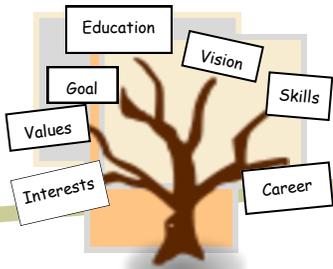


RESIDENT SERVICES NEWSLETTER

HACSB Resident Services Center - 204 W. Williams Street Santa Maria, CA 93458 - (805) 925-4393



Special points of interest:

- Featured Partner: Workforce Innovation & Opportunity Act, WIOA, "Employment & Career Training For The Community"
- Healthy Living: Lompoc Valley Medical Center, "Are You A Family Caregiver?"
- Manager's Message: Irma Zacarias, HACSB, Lompoc Housing Manager
- Money Matters: Social Security Administration, "New Social Security Scam"
- Healthy Recipe: USDA Recipe, "Arroz Con Pollo" -or- "Rice with Chicken"
- Education: SER Jobs for Progress, Inc., "From Farm to School Si Se Puede - Yes You Can!"
- Newsletter Summary in Spanish
- Resident Services Contact Information
- Thank You Partners!



WIOA Employment & Career Training For the Community



In conjunction with the Workforce Development Board of Santa Barbara County, **WIOA Workforce Opportunity Innovation Act** provides Job Seekers with Career Services, Retraining Services and On-The-Job Training. Here in Santa Maria we provide **one-on-one counseling** with a Career Agent to develop an individual employment plan. That comprehensive assessment includes labor market information to help prepare the job seeker for work in high-growth, high demand industries here locally. That plan may also include retraining from approved providers on the CalJobs Eligible Training Provider List (ETPL) to provide the job seeker with the skills needed in their new job, then with the help of a Business

Service Representative we help match that job seeker with an employer to help fill that workforce pipeline. **Job Seekers** who are interested in enrolling in the WIOA program need to simply fill out a WIOA Inquiry Form, available at the Workforce Resource Center, attend an orientation workshop, and gather all the required paperwork. From there, Job Seekers are assigned a Career Agent and enrolled into the program, and begin their path to sustained employment. The WIOA program is just one of the ways the Workforce Resources Center aims to be a helping hand for those individuals trying to find a good fit for long term employment. **One of the great things** about the WIOA program is the

funding it provides to employers to **pay for the trained employees**. The WIOA grant **will pay 50% of a new employees wages for up to 1040 hours**, if the new employee is enrolled in the WIOA program. **For more information:** Call (805) 614-1550 to set up an appointment with a Career Agent or Business Services Representative. **To enroll** in the WIOA program, complete an Inquiry Form found at the Workforce Resource Center and attend an Orientation Workshop. A Career Agent will be assigned to you & enroll you in the program. **Location and Hours:** 1410 S Broadway, Santa Maria; Mon - Friday 8-5 p.m.



Lompoc Valley Medical Center - Are You A Family Caregiver?



Identifying oneself as a caregiver presents challenges for each of us. We often identify as our role or relation to others: a spouse, a sibling, and friend or a neighbor, rather than call ourselves a caregiver. It is important to recognize, as a caregiver, you are not alone. The Caring Together Lompoc Campaign studies (www.caringtogetherlompoc.org) have found **1 in 6 people in Lompoc are caregivers**, providing unpaid support to a friend or family member. Many people find they are unprepared when taking on this role and unsure of the next steps.

An important first step is **identifying as a caregiver**. A next step could be **identifying your support system** including family, friends, professionals and community

members, who all participate in the delivery of care.

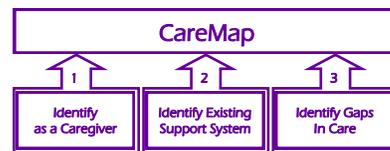
Identifying the existing support system provides caregivers with very clear information about **who they can ask for assistance, how frequently, and the types of support available**. This also gives the caregiver an opportunity to identify gaps in care.

This exercise in helping caregivers identify their support system is called **Care Mapping**.

Lompoc Valley Medical Center has joined the Atlas of Caregiving project in their work to help support caregivers and **give them tools to continue doing the complex job of Family Caregiver**.

If you are interested in creating your own Care Map, please contact the LVMC Family Caregiver Support Network to schedule an appointment with our Support Coordinator who can help you develop your own **CareMap** and provide supportive services to caregivers who find gaps in care.

For appointments contact:
Phone: (805) 875-8875
Email: FCSN@LompocVMC.com
Location: 223 S. C Street Lompoc



Manager's Message - Irma Zacarias, Lompoc Housing Manager

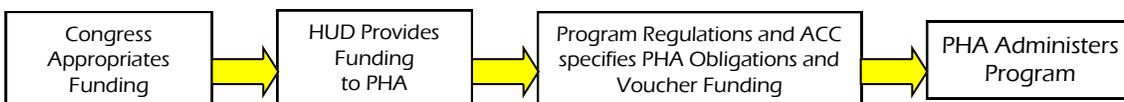
Did you know that the PHA (Public Housing Authority) must follow rules too?

One of the many requirements that HUD asks of each PHA is to adopt its own Administrative Plan. See HUD reference below: **CFR 982.54, Administrative Plan.**

The PHA must adopt a written **Administrative Plan** that establishes local policies for administration of the program in accordance with HUD requirements. The Administrative Plan and any revisions of the plan must be formally adopted by the PHA Board of Commissioners or other authorized PHA officials. The Administrative Plan states PHA policy on matters for which the PHA has discretion to establish local policies.

The Housing Authority of the County of Santa Barbara has adopted an Administrative Plan for the Housing Choice Voucher program. The Administrative Plan was approved by the HA Board of Commissioners on May 19, 2016, and submitted to HUD on May 26, 2016. The effective date was June 1st 2016 and Amended on October 1, 2016. The Administrative Plan covers all PHA responsibilities to insure that the **integrity of the program is preserved**. This means every participant receives equal treatment.

The **Administrative Plan** is a supporting document and is available for public viewing. You can view the Administrative Plan by going to www.hasbarco.org and click on resources.





Money Matters

"New Social Security Scam"



The **Office of the Inspector General** at the **Social Security Administration (SSA)** recently issued a **fraud advisory about a new scam that is targeting beneficiaries.**

SSA has received reports from around the country about beneficiaries receiving phone calls from scammers impersonating **SSA** or **OIG** employees, stating that the beneficiary is owed a cost of living increase, or that their benefits have been suspended.

The scam caller then instructs the victim to call a non-SSA number in order to straighten out their **SSA** benefits. Upon calling the number, an unknown person requests the caller's personal identification information to "verify their identity" and proceeds to attempt access to the victim's deposit information, and may even try to divert their social security benefits. A scam such as this, targets unsuspecting persons, and uses scare tactics to defraud them of their resources.

If you receive any **suspicious communication that claims to be from the SSA, or the OIG office,** don't think twice about hanging up and reporting the incident.

If a person has questions about any communication - phone call, email, letter, or text - that claims to be from the **SSA** or the **OIG,** please contact your local **Social Security office,** or call **SSA's** toll free customer service number at 1-800-772-1213, between 7 a.m. and 7 p.m., Monday through Friday, to verify its legitimacy.

(Those who are deaf or hard-of-hearing can call Social Security's TTY number at 1-800-325-0778.)

For further information visit: [<https://oig.ssa.gov>].



SER-Jobs For Progress, Inc.

From Farm to School
Si Se Puede - Yes You Can!

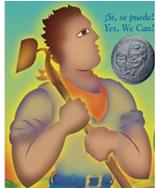


Ser-Jobs for Progress, Inc. HEP programs are funded by the U.S. Department of Education. HEP is designed to provide multilingual comprehensive instruction in **Math, Social Studies, Writing, Reading, and Science to seasonal and migrant farm workers,** or their children who are highly motivated to obtain their **High School Equivalency Certificate (HSE).**

SER-HEP has been around for over 20 years and has graduated over 2,000 students. We are excited to bring this same success to the Santa Barbara County. SER is currently going on the second year of a five year grant cycle. **Our agency provides free instructional material and pays for all official exams.** Once you obtain your (HSE) you will receive a \$250 scholarship. SER's placement specialist will assist you with financial aid and post-secondary education: College, resume, training programs, upgraded employment, or Military.

SER HEP Classes have started at Guadalupe Ranch Acres. For further information call Maria Torres Ayala at 925-4393 x3309.

HEP Sites:



Guadalupe Ranch, 1050 Escalante, Community RM.

Tues. Wed. Thur. (5 - 9 pm)

Los Adobes de Maria II, 1148 W. Boone #J

Mon. Tues. Wed. (8 am -12 pm)

Thur (8am - 11am)

Tues. Wed. Thur. (6:30 - 9:30 pm)



Office and Hours:

301 S. Miller #118, Santa Maria,
Monday through Thursday 7:30 am to 5 pm
Friday 8 am to 11:30 am

Contacts:

Project Coordinator, Veronica Dominguez (559) 455-7618
Program Specialist, Carmelita Mendoza (805) 310-5770

We're on the Web - www.hasbarco.org

HACSB Resident Services Center

If you are in need of assistance, or would like further information on the resident services available in your area, please contact Resident Services, or call your local housing office.

Resident Services Center - 235 E. Inger Dr., Suite 102-A
Santa Maria, CA 93454
Phone: 925-4393 Ext 3307 (se habla español)



Healthy Recipe

"Arroz Con Pollo"



Makes: 4 Servings

This stewed chicken dish comes together with tomatoes and seasoning. This one-pan meal is an all-time favorite.

Ingredients

4-6 oz chicken thighs (bone in, skin removed)
1 can 14.5 oz low-sodium diced tomatoes (including liquid)
1 cube low-sodium chicken bouillon
1/2 tsp Kosher salt
1/2 tsp black pepper
1 tsp. ground cumin
1 tsp. dried oregano
1 bell pepper cored, seeded & chopped
3 garlic cloves (peeled & minced)
1 cup long-grain white rice (uncooked)
1 yellow onion peeled & chopped
2 cups water



Directions

1. Trim chicken thighs on cutting board. Discard excess fat. Pat chicken dry with paper towels and discard towels.
2. Place skillet over medium heat, when hot add thighs and cook until brown, then flip about 5 minutes each side.
3. Turn the heat off, carefully remove chicken from skillet and transfer to the plate. Pour off all but 1 Tablespoon fat.
4. Reheat skillet over low heat, add onion, pepper, garlic cumin and oregano and cook until softened, about 10 minutes.
5. Add the uncooked rice and tomato and stir well.
6. Add the water and bouillon cube and bring to boil over high heat. Return chicken to pan, skin side down, turn heat down to low/cover.
7. Cook chicken 20 min & carefully flip so skin side is up.
8. Cover and cook for additional 20 minutes. Serve right away.

Resumen en español

El Acta de Oportunidad e Innovación Laboral (WIOA, siglas en ingles) provee a los solicitantes de empleo servicios de obtención de carrera, preparación de curriculum, y entrenamiento de trabajo con asistencia de consejería individual. Este programa le brindará las herramientas que necesita para encontrar un mejor empleo, retener su empleo, o simplemente conectarlo con empleadores los cuales buscan empleados calificados. El Programa WIOA es una de tantas formas que el Workforce Center ofrece para ayudar a personas a encontrar el trabajo perfecto para ellos. Llame a (805) 614-1550 para registrarse en el programa.

El Centro Medico del Valle de Lompoc (LVMC, siglas en ingles), enfatiza lo importante que son las personas que cuidan de nuestros seres queridos. Es importante que los Cuidadores sientan que no están solos y que hay recursos para ayudarlos a enfrentar los retos de cuidar a los demás. El Grupo de Apoyo de Cuidadores Familiares fue desarrollado para ofrecer un sistema de apoyo con profesionales de salud a todos aquellas personas que cuidan de los demás.

Mensaje de la Gerencia. ¿Sabía que la Autoridad de Vivienda también sigue reglas? La Autoridad de Vivienda Publica (PHA, siglas en ingles) debe adoptar un Plan Administrativo por escrito el cual establece regulaciones locales para administración del programa, las cuales están en cumplimiento con los requerimientos del gobierno federal HUD. Este Plan Administrativo es para asegurarse que todos los participantes reciben un trato justo. El Plan esta disponible para revisión publica en nuestro sitio web www.hasbarco.org

El Dinero Importa. El inspector General del la oficina Administrativa de Seguro Social (SSA, siglas en ingles) ha emitido una alerta de fraude a los participantes de SSA. Se ha reportado que personas han recibido llamadas de desconocidos pidiendo información de identificación personal para "verificar" su identidad diciendo que sus beneficios están en riesgo. Si recibe una llamada sospechosa por favor comuníquese al 1-800-772-1213 para TTY llame al 1-800-325-0778.

La **Receta Saludable** de hoy es Arroz con Pollo. En una sartén fría pollo picado sin piel y grasa. Remueva el pollo después de frito y agregue las verduras a freír con el mismo aceite. Fría por 10 mins. y añada el arroz crudo, el tomate y el caldo de pollo. Deje hervir y listo! Disfrute una cena saludable y deliciosa.

SER Jobs for Progress ofrece la oportunidad de obtener el Certificado de la Preparatoria (HSE, siglas en ingles) a personas y sus familias que trabajan en el campo y califiquen. Los costos de las clases, materiales, y examen son cubiertos si califica. Las clases HSE ya comenzaron en Guadalupe Ranch Acres. Para registrarse llame al Veronica Dominguez al (559) 455-7618