



MELONY FORD

OB3897
451 Fullerton Avenue
Cambridge Springs, PA 16403



STATUS:

Incarcerated in 1990 at the age of 34
Melony has served 25 years of her life sentence
Hometown: Pittsburgh, PA

OBJECTIVE: When I am released, I want to help alcoholic and drug addicted teenage girls and women and abused women to better their lives by teaching them coping skills through public speaking in schools and centers. I'd also like to open a Sacred Dance studio for children beginning at the age of five years old.

WORK:

Certified Peer Specialist, 2002 to present
Property Administrator
Cook
Custodian

EDUCATION:

General Education Diploma, 1997
Catering
Quick Filing Practice
Microsoft Word
Certified Peer Assistant
Recovery
Suicide Prevention

Carpentry
Photography
Master and Advanced Gardner
Peer Specialist, Certified
WRAP Training for CPS (Wellness
Action Plan)

PROGRAMS:

Impact of Crime
Relapse Prevention
Violence Prevention
Grief and Loss
Emotional Depression
AOD and DUI Homicide Group
AOD Parole Violator's Program
Co-Dependency
Long-Termers Group

New Choices, New Options
Citizenship 1 and 2
Anger Management 1 and 2
Bipolar Depression
Drug and Alcohol Basic Education
National Issue Forum Moderator
12 Steps Study
Self Esteem

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SCI Cambridge Springs

COMMUNITY ENGAGEMENT:

Phoenix Organization:

Create For Kids

Run-athon

Talent Shows

Essay Contest

Volleyball

Kickball

Ice Cream Sales

Yoga Class

Bake Sales

Soccer

Wiffleball

Softball

Exercise Instructor

SPIRITUALITY:

Sunday Church Services

Bible Courses

Sacred Dancer

Baptized

Love the Lord

Tuesday Bible Studies

Rock of Ages Ministries

Kairos

SAVED

Life's Four, bible study

HEALTH REPORT:

My health challenges are high blood pressure which I take medication once a day and my blood pressure is taken every six months. I am on medication for high cholesterol. Because of my age, I take one baby aspirin for my heart. I also get mammograms and colonoscopies because cancer runs in my family. My knee is getting bad too.

THE WOMAN I AM NOW:

The woman I am now is so much stronger than 25 years ago. I am a woman of worth. I can do all things through God, who gave me the strength that I have today. The first thing I worked on was self-esteem and my co-dependency with alcohol. I am able to talk with the younger woman about having goals in life, to stand up for what they believe in, make sure that they work on whatever got them to prison and to make sure that they don't come back.

I am a speaker for alcohol and drug addicts to help them to improve their lives. I am a recovering alcoholic. I have studied a wide range of subjects and I do a lot of volunteer work for the elderly. I love to do community work. I want to continue to grow in everything I do. The woman I am now has goals and values.