

# LEC NEWSLETTER

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[WWW.LIFEEXCHANGECENTER.ORG](http://WWW.LIFEEXCHANGECENTER.ORG)



As we bid farewell to 2024. I eagerly embrace the possibilities I see for 2025. So I wanted to take a moment to reach out and share my heartfelt wishes with all of you. This past year has brought many memories which have been both joyful and challenging. It's sometimes easy to overlook the beauty of our shared experiences in the hustle and bustle of daily lives. However, as the new year begins, It's a perfect time to reflect on the moments we've shared. I look forward to new adventures yet to embark on. I see us as an organization filled with infinite possibilities, so let's make a promise to support each other in achieving our personal goals, and the goals that we set to accomplish at Life Exchange Center. Whether we are embarking on new journeys, nurturing our passions, or simply spending more quality time together. I'm excited about what the future holds for us, so let's embrace this chapter with laughter, gratitude, and lots of fun while expanding LEC's programs and services. Congratulations go out to our most recently appointed Board Members, Stephan Budz and Joann Neal. To our Board of Directors, Members, staff, family and friends of our great community, I wish you all a joyful and prosperous New Year filled with love, happiness and dreams fulfilled.

Warm Regards, Darlene Darby Baldwin, Executive Director

# Farewell to Our Good Friend, Ron Johnson



Ron, I will miss you, you were always quiet but Your Presence was always known. I appreciated you always opening the door for me. You spoke everytime I saw you. Such a kind and caring person.  
Rest in Peace.- Edna

I appreciate Ron Johnson's friendship because his personality was very genuine He was very kind and thoughtful.

- Omar

I will miss Ron Johnson. At lunch time he would always come to my table and ask me for my honey bun and I would always give it to him.

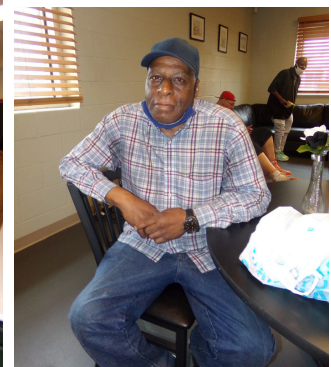
-Carl

My Bestie, I Remember going to the gas station. Ron came over and said "Lynne, how you doing? He always asked if I wanted him to go to the store with me. He went to the store with me, to the bank sometimes. He made sure that I was safe going to these places. He sometimes went to the store for me. I will miss him and we will all see him later.

-Lynne

Ron I'm going to miss you a lot. I remember you going to the store for me and wishing me a happy birthday. You were a very good friend. I'm going to miss you.

-Christina



# Welcome Back Danny



## Just For Laughs

What do you call a factory that makes okay products?

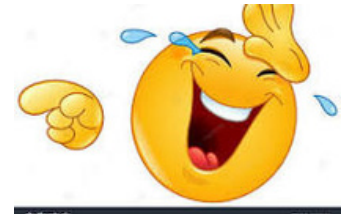
“A satisfactory”

What did Baby Corn say to Mama Corn?

Where’s Pop Corn?

April Showers bring May flowers. What do May flowers bring?

“PILGRIMS”



## Welcome to our New Face on campus



### REMINDER:

The Saturday Program will Resume on February 22,2025

8:30 AM-2:30PM

Hope to See YOU THERE!!!!

# **What Human Rights Day is all about**

**On December 10th, the world celebrates Human Rights Day. The focus is on the civil, political, social, economic, and cultural rights of every individual. This is an endeavor to send the message that everyone can make a difference in this world and make it better.**

**It dates back to 1948 when the Universal Declaration of Human Rights was adopted by the United Nations General Assembly. When the declaration was adopted, it declared a common achievement for all peoples and all nations. The declaration might not be a binding document, but it inspires more than 60 human rights that constitute an international standard.**

**It is true, certain countries of the world celebrate their own Human Rights Day. South Africa's event takes place on March 21st, due to the Spencerville Massacre in 1960. This had to do with the country's segregation system known as Apartheid. March 21st was proclaimed a national holiday after the ANC elected Nelson Mandela to be the first black president of South Africa. The person who co-ordinates the efforts for the observation of Human Rights Day is the Commissioner of Human Rights. the day is usually celebrated by having cultural events, meetings and high-level political conferences that deal with the issues of human rights. The UN awards the Nobel Peace prize to individuals who support the cause. The late Rev. Dr. Martin Luther King won the Nobel Peace Prize in 1964. Former President Barak Obama won it in 2009.**

**Poverty is the greatest human rights challenge today. Abject poverty eradication is an achievable goal, according to many activists. The LGBTQ community also struggled to achieve better human rights over the decades. Human Rights is all about providing solutions for the world's problems, and fighting injustice to our fellow human beings.**

# TIPS ON BEING YOUR BEST SELF

The new year has started and many people made resolutions. Some peoples' resolution is to not make resolutions. It is always good to have a plan to better your life in any area. these tips are good for anyone, anytime.

Check in with friends and family often  
Get as much fresh air as you can  
Try not to compare your journey to that of others  
Read positive news and stay informed  
Do simple random acts of kindness for people  
Focus mostly on what brings you joy  
Talk to a lot of people to get different perspectives on your ideas  
Use much humor  
Ask yourself "why" to keep motivated  
Be solution-oriented in problematic situations  
Always look for opportunities to make things better  
Learn to be okay with little sometimes  
Start your day with good intentions  
Seek to bring out the positive in others instead of the negative  
Never stop loving life  
Treat yourself with kindness  
Stay humble  
Do things that challenge you regularly

**\*\*PLEASE REMEMBER TO VISIT THE LEC WEBSITE @  
WWW.LIFEEXCHANGECENTER.ORG**

# Recipe for Chili

## Ingredients



- 2 lbs Ground beef
- 1\4 cup Green bell peppers (diced)
- 1\4 cup Red bell peppers (diced)
- 1 Onion (diced)
- 2 Cloves of Garlic
- 2 Stalks of Celery (chopped)
- 1 can Diced Tomatoes
- 6 Oz Tomato Paste
- 1 Cup Beef broth
- 1 Jalopeno Pepper (optional)
- 1 15 Oz Can of Chili Beans
- 1 Can of Kidney Beans
- 1 Tablespoon of Chili Powder
- 1\2 Teaspoon Oregano
- 1 Teaspoon Cumin
- 2 1/2 Teaspoon Salt
- 2 Teaspoon Black Pepper

## Method

Add Ground Beef to a large frying pan and season with 1 teaspoon of Salt and 1 teaspoon of Black Pepper. Allow meat to brown for 6 minutes, then drain off the fat and set aside for later. In another frying pan, add Olive Oil, Celery, Diced Onion, Red and Green Bell Peppers and Jalopeno Pepper (optional) and saute for 5 minutes. Then add Ground Beef , Diced Tomatoes, Tomato Paste and Beef Broth. Mix well, then add Garlic, Chili Powder, Oregano, Cumin and remaining Salt and Pepper. Mix well. Lastly, add the Kidney Beans and Chili Beans, mix and cover. Allow the pot to simmer on low heat for 2 hours. Stir occasionally. After 2 hours, remove the pot from the heat and serve. You may sprinkle Shredded Cheese on top.

