

RESIDENT SERVICES NEWSLETTER

HACSB Resident Services Center - 204 W. Williams Street Santa Maria, CA 93458 - (805) 925-4393



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“Assistance with Breastfeeding at Lompoc Valley Medical Center”

Breast milk is the most optimal nutrition for infants for a number of reasons starting with **being protective against a number of illnesses** including diabetes, ear infections, urinary tract infections and respiratory tract infections to name a few. In addition, **breastfeeding also decreases the incidence of obesity and asthma.** Children who are breastfed have also tended to have slightly **better performance on IQ tests.** These are just some of the benefits of breastfeeding. The most important thing to understand is that **breastfeeding is the best nutrition you can provide to your infant.**

While it is believed breastfeeding should be natural and easy, many mothers experience a lot of different problems and barriers that have caused them to not breastfeed or stop breastfeeding. The recommendation is to exclusively breastfeed for at



least the first 6 months of age, and continue breastfeeding until your infant is 1 year old in combination with baby food. Exclusive breastfeeding is feeding your infant only breast milk.

At Lompoc Valley Medical Center (LVMC), we have multiple services that can help you be successful in your breastfeeding journey starting at delivery. LVMC provides breastfeeding support once you have delivered your infant to help initiate breastfeeding. Initiation of breastfeeding within the first hour of life is crucial to the long-term success of breastfeeding. Next, LVMC offers an **outpatient breastfeeding clinic that provides ongoing support** to all

breastfeeding mothers after discharge. The clinic is available to any breastfeeding mother, who needs assistance with breastfeeding regardless of where they have delivered or what insurance they have. You can schedule an appointment at the outpatient clinic by calling 805-737-3395.

In addition to the outpatient clinic, LVMC has a breastfeeding support group that meets every Friday from 10-11AM at the hospital. Lastly, LVMC has a Facebook support page, LVMC Mothers Breastfeeding Support Group, where mothers can receive additional support. **LVMC is here to help and support all breastfeeding mothers.**



Education ~ “Charlotte’s Web Mobile Children’s Library” ~



cityoflompoc.com/library



The idea for the Charlotte’s Web Mobile Children’s Library began in 1997 when Charlotte Benton, a former mayor of Lompoc, decided she wanted to donate her estate to the Lompoc Public Library.

Ms. Benton had a difficult childhood growing up in post-WWII Germany and the local children’s library was her favorite place where she felt safe and comforted.

Ms. Benton wanted to share this with the children of Lompoc. The bookmobile is a classroom designed to be a welcoming and inviting place. It is a safe and comforting space by design, inspired by Charlotte Benton’s childhood experience.

Why is Literacy Important?

If children are not reading well by fourth grade, they will fall behind. Teachers expect children to know how to read at this point and expect them to read to learn about other subjects, rather than just working on the skill of reading. Not understanding what they have read becomes a snowball effect, causing problems down the road with things like job applications, car loans, and using health services for themselves and their families.

Reading and reading comprehension skills empower children by giving them the skills they need to succeed.

How Parents Can Help Read to Your Children

Reading to your children exposes them to rich vocabulary and will improve their reading and writing skills.

Listen to Your Child Read

When your child begins bringing books home from school, have them read it to you. If they have a tough time, read the book to them, then have them try again.

Ask Questions

Ask your child about the book they are reading. What was it about? Reading involves not just sounding out words, but thinking about and remembering ideas and events.



Resident Success with GED Graduation!!



At graduation time, the turning of the tassel symbolizes the transition from student to graduate. It is one of the most exciting traditions for any graduate, but for Maria F. Sanchez, an Evans Park Resident and married mother of 7, it meant the realization of a dream she’d held since childhood with the earning of her own GED Certificate!!

As a child when she entered high school, she hadn’t received support or encouragement towards her education, and dropped out. Today, Maria is changing this pattern; she knows that by getting her certificate, she is demonstrating that she now has the basic tools to continue the path toward self-sufficiency. “if you want a job or a career, but you don’t have a HS or GED Diploma, you have nothing” says Maria.

Maria has been married for almost 25 years, and her husband is supportive and proud, although she admits there were times when her children did not completely understand, and would make fun of her, in a playful way, because she was “old” to go to school. Maria says it can be hard to combine school, work and family, but it’s not impossible, because “the success of one person is the success of the entire family; if one wins, we all win.” Her next goal is to achieve her Certification as a Special Needs Teacher Assistant, in order to help children with disabilities, and her husband is nearing his own GED graduation. Congratulations to Maria and her family and best wishes for the future!! *[Maria got her GED certificate through SER-Jobs for Progress, for information call: (805) 925-4393 x3309].*



For Those In Need
Our Door Is Always Open
Good Samaritan Services

Kid's Corner

"Make Memories This Holiday Season"



We live in an era where we are consumed with so many things to do, time goes by so fast. **This holiday season take the time to spend quality time with your children. In fact, make it a priority** to spend time with your children.

Remember it is not about the gifts, it's about the time; the time that you give to your child does not compare to anything else. When your children look back at their childhoods, it is the moments that they spent with you that they will remember the most. **Here are a few ideas that you can do with your children during the holiday season:**

Volunteer - Different organizations need volunteers especially throughout the holiday season. One perfect example is the Salvation Army. During the holidays they need volunteers for bell ringers. If you haven't already done so, it is such a great experience to ring the bell to help others in need. It is especially great when you do it together as a family.

Read Books - Check out the library for books and movies. If you don't have one already, obtain your Black Gold library card. The first one is free. There is a \$1.00 charge for replacement cards.

Watch a movie at the Drive In - Gather some food, get the kids in the car, blankets, chairs, and enjoy a movie at the drive in. The kids will love it!

Take a Drive - out to the beach, to the park, smell the flowers, enjoy the air, enjoy nature, enjoy your children.

~Take lots of pictures and make memories, memories that will last ~ for a lifetime...



FOODBANK SANTA BARBARA COUNTY

Healthy Recipe

"Garlic & Chive Mashed Potatoes"

Ingredients

- 3 pounds russet potatoes, peeled and cut into 2-inch pieces
- 2 cloves garlic, peeled
- 1½ cups reduced-fat milk
- 3 tablespoons unsalted butter, diced
- ½ cup sour cream
- 2 tablespoons thinly sliced fresh chives
- 1 teaspoon salt
- ¾ teaspoon ground pepper



Preparation

Place potatoes and garlic in a large saucepan and cover with water by 1 inch.

Cover and bring to a boil over high heat. Reduce heat to a simmer, and cook, covered, until the potatoes are very tender, 13 to 15 minutes.

Meanwhile, combine milk and butter in a small saucepan. Bring to a simmer over medium heat then immediately remove from heat.

Drain the potatoes and return to the pan. Mash with a potato masher or rice in a potato ricer. Add the warmed milk, sour cream, chives, salt and pepper. Stir until smooth.

Enjoy!!



HACSB Housing Authority of the County of Santa Barbara

Money Matters

"Automatic Rental Payment - ACH"



The Housing Authority of the County of Santa Barbara (HACSB) is pleased to announce that your **rent payment can now be paid automatically** as an electronic payment directly from your bank account. **Best of all.....it comes at no additional cost to you!**

Here's how it works:

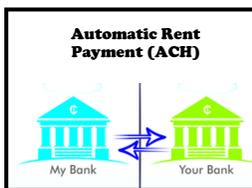
You authorize your rent payment to be made from your checking or savings account. Then just sit back and relax. **YOUR RENT WILL BE PAID AUTOMATICALLY ON THE 4TH OF THE MONTH.** Proof of payment will appear on your bank statement when you access your account. The authority you give to charge your bank account will remain in effect until you notify us in writing to terminate the authorization.

Automatic Rent Payment Program is dependable, convenient and EASY!

- It saves you time with fewer checks to write,
- Rent is paid on time, even if you're out of town on vacation,
- It's easy to sign up for and easy to cancel,
- No more unnecessary "out of your way" trips to the post office to mail your check or checks being lost in the mail,
- And no more worrying about forgetting to pay your rent on time dealing with late fees.
- However, before you can pay your rent using ACH, you will need to complete the ACH Authorization enrollment form. **Visit the HACSB website at www.hasbarco.org to enroll.**

If you have any questions related to Automatic Rent Payment (ACH), please contact **Mary Domingos at (805) 736-3423 ext. 4023.**

Thank you for considering this option!



We're on the Web - www.hasbarco.org

HACSB Resident Services Center

If you are in need of assistance, or would like further information on the resident services available in your area, please contact Resident Services, or call your local housing office.

**Resident Services Center - 235 E. Inger Dr., Suite 102-A
Santa Maria, CA 93454
Phone: 925-4393 Ext 3307 (se habla español)**

Resumen en español

Es sabido que **amamantar** es muy beneficioso y nutritivo para los bebés y su crecimiento. La leche materna tiene la nutrición suficiente para proteger de muchas enfermedades incluyendo la diabetes e infecciones de oído y de orina. Sin embargo, no es una tarea fácil. Amamantar puede ser un reto para muchas mamás. El hospital Lompoc Valley Medical Center (LVMC) tiene programas de apoyo para las mamás que tienen dificultad al amamantar a sus bebés. Mamás reciben apoyo y educación en como amamantar al bebé desde su nacimiento hasta cuando esta en casa sin importar cual seguro medico tengan. Llama al 805-737-3395 si necesitas orientación.

Charlotte's Web Mobile es una biblioteca rodante que visita las comunidades y trae libros. Esta biblioteca esta diseñada para que los niños disfruten leer cerca de sus casas. Esta idea comenzó en 1997 cuando Charlotte Benton donó sus bienes a la Biblioteca Publica de Lompoc, ya que ella pasó su niñez después de la Segunda Guerra Mundial en Alemania donde su lugar favorito era la biblioteca, pues ella se sentía feliz y segura allí. La señora Benton quería compartir esa experiencia con la gente de Lompoc ya que leer es muy importante pues los niños desarrollan destrezas para tener éxito como adultos.

El Éxito con un GED. La ceremonia de graduación es una tradición muy importante para los graduados ya que simboliza la culminación de vida de estudiante a graduado. Para Maria F. Sánchez obtener su Diploma del GED signifió sobrepasar el reto de continuar la escuela mientras es una mamá de 7 niños y una esposa. Combinar el trabajo, la escuela, y la familia es difícil pero no imposible. Ella quiere demostrarle a sus hijos que ellos también pueden terminar la escuela y ser exitosos.

Rincón de los Niños. En esta temporada navideña es importante recordar que pasar tiempo de calidad con nuestros hijos es mas importante que darles regalos. Todos fuimos niños y recordamos nuestra niñez de la misma forma que nuestros hijos recordaran la suya. Los recuerdos duran toda una vida, los regalos no. Así que, leer juntos, mirar una película en familia o ser voluntarios en su comunidad son actividades que ellos si recordarán. Has tiempo para ellos, no te arrepentirás

Receta Saludable. Puré de Papas. En una olla con agua, hierva las papas con el ajo por aproximadamente 15 minutos. Combina la leche y la mantequilla en una sartén. Remueva el agua de las papas y vierta la mezcla de la mantequilla en las papas. Machaque todo junto y añada leche, crema, sal, y cebollines.

Pago Automático de su Renta. ¿Sabia que ya puede pagar su renta automáticamente desde su banco? Dándole permiso a la Autoridad de Vivienda de sacar su renta de su banco cada día 4 de cada mes, usted estará seguro que su renta siempre estará a tiempo. Llame al 805-736-3423x4023 para registrarse.