. Heat oil and butter; add onion and garlic. Cook until yellow. Add tomatoes and trimmings of eggplant; cook until thick. Stir in seasonings; parsley and bread crumbs. Pile on the broiled eggplant. Cover with cheese. Bake at 350 degrees until cheese is melted.