

Family Self-Sufficiency Newsletter

VOLUME 1, ISSUE 1

NOVEMBER 2011

DATES TO REMEMBER

- 11/28/11
FSS Coordinator out of office
- 10/31/11
Halloween
- 11/8/11
Coupon Class
- 11/11/11
**Veteran's Day
NHA Closed**
- 11/24/11
**Thanksgiving
NHA Closed
(office closed 11/25/11)**

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Health Screenings at Nampa Rec

You must pre-register by calling 468-5858. Plan to stop by the Nampa Recreation Center for our Health Screening Day provided by local health care professionals. Many screenings are free and all are helpful to know your overall health. Take advantage of any or all of the following services:

- % Body Fat Test (free)
- Blood Pressure Check (free)
- Injury Screening (free)
- Dental Screening (free)
- Hearing Screening (free)
- Insight Subluxation Screening (free)
- Speech & Language Screening (free)
- Chair Massage (free)
- Flu Shot (\$33)
- Pneumonia Shots (\$79)
- Bo9ne Density (\$40)
- Full Cholesterol Panel (\$45)
- Blood Glucose (\$10)
- Blood Drive
9 am-2 pm

The Health Screening Day will be held Saturday, November 5th from 9 am to 12 pm at the Nampa Recreation Center, 131 Constitution Way. For more information, please call 468-5858 or visit the website at nampareccenter.org.

Unwanted Prescription Drug Drop-Off

If you have expired, unused, or unwanted prescription drugs you can drop them off to law enforcement this Saturday, October 29 from 10 am to 2 pm at the Nampa Civic Center Parking lot at 311 3rd street South. Nampa Police Department and

the Drug Enforcement Administration (DEA) are teaming up again to provide this opportunity. This public service allows for the property disposal of medication and can also help prevent pill abuse and theft. The service is free, anonymous, and no

questions will be asked. Last April, Americans turned in 376,593 pounds-188 tons-of prescription drugs at nearly 5,400 sites operated by the DEA and more than 3,000 state and local law enforcement partners.

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OPEN ARMS BABY BOUTIQUE



Call 468-0070 for more information on earning free baby items from clothing to diapers.

Mission: A non-profit education/incentive based program for limited income pregnant women and families to promote healthier pregnancies and healthier families.

How to get Started: You must be pregnant or have a baby under 15 month old. There are some income guidelines. You can earn points by enrolling.

Earning points: Participate in healthy activi-

ties during your pregnancy such as not smoking or drinking. Keeping prenatal appointments with your health care provider. Taking parenting, nutrition, and prenatal classes in the community or at Open Arms Baby Boutique. Signing up for WIC and/or Medicaid.

Use Your Points: You can use your earned points to obtain new or nearly new baby clothes, baby sup-

plies, and baby furniture (This includes diapers and other necessities one needs for a baby).

Location: First Congregational United Church of Christ at 55 S. Midland Blvd in Nampa. The Open Arms Baby Boutique is open Wednesdays from 4 pm to 6 pm and Saturday from 10 am to 12 noon. Please call 468-0070 for more information.



If you have an email address but are not currently receiving job updates from the FSS Coordinator, please contact Amanda at 466-2601 to be added to the job mailing list.

Current Jobs On Craigslist.com

Medical Office Clerk: HealthCare Resolution Services, Inc. currently seeks a full-time Medical Office Clerk to work at Mountain Home Air Force Base. Requires a HS Diploma, 6 months administrative experience, and be able to pass a security clearance. Apply at <http://www.hcrs-inc.com/home/careers/currentopenings/>.

Processing/Cleaning Tech: Nampa, Apply at Disaster Kleenup at 701 N Kings Rd Nampa, 83687 working

full-time. Must be able to lift 50 lbs, have customer service and communication skill. Detail cleaning of homes or businesses and contents. Packing and unpacking of various types of items. Computer skills needed. Have a clean background, clean driving record, valid driver's license, and over 18. Bilingual is a plus. Some over night travel may be required, a clean appearance, reliable transportation, and spend on-call for 24 hour periods.

World's Simplest Thanksgiving Turkey Recipe

Directions: Preheat the oven to 325 degrees F. Pull the neck and giblets out of the cavity; ditch the liver and save the rest of the giblets for gravy. Dry the turkey with paper towels, then season inside and out with salt and pepper. Fill the turkey with aromatics like chopped onions, carrots, apples,

and herbs, then place breast side up in a roasting pan and brush with melted butter. Tent with foil and roast for 2 hours (for a 10-to 12 pound turkey; add an extra 15 minutes per pound for larger birds). Remove the foil, baste with more melted butter and crank the oven to 425 degrees F. Roast for another



hour or until the meat at the thigh registers 165 degrees F. Let rest while you make the gravy.

www.foodnetwork.org

Prep Time: 10 minutes

Level: Easy

Cook time: 3 hours

2011 Fall Training-Medical Interpreter Workshop

November 12-13, Saturday and Sunday from 8-5 that cost \$175 for the 16 hour workshop. The workshop will be held at St. Al's Regional Medical Center-N. Mcleary

1055 N. Curtis Road

Boise, ID 83706

Registration deadline is November 7, 2011. The basic Work-

shop is a 16 hour course that provides a language assessment at the end of the course. If you pass the class and assessment, you then have the possibility of working as a medical interpreter within the medical field. The advanced topic courses are meant to enhance the skills of working interpreters or anyone within the general public that

may benefit from this type of skill building. Once you have registered for a particular workshop, you will receive a confirmation email with additional information. For a registration form please contact the FSS Coordinator at Nampa Housing Authority, 466-2601, amandaj@nampahousing.com.

Toys For Tots and Other Holiday Programs

As we enter the Holiday Season, there are many programs, resources, agencies, and other groups who sponsor families, provide gifts, food, and toys for families in need. If you

have extra of something whether it is a can of soup or extra blankets, you can help others. Also, if you are a family who uses one of the programs or receives benefits from a

group, agency, or church, please show your appreciation with a thank you note. If necessary, the FSS coordinator can provide a thank you card and postage.



FSS GRAD!

October saw another FSS Family Graduation! Both parents earned their GEDs, learned English as a second language, obtained full time work, and were awarded their escrow check of \$6,686.50. This family worked hard and faced many difficulties but did not give up on working toward their goals. The family faced daily hardships in addition to a car accident, a work injury, family loss, and medical procedures that were blocks to achieving their goals.

FSS Program Changes

Participants in the Family Self-sufficiency who fail to contact the coordinator for two continuous months will be warned, and meetings will be set by the coordinator. If two of these meetings are missed, or the participant fails to contact the coordinator during this time the participant will be removed from the program and lose any money that is in the participant's escrow account.



Unwanted Prescription Drop-Off Continued

This initiative addresses a vital public safety and public health issue. Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the US are alarmingly high, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, Americans are now advised that their usual methods for disposing of

unused medicines—flushing them down the toilet or throwing them in the trash—both pose potential safety and health hazards. Four days after the first Take-Back event in September 2010, Congress passed the Secure and Responsible Drug Disposal Act of 2010, which amends the Controlled Substances Act to allow an 'ultimate user' of controlled substance medications to dispose of them by delivering them to entities authorized by the Attorney General to accept them. The Act also allows the Attorney General to

authorize long term care facilities to dispose of their residents' controlled substances in certain instances. The DEA has begun drafting regulations to implement the Act a process that can take as long as 24 months. Until new regulations are in place, local law enforcement agencies like Nampa Police and the DEA will continue to hold prescription drug take-back events every few months.

For more information, contact

Elena Vigil, NPD
208-468-5571