

January & February 2015

Family Self-Sufficiency

FSS Participant Brag Wall

This section is an opportunity to highlight all of the GREAT things that FSS participants are doing, EACH AND EVERY DAY!! Make sure you let your case manager know if you have an accomplishment that deserves recognition! Keep up all of the amazing work!

- One participant found full-time employment.
- One participant passed her CNA exam.
- One participant earned a \$0.75 raise at work.
- One participant was awarded WIA funding for school.
- One participant graduated with her AAS in Medical Office Technology from FRCC and was hired at her externship site.
- One participant got a new full time job at IBM.
- One client graduated from Front Range Community College with an Associates of Arts.



Congratulations and welcome to the following new FSS participants:

- | | | | | |
|--------------|--------------|--------------|--------------|-------------|
| • Sarah M. | • Jason W. | • Marissa N. | • Nelly B. | • Keyvis G. |
| • Rose L. | • Michele H. | • Andrea K. | • Melissa G. | |
| • Bethany G. | • India B. | • Tina L. | • Chau D. | |



Do you know about all the Workshops and Classes that Sister Carmen Community Center provides?

Below are descriptions for the workshops, classes, screenings, and other events we regularly provide or host. Please visit the calendar at www.sistercarmen.org for dates, times and other specific information. If there's something you see listed here that you cannot find on our calendar, feel free to call 303-665-4342 and inquire!

Nutrition Classes

Our nutrition classes focus on where food comes from, the qualities of a well-balanced diet, and how to prepare food in a healthy way that makes the most of the items we have available in our Food Bank. We also discuss how to make a healthy meal in a hurry, how to make nutritious meals on a budget, and how to pack a healthy school lunch for your child. Our children's nutrition classes in particular focus on how food grows (incorporating visits to our garden) and the different kinds of food groups.

Yoga Classes

We provide free yoga classes on site. Yoga improves flexibility, increases strength, and helps a person create balance in all areas of life.

Zumba Classes

Party yourself into shape! Zumba is a Latin-inspired, easy to follow, calorie burning, dance-fitness party. Feel the music and let loose!

Walking Group

Come and join us as we explore local trails. Make new friends and relieve stress all while getting fit!

Blood Pressure and Diabetes Screenings

A team of two nurses, a physician, and a physical therapist from Saint Benedict Health and Healing Ministry visit the Sister Carmen Center to offer services. Services provided include blood pressure screening, health care education, diabetes screening, and wound care.

Mammograms

Saint Benedict Health and Healing Ministry partners annually with Exempla Saint Joseph's Hospital to bring a mobile mammography unit to SCCC. Mammograms are available for free, though appointments should be made in advance.

Dental Screening

Free dental screenings are sometimes available at Sister Carmen. We work with Dental Aid to provide these screenings. At the screenings, Registered Dental Hygienists can assess dental problems, provide oral health information and information about low cost dental care.

Job Search and Career Coaching

We offer free group and/or one-on-one Job Search and Career Exploration sessions to help you clarify skills and interests, identify career paths and job opportunities and successfully secure employment. Professional assistance and coaching for the entire job search process including networking, writing resumes, and interview preparation is available. A Nationally Certified Career Counselor is available for appointments and job search group sessions.

English as a Second Language Classes

Intercambio provides ESL (English as a Second Language) classes at SCCC. Classes are for any non-native English speaker.

Family Literacy Classes

Zonta EducateZ hosts Family Literacy Classes at SCCC. These classes help to close the achievement gap through literacy, college preparedness and basic life skills.

Legal Counseling

An attorney from Faegre Baker Daniels LLP visits the center monthly to provide free legal advice. This service is usually available on the 4th Wednesday of each month.

Financial Stability Workshops

These workshops are organized through Boulder County and are sometimes hosted at Sister Carmen Community Center. Material covered includes goal setting, budgeting, record keeping, and communication with creditors, collectors, and landlords. For more information visit the Boulder County website, www.bouldercountyhc.org.

LEAP Application Assistance Support

During fall and winter months, English and Spanish speaking representatives from the LEAP office come to SCCC to help with applications for heat assistance. Items to bring with you for the LEAP workshop: ID, Xcel bill — the latest full bill, Disconnect notice if you have one, Income verification from the last month.

Abriendo Puertas

A freelance instructor teaches this class to help immigrants who are new to the United States become more aware of the judicial system. Along with knowing their rights within the context of immigration (conosco sus derechos), they learn about domestic violence and driving rules.

Nurturing Parenting Classes

Nurturing Parenting is a national, evidence-based program that aims to empower individuals and families with new knowledge, beliefs, strategies and skills to make good and healthy lifestyle choices. More information can be found here:

www.nurturingparenting.com. SCCC is offering this free program for the first time in 2014.

Parenting Safe Children Workshops

This is an inspiring workshop on preventing child sexual abuse. Topics covered include: Creating a communication-rich environment for children; Empowering children to set and maintain boundaries; Body-safety rules; Characteristics of safe homes & schools; Secrets; Age-appropriate sexual behavior; “Teachable Moments”; Tips for interviewing childcare providers; Teaching manners while also teaching kids to say “NO” if they are un-safe.

Family Events

We regularly host fun family event, such as Family Fun Nights – carnival style with games and prizes, and Family Bingo Nights – bingo for adults and kids!

Grupo Latina

An opportunity for Latinas to meet other Latinas that come to SCCC, and to talk about topics important to our diverse cultures. This group is facilitated in Spanish, and is fun and uplifting. Receive support, encouragement, and empowerment. The group meets on Wednesdays, 9:30 to 10:30 am.

Boulder County Head Start

Boulder County Head Start is a comprehensive Child Development program for low income families and children with disabilities. It is designed to meet the individual needs of children through a partnership between teachers and parents.

- Free Comprehensive program for income eligible families
- Serving 3 and 4 year old children
- Full and Half day classes in Boulder and Lafayette
- Bilingual classrooms (English and Spanish)
- Nutritious meals and snacks
- Children must be 3 years old by September 30

Please call 720-564-2210 for more information on how to enroll your child.

Boulder County Head Start is on Facebook! Check us out!

Are you looking for options to fulfill your Parenting Class requirement for FSS? Here are lots of (free or low-cost) options to choose from!

YWCA Boulder Parent Engagement Spring 2014

Love and Logic: Early Childhood Parenting Made Fun!™

Note: Class size is limited to 20, so register early!

Wednesdays, January 28 – February 25 5:30 pm – 7:45 pm

Thursdays, March 5 – April 9 (no class March 26) 5:30 pm – 7:45 pm

\$30 per person or \$50 per couple

Join us for this helpful class from the Love and Logic Institute for parents of children through age 6.

- Show kids that whining and arguing does not pay
- Put an end to misbehavior in public
- Smooth-out morning and bedtime conflicts
- Calm sibling bickering and battling
- Teach respect, responsibility, and self-discipline

The cost of the class has been greatly reduced due to generous funding from the Temple Hoyne Buell Foundation. Based on the grant, we ask that only those with limited income sign up for the class. Taught by Cyndi Goldfarb. M.S., LCCE.

Need childcare? Class participants may register their children at our on-site childcare center, Children's Alley, for \$6 per child/per hour. Refreshments included. Call at least 48 hours before each class in which care is needed. (303) 449-1951. Call the YWCA at (303) 443-0419 or frontdesk@ywcaboulder.org



Pathways to Success – Boulder Psychological Services Parenting Workshops

The Fatherhood Journey

Learn about the important role that fathers play in their children's lives and how fathers can connect more deeply.

Presenter: Jeremy Dion, LPC

January 12, 2015 @ 6:30 pm - 8:00 pm

Mamie Doud Eisenhower Library Broomfield

From Roommates to Soulmates: Enhancing Couple's Relationships

Identify common obstacles and learn effective strategies to enhance your relationship.

Be Part of the Conversation! Join us live, watch live on Channel 22 or streamed live on www.BVSD.org

January 15, 2015 @ 12:30 pm - 1:00 pm

BVSD Board Room Boulder

Strengthening Your Relationship with Your Child

Discover how to be an effective disciplinarian while simultaneously enhancing the parent-child relationship.

Presenters: Lesley Cunningham, LPC, Caroline Roy, LCSW, and Jenny Key, LCSW

January 20, 2015 @ 6:30 pm - 8:00 pm

Louisville Library Louisville

5 Key Strategies for Strengthening Your Relationships

Discover how to improve your quality of life by enhancing and deepening your relationships with others.

Presenters: Jenny Key, LCSW and Lesley Cunningham, LPC

Join This Live Webinar From the Comfort of Your Home or Office! All you need is Internet access (via computer, tablet, or mobile phone) at the scheduled time, and you'll be able to listen to the talk.

January 21, 2015 @ 12:00 pm - 1:00 pm

New Moms: Caring for Yourself as You Care for Your Baby

Learn how to prepare for healthy postpartum self-care.

Presenters: Rachael Bonaiuto, LPC and Kate Ellard, LCSW

January 26, 2015 @ 6:30 pm - 8:00 pm

Meadows Branch Library Boulder

Giftedness and Stress

Learn why it is so common for gifted students to struggle with stress and how to help them manage it.

Presenters: Jenny Hecht, LCSW & Jenny Key, LCSW

February 9, 2015 @ 6:30 pm - 8:00 pm

Mamie Doud Eisenhower Library Broomfield

Helping Children and Teens Who Struggle with Anxiety

Deepen your understanding of anxiety issues in children and learn about effective strategies that can help.

Presenters: Harmony Barrett Isaacs LPC and Erin Dittelberger, LPC

Join This Live Webinar From the Comfort of Your Home or Office! All you need is Internet access (via computer, tablet, or mobile phone) at the scheduled time, and you'll be able to listen to the talk.

February 18, 2015 @ 12:00 pm - 1:00 pm

Anxiety Disorders: Diagnosis and Treatment

Deepen your understanding of anxiety disorders, symptoms, and effective treatment options.

Be Part of the Conversation! Join us live, watch live on Channel 22 or streamed live on www.BVSD.org

February 19, 2015 @ 12:30 pm - 1:00 pm

BVSD Board Room Boulder

Learn How You Can Reduce Stress Now!

Anxiety Disorders: Diagnosis and Treatment

Learn simple yet highly effective stress management techniques that will immediately improve your well-being.

Presenters: Kate Ellard, LCSW & Dr. Sunda Friedman TeBockhorst, LPC

February 23, 2015 @ 6:30 pm - 8:00 pm

Meadows Branch Library Boulder



“How Are ALL the Children?”

PEN – Parent Engagement Network is a parent-based community group that is active in many BVSD elementary, middle and high schools. PEN focuses on developing parenting skills by offering FREE education, awareness, and training to all parents and community members on topics concerning our youth and youth development.

TECHNOLOGY AND MEDIA

Events will include topics such as cyber safety/bullying, gaming, on-line reputation

January 13th from 6:30 – 8:30 pm

Centaurus High School

Unplugged and Powered Down with Michael Vladeck

www.connectwithyourteen.com

DRUGS AND ALCOHOL

Events will include topics such as substance use; the facts, the causes, and prevention.

March 3rd, 4th, and 5th

Nederland H.S. & other locations to be determined

Tickets are \$10 in advance, or \$15 at door

High Expectations with Ray Lozano

www.raylozano.com

13th Annual PEN Celebration Luncheon!

MAY 5th from 11a.m. -1:00 p.m.

Tickets are \$20

Guest speaker: Nancy Buck, author, Peaceful Parenting

Questions or to volunteer: Kathy Valentine, PEN Calendar Chair, valstone2@hotmail.com or call 303-810-6456. Visit us online at www.parentengagementnetwork.org

Register at: penbv.org/eventregistration

ALL are welcome. Tix \$5 unless otherwise noted. Scholarships are available. Free interpretation.

Free Days for the Family

Denver Art Museum

100 West 14th Ave Parkway, Denver

720.865.5000 www.denverartmuseum.org

January 3rd, February 7th, March 7th, April 4th and 26th (Dia del Nino/Day of the Child), May 2nd, June 6th, July 11th, August 1st, September 5th and 12th (Friendship Powwow), October 3rd, November 7th and December 5

Denver Zoo

2300 Steele Street, Denver 303.376.4800

www.denverzoo.org

January 11th, 12th, and 22nd, February 6th, 7th, and 19th, November 2nd, 13th and

Denver Children's Museum

2121 Children's Museum Dr., Denver

Www.mychildsmuseum.org · 303.433.7444

4 to 8pm only: January 6th, February 3rd, March 3rd, April 7th, May 5th, and June 2nd

Denver Botanic Gardens

1007 York St, Denver 720.865.3500

www.botanicgardens.org

January 19th, February 16th, March 22nd, April 22nd, July 21st, August 31st, September 9th, November 13th and 14th (Holiday Sale days)

Denver Museum of Nature and Science

2001 Colorado Blvd, Denver 303.322.7009

www.dmns.org

January 5th, and 25th, March 2nd, April 12th (Earth Day), April 25th (Día del Niño), May 31st, June 29th, July 26th, August 17th, September 27th, October 19th, and November 9th

Colorado Railroad Museum

17155 W. 44th Ave., Golden, CO 80403

www.coloradorailroadmuseum.org

303-279-4591

January 3rd, March 7th, and May 2nd

Molly Brown House Museum

1340 Pennsylvania St., Denver 80203

www.mollybrown.org

303-832-4092

January 24th, April 15th, September 1st, and November 11

Denver Center for the Performing Arts

1101 13th St, Denver, 80204 303.547.3410 · www.denvercenter.org

Each Tuesday at 10am, The Denver Center for the Performing Arts will release a limited number of \$10 tickets. Ten seats for every Denver Center Theatre Company performance in the coming week will qualify (up to 25 shows per week). Tickets available by phone (303-893-4100) or in person in the Helen Bonfils Theatre Complex lobby at Speer & Arapahoe.

Low-Income Energy Assistance Program

LEAP is a federally funded program that helps eligible hard working Colorado families, seniors and individuals pay a portion of their winter home heating costs. It is not intended to pay the entire cost of home heating, but rather to help alleviate some of the burden associated with the colder months. If your income is up to 150% of the federal poverty index, you may qualify for heating assistance this winter through LEAP. The amount of the energy assistance benefit varies depending on a variety of factors, including the primary heating fuel costs and income. The program does not provide financial assistance for any type of temporary or portable heating. In most cases the energy assistance benefit is paid directly to the household energy supplier.

You may qualify if you:

- Pay home heating costs, either directly to a utility company or to a landlord as part of rent.
- Are a permanent legal resident of the United States and a Colorado resident or you have household members that are U.S. citizens.
- Provide proof of lawful presence in the U.S. Valid forms of identification include: Colorado Driver's License or Colorado Identification card, United States Military Identification Card or Military Dependent's Identification card, United States Coast Guard Merchant Mariner card, Native American Tribal document
- Earn a maximum family household income that does not exceed 150% of the federal poverty index.

LEAP pays the highest benefits to those with the highest primary heating fuel costs. In most cases, if you are approved for LEAP, payments are made directly to your primary heating fuel vendor and a notice will be sent to you informing you of the benefit amount.

Other benefits provided by LEAP include repair or replacement of a home's primary heating system, such as a furnace or wood-burning stove.

It is easy to apply for LEAP.

- Download and print an application (you will need the latest version of Adobe Reader to view the application). <https://sites.google.com/a/state.co.us/cdhs-leap/>
- Call 1-866-HEAT-HELP (1-866-432-8435) to have an application mailed to you.
- Pick up an application from any county department of social or human services.

If you received LEAP last year and still reside at the same address, a LEAP application packet will be mailed to you on or before November 1. Please use the return business-reply envelope provided in the packet to submit your application.

Completed LEAP applications can be faxed, mailed, emailed or delivered to the BCHHS Longmont office at 1921 Corporate Center Circle, Suite 3-F, Longmont, CO.

Applications are processed according to the date they are received and may take up to 50 days to process a non-emergency application.

Household Size	Maximum Monthly Gross Income
1	\$1,459
2	\$1,967
3	\$2,474
4	\$2,982
5	\$3,489
6	\$3,997
Each Add'l Person	\$508

I can't believe we're about to welcome in the New Year! Have you made any new year resolutions? Here is a place to jot down your resolution ideas. Keep this list where you can see it everyday and feel free to change your resolutions as you go. Enjoy!

this year, i will...

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Mexican Twice

Baked Sweet Potatoes



- 2 or 3 medium sweet potatoes
- 1 can of black beans, rinsed and drained
- 1 can of corn, drained
- 1 small onion, diced
- 1/2 cup red pepper, diced
- 1 small jalapeno, diced (if you like spicy)
- 1 clove of garlic, pressed
- 1 teaspoon chili powder
- 1 oz. cream cheese
- 1/4 cup Greek yogurt or sour cream
- Salt and pepper to taste
- Handful of chopped fresh cilantro (if desired)
- 1/2 cup of cheese (you can use any kind)

- Preheat oven to 350 degrees and baked sweet potatoes for about an hour, until soft. Check by poking with a fork.
- Heat a skillet over medium high heat. Do not add any oil or butter, and add corn to pan. Sprinkle with chili powder, salt and pepper. Do not stir. Let the corn roast for a few minutes before stirring. Roast for about 10 minutes until nice and brown. Set aside in a bowl with black beans.
- Heat a tablespoon of oil and sauté onions, peppers, and garlic. Set aside.
- Remove sweet potatoes from the oven and let cool for a few minutes. Cut sweet potatoes in half and scoop out flesh. Leave a little lining of the flesh inside to help keep the shape of the sweet potato.
- In a large bowl mix sweet potatoes, cream cheese, yogurt or sour cream.
- Carefully mix black beans, roasted corn, sautéed onions, peppers, garlic, and cilantro into the sweet potato mix.
- Scoop the filling into sweet potato skins. Top with cheese and broil for 5 minutes, until cheese is nice and bubbly.
- Enjoy!

I hope you have enjoyed this edition of the FSS newsletter. For more information, or if you know of something that should be included in the next issue, please contact Aimee Bruhn at 303.441.1268 or abruhn@bouldercounty.org. Enjoy!



BOULDER COUNTY
**HOUSING
& HUMAN
SERVICES**

Hope for the future, help when you need it.

BCHA Executive Director • Frank Alexander

Ann Harris, MC • Resident Services Program Coordinator • 303.441.4853

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