



BROOKLAND-LAKEVIEW
EMPOWERMENT CENTER

Empowerment is the key.





Executive Director, Brookland Center for Community Economic Change
(dba Brookland-Lakeview Empowerment Center)

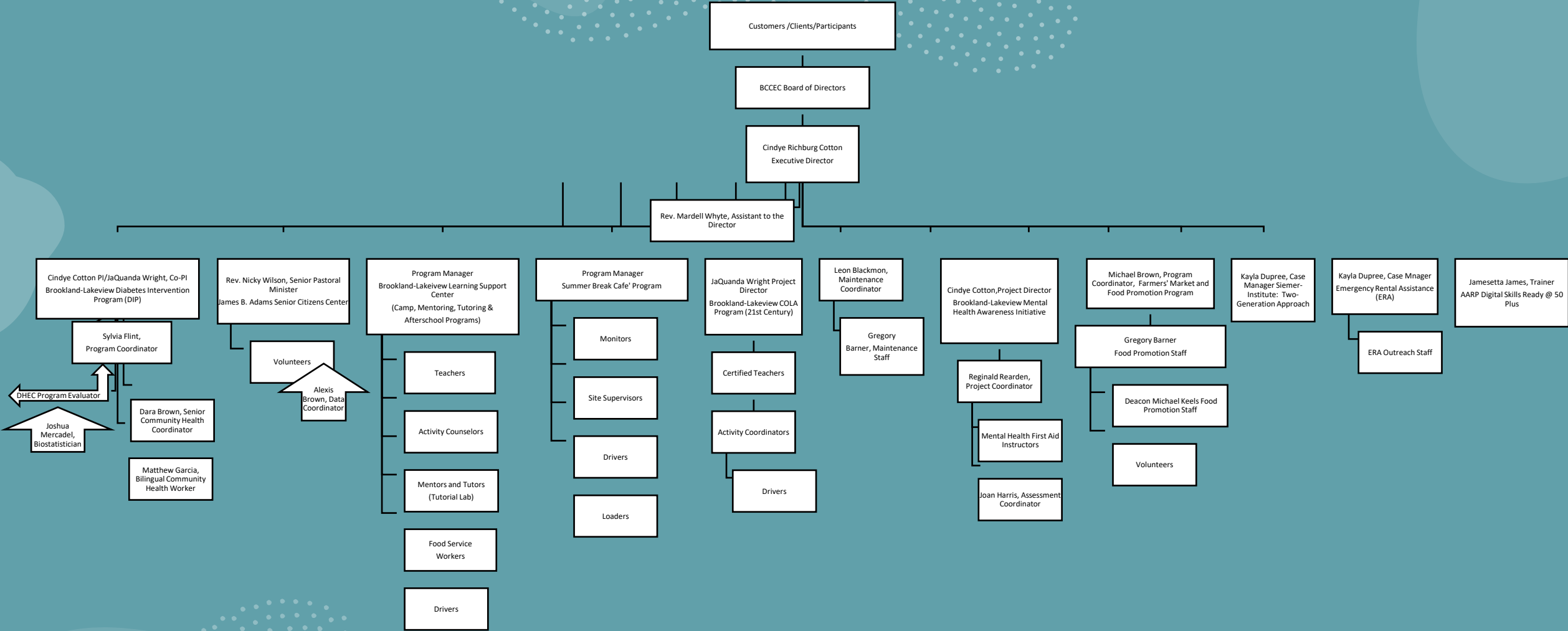
- Established in 2008
- Affiliated with Brookland Baptist Church
- Non-profit 501 (c) (3) Organization

- ☐ Employed since 2018

- ☐ Over 30 years experience in higher education, non-profit administration

- ☐ Education:
 - ☐ Doctor of Education, Florida International University
 - ☐ Master of Business Administration w/Cognate in International Business, Darla Moore School of Business, USC
 - ☐ Master of Science w/major in Social Sciences, Florida International University
 - ☐ Bachelor of Arts in Social Sciences, Florida Atlantic University
 - ☐ Scott's Branch High School, Summerton, S.C.

Organizational Chart



BLEC Updates and Current Initiatives

Save the Date!

BLEC Satellite Office Brookland Baptist Northeast Campus 1203 Summit Parkway Columbia, SC 29229

- Working on grant application for American Rescue Plan funding to implement new programs at Brookland Baptist Church NE Campus.

1st Community Impact Report

- 1st Draft will be available for review on or before October 15, 2022.

Application Pending Review and Approval for National Register of Historic Places

- Tentative Date for Application Presentation to the S.C. Department of Archives and History Review Board
- Friday, November 18, 2022 @ 10:00 am at Archives Office. The public is invited to attend.

- **Giving Tuesday**
Tuesday, November 29, 2022

- **Support the BLEC**
- **Go to Midlands Gives @**

<https://www.midlandsgives.org/brooklandlakeviewempowermentcenter>

Brookland-Lakeview Empowerment Center



#GIVINGTUESDAY
JOIN THE **GENEROSITY MOVEMENT**



TUESDAY, NOVEMBER 29, 2022

Tuesday, November 29, 2022 is #GIVINGTUESDAY. Your generous gift to the Brookland Lakeview Empowerment Center (BLEC) will provide funding for initiatives that support families, youth, and seniors in Lexington County and other communities in the Midlands region of South Carolina. Please donate to the BLEC on Tuesday, November 29, 2022.

GIVINGTUESDAY was launched in 2012 and it is observed on the Tuesday after Thanksgiving. It has become an international movement that celebrates charitable giving at the beginning of the Christmas and holiday season.



DONATE NOW



Mall Payment to the
BLEC
1218 Batchelor Street, West Columbia, S.C. 29169
or
Click here to give
www.midlandsgives.org/brooklandlakeviewempowermentcenter

BROOKLAND-LAKEVIEW
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www.brooklandlakeview.org

BOGAN HALL



Thank You Volunteers!





BROOKLAND-LAKEVIEW
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DIP Diabetes
Intervention
Program

BROOKLAND-LAKEVIEW EMPOWERMENT CENTER

In It
Together
*Preventing diabetes
with confidence*

UPDATES

Diabetes Intervention Program (DIP) for Families

*BLEC partnered with SC DHEC
DHHS Office of Minority Health
Awarded \$500,000 (3-year grant)*

PURPOSE

- The goal of the Diabetes Intervention Program (DIP) is to improve diabetes self-management and prevent diabetes in African American and Latino families living in Lexington and Richland counties.

PROGRAM

- FREE, 20-week, family-based diabetes education program, focus on type 2 diabetes, African American and Latino Families residing in Richland and Lexington Counties

UPDATES

Diabetes Intervention Program (DIP) for Families



STAFF

- Part-Time Bilingual Community Health Worker (Vacant)

APPLICATION STATUS

- Continuation Application Approved

PROGRAM IMPLEMENTATION

- Cohort 1 (Virtual): Began on February 1, 2022; Graduated on August 9, 2022; Booster Sessions will begin on November 8, 2022 (15)
- Cohort 2 (In-Person): Began on May 2, 2022; Biweekly Sessions began on September 29, 2022 (25)
- Cohort 3 (Hybrid): Began on May 5, 2022 (25)
- Walking Into Fall Step Challenge (September 19, 2022-October 30, 2022)

UPDATES

In It Together SC: Preventing Diabetes With Confidence

*BLEC partnered with West Columbia-Cayce Food Policy Coalition
Diabetes Action Council (DAC) and Wholespire
Awarded \$50,000 (1-year grant)*

PURPOSE

- (1) Raise awareness of prediabetes and the availability of the NDPP
- (2) Start a new community-based organization NDPP site
- (3) Provide access to healthy foods and promote preparation of healthy meals

PROGRAM

- **FREE, 12-month, group-based diabetes education, focus on prediabetes, citizens of Richland and Lexington Counties**

UPDATES

In It Together SC: Preventing Diabetes With Confidence

YOU CAN MAKE A CHANGE FOR LIFE
JOIN THE FIGHT AGAINST DIABETES



You may be at high risk for type 2 diabetes, but there is something you can do about it. The Centers for Disease Control and Prevention-led National Diabetes Prevention Program can help you make a change for life. This program helps you learn how to change your lifestyle to prevent type 2 diabetes. Groups meet for 16 weekly sessions and six monthly follow-up sessions with a trained Lifestyle Coach.

Have you ever been told by a health care professional that you:

- ▶ Have borderline diabetes?
- ▶ Have high blood sugar or glucose?
- ▶ Had gestational diabetes?
- ▶ Are at risk for getting diabetes?
- ▶ Have prediabetes?



You Can Prevent or Delay Type 2 Diabetes!
Sign up today and make a change for life!

Find out how to enroll by contacting:

Group 1 begins: Tuesday, Oct 4 @ 6pm
Group 2 begins: Wednesday, Oct 5 @ 12 pm

Cost: Free
Call Tiquita at (803) 219-4489 or
email together@brookland.cc for more information



Join us for a
DIABETES NUTRITION EDUCATION CLASS

Brought to you by the
Brookland-Lakeview Empowerment Center and
the West Columbia-Cayce Food Policy Coalition

A healthy eating plan can help to lower your blood sugar levels and prevent the progression from prediabetes to diabetes. You can start your healthy eating by participating in nutrition education classes led by a registered dietitian (RDN/RD).

Dates:

- ▶ Tuesday, October 18, 2022
- ▶ Tuesday, December 13, 2022
- ▶ Tuesday, February 7, 2023
- ▶ Tuesday, April 18, 2023
- ▶ Tuesday, June 13, 2023
- ▶ Tuesday, August 8, 2023

Each class will begin at 5:00 p.m.

Location:
Brookland-Lakeview Empowerment Center,
Bogan Hall
1218 Batchelor Street West Columbia, SC 29169

Instructor:
Trina Hill, RDN

Please contact
Sylvia Flint at (803) 744-1971
to register or for more information.

New Staff

- Tiquita Stewart, National Board Certified Health & Wellness Coach, Part-Time Community Health Worker
- Trina Hill, RDN, Nutrition Education & Cooking Instructor

Training

- BLEC DIP Staff Completed Online Lifestyle Coach Training for the CDC's NDPP

Application Status

- BLEC is a CDC-recognized organization with “pending recognition” status

Program Implementation

- Cohort 1 (English) | October 4, 2022 @ 6:00 PM @ BLEC (3)
- Cohort 2 (English) | October 5, 2022 @ 12:00 PM @ BLEC (3)
- Nutrition Education & Cooking Demonstration Classes (October 18, 2022 @ 6:00 PM)

AARP Foundation[®]

Digital Skills Ready@50+

IN COLLABORATION WITH

SENIOR PLANET

FROM **AARP**



FREE Technology Classes!

Brookland-Lakeview Empowerment Center is partnering with Senior Planet from AARP to help people over 50 learn new online skills. When you sign up for the Digital Skills Ready@50+ program, you'll gain the essential skills you need to navigate an increasingly digital world.

Whether you're looking for a job, exploring entrepreneurship, or hoping to stay connected with family and friends, Digital Skills Ready@50+ classes and workshops offer trainings on a wide range of technologies, from video conferencing to online job search tools to office productivity software.

*Online Classes

*In-Person Classes at the following:

1. Brookland-Lakeview Empowerment Center
1218 Batchelor St West Columbia SC 29169
2. Brookland Baptist Church (Northeast Campus)
1203 Summitt Parkway Columbia SC 29229

Register Online @ <https://brooklandlakeview.org/>



Upcoming Topics

Register Online @
<https://brooklandlakeview.org/>

Protecting Your Identity Online
Finding Information Online
Affordable Internet Service
Connecting to the Internet
How to Use ZOOM

Sign Up Today!

Call: Mrs. Jamesetta James, Trainer
(803) 261-0866
Dr. Cindy Cotton
(803) 747-3519
Email: AARP-BLEC@brookland.cc



AARP Digital Skills Ready @ 50+

Brookland-Lakeview Empowerment Center is partnering with Senior Planet from AARP to help people over 50 learn new online skills.

16

FREE Technology Classes!

Brookland-Lakeview Empowerment Center is partnering with Senior Planet from AARP to help people over 50 learn new online skills. When you sign up for the Digital Skills Ready@50+ program, you'll gain the essential skills you need to navigate an increasingly digital world.

Upcoming Topics

- Affordable Home Internet;
- Protecting Your Personal Information Online;
- Connecting to the Internet;
- Finding Information Online;
- Email (email) Tips & Tricks;



BROOKLAND-LAKEVIEW

21ST CENTURY COLA PROGRAM

*Character building. Optimal reading and writing. Learning through the arts.
Achieving math proficiency.*

Brookland-Lakeview

21st Century COLA Program Afterschool

A Partnership with Northside Middle School
and East Point Academy Middle Campus



SCAN ME



Register online today!

Click here or scan the QR Code to register.

Spring Semester

**January 9, 2023 -
May 31, 2023
Monday - Friday
3:30 p.m. - 6:30 p.m.**



What we provide:

- Snacks and light meals
- Homework assistance
- Academic Enrichment in Math and Reading
- Character Building and Leadership
- Bus transportation
- Creative Arts, and more!

Parent classes also available!

Virtual and In-Person Classes

- Financial literacy
- Sign language
- Mental Health Awareness Training
- Nutrition
- Gardening, and more!



Location:
Brookland-Lakeview Empowerment Center
1218 Batchelor St., West Columbia, SC 29169

Contact:
Cindy Richburg Cotton, *Interim Project Director*
(803) 744-7943 (office) | lakeview@brookland.cc

Overview of Program

Brookland-Lakeview 21st Century COLA Program

- ❑ Character building. Optimal reading and writing. Learning through the arts. Achieving math proficiency.

- ❑ SC Department of Education Funding Program

- ❑ 4-year grant

- ❑ 1st Year = \$260,000 2nd Year = \$260,000

- ❑ 3rd Year = \$234,000 4th Year = \$222,300

- ❑ Grant Period: August 2021 through July 2025

Overview of Program

Brookland-Lakeview 21st Century COLA Program

- ❑ Free Afterschool Program and Summer Camp
- ❑ Community Partnership with Northside Middle School and East Point Academy Middle Campus Students
- ❑ Focuses on improving math and reading scores; improving behavior; and building leadership skills
- ❑ Provides academic enrichment activities to include math, reading, character building, music, sign language, homework assistance, tutoring, guest speakers, field trips and more

Purpose

The goal of the Brookland-Lakeview 21st Century COLA Program is to provide students with academic enrichment to improve their scores in math and reading. To improve attendance in school and reduce the discipline referrals by providing character building and leadership classes. Additionally, to improve literacy among parents by offering GED classes, and other skill-building courses.

Improve Academic Performance | Increase Remediation | Increase Attendance in School | Reduce discipline referrals | Implement Parent Literacy Classes | Increase Grade Promotions

Methodology

- Learning Outcomes on Lesson Plans
- Student and Parent Satisfaction Surveys
- Test Scores
- Attendance Records
- Student Records (e.g., IEPs, 504 plans, Behavior support plans)
- Grades
- Pre and Post Tests
- Advisory Board for development of sustainability plan
- Teacher Surveys
- Discipline Records



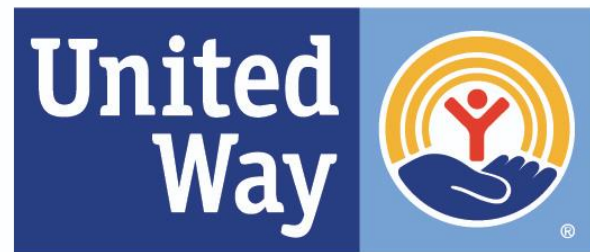
Siemer Institute: Two-Generation Approach

Ms. Kayla Dupree, Case Manager
Office: Room 23

Email:

Helping-Families@brookland.cc

For Children and Families of
Lexington School District
Two Only



United Way of the
Midlands



☐ Stable Homes

☐ Thriving Families

☐ Successful Students

We're here to help! Two-Gen at Brookland-Lakeview Empowerment Center



What is the program?

Our goal is to improve the futures of families and their children at risk of becoming homeless, or experiencing homelessness by providing long term case management.



How do we do this?

1. Parents

- Cultivating Financial Security
- Increase income
- Maintain Monthly Budget
- Furthering Adult Education
- Gaining Employment

2. Kids

- Support with school transfers
- Developmental Needs
- Medical Appointments

3. Home

- Maintain/ Obtain Housing
- Food
- Clothing
- Utility assistance



If you or someone you know is interested in the program, please contact Ms. Kayla Dupree, case manager, at two-gen@brookland.cc or (803) 744-7943.



Emergency Rental Assistance Program



Emergency Rental Assistance Program

Services available to individuals and families who qualify:

- Legal Services for Dispute with Landlords
- Assistance with Applications for Temporary Housing and Apartment Rentals
- For Lexington and Richland County Residents



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EMPOWERMENT CENTER

Empowerment is the key.



United Way of the Midlands



WEST COLUMBIA-CAYCE
FOOD POLICY COALITION



OVERVIEW

- BLEC primary goals include creating economic opportunities, improving educational outcomes, reducing health disparities by providing access to healthier foods, and creating a sustainable living for area residents.
- In the development of BLEC, it was found that residents want to eat more fresh produce and be able to purchase high-quality without leaving their community. While high food costs are an issue, they are interested in local, small farm, and organic foods.
- An assessment found that because of the barriers of transportation and time, residents frequently buy groceries at corner stores, liquor stores, and small markets near their homes.
- Since the assessment, BLEC has reached out to small-market owners who are interested in offering fresh produce and supporting local farmers.

Food Promotion Programs: Senior Farmers' Market Nutrition Program



ALIGNMENT AND INTENT

BLEC was recently awarded a 3-year Federal "Farmers Market and Local Food Promotion Program" grant. With this funding, BLEC will:

- Work to create a community-based food system that will serve not only the immediate residents of West Columbia but also residents of greater Lexington and Richland Counties, where food is grown, distributed, and consumed by its residents.
- Increase access to fresh local produce for community residents; incorporate training and educational programs, and create jobs and entrepreneurial opportunities targeting youth.
- Develop 45 road side stands, 2 community gardens, and 2 farmers markets



Food Promotion Programs

1. Diabetic Food Pantry
2. Senior Citizen Supplemental Food Boxes
3. Seniors Farmers' Market Nutrition Program
4. Summer Break Café
5. Cooking Matters Classes
6. Diabetic Healthy Cooking Classes
7. Community Gardens
8. Roadside Stands
9. Farmers' Market



Cooking Matters

Healthy Cooking Classes

2022 Calendar Year			
Dates	Location	Class Type	Time
November 8, 2022- December 17, 2022 Every Tuesday Except November 22, 2022	Brookland-Lakeview Empowerment Center , 1218 Batchelor Street West Columbia, SC 29169 Contact: Mr. Michael Brown or Rev. Mardell Whyte Email: mbrown@brookland.cc Phone: 803-744-7943	Adults and Senior Citizens	11:00 a.m.- 12:00 p.m.
November 3, 2022- December 15, 2022 Every Thursday Except November 24, 2022	Brookland Baptist Church Northeast 1203 Summit Pkwy Columbia, SC 29229 Contact: Ms. Frenchie Walker Email: fwalker@brookland.cc Phone: (803) 753-0610	Adults and Senior Citizens	6:00 p.m.- 7:00 p.m.
2023 Calendar Year			
Dates	Location	Class Type	Time
March 11, 2023- May 27, 2023 Every Saturday	Brookland-Lakeview Empowerment Center 1218 Batchelor Street West Columbia, SC 29169 Contact: Ms. JaQuanda Wright Email: jwright@brookland.cc Phone: (803) 744-1967	Parents Other Adults and Senior Citizens	10:00 a.m.- 11:00 a.m.
March 9, 2023- July 1, 2023 Every Thursday	Brookland Baptist Church Northeast 1203 Summit Pkwy Columbia, SC 29229 Contact: Ms. Frenchie Walker Email: fwalker@brookland.cc Phone: (803) 753-0610	Adults and Senior Citizens	11:00 a.m.- 12:00 p.m.



DSS

SOUTH CAROLINA
DEPARTMENT *of* SOCIAL SERVICES

Senior Farmers' Market Nutrition Program Training





Supplemental Food Giveaways

- ❑ **Diabetic Food Pantry | Lexington County Resident | Any age group | Self-identify as diabetic/prediabetic | 150 boxes**
- ❑ **Senior Citizen Supplemental Food Box | Seniors aged 60 and older | SC resident | 100 boxes count (50 BLEC & 50 Brookland Northeast Site)**

Community Food Distribution

Brookland-Lakeview Empowerment Center is partnering with Harvest Hope Food Bank to distribute food boxes to Seniors and Diabetics facing hunger in Lexington County.

9:00 am - 12:00 noon

Brookland-Lakeview Empowerment Center
1218 Batchelor Street West Columbia, S.C. 29169
Office: (803) 744-7943

Fridays Oct 14 | Nov 11 | Dec 9

Eligibility Requirements:

- 60 years or older
- Must be Lexington County resident
- Must meet federal income guidelines for program
- Bring picture ID with date of birth

Boxes will be distributed on a first come, first serve basis.

For more information, please contact:

Dr. Cindye Richburg Cotton
crichburgcotton@brookland.cc

Rev. Mardell Whyte
mwhyte@brookland.cc



www.brooklandlakeview.org

BROOKLAND  LAKEVIEW
Mental Health Awareness
Training Initiative

**National
Council for
Mental
WellBeing**

**5-Year Grant
Program**

2021-2026

Staff

Cindy
Cotton, PI

Reginald
Rearden,
Program
Coordinator

Joan M. Harris,
Assessment
Coordinator

Benjamin
Washington,
Assessment
Coordinator

10 Certified
Mental Health
Instructors

Kristen Rivas,
Program
Evaluator

Programs offered



○ Free Course

○ Eight (8) hours of training

○ Certification Valid for 3 years

Adult Mental Health First Aid Course (For adults aged 18 and older)

Youth Mental Health First Aid Course (For adults aged 18 and older)

Teen Mental Health First Aid (For Teenagers aged 15 to 18)

**Target
Areas**

Lexington County

Richland County

Primary Target Groups

- Religious and Community Leaders
- Police and School Resource Officers
- Teachers, School Administrators and Paraprofessionals
- Afterschool and Camp Employees
- EMS and Firefighters
- Healthcare Workers
- Nonprofit Employees
- Parents and other family members
- Teenagers (aged 15-18)



Key Outcomes

TR1-individuals trained in MHFA

WD2-mental health staff or related workforce trained in MHFA

NAB1- the number and percentage of individuals who have demonstrated improvement in knowledge/attitudes /beliefs related to prevention and/or mental health promotion

R1-the number of individuals referred to mental health or related services





Mental Health FIRST AID

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

MHFA.org
@MentalHealthFirstAidUSA

How to Enroll

- ❑ Register Online
- ❑ Visit Mental Health Web Page
brooklandlakeview.org/mhfa-training
- ❑ Email Staff :
mentalhealth@brookland.cc
- ❑ Call Mental Health Training Staff:
 - ❖ Reginald Rearden |
(803) 744-1961
 - ❖ Cindye Richburg Cotton |
(803) 744-1975





JAMES B. ADAMS
Senior Citizens Center



James B. Adams Senior Citizens Center



JAMES B. Adams Senior Citizens Activities

Planned Activities

- Weekly Meetings | Tuesdays at 10:00 am via Teleconference**
- Weekly Bingo Games | Thursdays at 11:00 am via Teleconference**
- Fun Day and Recruitment/Membership Drive | May 17, 2022**

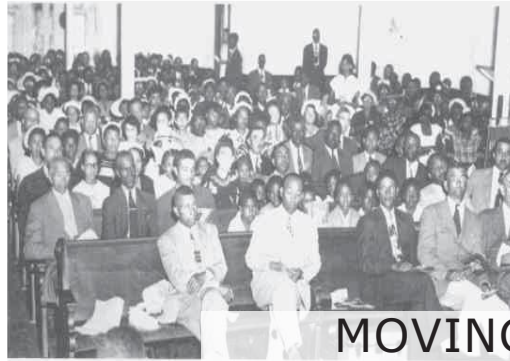
- Senior Prom

- Senior Picnic

Recent Activities

- Pre-Easter Service and Lunch

- Hearts for Seniors



**ACKNOWLEDGING
THE PAST**



**MOVING
FORWARD**

INSTRUMENT OF HEALING

HISTORY OF THE PEOPLE



CIVIL RIGHTS HISTORY



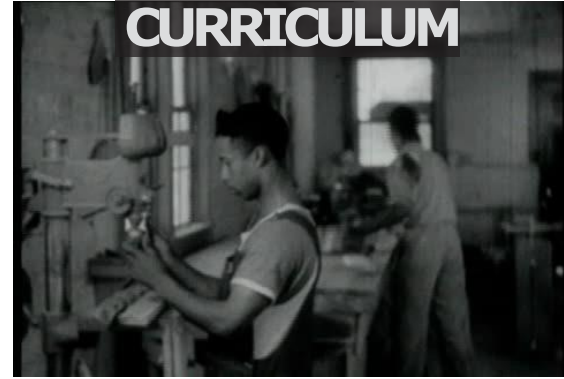
EQUAL EDUCATION



1949 - 1968



PROGRESSIVE CURRICULUM



LAKEVIEW SCHOOL



INSPIRING ACTIVISM



COMMUNITY CENTER



BUILDING CHARACTER



**COMMUNITY
RESILIENCE**



**OVERCOMING
ADVERSITY**



**EDUCATION
IN THE AFRICAN AMERICAN
COMMUNITY**

**INTERGENERATIONAL
CONNECTIONS**



LASTING IMPACT

