



The 411

FAMILY SELF-SUFFICIENCY NEWSLETTER JULY–SEPTEMBER 2013

Go confidently in the direction of your dreams. Live the life you have imagined—Henry David Thoreau

From the Office

Happy Summer everyone! 100 degree plus weather is back so I have included tips from an earlier newsletter for you to use on how to manage the heat in the Community Corner section of the newsletter. All students enrolled in institutions of higher education or career technical training, please remember to turn in a copy of your fall 2013 class schedule to the FSS office. As a reminder, the FSS program has partnered with Rabobank and will be offering budget and banking work-

shops. Additionally, second-chance banking accounts are available. For more information, please contact the FSS office.

As we enter the dog days of summer, please remember it is your responsibility to contact the FSS office monthly with an update on program progress at douglasd@butte-housing.com or at 895-4474, extension 231.

Have a safe, enjoyable and happy summer!

"Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens." Khalil Gibran (1883-1931); Artist, Poet, Writer

Employment Watch



It doesn't take much time to send a thank you note or thank you email message after a job interview. Sending a thank you

letter is a good way to reiterate your interest in the job and to remind the interviewer why you are the best candidate. It takes a little time to send a thank you note. However, an Account Temps Survey reported that over half of managers said they consider a thank you note influential when evaluating candidates. When asked about the

most appropriate way for candidates to follow up, 38% of managers surveyed said that hand-written notes were acceptable, while 87% said email worked. 81% said a phone call was appropriate, as long as the interviewee didn't call multiple times. Social media is another way to say thank you with 27% of managers considering it acceptable. Only 10% thought text messages were appropriate. It's important to note that about half of applicants don't send a thank you note after an interview. So, if you're one of the applicants who does spend a few minutes taking the time to send a thank you note to your interviewers it will be

worth the effort. Keep a box of generic thank you notes on hand, along with a supply of stamps. Or, consider a personal thank you note with your photo. It's a good way to remind the interviewer who you are, as well as reiterate your interest in the job. Then, as soon as you get home from the interview, you can write your thank you note. In your thank you note, remind the interviewer about your key qualifications for your job and reiterate your interest in the position. Mail your thank you note as soon as possible, so it arrives in a timely manner.

Community Corner



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 light-weight, 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 include 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.

Events



Movies in the Park: Come and enjoy this summer tradition! Every summer hundreds of families enjoy free Movies in the Park. Bring a blanket or a low back chair and sit under the stars while enjoying a family friendly movie. Refreshments will be available to purchase. All movies will start approximately 15 minutes after sunset. Location: Sycamore Field, Bidwell Park. Next scheduled movie is Saturday, July 20, 2013. For more information call 895-4711.

Butte County Fair: August 22, 2013 through August 25, 2013. The Butte County Fair is a family event for all of Butte County. Carnival, animals, bands, Miss Butte County, destruction derby, exhibits, kids events, food eating contests, Nor Cal Combat, shows and much, much more. Come out and enjoy the Butte County Fair. Butte County Fair
199 East Hazel Street, Gridley, CA 95948.

Pastels on the Plaza : September 21, 2013 , Come and "Chalk it up" in downtown Chico at City Plaza Park. This great family event gives both the novice and professional artist an opportunity to express themselves. Contact CARD office at 895-4721.

CREDIT WORKSHOPS



Credit workshops will help you examine your attitudes about money, create a budget, organize your finances, learn ways to reduce spending, understand a credit report and your FICO score, dispute errors on your report, and improve your score. Upcoming workshops are scheduled as follows:

Aug 1, 2013

Oct 3, 2013

Nov 7, 2013

Dec 5, 2013

Workshops are all on Thursdays, from 3 pm – 5 pm at 1001 Willow Street at the corner of 10th Street, Chico, CA. Contact: 891-6931.

