

Thriving Through Education

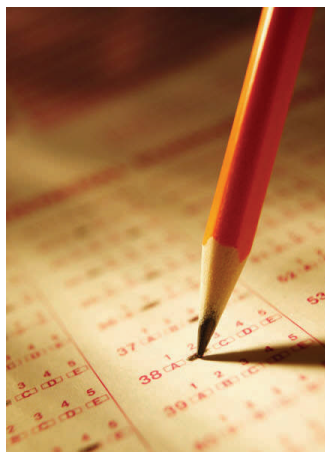
**CalWORKs
Program at SCC**

Volume III, Issue II
Fall 2009

Another semester, another step closer...

The Fall 2009 semester is more than halfway over. Looking back at our classes, our sleepless nights and all of our students can we say that we have achieved something?

Yes, each step makes a difference. It doesn't matter how many more tests and projects we have to complete. It does not matter how many more sleepless nights with coffee and books we will have to face.



What matters now is today! Today, you have achieved something! You are a student and a parent; you have already succeeded!

Your success will not only be seen when you finally accomplish your goal. You succeed every morning that you get up, get your kids ready for school, make them breakfast, prepare their lunch, drop them off at school...and then it's your time. It's the time you chose to dedicate to education and experience. Your hard work will be rewarded. Your perseverance is very valuable.

One day, you will realize how amazing you were each day that you strived to make a difference for yourself and your family. You will realize how much you have accomplished because of your love for your family and desire for

personal development. However, don't only wait for tomorrow, celebrate your success today!

Remember that we are here to help in any way that we can! The resources and services at SCC, abound in quantity and quality. Please, do inquire. Some of these beneficial programs are:

- ◆ CalWORKs Program
- ◆ Disability Resource Center
- ◆ Financial Aid
- ◆ Childcare/ Development
- ◆ Tutoring
- ◆ RISE
- ◆ Job Services
- ◆ Counseling
- ◆ Health Services

Come and learn how we can help you!!!

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New CalWORKs Seminars

The CalWORKs Program is proud to present a new service to its students. The CalWORKs program in collaboration with various community organizations, private companies and government agencies will be providing the CalWORKs students with resourceful and life changing seminars.

Seminars will be made available to the CalWORKs students that touch on the issues that the students are faced with everyday and which might not be addressed in their regular academic programs.

These seminars will be tailored in a way to fill the gap with necessary information that will allow them

to more successfully achieve their dreams.

Topics include:

Financial Success, Academic Achievement, Job Placement, Nutrition, Personal Improvement, Child Development, Home Safety and more.

Important Dates:

- November 17, 2009
"Financial Literacy"
12noon-1pm
CalWORKs Office
- December 7, 2009
CalWORKs Cares Food, Clothes & Toy Giveaway
- December 08, 2009
"Motivation For Life"
12noon - 1pm
CalWORKs Office

What CalWORKs can do for You

CalWORKs (California Work Opportunity and Responsibility to Kids) is a state funded Welfare-to-Work program designed to help individuals on public assistance become self - sufficient.

Are you currently receiving CalWORKs (cash assistance for low-income families) from the county?

Want to go to College?

The Sacramento County CalWORKs program can pay for:

- ◊ Books
- ◊ Supplies, Equipment, and Uniforms
- ◊ Childcare when you are in school, work or studying
- ◊ Transportation expenses



"If you don't know where you're going you'll never get there."

-Dustin Peltier Robson

Applying for CalWORKs is Easy

Anyone receiving TANF (Temporary Aid for Needy Families), formerly known as AFDC, may be eligible for services.

The first step to join the CalWORKs program is to attend a mandatory SCC CalWORKs Orientation/ Intake Session. Bring your TANF verification to this meeting. The staff are eager to help you fill out an application. For this, please come 1/2 hour earlier.

Anyone who is thinking about enrolling in classes and has already signed their county Welfare-to-Work Agreement must speak to their county worker prior to enrollment.

If a student is already enrolled in a degree or certificate program at SCC at the time of entry into the Welfare-to-Work program, that program may be approved as their Welfare-to-Work activity.

The program must lead to employment within the local labor market, students must maintain satisfactory progress, and it must be completed within the time

Applications are accepted year - round.

There are No Deadlines!

Hurry to join!

Sacramento City College has a CalWORKs program on campus to help with your educational goals.

You will receive personal attention from our staff and counselors.

Support Services include:

- ◊ Academic & Career Counseling
- ◊ County Welfare Advocacy
- ◊ College Application & Enrollment assistance
- ◊ Financial Aid Information
- ◊ Child Care Resources & Referrals
- ◊ On and Off- campus job information
- ◊ Community Agency Referrals

SCC CalWORKs Orientation:

Tuesdays
3:00pm - 4:00pm

Wednesdays
12:00pm- 1:00pm

-Arrive 1/2 hour early to complete your SCC online application.
-Bring your TANF Verification

(Children are welcome, but space is limited & childcare is not provided)

About the SCC CalWORKs

Sacramento City College's CalWORKs program is working together with other community agencies to provide comprehensive services that promote self-sufficiency as well as life- long learning.

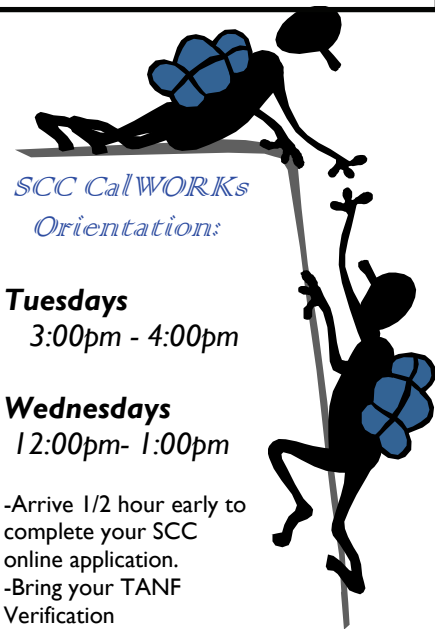
Sacramento City College has a team of CalWORKs professionals who are eager to assist you in successfully gaining access to the workforce and a new career. An array of support services are also available to help ensure a successful transition.

We have Russian, Spanish and Vietnamese interpreters, who can help with paperwork and answer questions. We have information on community resource services, child health care, legal service, business services, teen services and any other needed information.

We work with various community agencies, county agencies, employment agencies and other support services agencies.

We work eagerly with all needy and willing individuals. We help them get on to the road to self - sufficiency and competency.

We host various family fairs and educational workshops to further enhance the educational experience and life improvement. Including topics about education, children, jobs, family issues and self - improvement techniques.



The Los Rios Internships & Career Services (LINCS)

The Los Rios Internships & Career Services (LINCS) combines three college services that assist students and alumni with career training and employment needs. The Career Center, CalWORKS, and Co-op Work Experience and Internship Programs have teamed together to meet your recruitment and job or internship search needs...and it's free!

Go to:

https://www.myinterfase.com/scc_losrios/student



We are here to help!

"Don't fail to do something just because you can't do everything."

-Bob Pierce

CalWORKs Seminars

We invite you to come to our CalWORKs Seminars

November 17, 2009 from 12:00pm - 1:00pm

"Financial Literacy"

Topics to be discussed

- ◇ Budgeting
- ◇ Credit Repair
- ◇ Saving Money
- ◇ The role of income protection



The experienced professional from the Financial Field, Vida Bishop, from Primerica Financial Services will be presenting this Seminar.

December 08, 2009 from 12:00pm - 1:00pm

"Motivation For Life"

Topics to be discussed

- ◇ Don't Let Your Past Interfere with Your Future
- ◇ How to Manage Your Time Effectively
- ◇ How to Enjoy Life...Reduce Your Stress



The Success Coaches and Speakers from Seeds To Personal Growth, James and Renee West will be presenting this Seminar.



The 2009 CalWORKs Cares Food, Toy & Clothes Giveaway



CalWORKs Students and their families are invited to attend the

2009 CalWORKs Cares Food, Toy & Clothes Giveaway

Monday, December 7, 2009

Come and get a free box of nutritious food for this holiday season. You also will get a toy to give to your child. There will also be clothes for you and your family! We will serve hot coffee and a light snack.

This event is dedicated to You, CalWORKs students!

Your success, health and self - sufficiency are important to us!

Thanks to departments, students, community agencies and other individuals we are honored to present to you this wonderful celebration of success, hope and family!



Thanksgiving Dinner

November 18, 2009
 5:00pm
 St. Lawrence Catholic Church
 4325 Don Julio Blvd.
 North Highlands, CA 95660
 (916) 332-4777
 Zip Code 95660

Day after Thanksgiving Dinner

November 27, 2009
 5:30pm
 Cordova Neighborhood Church
 10600 Coloma Road
 Rancho Cordova
 (916) 635-5992
 Zip Code 95670

Thanksgiving Lunch

November 26, 2009
 11:00am - 1:30pm
 Salvation Army
 1200 North B Street
 Sacramento, CA 95811
 (916) 442-0331
 Zip Code 95811

Christmas Food Dinner Bags

Pre-register
 November 18 - December 10
 M - Th; 10:00am - 12:45pm
 Must bring proof of address and
 I.D. for self and family members
 Food Bag Giveaway is on
 December 16, 2009
 Elk Grove Community Food Bank
 Services
 8820 Elk Grove Blvd.,
 Elk Grove, CA 95624
 (916) 685-8453
 Zip Codes: 95624, 95683, 95757,
 95758, 95759, 95829, 95693

Thanksgiving Resources

Thanksgiving Dinner

November 24, 2009
 11:00am
 Loaves & Fishes
 1321 North C Street
 Sacramento, CA 95814
 (916) 446-0874
 Zip Code 95814

Thanksgiving Dinner

November 25, 2009
 12:00pm - 3:00pm
 St. John's Lutheran Church
 Goethe Hall
 1701 L Street
 Sacramento, CA 95814
 (916) 444-0874
 Zip Code 95814

Dinner & Clothes

November 25, 2009
 12:00pm - 4:00pm
 Oak Park Community Center
 3425 Martin Luther King Jr., Blvd
 Sacramento, CA 95817
 (916) 808-6151
 Zip Code 95817

Turkey Boxes

November 23 & 24, 2009
 9:00am - 1:00pm
 Sacramento Food Bank
 & Family Services
 3333 3rd Avenue
 Sacramento, CA 95817
 (916) 456-1980
 Open to all zip codes
 Need I.D. & proof of address

Thanksgiving Dinner

November 24, 2009
 5:00pm
 St. John Missionary Baptist
 Church
 2130 Fourth Street (4th & V St.)
 Sacramento, CA 95818
 (916) 446-7198
 Zip Code 95818

Thanksgiving Dinner

November 22, 2009
 After services @10am/5pm
 Glory Bound Street Ministry
 4527 Parker Avenue
 Sacramento, CA 95820
 (916) 452-7078
 Zip Code 95820

Dinner, Bingo & Clothing

November 25, 2009
 6:00pm
 St. Ignatius Church
 3235 Arden Way
 Sacramento, CA 95825
 (916) 482-9666
 Zip Code 95825

Thanksgiving Dinner

November 24, 2009
 6:00pm
 St. Philomene
 2428 Bell Street
 Sacramento, CA 95825
 (916) 920-0978
 Zip Code 95825

Thanksgiving Dinner

November 26, 2009
 11:00am - 2:00pm
 Sam C. Pannell Community
 Center - People Feeding
 People
 2450 Meadowview Rd
 Sacramento, CA 95832
 (916) 689-5222
 or (916) 808-6608
 Zip Code 95832

Winter Holiday Resources

Christmas Baskets

Sign Up Information
 November 4 - November 20
 and December 2 - 11
 Must bring proof of address, two current items
 with name and address for each adult in house
 and one current item with name of each child
 After registration, families will be notified of
 pick up date and time
 Stanford Settlement Neighborhood Center
 450 West El Camino Ave., Sacramento, CA
 95833
 (916) 927-1303
 Zip Codes 95815, 95833, 95834, 95835 &
 95838

Salvation Army Food Boxes & Toys

Registration from
 October 12 - November 21
 9:00am - 3:30pm, Mon - Sat
 Toys for children 12 and under
 Must bring
 -Photo ID
 -Proof of residence under household
 head's name
 -Income proof
 -Social Security for all in household
 -Proof of birth dates for children
 4350 Raley Blvd.
 Sacramento, CA 95838
 (916) 669-2302





“No Barriers”
CalWORKs Family Resource Fair
 Thursday, October 22, 2009
 10:00am - 1:00pm

Community Organizations
that participated

- City of Sacramento, Police Department
- Breast Cancer Network of Strength
- WeConnect/ 2-1-1 Sacramento
- Wind Youth Services
- Power To Rise, Inc.
- Sacramento Life Center
- UCDMC Women’s Health
- UC Davis M.I.N.D. Institute
- Yehoshua Inc.
- Primerica Financial Services
- SCUSD Child Development
- Healthy Marriage Project
- Sacramento CASA
- Birth & Beyond
- Sacramento Crisis Nursery
- Cover The Kids
- Comcast
- Greater Sacramento Urban League
- Sacramento Works/Hillsdale
- US Census Bureau
- Health Rights Hotline
- Seeds To Personal Growth
- Araven Holistic Mind Institute

The CalWORKs program at Sacramento City College hosted a Resource Fair that promoted student success by addressing possible barriers and providing an opportunity for community organizations to provide resources and services that would help the students achieve their goals and overstep their barriers.

More than 350 students obtained valuable information to services and resources during the short time frame of the greatly beneficial Resource Fair.

We were honored to host two seminars on financial success and mental health by the organizations;

- Power To Rise and
- The UC Davis M.I.N.D. Institute

We believe that the students gained valuable information and are now better equipped to succeed!

Workshop Request Questionnaire

CalWORKs students, we want to offer you workshops that will serve your needs and questions well. We have various topics planned but we need your help to pick out those topics that will benefit you the most. Please, check mark all of the topics that interest you. Thank you!

Financial Success

- Debt Reduction
- Budget Management
- Saving & Investments

Academic Success

- Understanding Math
- Excelling in Tests
- Tutoring

Personal Improvement

- Time Management
- Emotional Intelligence
- Time for Self

Successful Employment

- Resumes & Interviews
- Job Search Tactics
- Maintaining Position

Nutrition

- Brain Food
- Food for Kids
- Wholesome Diets

Child Development

- Influencing Positively
- Wise Discipline
- Child Psychology

Comments:

Holiday Season Ideas

Traveling with Kids-Holiday Travel Tips for Parents ~

Save your sanity and holiday cheer with these family holiday travel tips and travel games.

Car Travel

You're about to take a long road trip. If history repeats itself the trip will be riddled with whining, bickering and the usual nagging. This trip CAN be different if you try some new tactics. During the Holidays kids are bouncing off the walls and in a car the walls are much smaller. You'll want to provide simple entertainment for close quarters. Contrary to what some kids think, torturing siblings is not an acceptable form of entertainment. However, these suggestions are perfectly acceptable: Use a shoe box to make an activity box for each child. Fill it with surprises; stickers, notepads, stamp sets, Silly Putty and small toys. A walkman for each child and a book on tape can provide hours of peace and quiet.

*Sit down with your kids, a map and markers. Show them ALL of the travel plans. Where you are staying, how long the drive will take, how many stops you plan on making and where you will eat meals. Provide a calculator, pencil and paper in the car. When they ask "How much longer", you say "We are driving a total of ___miles, we have driven ___ miles so far." Use your calculator to find your answer.

Plane Travel

Much of the suggestions above apply to airline/train travel as well. For traveling with babies call your airline ahead of time to see if any special accommodations can be made for space, bottle heating, nursing privacy, feeding and diaper changing. If you have been seated apart from your husband, older children or adult helper...politely ask the passenger next to you to if they are willing to switch. Most passengers are MORE than willing to switch seats. If your baby is crying when you ask - all the more convincing.

Travel Games

Take time during your trip whether car or plane to play with your kids. Sing silly carols, play word games like 20 questions or ask questions that require a thoughtful answer:
"If Santa fell off your roof, what would you do?"
"If you saw a child that had little or no Christmas presents, how would you respond" ~

Travel safely, sanely and with a smile - after all
"tis the season to be jolly"

From *Amazing Moms* at www.amazingmoms.com

Chocolate Melting Spoons



Simply dip colored plastic spoons (high quality) in melted dark, milk or white chocolate (or candy coating) and top with multicolored or glittery sprinkles. Wrap in clear or colored cellophane, tied with ribbon. For a special addition to this yummy gift, glue a photo of your child onto a square of paper for a unique gift tag. **NOTE:** This is intended as a hot drink stirrer. We do NOT recommend you allow young children to eat these alone, as they could bite into the plastic spoon.

Holiday Stress-Busters: Advice for Parents

by Ann Svensen

The holidays are right around the corner — are you having fun yet? If you are, Ann Vernon would be surprised. As a counseling professor at the University of Northern Iowa with her own private practice, Vernon hears from a lot of exhausted parents this time of year. She says, "Most are striving for the Currier and Ives Christmas of their childhood, but in reality they're dreading the holidays."

How can you beat back the dread and have the family holiday of your dreams? "Start by lowering your expectations," advises Vernon. "Be more realistic about what you can do. This usually involves changing the tradition — it can be equally as good, but it has to be unique to your family." The following tips can help:

1. Reassess and Prioritize Holiday stress sets in when you try to do it all. "Stress is an emotional reaction to circumstances that you feel are out of control," says Vernon. "To cope, take some time out, rethink what's stressing you out, and look for alternatives." Vernon also advises changing your demands to preferences: Tell yourself, "If I have time, I'll do this and that. If not, I'll only do that."

2. Delegate! Does the house need cleaning or decorating? Let each family member be responsible for a room. Or Vernon suggests, create a "job jar." Everybody takes a turn choosing what his or her job will be. Jobs can be color-coded according to age. "When you delegate, you have to make your expectations clear to your kids, and you may have to lower your standards a little bit," says Vernon.

From *Family Education* at <http://fun.familyeducation.com>

*"He is rich or poor according to what he is,
not according to what he has."*

-Henry Ward Beecher



SACRAMENTO
COUNTY

PUBLIC HEALTH

H1N1 Flu (Swine Flu) Fact Sheet from Sacramento County Public Health*Glennah Trochet, M.D. Sacramento County Public Health Officer***H1N1 Flu Vaccination Clinic Schedule**

www.SCPH.com Follow us at www.Twitter.com/SacPublicHealth October 27, 2009

Sacramento County H1N1 Flu Vaccination Clinic Schedule

Sacramento County Public Health will offer FREE H1N1 Flu vaccination clinics at the following locations.

Please check www.SCPH.com and click on the H1N1 (Swine) Flu graphic for the latest information on our clinics.

Florin High School7956 Cottonwood Lane
Sacramento, CA 95828
December 11th
Friday
3:00 p.m. - 7:00 p.m.**Mesa Verde High School**7501 Carriage Drive
Citrus Heights, CA 95621
December 14th
Monday
3:00 p.m. - 7:00 p.m.**Franklin High School**6400 Whitelock Parkway
Elk Grove, CA 95757
December 12th
Saturday
10:00 a.m. - 2:00 p.m.**Encina High School**1400 Bell Avenue
Sacramento, CA 95825
December 18th
Friday
3:30 p.m. - 7:30 p.m.**Folsom High School**1655 Iron Point Road
Folsom, CA 95630
December 15th
Tuesday
3:00 p.m. - 7:00 p.m.**Robertson Community Center**3525 Norwood Avenue
Sacramento, CA 95838
December 28th
Monday
10:00 a.m. - 2:00 p.m.**Sacramento High School**2315 34th Street
Sacramento, CA 95817
December 17th
Thursday
3:30 p.m. - 7:30 p.m.**St. Rose Parish**5961 Franklin Blvd.
Sacramento, CA 95824
December 16th
Wednesday
10:00 a.m. - 2:00 p.m.**Sheldon High School**8333 Kingsbridge Drive
Sacramento, CA 95829
December 19th
Saturday
10:00 a.m. - 2:00 p.m.**Grant Union High School**1400 Grand Avenue
Sacramento, CA 95838
January 6th
Wednesday
3:00 p.m. - 7:00 p.m.**Chabolla Center**610 Chabolla Avenue
Galt, CA 95632
December 8th
Tuesday
10:00 a.m. - 2:00 p.m.**Rosemont High School**9594 Kiefer Blvd.
Sacramento, CA 95827
December 21st
Monday
3:30 p.m. - 7:30 p.m.**Elk Grove High School**9800 Elk Grove-Florin Road
Elk Grove, CA 95624
January 5th
Tuesday
3:30 p.m. - 7:30 p.m.**North Highlands Community Center**6040 Watt Avenue
North Highlands, CA 95660
December 1st
Tuesday
3:00 p.m. - 7:00 p.m.



Hiram Johnson High School

6879 14th Avenue
 Sacramento, CA 95820
 November 16th
 Monday
 3:30 p.m. - 7:30 p.m.

Rio Linda High School

6309 Dry Creek Road
 Rio Linda, CA 95673
 November 17th
 Tuesday
 3:00 p.m. - 7:00 p.m.

Valley High School

6300 Ehrhardt Avenue
 Sacramento, CA 95823
 January 11th
 Monday
 3:00 p.m. - 7:00 p.m.

Sacramento County Administration Center

700 H Street
 Sacramento, CA 95814
 November 18th
 Wednesday
 10:00 a.m. - 2:00 p.m.

Sacramento City Public Safety Center

5770 Freeport Blvd.
 Sacramento, CA 95822
 January 14th
 Thursday
 10:00 a.m.- 2:00 p.m.

Town & Country Lutheran Church

4049 Marconi Avenue
 Sacramento, CA 95821
 November 21st
 Saturday
 10:00 a.m.- 2:00 p.m.

First Covenant Church

10933 Progress Court
 Rancho Cordova, CA 95670
 November 23rd
 Monday
 3:00 p.m. - 7:00 p.m.

Citrus Heights City Hall

6237 Fountain Square Drive
 Citrus Heights, CA 95621
 December 10th
 Thursday
 10:00 a.m. - 2:00 p.m.

Scottish Rite Masonic Center

6151 H Street
 Sacramento, CA 95819
 November 30th
 Monday
 3:00 p.m. - 7:00 p.m.

Sacramento Japanese Methodist Church

6929 Franklin Blvd.
 Sacramento, CA 95823
 TBD TBD

Sunrise Mall "Drive-Thru"

6041 Sunrise (behind Sears)
 Citrus Heights, CA 95610
 January 7th
 Thursday
 10:00 a.m. - 2:00 p.m.

South Natomas Community Center

2921 Truxel Road
 Sacramento, CA 95833
 December 3rd
 Thursday
 10:00 a.m.- 2:00 p.m.

Antelope High School

4635 Elverta Road
 Antelope, CA 95843
 December 4th
 Friday
 3:00 p.m. - 7:00 p.m.

Samuel Pannell Community Center

2450 Meadowview Road
 Sacramento, CA 95832
 November 20th
 Friday
 10:00 a.m. - 2:00 p.m.

American River College

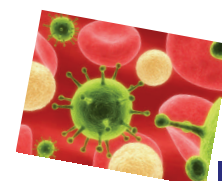
4700 College Oak Drive
 Sacramento, CA 95841
 December 5th
 Saturday
 10:00 a.m. - 2:00 p.m.

Burbank High School

3500 Florin Road
 Sacramento, CA 95823
 December 9th
 Wednesday
 3:30 p.m. - 7:30 p.m.

Natomas High School

3301 Fong Ranch Road
 Sacramento, CA 95834
 TBD TBD



*The CalWORKs Program would like to wish you
warm, peaceful and joyful holidays!*



CalWORKs Staff

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"Realize that true happiness lies within you. Waste no time and effort searching for peace and contentment and joy in the world outside. Remember that there is no happiness in having or in getting, but only in giving. Reach out. Share. Smile. Hug. Happiness is a perfume you cannot pour on others without getting a few drops on yourself."

-Og Mandino

Questions & Answers about CalWORKs at SCC

Can I get welfare and still go to college or vocational training?

Yes. CalWORKs allows you to get an education that will help you get and keep a job. There are certain time limits and other rules, but you can keep going to school.

2. Does CalWORKs pay for my classes?

As a recipient of TANF benefits, you are eligible to have your enrollment fees waived through a program offered by the state called the Board of Governors Grant. You must be a California resident to receive the fee waiver.

3. What about childcare?

CalWORKs can pay for childcare for children 12 years old and younger while you participate in approved class and work activities.

4. Can I still get CalWORKs if I receive financial aid?

Yes. Financial Aid is excluded income. That means your CalWORKs grant should not be reduced or discontinued because you receive financial aid.

5. What about transportation?

CalWORKs students with a Board of Governor's Grant can purchase an Universal Transit Pass at a great discount. This Pass allows students to use all public transit bus and light rail systems in Sacramento, Yolo, Folsom, El Dorado and Elk Grove. If you are unable to use the Regional Transit system and have a car, you can request mileage reimbursement from your county caseworker.

We are here to help You!

CalWORKs Program at SCC

3835 Freeport Blvd.
Sacramento, CA 95822

Visit us on the web:
[http://www.scc.losrios.edu/
x31025.xml](http://www.scc.losrios.edu/x31025.xml)

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