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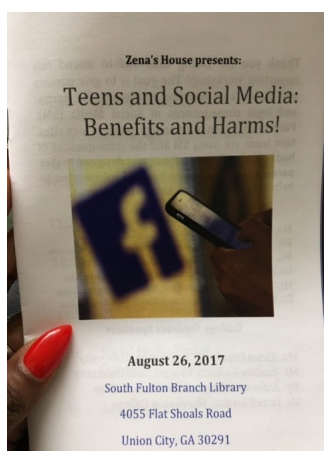
## Social Media: Benefits and Harms Workshop

In the age of social media (SM), we have seen the good, bad, and ugly. Unfortunately, the bad behavior on social media seems to leave the most lasting impression. Zena's House (ZH) held a workshop in August to discuss the benefits and harms of SM. We felt it was important to have a discussion with parents and students on what they should know and understand about SM.

The workshop consisted of a panel who spoke from their professional perspective: Ms. Kortney Lewis, teacher, Renaissance middle; Mrs. Davon Rainford, professional school counselor, Renaissance middle; Mrs. Kizzie Crawford, engaged parent and Director of Distinguished Young Ladies; Trinity Townsend, Fulton county attorney and coauthor of "When the Cops

Come Knockin"; and Dr. RJ Verwayne, Clinical Psychologist, Standard of Care Psychological Services. ZH also had four amazing college students speak to the students: Anfernee Morgan and Jarrell Jordan, Morehouse; Zaakira Gallman, Georgia State; and Alexis Cranford, Clark Atlanta.

The workshop started with a presentation on the benefits and harms of SM which included three short videos covering an overview of social media, a news story on the increase of students posting fights, and a social media case with Judge Karen. The videos brought to life the reality of how social media goes wrong, and the costly consequences. Despite the harms of SM, there are benefits, and Mrs. Bronson, Executive Director of Zena's House, discussed some of them. SM can be used to inform others of opportunities, scholarships and jobs, promote businesses, bring awareness to injustices, and even get your big break in Hollywood! It's all in how it is used.





**Social media continued.** We then had breakout sessions where the parents spoke with the professional panel, while the college students spoke with the students. Each professional shared what they were seeing in the classroom, counselor, psychologist's office, and in the courts. The message to the parents was the following: to communicate with their students about SM, be familiar with their phone, understand, and use the controls, set guidelines with their children and monitor their use. Mrs. Crawford shared that she takes her son's phone every night before bedtime and randomly checks the phone during the week. Dr. Verwayne noted that SM is the way young people communicate, and unfortunately the number of 'likes' and 'followers' is tied to their self-esteem and in some cases, can lead to depression. Attorney Townsend stated that in the case of bullying or fighting, young people can be charged with assault and pretending to be another person on SM can be considered identity theft! Parents received a booklet that provided tips on how to keep their child safe on the internet, acronyms the students are using and, apps to be aware of.



The college students talked with the students about how everyone has a brand and to make sure it is being portrayed correctly. Zaakira googled herself, and asked students

to look themselves up. It was an eye-opening activity. They also discussed re-branding, body shaming, consequences of posting bad behavior, and using social media positively. The workshop ended with parents and students completing an evaluation, and signing a Social Media pledge to post responsibly and lastly #thinkB4Upst. Because of the workshop, one student said she was going to unfollow friends that post fights! Mission accomplished!



## Zena's House partners with City of Union City for Back to School Rally!



Zena's House was proud to be a partner with the City of Union City to host the Back 2 School Rally. ZH purchased and donated school supplies to Union City and two of our volunteers, Phyllis Ivory and Linda Boles helped sort and fill the back packs with school supplies. Union City also placed boxes in key locations around the city to give the community the opportunity to donate. Special thanks to JB and Company Barber studio for being a drop off location and Dr. Natasha Lyles, ZH board member, and volunteer Phyllis Ivory for manning our table and spreading the word on the great things we do at Zena's House.

The community came out in large numbers and received back packs full of school supplies. Over 1000 back packs were distributed to students in grades K-12. Community organizations including the South Fulton Public library, and ZH set up tables to provide information on the services and activities provided. Our table had treats, newsletters, 'pop quizzes' and prizes for our students. It was a great time! We look forward to partnering with Union City next year.



## Sponsor Highlight: Dr. Melissa Hagan



It is with great pleasure that I highlight my friend and sorority sister Dr. Melissa A. Hagan. Melissa is a monthly donor to Zena's House, and has supported Zena's House since the beginning. Melissa is the mother of three, and a graduate of the University of Pittsburgh where she received her BA in Urban Studies, MPH in Public and Community Health Services, and PhD in Epidemiology. Melissa and I met while we were both obtaining our MPH at U Pitt. Melissa is the Director of Health Economics and Outcomes Research at a medical communications company in Parsippany, NJ. In this role she is responsible for developing scientific content to communicate a products value proposition to formulary decision makers. She is also a general member of the esteemed Alpha Kappa Alpha Sorority, Inc.

When asked why she decided to support ZH, Melissa said it's because she believes in the vision and is so inspired by my passion for helping youth to succeed. During our graduate school years (1996-1998) Melissa remembered me talking of how I wanted to help youth. It was there I learned that some young people engage in high risk behaviors partly because of their lack of hope. We all need hope to thrive. Thus our motto is ...where youth have HOPE! I am happy to say that 20 years later I am still fulfilling my dream and Melissa and I have seen it come to pass.

We asked Melissa what advice she would give to young people. Melissa says they should follow their passion, and not be afraid to fail. To always remember that success is failure turned inside out. There are no mistakes in life, only lessons. Growth is a process of trial and error. Lastly, we asked Melissa how she would encourage others to donate to Zena's House? She says that 'We owe it to our youth so that we can provide them with the tools that they need to be successful in this journey called life.' If you have not yet donated to Zena's House, please consider starting today! No amount is too small! We salute Dr. Melissa A. Hagan for believing in and supporting Zena's House!

## News and Announcements

**Fulton County Grant**—Zena's House has applied for the Fulton County Community Service Program grant to provide tutoring in math and English Language Arts for middle school students and life-skill workshops for students ages 11-18. KSTB Enterprises completed and submitted this grant for ZH. We are excited and hopeful that we will receive this grant.

**Union City Ground breaking ceremony** —Zena's House was invited to attend the Union City Groundbreaking Ceremony in Union City. We are super excited at long last to have a community center in Union city for our youth! The center is expected to be open by summer 2018.

**2018**— Zena's House is hosting a fundraiser and college tour to Auburn University in April 2018. We are also planning some more exciting workshops to include The Law and YOU! Public Speaking/Leadership, What's Your Hustle?, Financial Literacy, My Black is Beautiful, College readiness (application and scholarship), and Social media. Stay connected for details.



### Join our Board!

Zena's House is looking to diversify its Board and help with fundraising, strategic planning and more. If you are interested in becoming a board member or volunteering to assist with fundraising, program development, or to serve as a speaker, please contact Mrs. Bronson at 678.665.6506 or by email at [Bernice@zenashouse.org](mailto:Bernice@zenashouse.org). We could use your skills and talents!



# ZENA'S HOUSE, INC.

Where Youth Have Hope!

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## ZENA'S HOUSE WOULD LIKE TO THANK .....

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### Welcome our new monthly donors for 2017!

Theresa Story—Likely Story Financial Group \* Dr. Melissa Hagan \* Dr. Angela & Clyde Corbin

### Partners in education and youth development

Fulton Schools College and Career Academy \* South Fulton Arrow Youth Council \*  
\* Distinguished Young Ladies (DYL) \*

**We are missing YOUR NAME! Join the growing list of supporters!**  
**Donate today! [Zenashouse.org](http://Zenashouse.org)**



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ZH is a non-profit youth development organization that provides tutoring, life skills/health education workshops and exposure trips for middle and high school students.

**Our vision is to instill hope in youth through education, life skills workshops, exposure, encouragement and love—ultimately to see youth so full of hope whereby they know and believe nothing shall be impossible to them!**