



Seasons Greetings



## Home For The Holidays

### "What Housing Assistance Means to Me"

"Once you experience homelessness you really appreciate housing. I appreciate it every day," says Matt, a resident of Pescadero Lofts in Isla Vista (IV). The Housing Authority development, which opened its doors in December 2014, was specifically designed to house persons who had previously been without a home. Most of the Lofts' residents had experienced extensive periods of homelessness of between ten and twenty years, prior to moving into the building. Completion of the property yielded a significant impact on the IV community as a whole, which realized a 40% drop in the population of persons experiencing homelessness, and Loft residents happily shared their gratefulness for the housing the complex has provided.

One resident, Carey, had prepared an entire mental list of the **advantages of having housing**. She echoed the thoughts of many residents when she said housing assistance has meant **"being able to sleep at night without cops harassing or ticketing," her**, and not having to "hang out in the laundromat to dry clothes if it rained." She also recalled the first thing she wanted to do in the morning



Left to Right: Carey, Pat & Aki, Frank & Max, and Tony

during her period of homelessness, which was to **"have a drink to knock off the chill after sleeping on the ground."** But once housed in her new apartment, she's lavished between taking nice warm baths and sleeping, with no need to warm up with alcohol. Carey is also very thankful for all the **resources that have been made available** to her, such as a replacement for her stolen eyeglasses, access to a food pantry when she ran out of food, and a nurse practitioner visiting the Lofts on a regular basis. Yes, a lot has changed for Carey since moving into her new apartment, and she is truly thankful for each and every

change that she has experienced.

Because of his personal history, resident Tony said: "holidays are a bad time for me". However, **"housing assistance gave me time to heal from my cancer treatment and stroke."**

For Pat, **housing assistance has meant, "normalcy."** She explained that after having experienced homelessness, **"it takes a while to get back to normal. It's been almost three years and I'm not completely normal yet..."** Pat shared that for persons experiencing homelessness it's very draining, and described how she would often fall asleep due to

sheer exhaustion, all the while being scared, because of what might happen while she was **asleep and unprotected**. She said, "People would come around, and I wouldn't even notice they were there. It was hard to stash stuff in the bushes so it wouldn't be found, so I was always at risk for losing all my worldly possessions". Pat appreciates the safety and security that her home at the Lofts has provided.

Resident Steve remarked that: "the smell of hot cider and the sound of rain falling on a roof top is an improvement over the smell of a musty car and the sound of rain on the tin roof of a Toyota." Steve also confided that when he was without regular housing, **"a lot of the time it was really scary"**, and recalled when he'd been "living on a boat at anchor and had to travel thru storms", stating that he was **"probably lucky to have survived"**.

Frank said that even if he is not "a social person", he likes to help other people. "I can do it more indoors. I can cook food for others. I enjoy cooking." Summing up the overall sentiment that seems to be shared by the Pescadero residents, one concluded: "this building is the smartest thing Santa Barbara [County Housing Authority] ever did."

#### Special points of interest:

- Featured Article: Housing Authority Residents "What Housing Assistance Means To Me"
- HACSB Resident Services: "A Place to Call Home"
- Money Matters: FDIC "Teaching Your Kids Money Management"
- Healthy Recipe: Calfresh "Apple Oatmeal Crisp"
- Healthy Living: CDC "Take Action To Prevent The Flu"
- Newsletter Summary in Spanish
- Resident Services Contact Information



Housing Authority of the County of Santa Barbara

#### "A Place to Call Home" - Resident Services

The HACSB provides housing assistance to Santa Barbara County persons who might otherwise not have a home for the holidays, or any other time of year. If you are a Housing Authority Resident, you receive financial assistance that is making it possible for you and your family to have a home. But there are others that are not so fortunate; you see them on the **streets, by the bushes, in the parks and alleyways. They don't have a home; they don't have the safety and comfort that comes from having a place to call home.** These are the person's currently experiencing homelessness in our communities.

So at this special time of year, I would ask you, what does a home for the holidays mean to you? **Do you know about the meetings and the services available to you?** If not, you may be missing out!

Please take some time to visit: [<http://www.hasbarco.org/residents/resident-services/>], and mark a few activities that you would like to participate in. **These services can help you gain knowledge and independence!** These simple tasks, serve to benefit you, your family, your neighbors, and your community. They are - how you can give back. **Lastly, always treat others with kindness and respect, and do your best to be a good neighbor.**

Our best to you this season, and all the year through~



## MONEY MATTERS

Teaching Your Kids Money Management

Here are some tips to help parents, guardians and caregivers show a child – from a preschooler to a young adult, why and how to become responsible with money.

Using your everyday spending experiences provides you with an opportunity to explain your financial decisions to your children and engage them in regular conversations about money-related topics. If you are selecting from two different brands at the grocery store, which do you purchase and why? Ask their opinion, which item would they select? Did they make a wise choice?... Did you?

If you are working with an older child, consider explaining the difference between using a credit card, debit card, or cash and the benefits or hazards of these different forms of payment, (paying now – paying later – identity theft - security).

You may want to consider using an allowance as a teaching tool. But before you give the first allowance, help your child decide how much they will spend now, and how much to save for future goals. Part of the purpose of an allowance is to teach savings skills, self-control and the benefits of waiting to enjoy a bigger reward. If you are working with a younger child, consider paying an allowance in smaller denominations to make it easier for them to learn counting skills.

You are never too young, or too old to learn good financial management skills and the FDIC can help! To learn more please visit: [<https://www.fdic.gov>].



## Healthy Recipe "Apple Oatmeal Crisp"

Make your holiday menu include this delicious Apple Oatmeal Crisp. Perfect for your holiday festivities. Enjoy!

### Ingredients

nonstick cooking spray

7 cups apples (about 2 1/2 pounds) peeled cored, and sliced 1/4-inch thick

1 tbsp. sugar, (feel free to use less) *for filling*

1/4 c 100 % unsweetened apple juice

1 tsp vanilla extract

1/4 tsp ground cinnamon *for filling*

1/2 c whole wheat flour

3 tbsp. brown sugar (feel free to use less) *for topping*

3/4 c rolled oats

1/8 tsp salt

1/4 tsp ground cinnamon (*for topping*) 1 tsp vegetable oil

### Directions

1. Preheat oven to 375 . Lightly spray an 8 x 8-inch square baking dish with nonstick cooking spray
2. Cook apples, sugar, apple juice, vanilla, and cinnamon in a pot over medium heat until apples are tender, about 5 to 6 minutes.
3. To make topping, combine flour, sugar oats, salt and cinnamon in a bowl. Mix together with a fork. Add the vegetable oil and butter to the flour mixture and mix together.
4. Spoon apple mixture into prepared baking dish.
5. Sprinkle with topping.
6. Bake for 30 minutes or until golden brown.
7. Cool slightly & serve.



## Healthy Living:

Take Action To Prevent The Flu

**Take Time to get a flu vaccine.** The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many flu viruses, a flu vaccine protects against the viruses that research suggests will be most common in your area.

**A Flu vaccination can reduce flu illness, doctors' visits, and missed work and school due to flu,** as well as prevent flu-related hospitalizations.

**Everyone 6 months of age and older** should get a flu vaccine every year before flu activity begins in their community. The CDC recommends getting vaccinated by the end of October, if possible. **Vaccination of high risk persons is especially important** to decrease their risk of severe flu illness. People at high risk of serious flu complications are **young children, pregnant women, people with chronic health conditions like asthma, diabetes, or heart and lung disease.** Vaccinations are also important for **healthcare workers** and other people who live with or care for high risk people to keep from spreading the flu. Children younger than 6 months are high risk, but too young to be vaccinated. People who care for infants should be vaccinated instead.

**Take everyday preventative actions to stop the spread of germs:** Try to avoid contact with sick people. While sick, limit contact with others as much as possible to keep from infecting them. **If you are sick the CDC recommends you stay home for at least 24 hours after your fever is gone,** (except to get medical care or for other necessities). Cover your nose and mouth with tissue when you cough or sneeze, and throw the used tissue into the trash. Wash your hands often with soap and hot water. If that is not available, use an alcohol based hand sanitizer.

**Avoid touching your eyes, nose and mouth.**

Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. Lastly ~ eat right, exercise and get plenty of rest to help fight off the flu. For further information, please visit: <https://www.cdc.gov/flu/>



We're on the Web - [www.hasbarco.org](http://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)

## Resumen en Español

**Lo que la Asistencia de Vivienda significa para mí.** Residentes de la Autoridad de Vivienda en Pescadero Lofts expresaron su gratitud por tener un techo donde dormir después de haber estado viviendo en las calles sin un hogar seguro por muchos años. Esta comunidad provee hogar a personas que estaban previamente sin hogar por largo tiempo. Ellos han pasado hasta décadas viviendo en las calles. Así que, para ellos tener un hogar significa poder dormir en la noche sin policías dándoles multas, la oportunidad de poder tomar café en casa, tener acceso a recursos de ayuda, poder recuperarse de cáncer. Para ellos tener asistencia de Vivienda ha sido una bendición. Que es lo que significa la asistencia de Vivienda para usted? Nos gustaría saber. Llame a Servicios para los Residentes.

**Un lugar al cual llamarle Hogar** los residentes de la Autoridad de Vivienda pueden decir que tienen un hogar para pasar las fiestas Navideñas. No todos son afortunados de tener un hogar. Hay algunas personas que no cuentan con un hogar y es su principal preocupación. Tener un hogar permite enfocarse en otras metas o necesidades. ¿Cual es su meta ahora? En esta época Navideña le pregunto que significa tener un hogar para usted, como puede ayudar a los demás, y como participando en actividades que se ofrecen en su comunidad puede ayudarle en el camino a la autosuficiencia.

**El Dinero Importa.** Como enseñarle a sus hijos a ser responsables con el dinero puede ser difícil. Siga estos pasos que le ayudaran a prepararlos para tomar decisiones importantes con su dinero. Incluya a sus hijos en conversaciones acerca de dinero, explíqueles la diferencia entre debito y crédito, cuando les de dinero pregúnteles en que lo utilizaran. Aprender sobre finanzas y como mejorarlas es cosa de todos.

La **Receta Saludable** de hoy es pastel de manzana y Avena. Caliente el horno a 375 grados. Hierva las manzanas con azúcar, canela y las especias. Tire el jugo y vierta las manzanas en un refractario. Haga una pasta con la harina, aceite y avena, amase, tortee, y póngala encima de las manzanas. Hornee y listo! Disfrute un postre calentito y delicioso.

**Viviendo Saludable** Tome acción para prevenir enfermarse de la gripe. Vacunarse en contra de la gripe es el primer paso para prevenir el contagio de virus el cual afecta muchas personas en esta temporada. Todas las personas mayores de 6 meses deberían vacunarse contra la gripe. También, evite el contacto con personas que ya tienen el virus para evitar enfermarse. Taparse la boca y sonarse la nariz apropiadamente con papel desechable ayuda a no compartir el virus de la gripe. Limpie y desinfecte las áreas de mayor trafico en su hogar que puedan estar contaminadas en el virus, y por ultimo descanse y tome muchos líquidos si se enferma.