

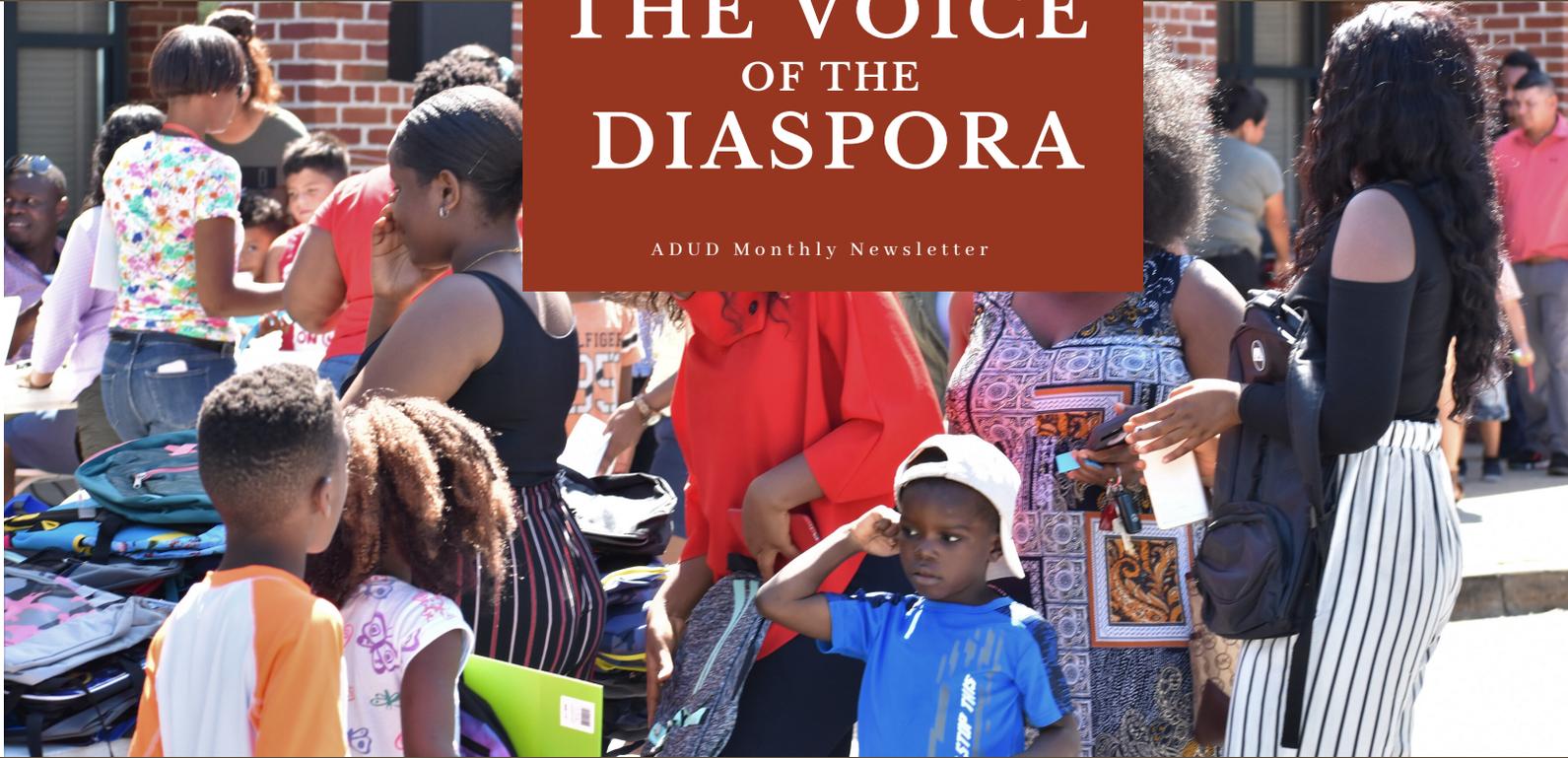


**AFRICAN DIASPORA
UNITED FOR DEVELOPMENT**

*Vol.1 | Issue1
January 2020*

THE VOICE OF THE DIASPORA

ADUD Monthly Newsletter



Inside this volume

BRIGHT BEGINNINGS

As the year starts it is important to get your house in order. Many start with concepts like health and career goals. This month, ADUD wants to share a brief outlook on your financial health p. 02

WELCOMING THE DIASPORA

The African diaspora is the boundless collection of communities descended from native sub-Saharan Africans or and regions alike who have been settled predominantly in the Americas p. 03

UPCOMING EVENTS

Engage & Connect - January 25, 2019
This will be a virtual opportunity to discuss the Diaspora and hear the needs of the community.

MESSAGE FROM PRESIDENT

This year we are looking forward to connecting families to resources and growing our communities. I am encouraged by the current climate to make every moment count and let every voice be heard in our journey to empowering each other as well as the community as a whole.



Juve Lima, President & CEO



WELCOMING THE DIASPORA

by Scribe

History has a way of repeating itself. Fundamentally it is imperative to appreciate the eclectic and diversity of the Diaspora. The cultural influences of African, African Americans, and other groups have curated the current culture and added so many colors, tastes, smells and have been able to influence life, love, laughter.

As we enter the year we have to ask ourselves are we truly and supporting the cultural expansion of the diaspora. Over the last two decades, the Diaspora has taken many forms and to this day we are still shaping not only the presence but the purpose. Welcoming the Diaspora is validating its value to the country and world. We are recognizing people, communities, and culture for its authentic beauty and intellect.

A FRESH LOOK AT MONEY

by Vina Valentine

Financial health is important for the family and community. Looking for ways to change your financial situation sometimes can seem daunting and hopeless. However, there are a few things that you can do throughout the year to change your current financial health.

1. The Basics of Budgeting- understanding that you spend less than you earn. Don't leave this task in your mind alone.
 2. Prioritizing Saving- Obviously, saving is an important aspect of maintaining a healthy financial situation. Make a goal to save something from every earning revenue. Experts say 10%-15% but start where you are able. It is important to have a rainy day fund for any emergency that may come up. It may seem small but creating the habit will spread and you will find yourself making better choices.
 3. Understanding your Credit- Credit Score can be the gateway to your future. Having a good credit score opens the door to financial opportunities. Having poor credit can be a barrier to things like opening a bank account, renting an apartment, and even acquiring a new job.
 4. Protect yourself from scam artists. Be mindful of your personal information and credit checks.
- Feel free to use these links to use some of these links to get you started.

“

*Welcoming the
Diaspora is
validating the
contributions to
our current
community*

The diaspora has to be nurtured and the biggest way to support the diaspora is welcoming and embracing the changes and additions. The support of new emerging agencies and organizations that are supplying a voice and avenue for expression.

STAYING CONNECTED

STAY CONNECTED TO THE COMMUNITY AND THE RESOURCES THE
COMMUNITY HAS TO OFFER.

Engage & Connect - January 25, 2019

This will be an opportunity to engage with the community and have an in-depth conversation about finances, resources, and starting the new year with some healthy habits for our culture. These events will change and we look forward to feedback to help bring to the forefront dialogue and resources needed for our community. Please look forward to more details.

WAYS TO SUPPORT US

<https://adud.org/donate>

<https://adud.org/volunteer>

<https://adud.org/get-involved>

Local Networks

Financial Services

<http://corneliusdavisjr.com>

<https://www.wealthovernow.com>

<https://www.workplacemoneycoach.com/coaching>

Home Owner Resources

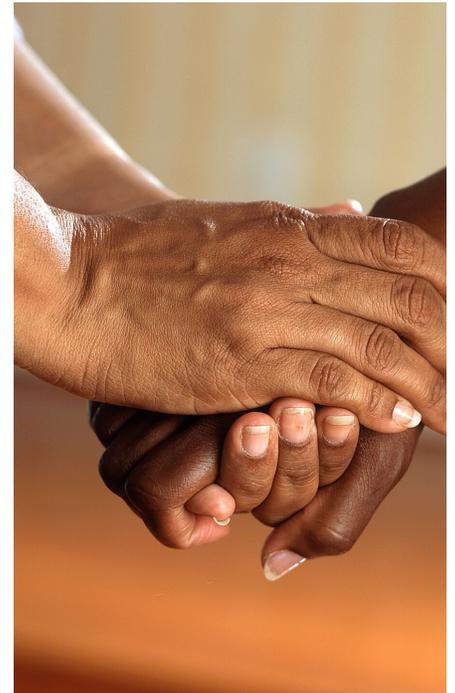
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ADUD IN THE COMMUNITY

Activities/Programs

BACK TO SCHOOL BACKPACK BASH

This event is designed to provide less fortunate kids grades K-12 with school supplies to help them prepare for the new school year. We will give out free back packs full of school supplies. This event would also provide the kids with a set of fun activities as summer closes out by having food, snacks, games, face painting, and health screenings.

FIT KIDS Clinical

Studies also show that sports and recreation programs can help youth establish lifelong, healthy, physical activity patterns. Regular physical activity can ward off life-threatening diseases; reduce feelings of depression and anxiety; help control weight and obesity; and build and maintain healthy bones, muscles, and joints, according to the President's Council on Physical Fitness.

Testimonials/Feedback



....I feel great today by the grace of God. My challenge is to continue to work hard to make it with my family. Juve Lima and the ADUD really helped me, especially my first week here to go to the social security administration and help to fill out job applications. It is the most special feeling when you are new in this country and you get your first job! ADUD helped me get my start and I appreciate what they have done for me.”

-Blaise (from Benin)

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