

RESIDENT SERVICES NEWSLETTER

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

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www.hasbarco.org



“Helping People - Changing Lives”

CAC is a non-profit, countywide agency, with four, long-standing programs: Senior Nutrition Program, Youth & Family Services (including 2-1-1), Community Services Program, and Children’s Services Program (including Head Start, Early Head Start, and Child Development programs).

CAC Children’s Services Program is more than a preschool or child care program; it is a place for the whole family. We see parents as their child’s most important teacher. The program serves low-income families at little or no cost. We serve children between the ages of 0–5 and pregnant women from low-income families. Enrollment of children is happening now, so come and register your child. They don’t need to be potty-trained.

School Readiness is a focus and goal for all children and their families.

We believe that children learn best through **responsive, engaging, positive relationships** with adults; **meaningful conversations** and questions that inspire critical thinking; **play based**, hands-on activities including stories, math, art, science, creative arts; and **challenging physical opportunities**. **Consistent daily routines**, with individual flexibility & support as needed; **learning activities** tailored to each child’s interests and needs; **interactions** with other children, problem solving & making friends; **environments that are safe**, appropriate, and aesthetically appealing; **a sense of belonging** and worth as a classroom team member; and **celebration of all people** as unique and valued citizens.

To apply, please call the office nearest you:



Santa Barbara/Goleta/Carpinteria call 964-8857 x1116. Lompoc/Santa Ynez call 740-4555. Santa Maria/Guadalupe/Cuyama call 922-2243 x113.

Parents may complete an application and include proof of the following: income, child’s birth certificate, current immunization record, and a current physical examination. Children in the Foster Care system or with disabilities are encouraged to apply. CAC does not provide transportation.

Head Start has been helping the children of Santa Barbara County to grow, learn, and become ready for kindergarten since 1967. For further information on the CAC’s services, you can visit: www.cacsb.com



Housing Authority of the County of Santa Barbara

Celebrating Resident Crowning Achievements ~ Daisy Rich, Rancho Hermosa ~



My name is Daisy Rich, and I was born in Texas and raised in California, and I am a recent graduate from the Housing Authority’s Family Self-Sufficiency Program. When I decided to enroll in the FSS Program, I was a single mother of 3 wonderful young boys ages: 10-8 and 5. But now, 5 years later, at the completion of my contract we’ve had a few changes... The kids have grown up and are ages: 15-13 and 10, and I’m now married with a beautiful 4 year old daughter!

On the day I signed my FSS contract with the HACSB, I was employed full time at Novelles Day Program working with adults with disabilities. I was also a student at Allan Hancock College. I knew how important it was to continue my education, although at times it seemed like I was not going to accomplish it. My own mother helped me through, as she has been my inspiration and my motivation in overcoming obstacles. She has been a strong, positive and loving influence on my life.

Though I faced challenges, I was very proud of the woman that I was becoming. I was progressing and striving to do everything the right way, when I was suddenly faced with a very difficult obstacle; it had to do with my mother. She’d been diagnosed with cancer. This changed my life. While I could have put my FSS goals on hold, this life event made me that much stronger and inspired me to continue to strive toward completing my goals, and to keep supporting my mother. I took time to spend with my mom, took her to medical appointments, and cherished every second of her life. In May of 2016, I graduated from Allan Hancock College, with an Associate Degree in Liberal Arts Social and Behavioral Sciences. My goal of receiving my Associate Degree had been completed, and I accepted a full time position as a senior care provider in Arroyo Grande.

My mother’s illness made me recognize the gift of life, and kept me going towards the finish line of completing my FSS Contract and achieving my goals, for my children, my husband and our mothers, who were all very supportive and encouraging. I fulfilled my FSS Contract obligations, and graduated the FSS program in December 2018, and right beside me at the graduation ceremony was my Mother. She stayed long enough to see me succeed; completing my contract and receiving a substantial Escrow Check from the Housing Authority. Although mom remained strong until the end, she ultimately lost her fight to cancer last month.

Mom will miss my next journey, the one to homeownership, which I expect to complete within the next 6 months. But I know, she’ll be watching that success too, and routing me on. This road has not been an easy one to travel, but it’s been very well worth it. And - for those of you who are also striving to succeed, I’d like to say that adversity can make you stronger.

You too, will find in the end, that your struggles were well worth it, and you too, will be rewarded.

Best wishes to each of you ~ Daisy Rich





Kid's Corner

"Boys & Girls Clubs of the Central Coast"

What Is New for Boys & Girls Clubs of the Central Coast?

Boys & Girls Clubs of the Central Coast (BGCCC) will be offering summer activities at their Evans Park Club, 200 W Williams, from June 15 to August 3 (Closed July 6). **Saturday Club hours are 10 am - 2 pm. The programs are free and open to children and teens ages 6-18 who are residents at any HACSB location.**

"Super Saturdays" at the Club will include many terrific activities including:

- ◆ A field trip to Rancho Bowl,
- ◆ Arts & crafts,
- ◆ Kite flying,
- ◆ Games
- ◆ and a Super Hero party on August 3.

There is no charge to attend, but you must register your child or teen as space is limited. Register by calling Anna at 805-354-7423.

Our Evans Park Club is open after school M-F from 2:30 - 6:30 pm. Club members have access to homework help, sports, arts & crafts, games and many other programs. Snacks and dinner are available to Club members. **The Club will be open during the summer M-F, 2 - 5 pm.** Lunch & snacks will be provided. For more information, check out our website- BGCCentralCoast.org.

Saturday programs are sponsored by Reiter Affiliated Companies, Housing Authority of the County of Santa Barbara, and Boys & Girls Clubs of the Central Coast.



Healthy Recipe

"Chicken Fajitas"

This **flavorful Chicken Fajitas** dish comes together in a snap. It's a **healthy and mouthwatering dinner** idea that your whole family will enjoy!



Ingredients

- ◆ 1 or 2 boneless chicken breasts
- ◆ 1 tablespoon olive oil
- ◆ 1 package of fajitas seasoning mix
- ◆ 1 or 2 green or red bell peppers or a mixture of broth cut into long strips
- ◆ 1/2 or 1 white onion cut into long strips
- ◆ 1 tomato cut into long strips

Directions

1. Cut boneless chicken breast into long pieces.
2. Add 1 tablespoon of olive oil in a skillet over medium heat.
3. Add chicken and cook until lightly browned.
4. Meanwhile cut bell peppers and onions and set aside.
5. Remove chicken fajitas from skillet and set aside.
6. Add bell peppers and onions to the skillet and cook until grilled.
7. Return chicken to skillet and mix with bell peppers and onions.
8. Add fajita seasoning package and stir.
9. Cook on low heat approximately 5 minutes.

Kitchen Tips

You can enjoy this dish with a **side of brown rice or fresh salad.**



Healthy Living ~ "A Healthy Lifestyle Starts With Change"

A lot of people are motivated to change their health behaviors when their health status changes, either for the worse, like after a heart attack or for the better, such as with pregnancy. If you want to change your health behavior, a chat with your doctor about the consequences of a negative health behavior and the benefits of change may help you get started.

How Do I Change My Health Behavior for the Better?

While some people may be able to make drastic changes in one fell swoop, jumping head-first into exercising five days a week or a new diet, most people should break their goals into smaller chunks for improved success. Instead of running on the treadmill in a gym for 30 minutes, try climbing some stairs or doing other physical activity for a few minutes several times a day. Collecting information and data also helps some people stick to their health goals, for instance, keeping a food journal to see how many calories you consume each day and areas where you can cut back. Remember summer is around the corner and it's a good time to begin.



Money Matters Goodwill Youth Programs

Turn A Job Into Long Term Money\$\$!

Goodwill Industries of Ventura and Santa Barbara Counties is pleased to announce **multiple youth programs available to the residents of Santa Barbara County.** Upon enrolling into one of the youth programs, participants will learn how to build their resume, interview techniques, how to apply for jobs, proper attire for an interview, certifications, supportive services and most importantly **Paid Work Experience.**

Transitional Jobs Program (TJP).

- Ages of 16-24 years old, not Enrolled in school, and Santa Barbara County Resident
- For youth previously or currently in the **Justice** or **Foster Care** system.
- **Participants will receive 348 of paid work experience!** Participants are paid **\$14 an hour.** Cut off time would be June 2019.

Student Services Program

- For youth between 16-21 enrolled in school that have a documented disability or Individual Employment Plan (IEP)/504 Plan
- Referral through Department of Rehabilitation (DOR)
- Services include **100 hours** of paid work experience or **3 months.**

STEPS Program

- For youth between 16-21 that have a documented disability or Individual Employment Plan (IEP)/ 504 Plan
- Referral through Department of Rehabilitation (DOR)
- Services include **40 hours** of employment preparation and job exploration.
- Services include **200 hours** of paid work experience. **Kickoff June 1, 2019**

Youth Operator Program

- For youth between 16-24 years old who are (In school or out of school)
- Service include up to **150 hours** paid work experience. **Kick off July 1, 2019**



Resumen en español

El Community Action Commission (CAC) ofrece cuidado de niños y programas de educación como El Head Start, Hearly Head Start y Programas de Desarrollo. El CAC cree que los niños aprenden mas cuando están rodeados de conversaciones interesantes, relaciones positivas y preguntas que inspiran razonamiento critico. El Programa de comida y nutrición para las personas mayores de 60 años y programas para las mujeres embarazadas están disponibles.

Coronando los Logros. Daisy Rich, una graduada del Programa de Autosuficiencia Familiar comparte su historia de trabajo duro, batallas y superación. Mientras ella trabajaba en sus metas, criaba a sus hijos, iba a la escuela, y trabajaba, perdió a su mamá por cáncer. Ella estuvo a punto de rendirse pero no lo hizo. Continuo, se graduó del programa y ahora tiene planes de comprar su propia casa. Ella nos inspira con su ejemplo para nunca rendirse.

El Boys & Girls Club of the Central Coast estará ofreciendo programa de verano los sábados de 10am-2pm. en Evans Park. Los niños que viven en las comunidades de la Autoridad de Vivienda califican para asistir. En el club los niños reciben ayuda con la tarea, hacen manualidades, y se divierten saludablemente. Llame a Anna al 805-354-7423 para registraciones.

Receta Saludable. Las fajitas de pollo son saludables y fáciles de preparar. Ponga a freír trozos de pechuga de pollo en una sartén con aceite de oliva previamente caliente. Aparte el pollo. Fría los vegetales y después añada el pollo, adhiera sazón y fría por unos minutos mas. Y listo! Buen provecho.

El Dinero Importa. El trabajo trae dinero y ahora hay oportunidades de entrenamiento de trabajo para los jóvenes. Del Goodwill Industries of Ventura and SB Counties ofrecen diferentes programas para ayudar a los jóvenes de 12-24 años a obtener las destrezas, herramientas y experiencias que necesitan para obtener un buen trabajo.