



July 2021
Volume 1, Issue 3

FSS Newsletter

WOW! It's hard to believe another three months has gone by already. It has been an exciting time for the Family Self-Sufficiency program and staff.

On June 7, we welcomed Michele Taliaferro and Aldo Lopez-Linarez to our team of FSS Coordinators. They are filling the vacancies left by Yajaira (Yaya) Cano and Malandria Watson. This means that all participants in the program have now been assigned to a permanent Coordinator. You should all have heard from your Coordinator by now.



Your progress updates will now be done in person. Please be sure to keep your scheduled appointments with your Coordinator or call to reschedule if the scheduled time is not convenient for you.

Our workshops will continue to be held via the internet for this quarter. In order to access the workshops you must have a link. In order to receive a link you must RSVP at the FSS program email- FSS@SNVRHA.ORG. Each workshop will have a unique link so you must RSVP for each workshop you wish to attend. More instructions on accessing the workshops is included on the workshop schedule. **Please remember, that as a participant in the FSS program you are required to attend at least one Self-Sufficiency Empowerment workshop every six months.** In the event you need to request a contract extension, you must have met this requirement in order for your request to be considered. Check out the workshop schedule for some exciting new workshops. You must allow at least 24 business hours to schedule a workshop.

You should be receiving regular emails from your Coordinator with information on various community resources, employment opportunities and other information. Please be sure to read these emails as you may find some very helpful information in them.

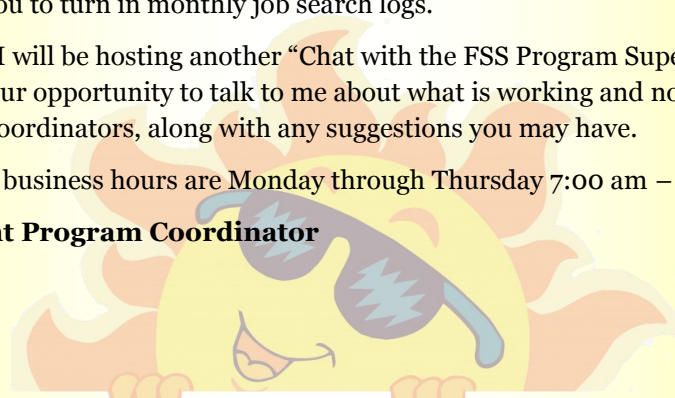
The FSS team is busy planning for this year's graduation. A limited number of current participants will be allowed to attend the graduation. You must be actively participating and current with your Self-Sufficiency Empowerment workshop attendance to attend. Watch for more information on this exciting event.

One of the main requirements in the FSS program is to seek and maintain employment. This quarter we will be offering a series of **job readiness workshops: Resume Writing- July 29, @ 9:00 AM , Job Searching- August 26 @ 9:00 AM, and Interviewing Skills- September 23 @ 9:00 AM.** **If you are currently unemployed, you must attend each of these workshops.** In addition, your Coordinators may be requiring you to turn in monthly job search logs.

On Saturday, August 21, I will be hosting another "Chat with the FSS Program Supervisor " Empowerment workshop. This is your opportunity to talk to me about what is working and not working with the program, not individual Coordinators, along with any suggestions you may have.

Please remember that our business hours are Monday through Thursday 7:00 am – 6:00 pm.

Martha Floyd, Resident Program Coordinator
mfloyd@snvrha.org
702 477-3534



DON'T LET YOUR EMAIL ADDRESS RUIN JOB OPPORTUNITIES

ORIGINAL ARTICLE WRITTEN BY CAMILLE CARBONEAU ROBERTS

Your email address is part of your brand and your professional identity.

Is your email address cryptic like some vanity license plates?

What goes through your mind when you drive behind a car with a license plate that says HVABEER? SXYBLND?

I am not against vanity license plates. They are fun! I have one as well! Deciphering them can be a great pastime, especially on long car rides or in traffic jams.

Bumper stickers and T-shirts with slogans are other great options for personal expression.

However, **unprofessional or unbranded email addresses are not a great way for job seekers to make a positive impression on a federal government employer.**

What Impression Does Your Email Address Create?

Do you want to be at the **TOP of the employer's mind --Top Of Mind Awareness** (TOMA), or is your résumé and other marketing materials in a coma?

You want to make it as easy as possible for the employer to associate you with what you do!

What do you think about the email address IHearVoices@gmail.com for a nurse in a mental health facility? Some may find it comical, but do you think a prospective employer would find it funny? Or, would they question your professionalism?

What do you think about soccermom@verizon.net or coolguy@cox.net? How about jim6932@yahoo.com or jennyandjim4ever@gmail.com? Or maybe jonesfamily@att.net? These are not cryptic or unprofessional, but will they associate a name that is easily remembered with the job seeker in each case? No!

These are common examples of emails that are not effective in creating that TOMA that will help the employers, recruiters, and other hiring professionals connect you to the job you are vying for at the moment!



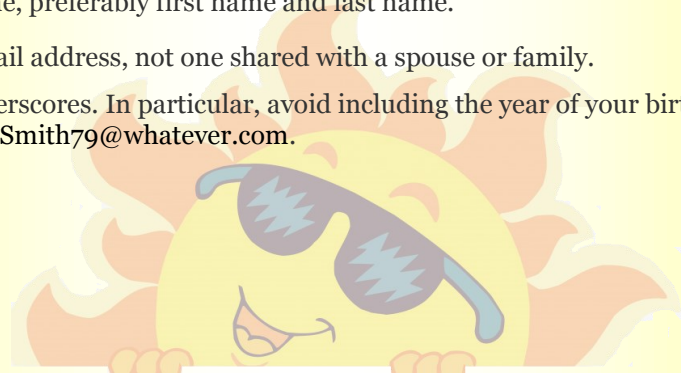
Criteria for Choosing an Effective Email Address

Think about how your email address represents you. Put yourself in the position of a potential employer reviewing information of a job candidate.

Follow this advice when choosing an email address for your job search:

- Your email address should **not** be suggestive, flirtatious, generic, silly, or funny.
- It should be professional and easy to remember and create awareness.
- It should include your name, preferably first name and last name.
- It should be a personal email address, not one shared with a spouse or family.

Try not to use numbers or underscores. In particular, avoid including the year of your birth. It's *very easy* to guess the probable age of Mary.Jane.Smith79@whatever.com.



CONTINUED:

- If you cannot obtain your email at a "leading" email service such as Gmail, try your name at another email service so you can use your first name and last name.

Make it easy for prospective employers to find "you" in their inboxes.

Remember that anytime you give your email address to anyone, that person becomes a member of your professional network. From your fitness instructor who sends you class schedules to the parent of your son's friend from school, your email address is representing you.

For job seekers, the answer is simple...use your name! If your name is Mary Jane Smith, you might choose maryjsmith@gmail.com. If it is not available, try variations that include your first and last name.

I know I wrote earlier not to use numbers. Depending on what you choose, numbers could be construed as the year you were born, or your age. Do not give them a reason to wonder what the number might mean. Read

TIP:

If you have a common name, you could associate your name with your profession or the position you are targeting like this: MaryJSmithArchitect@whatever.com.

Or, if you *must* include a number, use a telephone Area Code (for your current or your target location) or Zip Code (again, current or target).

I recommend you have a separate email for job search purposes only. Have one email that you use for all your job search communication. If you knew Mary personally and you knew that she loves baseball, ilovebaseball@example.com could be a personal email address!

Bottom Line

Make it easy for the hiring professionals to find you and remember you. Make it easy for them to connect your email with your application or resume. Keep this in mind -- How do you want to be branded in the eyes of a potential employer?

TEACHING YOGA FOR KIDS: WHY KIDS NEED YOGA AS MUCH AS ADULTS DO

ORIGINAL ARTICLE WRITTEN BY MARSHA WENIG

Our children live in a hurry-up world of busy parents, school pressures, incessant lessons, video games, malls, and competitive sports. We usually don't think of these influences as stressful for our kids, but often they are. The bustling pace of our children's lives can have a profound effect on their innate joy—and usually not for the better.

I have found that yoga can help counter these pressures. When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life's challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Foster-



ing cooperation and compassion- instead of opposition—is a great gift to give our children.

Children derive enormous benefits from yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves. Doing yoga, children exercise, play, connect more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface.





"Triumphant Reach" by Sheree Rabon

FSS SPOTLIGHT

Sheree Rabon enrolled, for the second time, in the Family Self-Sufficiency program, to begin her journey back to becoming a productive and active member of life once again.

While facing many personal and health obstacles, Sheree has continued to work towards reaching her goals that she has set for herself.

During meetings with her coordinator, Sheree shared her beautiful artwork that she has created over the years and, in describing her pieces, she beamed with pride. It was very easy to see that this is where her passion lies and where she should be putting her energies.

Her artistic career began during some very tumultuous roads to healing and recovering from issues that threatened her life.

During the healing and recovery, Sheree needed an outlet, a way to express the pain, both physical and emotional. She began her healing journey writing a book that would possibly change the course of many lives.

During the writing process, the recalling of the painful experiences came to a halt. She could no longer bare the suppressed memories of the agonizing truths that were being re-invoked, threatening to diminish the little peace she had found.

She decided to take a break from her tumultuous writing journey. During this time, her need to express herself became stronger than ever before.

She decided to start drawing the images that intuitively and intrusively pierced her thoughts.

Soon, she began drawing her traumatic experiences on notepads. Finally, she purchased proper drawing materials to begin drawing her emotional journey.

She soon realized that the artistic form of expression eased her pain. She began

taking art workshops and eventually painting classes. This enhanced her innate abilities to come to the surface. Art became her obsession. Art became the thread that began to mend so many broken pieces of her heart and soul.

When Sheree puts brush to canvas, what comes out cannot be taught. It is self-expression in the highest form of who she is.

Finally, Sheree began to paint her pain away by designing artistic expressions for the cover and chapters in her book that lie dormant still inside every fiber of her being.

The collection of paintings Sheree accumulated became a private collection that only a few have been privileged to view. She shared excerpts of her writing and coinciding art with only close friends, family and her medical team.

The outpouring of support and encouragement permeates and surpasses her desire to keep this body of work private. Yet, she also understood that only a select few viewers could grasp the essence of her journey.

Sheree retired the "Survivors Art" series to tell her stories of a long road to healing that perhaps would encourage others who experience their own experiences with trauma.

Sheree has opened up her beautiful artwork and several pieces are gradually being introduced to the public via social media and on display at City of the World Art Gallery located at Meadows Mall.

Her passion for painting the art that viewers describes

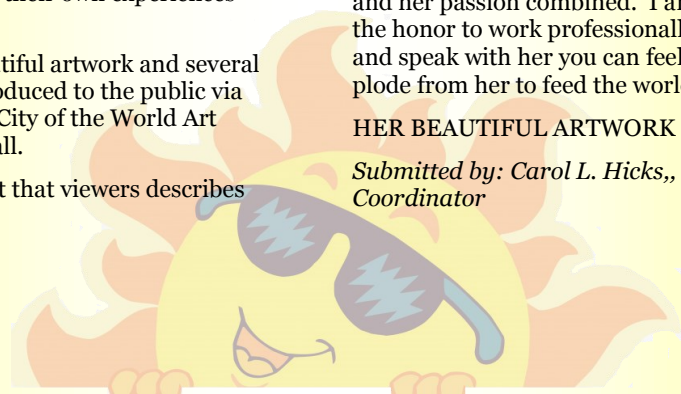


as "Survivors Art", became a collection that would explode into what many believe could help to heal beyond her own life.

Her passion to paint has become her ministry, her mission and her passion combined. I am lucky enough to be given the honor to work professionally with Sheree and, to know and speak with her you can feel the energy waiting to explode from her to feed the world with joy.

HER BEAUTIFUL ARTWORK SPEAKS FOR IT.

Submitted by: Carol L. Hicks,, Family Self Sufficiency Coordinator



5 SKILLS WORKPLACE EXPERTS SAY YOU NEED TO BECOME EMPLOYABLE AFTER COVID-19

- **Digital Communication Skills**– While not all employees will work remotely once the crisis has lessened, chances are that remote work will remain an option for some. Digital communication skills top the list of what’s likely to be top of mind for employers after COVID-19.
- **Customer Service Skills**– Customer service skills never go out of style. Whether continuing to interact in person with customers, or finding themselves needing to develop new processes for interacting virtually from a distance, employees with strong customer service skills will continue to be in high demand.
- **STEM Skills**– Tech skills were already in demand as many companies found themselves challenged to find employees with STEM (Science, Technology, Engineering, and Math) competencies. That’s likely to remain the case.
- **Supply Chain Knowledge**– Another thing that COVID-19 has taught us, is that the supply chain is important-critically important. The ability to create, distribute goods quickly, economically, and safely is imperative for companies across a wide range of product categories.
- **Soft Skills and Emotional Intelligence**– Employees, regardless of their job or the company they work for, need to be able to interact effectively and peacefully with others– and a variety of moods and personalities. Soft skills such as communication, and especially emotional intelligence will always be in high demand.

What is the big take-away for employees and/or job seekers like yourselves? It is knowing that the skills that will serve you well in the future are a mix of tried and true competencies (Customer Service and Soft Skills), and skills that are increasingly growing in demand (Digital Communication Skills, STEM competencies, and Supply Chain expertise).

VEGAS ROOTS COMMUNITY GARDENS

Vegas Roots Community Garden (formerly Tonopah Community Garden) is a community based non-profit organization in Las Vegas, Nevada that is owned and operated by the Together We Can organization.

Located near downtown Las Vegas, the garden offers programs that fall into 3 categories: Healthy Food, Health Through Wellness, and Food Insecurity.

Some of the programs offered are:

The Vegas Roots Community Garden- which grows healthy food and teaches the community how to grow and prepare healthy meals.

Lil Roots Garden Club– which is a program for kids 3-12, and starts them early in learning where their food comes from and how to grow their own.

Well Women of Color– a brand and weight loss program focused on wellness in every area of your life; providing weekly wellness emails, lecturing in the community, blogs, podcasts, and a Facebook group. The program walks the members slowly through making those lifestyle changes over time that will change the trajectory of their health and give them daily and weekly support.

The DIVA program– a diabetes reversal program that is also online and is specifically geared towards reducing or eliminating medications and reversing this disease that is affecting over 50% of communities of color.

Veggie Buck Truck– Las Vegas’ only mobile farmers market that goes to low income communities and sets up a pop-up market selling fresh fruit and vegetables.

More information can be found on www.VegasRoots.org!



Vegas Roots
Presents
Lil' Roots Garden Club

- ✓ Kid-size plot, includes irrigation
- ✓ Monthly youth 'Gardening+Cooking' classes
- ✓ Experience food from seed to harvest
- ✓ Introduce healthy eating habits
- ✓ Fun & educational!

1 year rental
\$10/month

pay in full for a \$20 discount!



10 TIPS TO BOOST YOUR MENTAL HEALTH

1. Value Yourself– Treat yourself with kindness and respect, and avoid self criticism. Make time for your hobbies and favorite projects, or broaden your horizons. Do a daily crossword puzzle, plant a garden, take dance lessons, learn to play an instrument or become fluent in another language.

2. Take care of your body- Taking care of yourself physically can improve your mental health. Be sure to- Eat nutritious meals, Avoid smoking and vaping, Drink plenty of water, Exercise (which helps decrease depression and anxiety and improve moods), and Get enough sleep. Researchers believe that lack of sleep contributes to a high rate of depression.

3. Surround yourself with good people- People with strong family or social connections are generally healthier than those who lack a support network. Make plans with supportive family members and friends, or seek out activities where you can meet new people, such as a club, class or support group.

4. Give yourself- Volunteer your time and energy to help someone else. You'll feel good about doing something tangible to help someone in need — and it's a great way to meet new people.

5. Learn how to deal with stress- Like it or not, stress is a part of life. Practice good coping skills: Try One-Minute Stress Strategies, do Tai Chi, exercise, take a nature walk, play with your pet or try journal writing as a stress reducer. Also, remember to smile and see the humor in life. Research shows that laughter can boost your immune system, ease pain, relax your body and reduce stress.

6. Quiet your mind:

Try meditating, Mindfulness and/or prayer.

Relaxation exercises and prayer can improve your state of mind and outlook on life. In fact, research shows that meditation may help you feel calm and enhance the effects of therapy.

7. Set realistic goals:

Decide what you want to achieve academically, professionally and personally, and write down the steps you need to realize your goals. Aim high, but be realistic and don't over-schedule. You'll enjoy a tremendous sense of accomplishment and self-worth as you progress toward your goal

8. Break up the monotony:

Although our routines make us more efficient and enhance our feelings of security and safety, a little change of pace can perk up a tedious schedule. Alter your jogging route, plan a road-trip, take a walk in a different park, hang some new pictures or try a new restaurant.

9. Avoid alcohol and other drugs:

Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.

10. Get help when you need it:

Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.



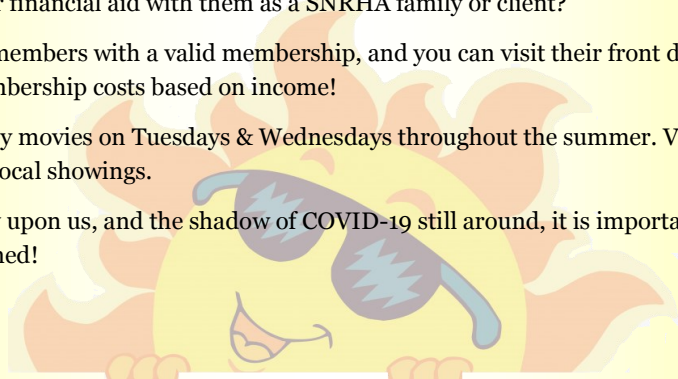
SUMMER ACTIVITIES

Did you know the Y (or for us older folks, the YMCA) has a multitude of activities for all members young and old, **AND** that you can apply for financial aid with them as a SNRHA family or client?

The Y is open to all family members with a valid membership, and you can visit their front desks to inquire about payment plans or reduced membership costs based on income!

Regal Cinemas has \$1 family movies on Tuesdays & Wednesdays throughout the summer. Visit www.regmovies.com for a complete schedule of local showings.

With the Summer heat now upon us, and the shadow of COVID-19 still around, it is important for families to stay safe, stay cool, and stay entertained!



Continued:

The city of North Las Vegas has been hosting movie nights throughout their parks this Summer, and still have a few upcoming dates for future movie showings. These are fun nights you can spend together with your family and friends, all at no cost to you! The remaining schedule for this year is as follows:

August 23 - **Onward** – Tom Williams Elementary

September 17th – **Coco** – Hartke Park

September 24th – **Avengers: Endgame** – Nature Discovery Park

October 2nd – **Playing With Fire** – Deer Springs Park

November 12th – **Midway** – Aliante Golf Course

For more information, visit cityofnorthlasvegas.com.

Throughout the summer the FSS Coordinators will also be sending out emails on fun activities for the whole family. Please make sure your Coordinator has the most updated email for you so as to not miss out!



HOW THE EXPANDED 2021 CHILD TAX CREDIT CAN HELP

YOUR FAMILY

Article from the IRS.GOV website

The American Rescue Plan Act expands the child tax credit for tax year 2021.

The maximum credit amount has increased to \$3,000 per qualifying child between ages 6 and 17 and \$3,600 per qualifying child under age 6.

If you're eligible, you could receive part of the credit in 2021 through advance payments of up to:

\$250 per month for each qualifying child age 6 to 17 at the end of 2021.

\$300 per month for each qualifying child under age 6 at the end of 2021.

The expansion of the credit also means it:

is fully refundable, meaning you can claim the credit even if you don't have earned income or don't owe any income taxes.

now includes children who turn 17 in 2021.

allows you to receive half of the 2021 estimated credit, in advance.

See Advance Child Tax Credit Payments in 2021 on IRS.gov for details on eligibility, timing of monthly payments, helpful resources and more.”

FOR QUESTIONS AND INFORMATION, THERE IS FREE HELP AVAILABLE LOCALLY!

Please reach out to the Volunteer Income Tax Assistance Program (VITA)

Nevada Free Taxes Coalition
5013 Alta Dr.
Las Vegas, NV 89107
702-987-4625
patsmith@nvfreetaxes.org
www.nvfreetaxes.org

