

# RESIDENT SERVICES NEWSLETTER

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



## In This Edition:

- Featured Partner: SER-HEP ‘High School Equivalency Programs’ by SER-Jobs
- Healthy Living: CDC ‘Coping with Stress’
- HACSB Resident Services: ‘Homeownership ~ Are You Ready?’
- Kids Corner: Good Samaritan Services ‘Creative Art’
- Healthy Recipe: Foodbank of Santa Barbara County ‘Pear Mango Salsa’
- Money Matters: United Way: ‘Free Tax Preparation Assistance’
- Newsletter Summary in Spanish
- Resident Services Contact Information
- Thank You Partners!



## High School Equivalency Programs

SER-HEP is one of **45 federal High School Equivalency Programs** funded through competitive grants from the U.S. Department of Education, Office of Migrant Education. The goal of HEP is to assist migrant or seasonal agricultural workers (and their immediate family members) to obtain a **high school equivalency** certificate and subsequently, gain improved employment, begin post-secondary studies or enlist in the military. SER-HEP provides these **services** in **Santa Maria and Lompoc.**



HEP came to **Santa Maria** in the fall of **2016** and has **successfully graduated 136 students** and placed over **90% of our graduates.** HEP pays for enrolled students' **practice and official testing, provides students with testing materials** after **completion,** and provides the student with a **stipend of \$250.00.** Our **Grant Objectives** are to serve **100 students per year** with **69% completing a High School Equivalency (HSE)** within one year, and placing **80% of those graduates into postsecondary education, vocational training, or upgrading employment.**

HEP classes are also available in 3 HACSB community rooms, Central Plaza & Evans Park in Santa Maria and Lompoc Gardens in Lompoc. For further information, or to discuss your eligibility for attending classes with HEP call: **805-310-5770,** or you can call the HACSB at: **805-925-4393 ext 3309.** **Start Now** and become a part of the next Graduating Class!



## Healthy Living ~ ‘Coping with Stress’

Everyone– adults, teens, and even children, experiences stress. Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g. preparing for a wedding) or negative (e.g. dealing with a natural disaster). Learning healthy ways to cope and getting the right care and support can help reduce stressful feelings and symptoms. After a traumatic event, people may have strong and lingering reactions. These events may be physical or emotional. Common reactions to a stressful event can include:

- **Disbelief, shock and numbness**
- **Feeling sad, frustrated, and helpless**
- **Difficulty concentrating and making decisions**
- **Headaches, back pains, and stomach problems**
- **Smoking or use of alcohol or drugs**

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to stress.

### Healthy Ways to Cope with Stress:

#### Take care of yourself.

- **Eat healthy, well balanced meals**
- **Exercise on a regular basis**
- **Get plenty of sleep**
- **Give yourself a break if you feel stressed out**

**Talk to others:** Share your problems and how you are feeling and coping with a parent, friend, counselor, doctor, or pastor. Avoid drugs and alcohol. These may seem to help, but they can create additional problems and increase the stress you are already feeling.

### Take a break:

If news events are causing your stress, take a break from listening or watching the news.



**Recognize when you need more help.** If problems continue or you are thinking about suicide, talk to a psychologist, social worker, or professional counselor.

### Helping Youth Cope with Stress:

Children and adolescents often struggle with how to cope with stress. Youth can be particularly overwhelmed when their stress is connected to a traumatic event, like a natural disaster, family loss, school shootings, or community violence. Parents and educators can take steps to provide stability and support that help young people feel better.



## Homeownership ~ Are You Ready?



**You want to buy a home, but are you getting ready?** Transitioning from life as a renter to a first-time homeowner is a big, exciting, but also scary decision for many individuals who have homeownership as their goal. The decision to make that dream come true involves many critical steps **and actions** such as **job security, budget, savings, credit, and the purchase process.** Jumping to the homeownership adventure without being adequately prepared can be the start of a financial downfall, for many, instead of a success story.

Each year HA families, pursuing homeownership, are referred to the **VCCDC in Oxnard** for home purchase education. This year, we are excited to bring the VCCDC to Santa Barbara County for **(3) FREE Homebuyer Education Workshops.** Completing a workshop will provide you with an understanding of the entire home buying process, and you will receive information from industry experts, and your HUD-Approved Counseling Certificate, which can provide you access to **Down Payment Assistance Programs & First-Time Homebuyer Loans.** FREE Homeownership education has never been so close to home.

**You must pre-register to attend ~ The workshop schedule is as follows:**

**Evans Park (Santa Maria) on July 25, 2020 • Santa Rita Village (Lompoc) on August 29, 2020 • Positano (Goleta) September 26, 2020.**

Reserve your spot today with **FREE admission** at HACSB Resident Services by calling: **805-925-4393 x 3309** and select your language preference (**English or Spanish**). Homeownership is a dream until you take the steps to make it your reality. **~ Are You Ready?**



## Kid's Corner - "Creative Art" By Good Samaritan Services

In March we emphasize **Youth Art Month**. How exciting it is to see what each child comes up with when you provide them with **art supplies**. Not only this month, but from now on you can set it in your schedule of things to do with your kids; you can get together with your child and see how **fun** and **creative** they can be. To make it even **better**, **practice** your **artistic skills** with **them** by **making art** too or challenge them to see who can make a better art piece. **You will be surprised!** Not only will this **provide quality time well spent with your child**, but it will also **provide great communication**. You



can pick a topic of what you want your child to draw or you can set a day in which you can say, "Today is free draw," which means your child can draw whatever they choose to draw. Encourage your child to use their imagination. **All you need is paper, pencils and erasers, markers, color pencils or crayons** and you can also add but not necessary; **glitter or stickers** that your child can use to add personality to their art. Random things around the house - **Use random objects that are found in and around the house to add to the art**. For example, use the bottom of a cup to draw a circle, or use the edges from books to draw straight lines. **Show your child how creative you can be without having to spend much money.**



## Money Matters "FREE Tax Preparation Assistance"

It's that time of year again, Tax season! Why pay for high fees when you can get the service for **Free** and get more money back into your pockets?

Taxpayers can take advantage of **FREE income tax preparation** services during the 2019 tax filing season **through the IRS' United Way Volunteer Income Tax Assistance Program "VITA"**. IRS Certified Volunteers prepare federal and state tax returns for those with annual incomes of **\$56,000 or less** and the use of an online service at [www.MyFreeTaxes.org](http://www.MyFreeTaxes.org) for **FREE!**



This assistance is **available in Santa Maria starting on Saturday, February 8th through April 4th, 2020 by appointment only**. Individuals can call **805-922-0329 x 103** or make an appointment online at [www.MyFreeTaxes.org](http://www.MyFreeTaxes.org).



United Way and the IRS also offers a **FREE ONLINE** income tax preparation service at [www.MyFreeTaxes.org](http://www.MyFreeTaxes.org) where you can prepare your own taxes 24/7 securely from any computer or device with internet access. \*Fees at 50% off may be applied if reporting Schedules C, D and E. Individuals may qualify for the California Income Tax Credit (CalEITC), or Young Child Tax Credit (YCTC) while preparing their taxes for free with United Way's VITA program and keep more money in their pockets! For further information contact: **Sandy Soria Sosa, Program Coordinator** of NSBC United Way at: [sandy@liveunitedsbc.org](mailto:sandy@liveunitedsbc.org), or call **805-922-0329 x103** for additional information.

[VITA is sponsored by the **United Way of Northern Santa Barbara County** in collaboration with *Allan Hancock College, Cal Poly Orfelea College of Business, Oceano Lucia Mar Adult Education, Elwin Mussell Senior Center, KSBY6, Telemundo KTAS33 and United Way of San Luis Obispo*].



**We're on the Web - [www.hasbarco.org](http://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  
PH ROSS Resident Services Center - 204 W. Williams  
Santa Maria, CA**

**Phone: 925-4393 Ext 3308, 3309, 3104 (se habla español)**



## Pear Mango Salsa By Foodbank of SBC



### Ingredients

- 2 Medium pears (peeled, cored and cut into chunks)
- 1/2 Mango (peeled, seeded, and cut into chunks)
- 1/3 cup Yellow bell pepper (finely chopped)
- 1/3 cup Red bell pepper (finely chopped)
- 1/4 cup Red onion finely chopped)
- 1 small Jalapeño pepper (seeded and finely chopped)
- 3 tablespoons fresh Cilantro (finely chopped)
- 2 teaspoons Vegetable oil
- Lime juice to taste
- Salt to taste



### Directions

1. Mix all ingredients in a bowl and refrigerate in a covered container for at least 30 minutes or up 3 hours before servings.
2. Serve with tortilla chips, quesadillas, or grilled or roasted meats or fish.



## Resumen en español

Programa de **Equivalencia a la Preparatoria** por el Programa **SER-HEP** esta fundado por el Departamento de Educación de los Estados Unidos y la oficina del Educación Migrante. La meta del programa es educar y ayudar a trabajadores del campo a obtener su certificado de equivalencia de la preparatoria. Ya que así podrán obtener un mejor empleo y o seguir con una carrera educativa. Desde el 2016, en Santa Maria se han graduado 136 estudiantes. Esperamos que el próximo seas tu. Llama a 805-925-4393 x 3309 para mas información.

**Vivir Saludable.** Todas las personas, adultos, jóvenes, y hasta niños pueden sufrir de estrés. Muchos eventos ocasionan estrés y aunque a veces ese estrés es positivo como planear una boda, a veces es negativo como pasar por un desastre naturales. Sentirse triste o frustrado, tener dolores de cabeza o estomago son algunas de las señales del estrés. Aprender a manejar el estrés en una forma positiva es lo mas recomendable para vivir saludable. Come saludable, descansa, ejercitate.

**¿Quieres Comprar Casa? ¿Te estas preparando?** Compra casa es el sueño de muchos, sin embargo el camino a ser dueño de casa esta lleno de ilusiones y dificultades. Tienes que pensar en tu estabilidad de trabajo, presupuesto, ahorros, crédito y el proceso. El no estar preparado al comenzar el proceso, puede llevarte a un desgaste económico en ves del éxito. El VCCDC le enseñara a saber mas de los prestamos disponibles para el primer pago de casa y como estar listo para el proceso. El VCCDC estará ofreciendo talleres educativos para los compradores de casa por primera vez en el condado de comunidades del la Autoridad de Vivienda. Llame a 805-925-4393 x3309 para reservar su espacio ya que es limitado.

**El Rincón de los Niños.** En marzo celebramos el mes de Arte de los Jóvenes. Junto con tus hijos pueden crear un arte maravilloso y tiempo de calidad con ellos. Esto mejorara la comunicación. Mientras crean arte, puedes decirles que el dibujo será como ellos quieran y eso aumentara su imaginación. Solo necesitas colores y papel. Fácil, económico y divertido.

**Receta Saludable.** Salsa de pera y mango. Pique peras, mango, chile campana rojo y amarillo, cebolla y jalapeños. Mescle todos los ingredientes con aceite vegetal, sal y limón al gusto.

**El Dinero Importa.** Es tiempo de declarar los impuestos y para todos aquellos individuos que trabajaron en el 2019, hay ayuda con la preparación de impuestos. Desde febrero 8 hasta abril 4 del 2020 el programa VITA estará ayudando a preparar impuestos gratuitamente a aquellos que ganaron menos de \$56,000 o menos al año. Este programa es proveído por voluntarios certificados por el IRS, los cuales tratarán de darle el crédito de ingreso y cuidado de niños si califica. Para hacer una cita llame a 805-922-0329 x103. ponga mas dinero en sus bolsillos. Haga una cita.