



Happy Anniversary

Central OAC's Main Frame Job Readiness Program is 10 Years Old!

In December 2017, the Main Frame Job Readiness Program celebrated its 10th birthday! This program was started in memory of Ken Main, a long time Central Presbyterian Church member and volunteer in the OAC. Ken's dedication and compassion to our guests truly made a difference in the lives of those we serve.

He always gave his undivided attention to each person. Throughout the past ten years, this program has evolved from a basic computer training class to a job readiness program with successful employment outcomes for the graduates. We are excited to dedicate our January newsletter to the Main Frame ... here's to 10 more years!

[Learn More Now](#)

Alison Main

December 2007 was the official opening of the Main Frame, named in honor and memory of my husband, Ken Main. Ken was an engineer, turned lawyer, known for his cheeky sense of humor and his integrity. Retired early due to ill health, he cherished the time he spent working with guests at the OAC before his death in January, 2007.

I owe a debt of gratitude to the many supporters of the Main Frame over the last 10 years, from donors, to volunteers, to the dedicated staff, and most of all to our guests, who have the courage to seize this opportunity, and work hard towards their goal of meaningful employment, sometimes against overwhelming odds.



Because Ken died so young (59), I look at the Main Frame as a continuation of the work he would have done, and am honored to be a small part of its success.



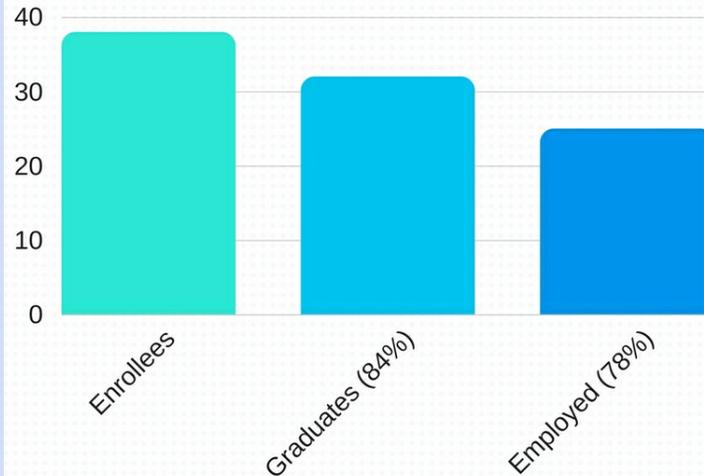
Denise de La Rue



Why do I donate lunch to the Main Frame? Gosh – who doesn't love lunch! Honestly, that is one of the main reasons that I truly enjoy donating lunch to Main Frame participants and staff --- I love having lunch with friends and co-workers. It is a pleasure to help others who may not have this routine, simple joy in their lives, do the same. I love being invited to join for lunch as well, though due to my schedule I often have to drop it off and run. It is a pleasure for me to prepare something savory for others to enjoy, and when I have signed up for a day that I happen to be out of town, they are very gracious to appreciate a delivery from Grubhub. A big part of the Main Frame mission is, of course, the traditional educational component. Another big part is preparing people to be good co-workers, to feel at ease socially, and to learn to give and receive support from their peers. These are the kinds of things we learn breaking bread together. Main Frame participants also learn the importance of writing personal thank you notes, which I always love receiving. It's a gift to me to do something so small, that is appreciated so much.

MAIN FRAME JOB READINESS

2017 PROGRAM



What Main Frame Means to its Participants



“Central Presbyterian offers helpful classes for job readiness and computer skills—they are kind and warm-hearted people.” -P. Robinson, June '13

“The people who work here show so much love and compassion to those you work with. I give the highest praise and always recommend that people come here. Trust me, if I had the money I would donate to expand

it.” -A. Aikens, May '14

“Mine (favorite part) was Miss Alison. I enjoyed listening to her talk about her husband and the joy he brought to others. He really left a legacy.”

-A. Aikens, May '14

“Gave me the push, the get up and go that I needed. Sorta like something to look forward to, to let you know it's not over yet. Hope, I guess you could say.”

-V. Davis, Nov. '14

“Because of my participation in the Main Frame Program, I have two jobs and am doing extremely well. Main Frame is a powerful and helpful source of (for) stabilizing your life's goals and ambitions.”

-T. Mouzon, April '17

Ahren Cassinari-Foster

I have been thinking recently about the legacy of Ken Main and the Main Frame. Ken was a beloved, dedicated volunteer at the OAC. Upon his death, his

wife Alison donated funds to the OAC that were used to build a computer lab. Over the years, this lab was transformed from a place focused on teaching guests basic computer skills to one focused on teaching these same people how to job search effectively. Through the Main Frame's 10 years, 238 people have found employment, have rediscovered their own self-confidence, and found ways to contribute their unique gifts to the world of work. As I have had the privilege to witness over the past four years, something special happens in our hearts and minds when we learn that, for the first or even the 20th time, our skills and experience are of value to others. Maybe that is the growing legacy of the Main Frame and one of the legacies of Ken Main: renewed self-worth and reinvigorated purpose for those who desperately need it. We appreciate everyone who has supported this program over the years! If you would like to donate now to help us continue this good work, click on the picture below. Thanks to everyone! Here's to another 10 years!



[201 Washington St. SW Atlanta GA 30303] - [404-659-7119] - [www.centraloac.org]

