

FAMILY SELF-SUFFICIENCY NEWSLETTER

Volume 1: A New Chapter for FSS



OUR FIRST NEWSLETTER!

This is our 1st FSS newsletter, with many more to come as we continue to expand our resources and support for our program participants. Keep an eye out for upcoming editions!

MEET YOUR NEW FSS PROGRAM COORDINATOR!



My name is **Kayla Burton** and I am thrilled to introduce myself as the new FSS Program Coordinator for MCHA!

For nearly three years, I have been working as a Case Manager with this amazing organization, and I am excited to take on this new role to help families achieve self-sufficiency. I am passionate about working with all of you and cannot wait to get started on this journey to help you reach your goals!!

Office Hours:

Tues-Thurs: By appt only

Friday: Walk-ins taken 1-5pm

kayla@mchaor.org

WHAT'S NEW IN FSS?

By Kayla Burton, FSS Program Coordinator

After a challenging period of COVID and staffing shortages, we are thrilled to announce that the FSS program is back in full swing this summer! We are excited to connect with each participant individually and schedule meetings to assess your progress towards your goals and graduation.

As part of HUD's ongoing efforts to improve the program, FSS has rolled out a series of new rules that will benefit all participants. You will be required to sign an updated contract, so that everyone is working under the same rules.

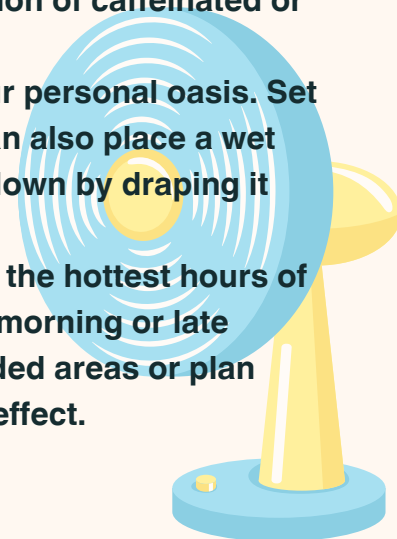
Please keep an eye out for further information about your appointment time and date. In the meantime, start thinking about what you need to achieve the goals you set at the beginning of the program. We look forward to supporting you every step of the way!



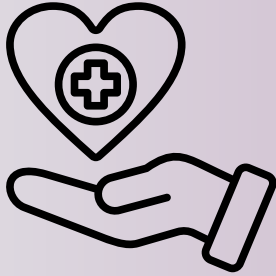
BEAT THE HEAT WITHOUT BREAKING THE BANK

As the temperature rises during the scorching summer months, staying cool becomes a top priority. While cranking up the air conditioner might seem like the obvious solution, it can come with a hefty price tag. Luckily, there are plenty of affordable and effective ways to beat the heat without breaking the bank. Here are some simple tips to help you stay cool and comfortable during summer while saving money.

1. **Optimize natural ventilation:** Take advantage of the cooler hours of the day by opening windows and creating a cross-breeze. Strategically placing fans near windows or doors can help circulate fresh air throughout your living space. Consider investing in window screens to allow for ventilation while keeping insects out.
2. **Embrace DIY cooling devices:** Create your own low-cost cooling devices to combat the heat. Fill a bowl with ice and position it in front of a fan to enjoy a DIY air conditioner. Another option is to make a cold compress by wrapping ice packs or frozen water bottles in a towel and placing them on your pulse points.
3. **Utilize blinds, curtains, and shades:** Direct sunlight can quickly turn a room into an oven. Keep the heat out by closing blinds, curtains, or shades during the hottest part of the day. Light-colored window coverings can reflect heat more effectively, preventing it from seeping into your living space.
4. **Opt for breathable fabrics:** Wearing lightweight, breathable fabrics such as cotton and linen can help you stay cool and comfortable. Loose-fitting clothing allows for better air circulation, reducing the chances of overheating. Additionally, consider using breathable bed sheets to ensure a restful night's sleep.
5. **Stay hydrated:** Staying hydrated is crucial during hot weather. Keep a water bottle handy and sip on cool drinks throughout the day. You can infuse water with slices of fruits or herbs for a refreshing twist. Avoid excessive consumption of caffeinated or sugary beverages as they can contribute to dehydration.
6. **Create a personal cooling zone:** Transform a small area into your personal oasis. Set up a fan or a misting spray to create a refreshing breeze. You can also place a wet towel or sheet in the freezer for a while, and then use it to cool down by draping it over your body.
7. **Plan activities wisely:** Avoid strenuous outdoor activities during the hottest hours of the day. Schedule your outdoor exercises or tasks for the early morning or late afternoon when the temperature is cooler. If possible, seek shaded areas or plan activities near bodies of water to benefit from a natural cooling effect.



MENTAL HEALTH RESOURCES



CRISIS HOTLINES

Lines for Life – Suicide Hotline
Suicide Lifeline: 800-273-8255 | www.suicidepreventionlifeline.org

Polk County Behavioral Health
Crisis Line 503-623-9289
Weekdays 8 a.m. to 5 p.m. (excluding holidays)
Outside of regular business hours (Crisis Services) 503-581-5535

Youth Line: 877-968-8491
TEXT 'teen2teen' to 839863
<https://oregonyouthline.org/get-help/> for info and online chat

Northwest Human Services 503-581-5535 | 1-800-560-5535
www.northwesthumanservices.org

The TrevorLifeline
Crisis resource for LGBTQ+ Youth
1-866-488-7386
TrevorText: text Start to 678-678

Psychiatric Crisis Center 503-585-4949

GENERAL MENTAL HEALTH RESOURCES

Center for Hope and Safety
503-399-7722 | hopeandsafety.org
This agency offers a safe refuge and support to victims and survivors of domestic violence, sexual assault, stalking and human trafficking.

Trillium Family Services – Clinical/Therapeutic Services
888-333-6177
The team at Shine, in partnership with Mental Health America, has vetted and compiled a wealth of research backed and helpful tools for you: articles, meditations, access to mental health experts, anxiety screenings and more.

Marion County Health and Human Services
(503) 576-4676
www.co.marion.or.us/adultmentalhealth.aspx

Polk County Health and Human Services
(503) 623-9289



NATIONAL SUICIDE AND CRISIS LIFELINE 24HRS/DAY CALL OR TEXT!

988 SUICIDE & CRISIS
LIFELINE

HOW TO SPOT FAKE OR FRAUDULENT JOB POSTINGS

As the job market becomes increasingly competitive, it's important to be vigilant when searching for job opportunities online. While there are many legitimate job postings, there are also fraudulent postings that can put job seekers at risk. These postings may be designed to steal personal information, money, or both. Here are some red flags to watch out for when searching for jobs online:



- 1. Vague job descriptions:** Fake job postings often have vague or incomplete job descriptions. Be wary of postings that don't provide specific details about the job duties, qualifications, or location.
- 2. Unrealistic salary:** If a job posting offers an unreasonably high salary for little work, it's likely a fake posting. Be cautious of job postings that promise to make you rich quickly.
- 3. Requests for personal information:** If a job posting requires you to provide personal information, such as your social security number before you've even applied for the job, it's likely a fake posting.
- 4. Upfront payment:** If a job posting requires you to pay upfront for training, equipment, or any other reason, it's likely a scam.
- 5. Poor grammar and spelling:** Legitimate job postings are usually written in professional language. Be wary of postings that contain poor grammar, spelling errors, or use of excessive capitalization.



By being aware of these red flags, you can protect yourself from fake job postings and ensure a safe and successful job search. Remember to always research the company and the job posting before applying, and trust your instincts if something seems too good to be true.



COMMUNITY PARTNER SPOTLIGHT



DevNW is a non-profit organization that works to promote community development in Oregon. They provide a range of services, including building and managing affordable housing units, offering financial education and coaching to low-income families, and connecting residents with resources for employment, education, and healthcare. DevNW also collaborates with local organizations and government agencies to support community development and create sustainable, equitable neighborhoods. Through their work, DevNW is dedicated to creating safe and affordable housing options and promoting economic stability for families and individuals in Salem.

HOW CAN DEVNW BENEFIT YOU?

DevNW offers a variety of financial education courses to help low-income families and individuals achieve financial stability. Some of the courses they offer include:

- Budgeting and saving
- Credit repair and building
- Debt reduction and management
- Financial coaching
- Homebuyer education courses covering:
 - Mortgage lending
 - Down payment assistance
 - Home maintenance.

These courses are designed to empower participants with the knowledge and skills they need to make informed financial decisions and achieve their long-term goals. Additionally, DevNW provides individualized financial coaching to help participants create personalized plans for achieving financial stability.

DevNW also offers an **Individual Development Account (IDA) program** to help low-income families and individuals save money and build assets. The IDA program is a matched savings program that provides a 2:1 match for every dollar participants save, up to a certain amount.

For example, if a participant saves \$1,000, the IDA program will provide a \$2,000 match, for a total of \$3,000 in savings.

Participants can use the funds for a variety of asset-building purposes, such as buying a home, paying for education or job training, starting a business, or purchasing a vehicle.

To participate in the IDA program, participants must meet certain eligibility criteria and must also complete financial education courses and work with a financial coach to create a savings plan.

If you are interested in any of the services and programs offered through DevNW, contact kayla@mchaor.org for a referral!

SUMMER MEALS

OFFERING FREE MEALS AND SNACKS TO ALL KIDS 1-18

COMMUNITY SUMMER MEAL PROGRAMS ARE OPEN TO ALL FAMILIES WITHOUT PAPERWORK, INCOME VERIFICATION, AND REGARDLESS OF IMMIGRATION STATUS. TO RECEIVE A MEAL, KIDS CAN JUST DROP IN DURING A SITE'S DESIGNATED MEAL TIMES. MANY PROGRAMS ALSO OFFER FUN ACTIVITIES SO KIDS CAN STAY ACTIVE AND KEEP LEARNING.

Find a Site Near You

Each summer, Oregon hosts summer meal sites for kids 1-18 all over the state. Summer meal programs may serve a combination of breakfast, lunch, snack, or supper. Some programs also offer learning activities for kids before and after meals. There are several ways to find meal sites in your area:

- Call 2-1-1 and an operator can help you find a site in your area and provide you information about that site.
- Text "Food" or "Comida" to 304-304; you will be prompted to enter an address and will be texted back a list of sites near you
- Use the USDA Meals for Kids Map on the website to search for information about sites within your selected area.
 - See below for link to website

Scan to find your local Summer Meal program



[HTTPS://TINYURL.COM/Y5RFY2E3](https://tinyurl.com/y5rfy2e3)

FOOD RESOURCES

LOCAL FOOD BOXES AND MEALS

WOODBURN

AWARE Food Bank

1530 Mt. Hood Ave.
Woodburn, OR 97071
(503) 981-5828

Food Pantry

Mondays, Tuesdays, Thursdays, & Fridays, 9 a.m. to noon
1st & 3rd Tuesdays, 3:30-6 p.m.

St. Luke's SVdP Food Pantry

417 Harrison St.
Woodburn, OR 97071
(971) 338-1074

Food Pantry

2nd & 4th Thursdays, 5-7 p.m.

SILVERTON

Mission of Hope at Silver Creek Fellowship

822 Industry Way
Silverton, OR 97381
(503) 873-7353

Food Pantry

Wednesdays, 2-4 p.m.

Silverton Area Community Aid

421 Water St.
Silverton, OR 97381
(503) 873-3446

Food Pantry

Mondays, 11 a.m. to 2 p.m.

Tuesdays, 4-7 p.m.

Thursdays, 9 a.m. to noon

NORTH MARION CO.

Marion Polk Food Share Mobile Pantry in Hubbard

Rivenes Park
2600 D St.
Hubbard, OR 97032
(503) 576-3448

Food Pantry

2nd Wednesdays, 3:30-5:30 p.m.

Marion Polk Food Share Mobile Pantry in Aurora

Pythian Hall
14979 2nd St. NE
Aurora, OR 97002
(503) 576-3448

Food Pantry

3rd Wednesdays, 3:30-5 p.m.

STAYTON

Stayton Community Food Bank

1210 Wilco Road
Stayton, OR 97383
(503) 769-4088

Food Pantry

Monday through Friday, 9 a.m. to noon

Scan to find more local food resources!



MARIONPOLKFOODSHARE.ORG/GET-HELP/



Here are a few ways to save money while doing laundry:

1. **Use Cold Water:** Heating water for laundry can consume a lot of energy and increase your utility bills. By using cold water, you can reduce your energy consumption and save money. Most detergents are designed to work well in cold water, so you don't have to worry about your clothes not getting clean.
2. **Avoid Overloading:** Overloading your washing machine can cause your clothes to wear out faster and decrease its efficiency. It's better to do smaller loads that fill up about three-quarters of the machine's capacity. This not only saves energy but also helps your clothes last longer.
3. **Air Dry Your Clothes:** Drying clothes in a dryer can consume a lot of energy and increase your utility bills. By air drying your clothes, you can save money and energy. Hang your clothes outside or use a drying rack indoors. If you do need to use a dryer, consider using wool dryer balls, which can reduce drying time and energy consumption.
4. **Use Less Detergent:** Using too much detergent can be wasteful and costly. Most detergents are highly concentrated, and using the amount *the manufacturer recommends* is usually way more than is necessary to get your clothes clean.

Only 2 tablespoons of laundry detergent is really needed to get your clothes clean. Don't listen to the manufacturer's recommendation!



FSS WORD SEARCH

How many FSS terms can you find? Find them all and return this page to MCHA for your chance at a prize!

G	N	I	N	I	A	R	T	E	S	C	E	N	G	L
W	H	U	H	H	N	R	D	G	R	Y	C	K	X	E
T	V	B	W	L	R	L	N	E	Y	L	N	Y	P	G
D	N	U	W	R	D	I	D	P	C	I	A	I	X	K
V	R	D	Z	L	V	I	E	I	N	M	T	R	B	C
E	I	G	U	A	T	J	R	W	E	A	S	A	F	O
G	H	E	S	Y	Y	C	O	A	I	F	I	F	Z	V
R	N	T	D	K	C	Z	C	M	C	D	S	C	P	M
D	L	I	F	D	N	L	S	P	I	R	S	E	U	C
A	E	S	S	R	B	S	T	Z	F	O	A	Y	W	D
E	U	B	E	U	B	I	I	W	F	E	M	D	Y	X
V	Q	E	T	H	O	Y	D	F	U	X	T	L	I	Z
S	F	F	V	P	E	H	E	B	S	W	N	V	E	D
W	O	R	C	S	E	T	R	Q	M	U	B	X	X	Q
X	I	N	O	I	T	A	C	U	D	E	B	I	O	D

ASSISTANCE
CREDITSCORE
EDUCATION
HOUSING
TRAINING

BUDGET
DEBT
ESCROW
SAVINGS

CREDIT
DEVNW
FAMILY
SUFFICIENCY