

# FAMILY SELF-SUFFICIENCY BULLETIN

## FALL & WINTER 2020

HOUSING AUTHORITY OF THE CITY OF SANTA BARBARA

### FAMILY SELF-SUFFICIENCY NEWS

A message from Primitiva Hernandez, FSS Coordinator



*"Your present circumstances don't determine where you can go. They merely determine where you start."*

– Nido Qubein

Dear FSS Participant,

I would like to introduce myself as the new Family Self-Sufficiency Coordinator of the Housing Authority of the City of Santa Barbara. My background includes over seven years in the non-profit and public-sectors, as well as a Bachelor of Arts in Liberal Studies from Antioch University. More importantly, I have lived in this beautiful community for over twenty-five years and consider it my home.

I've had the pleasure of working with many of you through my previous role as Resident Services Coordinator and assisting the prior coordinator, Magdalena Rodriguez with FSS Case Management. I have already spoken to a few of you over the phone already, and look forward to meeting each and every one of you in person soon.

I am a firm believer in the Family Self-Sufficiency program and its participants. People like you who enrolled in the program with the intent to accomplish your goals, work hard day to day to achieve financial stability and self-sufficiency have my upmost sincere respect. You are marching to the sound of a different drum.

If you have any questions or concerns, please do not hesitate to contact me at any time at (805) 897-1083 or [p Hernandez@hacsb.org](mailto:p Hernandez@hacsb.org).

Best Regards,

*Primitiva Hernández*

### IMPORTANT REMINDER

#### HACSB COVID-19 Information

As Santa Barbara County moves into the red tier, allowing more business to reopen indoors, the Housing Authority remains closed to the public. We will continue to monitor and follow the guidance provided by the State of California, the County of Santa Barbara's Public Health Department, and the Center for Disease Control and Prevention (CDC) to address the impact of the potential spread of COVID-19.

I'm currently working out of my office and responding to phone calls and emails. Please continue reporting all changes in the household in writing within 30 days of the change. Email serves as written notification.

In the coming months, I will be scheduling individual appointment over the phone and via ZOOM to review yours goals and establish a clear plan to ensure your success in the program. Please look out for an appointment letter in your mail and email.

Stay safe and we appreciate your patience during this time!



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TODAY...  
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TOMORROW!

## EMPLOYMENT RESOURCES

### Center for Employment Training (CET)

CET provides hands-on training for a variety of industries. Training programs available include Business Office Administration, Green Building Construction Skills, and Medical Assistant. For more information please visit their website at [www.cetweb.edu](http://www.cetweb.edu) or call (805) 928 – 1737.

### America's Job Center of California

The America's Job Center of California (AJCC) offers a variety of services that bring employers with job openings and qualified job seekers together at no cost. You can contact your local AJCC for help with mailing or faxing a paper Unemployment Insurance (UI) application. The fastest way to apply is still through UI Online at, [www.edd.ca.gov/Unemployment/UI\\_Online](http://www.edd.ca.gov/Unemployment/UI_Online). To find an AJCC near you visit Career One Stop's American Job Center Finder at, [www.careeronestop.org/LocalHelo/AmericanJobCenters](http://www.careeronestop.org/LocalHelo/AmericanJobCenters).

### The Workforce Resource Center

The Santa Barbara Workforce Resource Center can assist you in your job seeking process and has various programs for the workforce, veterans, and people with disabilities. You can reach this office at (805) 568 – 1296. They are open Monday through Friday from 8:00 AM – 5:00 PM. You can also visit this CA UI office at the following address: **Workforce Resource Center Santa Barbara, 130 East Ortega Street, Santa Barbara, CA 93101**

### SBPL WORKS!

Although the Library is closed because of COVID-19 precautions, professional staff in the workforce development program SBPL WORKS! are ready to help you remotely with one-on-one consultations in English or Spanish. This program is free and open to all by appointment. To complete their survey click [HERE](#) or visit [www.santabarbaraca.gov/gov/depts/lib](http://www.santabarbaraca.gov/gov/depts/lib).

### SBC Department of Social Services

The Department of Social Services has resources to help you online, in person, or one-on-one with a case manager. Visit them online at the CalJOBS website at [www.caljobs.ca.gov](http://www.caljobs.ca.gov) for useful information and tools for job seekers and employers, such as labor market and career exploration information, resume writing assistance, job posting and recruitment services, and other web-based resources.

### National Dislocated Worker Program

The NDWP is now taking applications for job seekers looking for immediate employment. Candidates will get a chance to work at the Foodbank of SBC completing food distribution tasks. Positions are temporary, part-time, \$17/hr, for approximately five months. Those that perform well will get the opportunity to receive additional services including occupational training, a second paid work experience opportunity, and or financial assistance/supportive services. To apply please email, [info@sbcwdb.org](mailto:info@sbcwdb.org).

## COVID-19 RESOURCES

### Food

#### HACSB Healthy Food Pantry

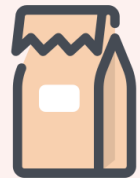
You're invited to the Housing Authority's food distribution event where you will have the opportunity to receive a bag of fresh food and connect with Housing Authority staff.

For more information, please contact Charla Bregante at (805) 897 – 1045.

Location -  
702 Laguna Street  
(Department of P&D)

Time -  
3:00 PM – 5:00 PM

Date -  
Every third  
Wednesday of the month



#### Unity Shoppe

Unity Shoppe's Food Distribution Services are located at 1401 Chapala Street, Monday – Friday from 1:00 – 4:00 PM, until further notice. At this time, Unity Shoppe is only providing emergency food, but not clothing. Grocery delivery available for those 65 years and older.

If you have questions, please call (805) 965 – 4122.

#### Foodbank of Santa Barbara County

Every month, individuals and families living in Goleta, Santa Barbara, and Carpinteria have access to emergency food services which may not be available to them through traditional food distributions sources.



For specific times and locations please visit, [www.foodbanksbc.org/programs/other-programs/mobile-food-pantry](http://www.foodbanksbc.org/programs/other-programs/mobile-food-pantry).

## BUDGETING FOR THE HOLIDAYS

You may have been a last minute holiday shopper last year, but planning now can help you have a happier, stress-free holiday season this year:

**Make a list, and check it twice.** Experts agree that it helps to write down a list of all the people for whom you plan to shop, before you hit the stores or turn on the computer. Next to each name write down what you want to buy for that person, and how much you want to spend. You get a clear idea of the numbers involved and know in advance how many gifts you need to purchase.

**Shop for bargains,** once you have an idea of what you're looking for, and for whom you are buying. In addition, if you are purchasing a number of items from the same online retailer, buying all the items together can cut down on shipping costs.



**Curb impulse shopping and spending** – buy only what is on your list. If you've forgotten someone, add them to your holiday budget and, if necessary, adjust the amounts you spend on others so you keep the same total.

**Make a plan for those other expenses.** Give some thought to how much you'll be spending during the holiday season on things other than gifts. Be sure to include in your budget the following: postage for cards and presents that need to be shipped; wrapping paper, bows, greeting cards and other supplies; decorations; food and drink for holiday meals (and don't forget to add more, if you will be feeding guests); and travel expenses.

**Review your receipts and bills from last year.** This will give you an idea of the amount you actually spent and how long it took to pay for it all.

**Save your holiday receipts from this year** and either total them daily or add them up two weeks before the actual holiday. Expenses add up fast during this busy season. Seeing your totals will provide you with a reality check as to how much you can afford to spend.

**Using credit during the holidays?** If so, take only the credit cards you will need and limit those to as few as possible. And be sure to check your credit card statements carefully for any unauthorized charges. Report such charges immediately to your financial institution or credit card company.



If you follow some of these simple tips, you should have a successful and financial stress-free holiday season!

## COVID-19 RESOURCES

### Health

#### Information About the 2020 – 2021 Flu Season

Due to the COVID-19 pandemic, reducing the spread of respiratory illnesses, like flu, this fall and winter is more important than ever. CDC recommends getting a flu vaccination in September or October, but getting vaccinated anytime during the flu season can help protect you. The more people vaccinated; the more people protected.

Do your part. Get a flu vaccine this fall. For information on places to get the vaccine please visit, [www.mividamivoz.com/informacion-sobre-la-influenza-2020-2021/-/flu-2020-2021-info](http://www.mividamivoz.com/informacion-sobre-la-influenza-2020-2021/-/flu-2020-2021-info).

### Child Care

#### Head Start

CAC offers several educational programs, at little to no cost for those who qualify, including preschool centers for ages 3-5, toddler classroom for ages 18-36 months, home education through home visit for pregnant mothers and children up to 3 years old, infant care at some centers and family childcare homes for infants to preschool age. Enrollment applicants can be obtained by calling your local office in Goleta, at **(805) 964 – 8857 ext. 1194**

### Youth

#### California Parent & Youth Helpline

The California Parent and Youth Helpline provides support and resource referrals to parent and youth during the current COVID-19 pandemic, seven days a week from 8:00 AM – 8:00 PM. Call or text **1(855) 427 – 2736** for services in English, Spanish, and other languages. For more information, visit, [www.carentyouthhelpline.org](http://www.carentyouthhelpline.org).

## SMART WAYS TO JOB SEARCH DURING THE HOLIDAY SEASON

By James Hu, Next Avenue Contributor

Winter is not the most ideal time to land a job. However, that does not mean finding a job around the holidays is impossible. It simply means you must take a different approach, using the quirks and changes of the season to your advantage. Check out these five tips for job searching during the holidays:

### 1. Create a Job Search Schedule

The most important part of the holiday job search is to keep up the momentum. Don't let the natural slowing of hiring or holiday festivities slow you down.

### 2. Make the Lack of Job Applicants an Advantage for You

Many job seekers take a break during the holidays. Rather than following in their footsteps, let yourself benefit from their lack of motivation. Yes, employers' hiring budgets are low in the fourth quarter. But the number of applicants shrinks this time of year, too. If fewer people are applying for jobs, you have a much better shot of getting hired before the New Year.

### 3. Reconnect with Your Contacts

The holidays are a great excuse to kick networking into high gear. Send a cheery holiday email wishing your former colleagues or classmates happy holidays. If you feel comfortable, mention that you are on the hunt for a new job and ask your contacts to keep you in mind. If you're uncomfortable with that approach, send greetings, at least you'll start a conversation, which is the perfect starting point to ask for their help.

### 4. Make Your Free Time Productive

If you're looking for a job and are currently unemployed, this time of the year will likely open up some free time due to the holidays. Rather than using all the extra weekday hours to sit back and relax, make your days off productive by using them to look for jobs. It might not seem like a fun idea now, but you'll be glad you did when your job search comes to an end sooner than expected.

### 5. Get Ahead of the New Year's Job Seekers

Some employers will start posting jobs to job boards and on company websites before the holidays, even though they know hiring won't begin until the next year. So get ahead of the job seekers who won't see those postings until after the holidays to give yourself a better shot. Hiring managers may schedule an early interview with you if your resume gets their attention. The holidays are a time for cheer and positivity. Let that positivity carry over into your job search. Losing interest in your hunt over the holidays will just make it harder to pick things up again come the new year. Stay on track and you just might land your dream job during the holidays.

## COVID-19 RESOURCES

### Family Support

Family Service Agency:  
Parent Coaching

Parents who are looking for solutions to every day parenting problems can call or email the parent coach in their area. Through compassionate listening and gentle guidance, the parent coach can help build confidence, discuss developmental milestones, help address concerns, and offer support in other areas.

For help in English in the Santa Barbara area, contact Veronica at **(805) 868 – 1060**.



### Domestic Violence Solutions

Domestic Violence Solutions provides safety, shelter, and support for individuals and families affected by domestic violence.

For help in Santa Barbara, contact the 24-hr Crisis & Information hotline at, **(805) 964 – 5245**.



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