

# FAMILY SELF-SUFFICIENCY NEWSLETTER

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## Inside this issue:

Easter: Farm Friend Eggs	2
9 Hidden Reasons to Stay Motivated	2
Worst-Paying College Degrees 2010	3
Coupon Blogs and Internet Sites	3
Financial Fitness	4
FSS Reminders	4
Vaccination Information	4

## Dates to Remember

- March 24th, Early Release for Nampa Schools
- March 25th, No school
- March 28th thru April 1 Spring Break
- April 4th, No school
- April 24th: Easter

The Family Self-sufficiency (FSS) program is an employment and savings incentive program for low-income families that have Section 8 vouchers or live in public housing. The FSS program was enacted in 1990, based on a proposal by the first Bush Administration. It consists both of case management services that help participants pursue employment and other goals, and of escrow accounts into which the public housing agency (PHA) deposits the increased rental charges that a family pays as its earnings rise. Families that complete the program may withdraw funds from these accounts for any purpose after five years.

The FSS program provides a unique opportunity for PHAs

to implement a program that directly benefits both themselves and public housing and Section 8 residents at little or no additional cost to the PHA. (The U.S. Department of Housing and Urban Development covers most program costs.) Despite the many potential advantages of the FSS program, however, it is currently underutilized. Fewer than half of PHAs offer the FSS program to residents. In addition, most agencies that do offer FSS sharply limit program size. As a result, fewer than five percent of families with children in the public housing and Section 8 voucher programs currently participate in FSS.

If PHAs expand their FSS programs and more PHAs

initiate them, additional families could be assisted in becoming and remaining employed and obtaining higher-paying jobs by enhancing their skills. In addition, the higher rents that families pay as their earnings increase would be transformed into savings they could use to purchase or repair cars needed for work, buy homes, overcome financial emergencies, or for other purposes.

By: Barbara Sard

\*NHA is currently working toward increasing the number of slots available for FSS. We also sit at 18% of our families participating in FSS.

## The Family Self-sufficiency Program: HUD's Best Kept Secret for Promotion Employment and Asset Growth: Executive Summary

## TVCRC 11th Annual Information Fair April 28th, 2011 9 am to 2 pm

The event will be held at the O'Connor Field House, Caldwell Event Center. Treasure Valley Community Resource Center (TVCRC) invites area Human service agencies and providers to attend their 11th Annual Information Fair.

As always, TVCRC is inviting area human service agencies and providers to participate in this community service project.

The purpose of the Information Fair is to promote networking among agencies, educate the public

about what service are available, and allow agencies to promote their services and recruit volunteers.

For more information contact the TVCRC at 459-9263.

## Easter Eggs: Sheep, Pig, and Mouse



### Materials:

Eggs, Glue, Newsprint, Cotton Balls, Egg Dye, Brown Paper, Paper Towels, Black Marker, Birthday Candles or Crayons, Pipe cleaners.

### Instructions:

1. Color Hard-boiled Eggs: Before you begin decorating, cover your worktable with newsprint. Set out plastic cups with assorted colors of prepared egg dye, either homemade (For each color, stir up one cup of hot water and one teaspoon of white vinegar in a plastic cup. Then stir in 10 to 20 drops of concentrated food coloring) or store-bought. Have a roll of paper towels on hand and plenty of hard-boiled white eggs. Let

the kids take turns submerging eggs into the dye until the eggs reach a desired shade. Gently blot excess dye with a paper towel. Set the eggs atop plastic bottle caps to dry. For eyes and spots, draw circles on the eggs with a birthday candle or crayon before submerging them in the dye.

2. Sheep: To make this brown egg in sheep's clothing, glue on cotton balls and brown paper ears. Draw on eyes with permanent black marker.

For the Pig, you will also need pink paper and pom-poms. Start with a pink egg with eyespots. Glue on a pom-pom nose and pink paper ears. Draw

eyeballs and nostrils with a marker. Curl the tail.

For the mouse you will also need blue paper. Begin your mouse with a blue egg. Glue blue and pink paper ears and a pink pom-pom nose. Add an extra-long pipe cleaner tail.

3. Craft Pipe Cleaner Legs: Set the decorated animal on a pipe cleaner stand. To make one, bend a pipe cleaner into an oval and twist it closed, using the excess as a tail. Cut a second pipe cleaner in half. Wrap one half around the back of the oval to form the back legs; wrap the other half around the front to create the front legs. Bend the ends into feet

## 9 Hidden Reasons to Stay Motivated

1. Confidence: The more you accomplish, the more you will believe in yourself.
2. Fit into that dress: All it takes is for you to go that extra mile and stay on track.
3. Make the week easier: When you have a goal in mind...the week will not only go faster but be more enjoyable.
4. Gives you purpose: Every once in

- a while, we need a good reason to get out of bed. Eat a healthy breakfast to jump start our day.
5. For your kids: They'll want you to be around as long as possible by being healthier.
6. It's scientific fact: something in motion tends to stay in motion. Momentum builds quickly and can lead to great results.
7. The 'wow' effect: By sticking with

- your goals, the 'wows' add up.
8. Spread the spark: With friends and family, they'll wonder how they can reach their own goals. By staying motivated, you'll not only help yourself, but others too.
9. The more you do, the more you will learn and understand. You'll discover what works for you.

By: Zach Van Hart

## Worst-Paying College Degrees 2010

If you want to avoid the worst-paying college degrees, think twice before choosing a college major that involves children.

Included among the 20 worst-paying college degrees are elementary education, special education, social work, and child and family studies. That's the conclusion of the latest annual study of college degrees by Pay scale, Inc. that compiled starting and mid-career pay for dozens of college majors. Child and family studies earned the honors as the worst-paying college major. The average

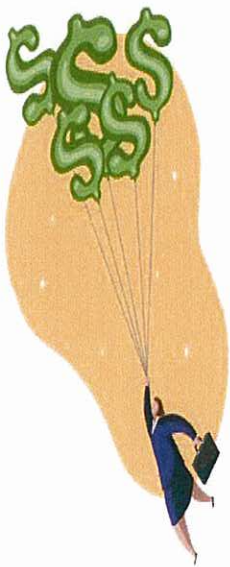
graduate earns a beginning salary of \$29,500. What's equally discouraging is that the salary of someone in this field will barely budge after 15 years in the profession. Food is another common theme for students who major in the worst-paying college degrees. Students who earn degrees in horticulture, dietetics, and the culinary arts are more likely to end up struggling financially.

By:

Lynn O'Shaughnessy

### WORST-PAYING COLLEGE DEGREES 2010

College Degree	Starting Pay	Mid-Career
1. Child and Family Studies	\$29,500	\$38,400
2. Elementary Education	\$31,600	\$44,400
3. Social Work	\$31,800	\$44,900
4. Athletic Training	\$32,800	\$45,700
5. Culinary Arts	\$35,900	\$50,600
6. Horticulture	\$35,000	\$50,800
7. Paralegal Studies/Law	\$35,100	\$51,300
8. Theology	\$34,700	\$51,300
9. Recreation & Leisure	\$33,300	\$53,200
10. Special Education	\$36,000	\$53,800
11. Dietetics	\$40,400	\$54,200
12. Religious Studies	\$34,700	\$54,500
13. Art	\$33,500	\$54,800
14. Education	\$35,100	\$54,900
15. Interdisciplinary Studies	\$35,600	\$55,700
16. Interior Design	\$34,400	\$56,600
17. Nutrition	\$42,200	\$56,700
18. Graphic Design	\$35,400	\$56,800
19. Music	\$39,400	\$57,000
20. Art History	\$39,400	\$57,100



## Coupon Blogs and Internet Sites

[Fabulessfrugal.com](http://Fabulessfrugal.com)

[Couponteach.com](http://Couponteach.com)

[Couponmom.com/blog](http://Couponmom.com/blog)

[Thekrazycouponlady.com](http://Thekrazycouponlady.com)

[Krazycouponlady.blogspot](http://Krazycouponlady.blogspot)

[Athrifnymom.comourtoolbar.com](http://Athrifnymom.comourtoolbar.com)

[Thriftyandchicmom.com](http://Thriftyandchicmom.com)

Couponing seems overwhelming or not worth the effort when you try without help or you find you aren't saving money. Classes are available in person through coupon teach or online with crazy coupon lady. Start small with familiar items. Example: Yesterday I took coupons from the Sunday paper and matched with coupons on the internet after checking [krazycouponlady.com](http://krazycouponlady.com). I spent \$1.06 for two 25.6 oz soft scrub cleaners and 4 packs of 14 count trident layer gum at Target. The secret is to start small so that you are not overwhelmed and use the classes and information available.

## ANNOUNCEMENTS

FINANCIAL FITNESS CLASSES WILL BE HELD APRIL 13TH AND APRIL 20TH FROM 11 AM UNTIL 1 PM. TODD CHRISTIANSON FROM DEBT REDUCTION SERVICES WILL BE PRESENTING. PLEASE CONTACT THE COORDINATOR WITH ANY QUESTIONS AT 466-2601.

## FAMILY SELF-SUFFICIENCY REMINDERS

- Make a monthly appointment with the FSS Coordinator.
- Fill out and return your monthly progress report enclosed with this newsletter.
- Keep in mind your goals as you make decisions.
- Let the coordinator know of information you would like to see in the newsletter.
- Update your goals with the coordinator if your needs have changed.

### Southwest District Health Family Services

#### Immunizations:

The primary goal of the Immunization Program is to ensure the complete and timely vaccination of all children and to prevent the occurrence of vaccine-preventable diseases.

Childhood: You protect your child in many ways. You dress her warmly before she goes outside I cold weather. You hold his hand to

cross a busy street. You place her in a car seat each time you go for a ride. However, one of the best ways to protect your child's health is with immunizations.

Adult: Some adults incorrectly assume that the vaccines they received as children will protect them for the rest of their lives. Generally this is true, except that: Some adults were never vaccinated as chil-

dren, newer vaccines were not available when some adults were children. Immunity can begin to fade over time, and as we age, we become more susceptible to serious disease caused by common infections (e.g., flu, pneumococcal).

For more information, contact the clinic at 208-455-5345.

