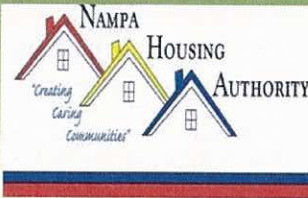


January 2012
Volume 11, Issue 1

ROSS

Resident Opportunity and
Self-Sufficiency



Special Interest Articles:

ROSS activities held so far

ROSS activities coming soon

Motivational quotes

Employment Readiness
Classes

Other Important Information

Calendar of Events for
January 2012

211 18th Avenue North
Nampa, ID 83687

PHONE:
(208) 466-2601

FAX:
(208) 466-1216

<http://www.nampahousing.com>

It's your life...what are YOU going to do with it?

ROSS on-going activities ...

BINGO: NEW TIME*** Every Thursday from 12:00-1:00 at NHA in the classroom. It's free, and all are welcome to come! You can come join us for a good old game of BINGO. **Bring a friend and get a door prize!** Join us for socialization, fun, snacks and prizes.

Housekeeping 101: On every third Tuesday from 10:00-11:30am, and every third Tuesday from 6:00-8:30pm (English version) and every third Friday from 6:00-7:00pm (Spanish version), we will be doing a housekeeping class for new tenants, any tenants that have an interest in learning cleaning tips as well as tenants who have been given warnings on their health and safety home inspections.

ROSS new activities in JANUARY...

Transportation: We have arranged for an informational meeting about how to ride the bus and public transportation options. If you need help to figure out how to get from point A to point B please come to the presentation on January 11th from 6-630 put on by Valley Regional Transit. They will be here to present their new options and Travel Training. They can teach you how to ride the bus, map out your route, and will go with you on the bus until you feel comfortable riding all on your own!

Living Well in Idaho: *It's not too late to join in the January class...* Managing on-going health conditions. Class starts Monday January 9th, and meets every Monday from 10:00am – 12:30pm until February 26th. See below for details. . *Spanish version of this same class will take place on Saturdays from 10am-1230pm @ Nampa Housing Authority starting on January 14th through February 25th.*

We will also be having a Spanish version of the Living Well in Idaho class for managing on-going health conditions. The Spanish classes will take place here at NHA Administrative office building in the classroom on Saturdays from 10:00am – 12:30pm. It will begin on Saturday January 14th. Call to register.

Coupon Club: If you are ready to start couponing and want to have others to do it with, to swap coupons, to share ideas and strategies, and to make your shopping list come join us for the weekly "coupon club".

At the Coupon Club, you will meet others who are trying to save money and get the best buys possible too. You will be able to share ideas and strategies. You might even make new friends to share the shopping trips with. **In order to participate in the coupon club, we want you to attend one of the coupon classes put on by NHA or SICHA. You can come to the Coupon Club as long as you have already attended or are registered to attend one of the Coupon Classes offered by NHA or SICHA. The next class will take place on January 10th at NHA, 211 19th Avenue North, Nampa from 6:30 pm – 8:00pm.**

ROSS new activities in JANUARY Continued...

Treats -n- Talking: During the month of January, every Tuesday from 12:00-1:00 we will have a Treat and Talking time. Everyone knows that socialization is a really important part of life and our physical and mental health. Winter is a time when many people tend to hibernate, and can become lonely, depressed and lose all motivation. We want to battle that loneliness and stagnation by having a weekly meeting that we will call "Treats -n- Talking" or "T n T". We will kick off our first T-n-T social hour here at NHA on Tuesday January 3rd. Anyone is welcome to come. We will visit about life, hopes, dreams, fears and funny things while we sip on coffee, tea or hot chocolate and enjoy a treat. Come and build friendships, entertain each other and get out of the house for a little while!

Inter-Generational Movie Night: on Wednesday January 11th from 6:30– 9:00pm, in the NHA classroom. In effort to help link the generations we thought it might be fun to start an intergenerational movie night. If you are old or young it doesn't matter...just come! We will be showing a movie that parents and grandparents can share with their children/grandchildren. Spark conversations and bring the different generations together! Bring your own snacks and get ready for a night of togetherness.

Computers: If you need to use a computer to complete Resumes/Cover Letters, fill in job applications on-line, complete homework assignments and term papers, do job searches or other research, take on-line courses, practice typing and etc. then, you may come to NHA to use one of our 6 computers, FREE of charge. All you need to do is contact Holly at Nampa Housing Authority at 466-2601. Let us know that you are coming to use the computers. Once you get here you will have to complete the "computer usage agreement", and then you are welcome to use the computers for what you need. Computers are available (until further notice), during office hours Monday – Friday from 8am-5:00pm. If NHA is closed, computers are not available. Because these are shared computers, please bring a USB flash drive, if you plan to save the items you create.

Love INC of Treasure Valley

Do you want to take control of your life? Are you struggling with paying your bills? Do you have a hard time getting your food stamps to stretch over the entire month? Do you need help writing a resume or strengthening your interview skills? Do you need one-on-one help to learn how to pay down debt? If you answered yes to any of these questions, Love INC may be able to help you. Love INC offers **free** programs and classes covering Budgeting, Job Training, Shopping/Nutrition (meal planning), Parenting and other relevant topics. You even have the chance to meet with a Life Coach or Counselor that can help you reach your personal goals. So take that first step and call Love INC at 466-7810 x5 for to complete the over the phone application and receive class orientation times. No daycare available at orientation classes that meet on Thursdays at Nampa First Christian Church from 7:15-8pm

Resident Requested...Quilting Club: You spoke and we listened. We will be starting a quilting club in January. The first few meetings will be to get organized and figure out what we need to get started. This will take place immediately following BINGO every other Thursday at the NHA classroom from 1-2pm. Please come, bring the items that you want to share, your thoughts and ideas so we can begin making quilts.

Resident Requested...Recipe/Cooking Club: You spoke and we listened. We will be starting a Recipe/cooking club in January. The first few meetings will be to get organized and figure out what we need to get started. This will take place immediately following BINGO every other Thursdays alternating with the Quilting Club, at the NHA classroom from 1-2pm. Please come, bring the items that you want to share, your thoughts and ideas so we can begin sharing recipes, making our first NHA Recipe/Cook book.

Motivational quotes...that inspire

Vince Lombardi

*The price of success is hard work, dedication to the job at hand,
and the determination that whether we win or lose, we have
applied the best of ourselves to the task at hand.*

Employment Readiness Classes...

Do you need to get yourself ready for employment? Do you want assistance in writing resumes, cover letters or in preparing for interviews? Maybe you need help in doing job searches? If you answered yes to any of these, then you should consider signing up for the job readiness classes that are available free of charge. See the schedule below:

Please call Holly at 208-466-2061 to register for any of these classes that you wish. If you need help with transportation to/from these classes, Holly can assist with those needs and/or with directions to the facilities putting on the classes.

All of these classes take place at Working Solutions-
1613 Park Center Place – in Nampa.

<u>Resume Workshops:</u> 1/3 from 2:00-4:30pm, 1/17 from 9:15-11:45am	<u>Cover Letters:</u> 1/4 from 9:15-10:15am 1/24 from 2-3:15am	<u>Effective Interviewing:</u> 1/31 from 2:00-4:30pm, 1/5 from 2:00-4:30pm	<u>Job Club:</u> 1/9 from 1:00-2:00pm 1/23 from 1:00-2:00pm 1/30 from 1:00-2:00pm	<u>Enhanced Job Search:</u> 1/30 from 2:00-4:30pm
<u>Mock Interviews</u> 1/9 9:15-11:45am 1/23 2:30-4:30pm 1/11 10:45am-12:00pm	<u>Positive Thinking</u> 1/10 2-3:15pm 1/26 3:30-4:45pm	<u>Recognize Achievements</u> 1/23 9:15-11:45am	<u>Master Applications</u> 1/9 2:30-4:30pm	<u>Conflict Resolution:</u> 1/12 from 2-4:30pm
<u>Stress Management</u> 1/24 3:30-4:45pm	<u>1st Weeks of Work</u> 1/10 2-3:15pm	<u>Goals & Motivation</u> 1/25 2-4:30pm	<u>A+ Attitude</u> ¼ 2-4:30pm	<u>Self Esteem</u> 1/11 2-4:30pm
<u>Debt Reduction I</u> 1/4 9:15-10:30am	<u>Debt Reduction II</u> 1/11 9:15-10:30am	<u>Debt Reduction III</u> 1/18 9:15-10:30am	<u>Debt Reduction IV</u> 1/25 9:15-10:30am	<u>Identifying Skills</u> 1/18 10:45am-12:00pm
<u>Customer Service</u> 2-4:30pm	<u>Decision Making</u> 1/25 10:45am-12:00pm	<u>Wellness</u> 1/19 2-3pm	<u>How to Coupon</u> 1/19 3:15-4:45pm	<u>Time Management</u> 1/18 1/26 2-3:15pm

All of these classes take place at Department of Labor-Canyon County Office-
4514 Thomas Jefferson Street-in Caldwell

<u>Resume Workshops:</u> 1/9 from 1:30pm-3pm 1/23 from 1:30pm-3pm 1/30 from 1:30pm-3pm	<u>Workforce Investment Orientation:</u> 1/3 from 1-3pm 1/10 from 1-3pm 1/17 from 1-3pm 1/24 from 1-3pm 1/31 from 1-3pm	<u>Veterans Orientation:</u> 1/12 from 1pm – 3pm 1/26 from 1pm – 3pm <u>Job Search Workshop:</u> 1/11 from 9am-1pm 1/25 from 1pm-5pm	<u>Job Club:</u> 1/6 from 10am – 12pm 1/13 from 10am – 12pm 1/20 from 10am – 12pm 1/27 from 10am – 12pm <u>Roadmap to re-employment</u> 1/9 from 9:15-10am 1/23 from 9:15-10am 1/30 from 9:15-10am
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All of these classes take place at the National Financial Education Center
6213 North Cloverdale Road, Suite #100, in Meridian
These classes take place every Tuesday from 4:00-5:00pm

1/3	Using Credit Wisely
1/10	Developing Effective Spending Behaviors
1/17	Project Debt-o-nation, Eliminate Debt
1/24	Personal Household Budgeting
1/31	Good Ideas for Tax Refunds

Other important information....

Parenting with Love and Limits: Through the Department of Health and Welfare, there will be a series of classes offered starting on January 4th through February 8th from 6-8pm. These classes will take place at the Caldwell offices located at 4302 Franklin Road. There is a bus that goes to that location. If you are a parent and you have heard things like, "Get out of my life, but... could you first drive me and my friends to the mall?", or "You can't MAKE me do chores", or "I hate school". I'm not going anymore!" then you should consider group and individual coaching sessions to help fix your out-of-control 10-17 year old child's problems fast! Topics covered in these classes are: Understanding why your teen misbehaves, Button pushing, Ironclad contracting, Troubleshooting, Stopping the seven aces and Nurture and reclaiming lost love. For more information or to sign up for this class contact Holly at NHA.
Classes fill up fast!

Living Well in Idaho: It is not too late to join the FREE Living Well in Idaho class on managing on-going health conditions. There will be an English and a Spanish version. English class will be held every Monday from 10:00am – 12:30pm at the Caldwell Department of Health and Welfare, starting January 9- February 26th. The Spanish version will take place at Nampa Housing Authority on Saturdays from 10am-12:30 starting on Saturday January 14th. Learn skills to help manage pain/fatigue, difficult emotions, anxiety and stress related to ongoing health conditions. You will learn ways to communicate with family, friends and doctors as well as how to set goals and problem solve. This class is offered through the SW Idaho Areas Agency on Aging. Upon completion of the class you will get, free of charge, the book, CD, and a certificate and a *Sonic Electric Toothbrush*. If you suffer from ongoing health conditions or know someone who does, you should consider attending. Contact Holly for registration, or for help in getting transportation arranged to attend the classes. This class is also open to the general public, so if you know of someone that should attend, have them contact Holly.

National Financial Education Center: Available to the general public, several workshops and webinars on a variety of personal finance topics. The following webinars are available 24/7 for you to download and view on your own computer via the resource center at National Financial Education Center. You may also request a copy of the CD-ROM containing these seminars: Personal and Household Budgeting, Developing Effective Spending Habits, Using Credit Wisely, and Preventing and Eliminating Debt. If you are interested in any of these but you do not have access to a computer with internet, you may use the computers in the NHA classroom to take these online workshops. Please contact Holly to sign up for this service.

Volunteers: Don't forget we NEED people to volunteer for various activities. If you need hours, and want to be able to take care of them by helping your neighbors and NHA, please contact Holly, I have a list of things that I need help with. Erma Brombeck said, "Volunteers are the only human beings on the face of the earth who reflect compassion, unselfish caring, patience, and just plain love for one another."

New Moms or Moms to Be: Do you have a cell phone and can text? Text BABY (or BEBE for Spanish) to 511411 to receive free messages and health tips every week during your pregnancy and throughout baby's first year. This is a program put on by National Healthy Mothers, Healthy Babies Coalition. This is a FREE service thanks to the support of the Wireless Foundation.

ESL Classes at CWI: College of Western Idaho offers FREE English as a Second Language classes. Winter term is 9 weeks long, beginning January 23 – March 22. Classes are held on Mondays, Tuesdays, Wednesdays and Thursdays. You can choose which time of day you attend: Morning from 9:30am – 11:30am, afternoons from 12:00pm to 2:00pm, or evening from 7:00pm to 9:00pm. Classes are FREE for adults ages 16 and older. NO CHILD CARE is available. Registration for Winter Classes will take 2 hours. During class weeks, you will be in class 4 hours per week if you are taking one class. If you don't have that much time, please wait until April to start classes.

Community Learning Center at CWI: Do you want to learn more about Adult Basic Education (ABE) classes and how to enroll? Are you interested in self-study options, but don't know how to begin? Do you want to take the GED, but aren't sure if you're ready? The Community Learning Center at CWI is a place where you can stop in to ask questions and learn about the ABE program. You can learn about assisted and self-study options, distance learning and transition to college opportunities. The Community Learning Center is open Fridays from 9am-12pm.