

Family Self-Sufficiency Bulletin February 2017

HOUSING AUTHORITY OF THE CITY OF SANTA BARBARA

CONGRATULATIONS!

The Housing Authority celebrated 11 Family Self-Sufficiency graduates this past October! To graduate from the FSS program these families attended the workshops, including but not limited to Financial Literacy. They also attained full-time employment and accomplished the goals they had set for themselves. Highlights of goals accomplished are: 1 Bachelor of Arts Degree, 2 Associates Degrees, ESL certification, and 1 first-time home owner. Of the 11 graduates, 3 families are now independent of housing.

Mark Victor Hansente wrote, “By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands--your own.”

A philosophy that the FSS program encourages is utilizing housing assistance as a stabilizing force, to promote economic self-sufficiency. Housing assistance allows for the pursuit of goals that may have not been possible due to economic constraints of high rents, supporting a family, and bills. Seize this opportunity not to utilize housing assistance as the end goal but to have it be just the beginning of your success story.

Below are quotes from some of the graduates expressing how they utilized the FSS program:

“I am thankful for the support the program provided me and how it positively affected my future.”

“Thank you for giving me the resources to achieve a better sense of financial stability and independence.”

“The program helped me stay committed to my goals.”

“Coming out of a difficult situation, FSS seemed like a great place to commit to accomplishing her goals.”

“Through the Family Self-Sufficiency program, I was able to set goals for myself, accomplish them, and reap the life changing rewards from doing so. I took the opportunities provided in the program. I took classes to help understand and improve my credit, utilize resources and connections to stay on my feet, set a plan for retirement, life insurance, and prepare for a potential home purchase.”

“Adversity causes some to break; others to break records.”

- William Ward

CURRENT EVENTS:

Financial Literacy Workshops

Do you often wonder where all your money went at the end of the month? Understanding money management is a key to financial stability. Gain the knowledge to empower yourself financially by attending the Financial Literacy Workshops.

The Housing Authority is getting ready to present the Spring 2017 session of Financial Literacy Workshops. These workshops offer financial education and tools for families to further their financial knowledge with the goal of increasing self-sufficiency. The workshops are taught by professionals in the education and financial fields. Child care is offered. Workshops are FREE! See attached flyer for full details.

Tax Season

If you are filing 2016 taxes, get them done for FREE! The Volunteer Income Tax Assistance (VITA) is now open and will be running through the filing deadline date April 15, 2017. VITA offers electronic filing, friendly service, and 9 different locations with varied hours to fit your schedule. A flyer has already been mailed. For more information call 897-1028.

Training Program

The purpose of the Training Program is to provide Housing Authority program participants and low-income members of the community with the skills and experience to acquire and retain employment in the public or private sector through paid on-the-job training. Training Program positions may include assistance with: clerical, accounting, light-industrial, and coordinating youth and senior programs.

For an application log on to www.hacsb.org or call Magdalena Rodriguez at 805-897-1028.



FAMILY SELF SUFFICIENCY LIBRARY

“BE THE CHANGE YOU WANT TO SEE IN YOURSELF!” is the inspiration for the Family Self-Sufficiency Library. The Family Self-Sufficiency (FSS) program is dedicated to supporting your goals and providing tools that may help you in the process. Reading motivational and self-improvement books can be the inspiration in achieving all your goals.

These books will inspire, motivate, support, and just generally give you an inspirational kick that you may need... in your career, personal life, love life, health & fitness regimen, or otherwise. Please ask about how you can utilize the library at your next annual or interim review!

Current Titles include:

- The Age of the Unthinkable
- Conscious Parenting
- Effortless Savings
- Achieve Anything in Just One Year
- Anxiety: Panicking About Panic
- Street Life; Poverty, Gangs and a Ph.D.
- The Bliss Experiment
- Optimal Living 360
- Switch
- The Fifth Agreement
- The Mastery of Love
- The Four Agreements

A great starter book is, **The Four Agreements**, it lays out simple but powerful principles that can help shift your view of day to day life. The author Don Miguel Ruiz, identifies sources of self-limiting beliefs and offers a code of conduct that transforms lives that operate out of freedom, happiness, and love.

The Four Agreements:

Be Impeccable with your word: Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the Word in the direction of truth and love.

Don't take Anything Personally: Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

Don't Make Assumptions: Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

Always Do Your Best: Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgement, self-abuse, and regret.

Please ask about how you can utilize the library at your next annual or interim review!



BUCKLE UP FOR SAFETY

California law states that children under the age of 8 must be properly buckled into a safety seat or booster in the back seat of the car. Children under 2 years old must be rear facing unless they weigh 40 pounds or more, or are 40 inches tall or more. Children 8 or older, OR who are 4'9" or taller may use the seat belt if it fits properly, with the lap belt low and snug across top of thighs, and the shoulder belt crossing the center of the chest. If children are not tall enough for proper belt fit, they must ride in a booster or safety seat. - First 5 Santa Barbara County and the EMS Agency County of Santa Barbara.

Please contact Magdalena Rodriguez, at 805-897-1028, for a "Buckle Up For Safety" pamphlet.



NEW PILOT PROGRAM

The Housing Authority is proud to announce the new **Health Access and Care Coordination (HACC)** pilot project that offers a variety of ways in which you and your family can participate in expanding your health and wellness activities. There are monthly activities that can fit anyone's schedule! Please see attached flyer for more details. This month there is also is **COMMUNITY HEALTH FAIR** on Saturday, February 25, 2017 from 11:00 am to 3:00 pm. Please see attached flyer for more details. These services are **FREE!**

HIGH PERFORMANCE HABITS TO EMBRACE EACH MORNING

Meditate

It helps lower levels of stress, enhanced creative thinking and productivity.

Daily Goals

First thing in the morning your mental clarity and focus is high, probably the highest it will be all day. Take 10 minutes to and get clear about what you need to accomplish for that day. Write a list in your planner, prioritize tasks in order of importance.

Eat Breakfast

Besides being good for your overall health, that first meal improves your memory, boosts your energy, improves your mood, and enhances your concentration.



Move Your Body

Research shows that those who prioritize exercise before work are more consistent exercisers. A good walk or run can increase your mental clarity for four to 10 hours post exercise.

Visualize the Day

While you're preparing for the day, think about the big goals, but also visualize the day that's ahead of you. Visualize if from the perspective that everything is happening perfectly.

NEW BEGINNINGS COUNSELING CENTER - NBCC

New Beginning Counseling Center has a variety of classes offered year round that support mental wellness. These classes include:

- **Anger Management Classes:** Receive information on power and control, triggers and cues, substance and anger, coping mechanisms, relaxation techniques, and much more
- **Vision Board Workshop:** Get your creative juices flowing and design your own vision board!
- **Mindfulness Group:** An introduction to basic mindfulness techniques and skills including sitting meditation, body scanning, compassion and acceptance, with a touch of depth psychology. If you are dealing with anxiety, depression, or are just looking to live a calmer and more meaningful life, this is for you.

Please contact NBCC for current dates and times of classes.

NBCC: 324 E. Carrillo St. Suite C or 805-963-7777

VOICE NEEDED TO REPRESENT FSS PARTICIPANTS

The Program Coordinating Committee (PCC) is committed to providing resources and services to support families on the path to self-sufficiency. As an FSS participant your voice is vital to what type of programs the FSS offers throughout the year. The commitment of being on the PCC committee includes attending 4 quarterly meetings in a calendar year.

If you are interested in participating on the PCC please call Magdalena Rodriguez, FSS Coordinator, at 897-1028.

“I never thought in terms of being a leader, I thought very simply in terms of helping people.”

–John Hume

Magdalena Rodriguez, Family Self-Sufficiency Coordinator

mrodriguez@hacsb.org

805-897-1028



SPRING FINANCIAL LITERACY WORKSHOPS

Learn how to make your money grow!

The Financial Literacy Workshops will provide you with the information and tools you need to be a master of your finances.



The workshops are presented to you by the Housing Authority of the City of Santa Barbara and Transition House



Financial Goal Setting
March 9
5:30 pm

Budget & Savings
March 16
5:30 pm

Checking/On-line Banking
March 23
5:30 pm

Debt Consolidation
March 30
5:30 pm

Credit Basics/Credit Cards
April 6
5:30 pm

Investments/Retirement
April 13
5:30 pm

Home Mortgage Process
April 20
5:30 pm

Accomplishing Goals
April 27
5:30 pm

Space is Limited!
To RSVP call 897-1028
LOCATION:
425 E. Cota Street
(Entrance to parking lot on
Olive Street)

- Child care is provided
- Light refreshments