



Family Self-Sufficiency

Summer Time Safety Tips

You can greatly reduce the chances of you or your friends and family becoming drowning or near-drowning victims by following a few simple safety tips:

Keep an eye on friends and family.

Drowning can occur in as little as 20 seconds for children and 60 seconds for an adult. Drowning is known as the "silent killer" because most victims slip beneath the water without a sound. Paying close attention to those around you

can drastically reduce such accidents.

Learn to swim! The American Red Cross has swimming courses for people of any age



and swimming ability.

Going to the lake?

Swim in designated swim areas. These areas are properly marked, and motor boats are prohibited. Swim near the shore. Drowning most

often occurs within about 10 feet of safety and usually about 50 feet from shore.

Never swim alone.

Learn to perform CPR . Check Red Cross CPR training programs. In an emergency, always have someone call 911.

Learn to help a drowning victim without entering the water.

Practice the "Reach or Throw, Don't Go" method.

Remember that swimming and alcohol can be a deadly combination.



Cooking Outdoors ?

No matter what time of the year, more and more people are cooking outdoors. But **outdoor cooking** during the summer seems to pose a few extra challenges - leaving food out for just a short period of time under the hot sun can result in harmful bacteria rapidly multiplying and it increases the chance of

getting **foodborne illness**. Here are some basic guidelines for safe food handling during the hot summer months. Whether preparing food in your kitchen for the backyard grill or putting it all together at the campground, be sure to **keep food surfaces clean**. And with so many "cooks in the kitchen", or at the grill, make sure to

have plenty of clean utensils and platters on hand. To prevent **foodborne illness**, don't use the same utensils or platters for raw and cooked meats. If you are headed to the park or campgrounds, find out if there is a source of clean water. If not, bring water for preparing and cleaning.

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Fall Class Schedules Please!

All students currently enrolled for fall 2011 semester, please provide a copy of your class schedule to the FSS Office.

Tips on Managing the Heat



The risk of heat exhaustion and heat stroke rises along with the temperature and humidity.

Heat illnesses occur when the body's cooling mechanism becomes overloaded. When the heat starts to rise - slow down. Regardless of your activity level, drink more fluids - your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar. Stay indoors or in shaded locations; wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

Signals of Heat Emergencies:

Heat exhaustion is a milder form of heat-related illness that can develop well after dehydration occurs. Those most prone to heat exhaustion in-

clude the elderly, those with high blood pressure, and children. Some symptoms of heat exhaustion include: cool, moist, pale or flushed skin; muscle cramps; heavy perspiring; nausea and sometimes vomiting; weakness; dizziness; dry mouth; and a headache.

Heat stroke is a life-threatening situation. It occurs when the body is unable to regulate its temperature. Heat stroke can occur within 10-15 minutes of the first symptoms. Signs of heat stroke include: very high body temperature (above 103 degrees); hot, dry, red skin; no sweating; nausea; dizziness; confusion, disorientation, hallucinations; or loss of consciousness.

Treatment of Heat Emergencies :

If you feel you are suffering from *heat exhaustion*, it is important to get out of the sun and into a cool place; loosen clothing; drink water/fluids (be sure to avoid caffeine and alcoholic beverages); take a cool shower, bath or sponge

bath; and rest.

Heat Stroke is a medical emergency - have someone call for immediate medical assistance while you begin cooling the victim. Get the person to a shaded area; cool him/her rapidly using whatever methods you can (immerse in a tub of cool water, place in a cold shower, spray with cool water from a garden hose); do not give fluids; if convulsions occur, keep the victim from injuring himself; call the hospital emergency room for further instructions if medical assistance is delayed in responding.

Every great dream begins with a dreamer. Always remember, **you** have within **you** the strength, the patience, and the passion to reach for the stars to change the world.

Harriet Tubman

The 411

Congratulations to FSS participants Chris and Charisse who recently completed their FSS Contracts of Participation. Chris received an escrow check of over \$4,000.00 and Charisse received a check in the amount of \$200.00. Both participants are voluntarily leaving the Section 8 program. We wish them the best of luck as

they move on.

Please welcome new FSS participants Amanda, Scott, Roberta, Enid, and Stella!

Statistics to consider: 8 FSS participants have obtained new employment, 12 FSS participants have reported increases in earned income, and 7 FSS participants have opened new escrow savings ac-

counts over the past six months. Congratulations!

Currently thirty-two of you have an escrow savings account and have accumulated a total savings of over \$93,000.00. Escrow statements are mailed out quarterly and at the end of each year. Remember, an increase in earned income results in a larger monthly escrow deposit.

Focus on our Collaborative Partners: The Shalom Free Clinic

The Shalom Free Clinic provides under-insured and uninsured children and adults with health screening, primary care interventions, health service, and education including physical and mental/behavioral health services free of charge.

The Shalom Clinic welcomes and accepts people of all sexual orientations, races, genders, nationalities, economic standings, marital status, family configurations, ages, and different mental and physical abilities.

The Shalom Free Clinic is located in the Education Building next to the Congregational Church of Chico at 1190 E. First Avenue, Chico, CA 95926. See map below.

The Clinic is open Sundays from 1:00 pm to 4:00 pm.

A buffet luncheon is served each Sunday afternoon during clinic hours.

Services are provided for all children, teens and adults. There is no charge for services and no appointment is needed.

The Shalom Free Clinic is NOT able to treat fractures, unstable vital signs, acute low back pain, irritable bowel disease, Crohn's disease, diverticulitis, cholecystitis, lacerations, cellulitis that requires an IV/antibiotics, OB/GYN problems, Worker's Compensation injuries, insurance physicals, or sports physicals.

New services available at the Shalom Free Clinic

- Nutrition counseling available every Sunday.
- Chair massage offered most Sundays.
- Reiki is offered twice a month. Call 518-8422 to check on dates.
- Acupuncture by appointment only on the 1st Sunday of the month. Please call 530-518-8422 to make an appointment.
- Energy balancing available every 2nd Sunday of the month with Gayle Kimball.
- Group session: *Clutter Support Group* 6:30-8:30 PM 2nd & 4th Tuesdays of the Month.
- Group session: *Grief Group* 6:15 pm-7:30 PM Wednesdays with Thomas Kelem, MFT.

How To Get There:



Shalom Free Clinic



Treating the Mind, Body and Spirit

Finding the Right Job



This summer, your focus should be on finding the right job for you and doing everything you can to be the best candidate for that job. The

competition may still be tough, but here's how to turn the tables in your favor. **Narrow your search.** Stop applying to jobs that you're not qualified for. It's a waste of time. Be honest with yourself when evaluating job postings. Focus your time on creating great applications for jobs you are well-qualified for instead. **Re-evaluate your skills.** If you feel as if you've looked at every job posting on earth and you still can't find one your skills match up with, then it's time to get some new skills. The good news for those who are unemployed is that it's the perfect opportunity to go back to school. Government funding and other programs are available for out-of-work job seekers who want to enroll in training or continue their education. **Set goals.** Yes, your overall goal may

be to get a job, but setting short-term, specific job search goals for the summer will help you. Improve your networking skills, for example, by making July's goal to join a professional organization and August to attend a job fair event. **Stay current:** You should always be in the loop, even if you're out of work. Read trade publications and stay on top of any emerging technologies that may affect your career path. This will not only help you have a great conversation with an interviewer and keep your professional edge, but it may also give you new ideas about where and how to look for a job. **Sell yourself:** An interview is no time for modesty, especially in times like these. When you land an interview, go prepared with at least five examples that demonstrate your best qualities. That way, when an interviewer asks, "Why should I hire you," you can talk about how you're such a quick learner that you taught yourself Photoshop in a week and how your entrepreneurial spirit led you to start your first lawn-mowing business at age 16. **Keep that**

glass half-full approach, all year: A job search will always have its frustrating moments, because things don't always happen when or how we want them to happen. But instead of letting setbacks ruin motivation, take them as lessons. Your lack of interviews may mean it's time to re-evaluate your career path or skills, which could lead you to a more fulfilling career. This type of positive attitude will be much more productive in helping you find your next job. The bottom line is that job searching will be tough this summer, but landing a job -- even your dream job -- can still be a reality. A proactive job search is your best bet, so take the necessary steps to ensure you get the job you want.

It is not enough to take steps which may some day lead to a goal; each step must be itself a goal and a step likewise.

Von Goethe

FSS after-hours and workshop meetings are on summer break. However, please remember that you are required to contact the FSS office on a monthly basis to update your FSS program progress. You may report to the office using email, telephone or scheduling an appointment. If you are not enrolled in school or working, please remember to turn in your monthly FSS Work Search Logs. I can be contacted at 895-4474, extension 231 or at douglasd@butte-housing.com.

4th of July Recipe

Crispy Cheese Stars from FamilyFun Magazine



Turn tortillas into a stellar snack with this easy recipe. You'll need 2 star-shaped cookie cutters, one slightly smaller than the other (ours measured 4 and 2 1/4 inches between opposite points).

Ingredients:

- Flour tortillas
- Sliced cheese (cheddar, provolone, or mozzarella)
- Chili powder or paprika

Instructions:

- Heat the oven to 350°. Use the larger cookie cutter to cut out stars from flour tortillas (about 5 per 10-inch tortilla). It's easy for kids to do if you use a rolling pin to roll back and forth over the cutter. Bake the stars on a foil-covered cookie sheet for 5 minutes.
- Use the smaller cookie cutter to cut out an equal number of cheese stars from the sliced cheese and place them atop the tortilla ones. Bake the stars for 2 more minutes or so until the cheese melts.
- Sprinkle the stars with chili powder or paprika and let them cool before serving.