



# Gateway CAP Fatherhood Times

## A New Year. A Fresh Start. Resolutions

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The New Year is upon us and 2020 is the mark of a new decade. We find ourselves full of new focused energy and as tradition follows we make a list of resolutions. So let's be honest, resolution is the last thing that we may have in our minds. Please do not get me wrong; but I know from firsthand experience this is very hard



Photo by Eric Rothermel on Unsplash

to keep as a parent. We dedicate our extra time caring for and attending to our children's needs.

Consequently, as soon as we encounter a bit of pressure from maintaining the resolution we put it aside and is no longer a priority. It is my personal believe that we do not keep our resolution because we make them out of our reach. We focus on the mountain top but do not consider the road to get to the top. Recently, I read a meme that said "My goal in 2020 is to accomplish the goals I set

in 2019 which I should have done in 2018 because I made a promise in 2017 which I planned in 2015." Yes, and as funny as this meme is we can all relate. Having been deprived of many things because of different circumstance is easy to give up at the first sign of adversity.

However, as parents and caregivers we understand that everything that is good comes with persevering. Let us remember when our children were babies and how long it took them to walk. How many times did they fall but they kept trying until one day they walk and have been walking ever since. Well, there is some wisdom in observing that process. It does not matter how many times you fail at trying; what matters is that you keep trying.

With that being said, for this New Year 2020 let us take a baby approach to our resolutions. Let us not focus so much on walking but rather on taking a step at a time towards walking. This means that we must make smaller goals that make us reach our resolution. In order to make of something a habit we must continue to try. Do not set a time line but keep pushing little by little until you reach your ultimate goal, your resolution.



*Mauricio Barbosa, a United States Army soldier, surprised his daughter recently at Gateway's Ventnor Head Start Center. Barbosa was on leave from Fort Benning Georgia, where he is a member of Alpha Company 3-47, serving in the Infantry Unit. He says he proudly serves his country and is a proud dad who is involved in his daughter's learning.*

# A Silent Killer: Men, Depression & Suicide

It wasn't until recent events in my family's life that I came to grips with depression. Recently, I lost my dear father to depression and the aftershock of this event really shook my foundation. Suicide is a problem, a National problem which tops at the 10<sup>th</sup> leading cause of death and in youths age 10 to 19 is the 2<sup>nd</sup> leading cause of death in the USA. In 2017, death by suicide was estimated at a rate of 47,000 equating to someone committing suicide every 11 minutes. (Centers for Disease Control and Prevention, 2019). I find it of utmost importance to bring light upon this silent killer that has touched many male caregiver's lives.



Photo by Melanie Brown on Unsplash

According to the National Institute of Mental Health, “men and women both experience depression but their symptoms can be very different.” (Men and Depression, 2017). Even though depression affects a large portion of a male caregiver's population, as we have the tendency not recognizing the symptoms because we don't talk about it or even seek help. “Unfortunately, depression in men often gets overlooked as many of us find it difficult to talk about our feelings.” (Lawrence Robinson, 2019).

Please do not ignore the signs of depression. Speak to someone about your feelings and get help. Getting assistance does not take away from your masculinity; however, not getting help will bring about repercussions that will affect your loved ones. Below is a list of some signs:

- **Feeling sad or “empty”**
- **Feeling hopeless, irritable, anxious, or angry.**
- **Loss of interest in work, family, or once-pleasurable activities, including sex.**
- **Feeling very tired.**
- **Not being able to sleep, or sleeping too much.**
- **Overeating, or not wanting to eat at all.**
- **Thoughts of suicide, suicide attempts.**
- **Aches or pains, headaches, cramps, or digestive problems.**
- **Inability to meet the responsibilities of work, caring for family, or other important activities.**

(Men Don't Ignore Signs of Depression, 2013).

If you or anyone that you may know is experiencing the aforementioned signs please contact:

- ♦ **Call your doctor.**
- ♦ **Call 911 for emergency services.**
- ♦ **Go to the nearest hospital emergency room.**
- ♦ **Call the toll-free, 24-hour hotline of the National Suicide Prevention Lifeline at 1 800-273-TALK (1-800-273-8255); TTY: 1-800-799-4TTY (1800-799-4889).**
- ♦ **Veterans can call the Veterans Crisis Line at 1-800-273-8255 then press 1.**

## References

Centers for Disease Control and Prevention. (2019, September 5). *Preventing Suicide*. Retrieved from CDC: <https://www.cdc.gov/violenceprevention/suicide/fastfact.html>

Lawrence Robinson, M. S. (2019, October). *Depression in Men*. Retrieved from <https://www.helpguide.org/>: <https://www.helpguide.org/articles/depression/depression-in-men.htm>

*Men and Depression*. (2017, January). Retrieved from National Institute of Mental Health: <https://www.nimh.nih.gov/health/publications/men-and-depression/index.shtml>

*Men Don't Ignore Signs of Depression*. (2013, December). Retrieved from Health Harvard Publishing Harvard Medical School: <https://www.health.harvard.edu/mind-and-mood/men-dont-ignore-signs-of-depression>

# Stories from the Father-hood

Life is full of challenges but it is how we decide to tackle the challenges presented that set us apart. What we do as man with the cards that we are dealt it is what makes the difference in measuring our success as fathers. In order to be in the Father-hood—as an associate of mine calls it— one must make reasonable choices that bring forth beneficial outcomes for our children. It is for this very reason that this segment from now on will be included in dedicated our male caregivers story which may help us in our own challenges that we face in live.



Recently, I had the privilege of meeting Siloe T. Colon-Hunter and his son. His story is not one full of delight. But, as Siloe shared with me his story is one of wise choices. Emmanuel faced some challenges that made him lose his child to DCP&P. Nevertheless, his choices lead him to have sole custody of his son. Siloe was referred to Gateway Community Action Partnership Early Head Start program as he complied with the Judges, DCP&P, and Robin’s Nest requirements. A process which Siloe says, “It was not easy, but I keep focused on my son placing any other drama a side.” Siloe continued by saying “Many people see me around my neighborhood and tell me how proud they feel of me as they see me handling mine.” Siloe wanted to share with other male figures, “What kept me going was using reason and logic as I faced this events. I kept focused on having my child with me and placing my relationship problems a side. I want to always be present in my child’s life.”

Siloe expressed his gratitude as Gateway CAP Early Head Start staff has been supportive every step of the way. Siloe said “From the Family Advocates who assisted by empowering me to navigate the legal system. Teachers who have showed me emotional and disciplinary support for my son. Even receiving care packages on Thanksgiving and during the Holidays. Thanks for all the support.”

**Teachers at the Twin Rivers Head Start encouraged engagement at home to reinforce learning. Male caregivers enjoyed doing art projects at home about the "Tree Unit."**



# Low Cost, No Cost Healthy Habits

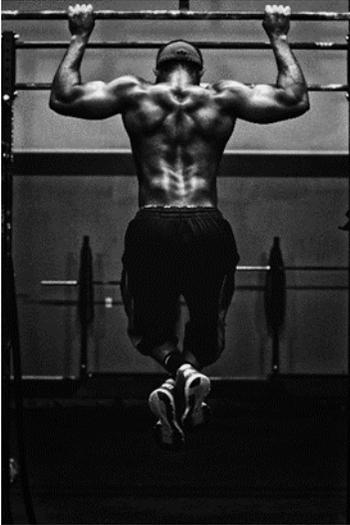


Photo by Edgar Chaparro on Unsplash

Is the beginning of the year right after the holidays and having indulged in the different family meal dishes is time to get back in shape for the summer. However, after having to put out a little extra for the holidays' my budget is very limited and has no room for a gym membership at this time. Well, what is wrong with getting back to basic calisthenics exercises? With a little help from Damien Jones our Food Service we are providing all male caregivers a workout plan to put us back on track.

This is a beginner's guide only. Additionally, we recommend that before you begin any training routine make sure you check with your doctor if you are in good health or if you need to modify the routine.

To get you started, we will focus on building up strength and here is a formula to follow:

Monday – Wednesday – Friday

25 to 50 Push Ups – 3 repetitions

1 to 3 Pull Ups – 3 repetitions

10 to 15 Dips 3 repetitions

Follow the plan for two weeks; then do 5 repetitions to each exercise instead of 3.

Tuesday – Thursday

20 Crunches – 3 repetitions

15 Squats – 3 repetitions

15 to 20 Heel Touch – 3 repetitions

Follow the plan for two weeks; then do 5 repetitions to each exercise instead of 3.

Pick one day out of the week for walking or jogging and start at a pace that is good for you.

Damien reminds us that the most important part of the body is your core. Focus more on the core than any other part of the body. I hope this helps you as is helping me to attain your personal goal. Stay Focus; Stay Strong!!!

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## Identifying Victims of Human Trafficking

### Victims of trafficking can be found in:

- Brothels, massage parlors, strip clubs
- Street prostitution, truck stops, online
- Domestic service, nannies, elder care
- Construction, landscaping
- Farms, ranches, fisheries
- Manufacturing, factories
- Hotels, hospitality industry
- Restaurants, other food services
- Bars, spas, salons
- Sales crews, peddling, begging rings

**National Human  
Trafficking Hotline:**

**888-373-7888**

[www.acf.hhs.gov/endtrafficking](http://www.acf.hhs.gov/endtrafficking)

For more information about  
human trafficking visit  
[www.acf.hhs.gov/endtrafficking](http://www.acf.hhs.gov/endtrafficking).

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