



# Family Self-Sufficiency

## A Wonderful Time of Year

From the Desk of Doug De Soto

The holiday season is fast approaching. As we enter this 'busy' time of year, I wanted to remind you to continue to update the FSS office with your program progress on a monthly basis. Also, those of you who are not enrolled in school or not employed, please continue to turn in your FSS Work Search Log on a monthly basis.

Please welcome new program participants Charisse and Alma.

Also, congratulation to Barry for successfully graduating from the FSS program earlier this month. Barry

graduated with approximately \$1,000.00 in his escrow account and voluntarily exited from the Section 8 assistance. Best of luck as you continue your journey towards full self-sufficiency!

The fall Workshop schedule is posted on page 4. Please contact the office if you are not able to attend the scheduled classes.



We will be hosting the fourth annual holi-

day potluck and gift drawing in December.

Come join us as we enjoy good food, share stories and hold a gift drawing. The time and location of the potluck is listed on page 4.

Please take the time to review your Individual Training and Service Plan to make sure you are on target for completing interim goals. If you need to make a revision or have completed specific goals, please contact me to schedule an appointment to update your plan.

Happy Holidays!

## Tips to Stay Healthy This Season

The flu, also known as influenza, is a contagious respiratory disease caused by influenza viruses.

In the US, there is a flu season that begins every fall and ends every spring. Sometimes a

new type of flu virus may emerge that people have no resistance to.

When people have no resistance to a flu it can spread more easily from person to person around the world in a very short time, causing

serious illness and death. This kind of flu is called "Pandemic Flu".

The two types of flu are very similar in symptoms:

- Fever

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On Sunday, November 7, 2010 Daylight Saving Time Ends!



Don't Forget to Set Your Clock Back One Hour!

## Tips to Stay Healthy – Continued

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- Sore throat
- Cough
- Runny or stuffy nose
- Extreme tiredness
- Headache
- Muscle aches and pains
- Stomach problems, such as nausea, vomiting, and diarrhea.

Most people who get seasonal flu recover within a week or two and do not require medical treatment.

Pandemic flu is different because more people who get it might not recover, even with medical treatment, and people of every age may be a risk of serious illness. As always, the concern for the very

young and the very old and the very sick are more of a concern.

### Being Prepared

There are some things that everyone can do to slow the spread of the flu and reduce its impact, whether the viruses involved are seasonal or pandemic flu viruses:

- Get your yearly flu shot.
- Wash your hands with soap and water frequently. This will reduce the change of spreading flu from one person to another.
- When using an alcohol-based sanitizer, use directed amount of sanitizer, rub thoroughly over all surfaces of the hands, including nail

areas and between the fingers. Rub until product dries.

- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterwards. If you don't have a tissue or cloth, cough or sneeze into the inside of your elbow or upper arm.
- Keep your hands away from your eyes, nose and mouth to keep flu germs from entering your body.
- Stay home if you are feeling sick. Get plenty of rest and drink lots of fluids.
- Avoid sharing objects – such as utensils, cups, bottles and telephones. If you must share, disinfect the objects before using them.
- Keep your living and work areas clean.

## Staying Safe in Cold Weather

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**Exposure to cold** can cause injury or serious illness such as frostbite or hypothermia. The likelihood of injury or illness depends on factors such as physical activity, clothing, wind, humidity, working and living conditions, and a person's age and state of health.

- Dress appropriately before going outdoors. The air temperature does not have to be below freezing for someone to experience cold emergencies such as hypothermia and frostbite. Wind speed can create dangerously cold conditions

even when the temperature is not that low.

⇒ Dress in layers so you can adjust to changing conditions. Most of your body heat is lost through your head so wear a hat, preferably one that covers your ears. Mittens provide more warmth to your hands than gloves

⇒ Wear waterproof, insulated boots to help avoid hypothermia or frostbite by keeping your feet warm and dry and to maintain your footing in ice and snow.

- Get out of wet clothes immediately and warm the core body temperature with a blanket or warm fluids like hot cider or soup. Avoid drinking caffeine or alcohol if you expect you or someone you are trying to help has frostbite.
- Recognize frostbite warning signs: gray, white or yellow skin discoloration, numbness, waxy feeling skin. Seek medical attention immediately if you have these symptoms.

## Holiday Safety

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**The American Red Cross** urges families to follow simple safety tips to keep the season merry and to prevent holiday fires. During the winter holiday season the incidence and severity of home fires dramatically increases.

In fact, according to the U.S. Fire Administration, each year nearly 47,000 fires occur nationally during the holidays claiming more than 500 lives, causing more than 2,200 injuries,

and costing \$554 million in property damage. Many of these fires are caused by home heating sources, unattended cooking, and candles. The Red Cross recommends the following to prevent holiday home fires:

- Keep all potential fuel sources (decorations, evergreen trees, wreaths) at least three feet from heat sources (candles, heat vents, fireplac-

es, portable heaters and radiators).

- Turn holiday lights off and extinguish candles before leaving the room or going to bed.
- After entertaining guests, walk around your home ensuring that candles and smoking materials are properly extinguished.

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- Keep anything that can catch on

## Holiday Safety — Continued

(continued from page 2)

fire—pot holders, oven mitts, wooden utensils, paper or plastic bags, food packaging, and towels or curtains—away from your stove top.

- Ensure that smoke alarms are installed outside of each sleeping area and on each level of your home.
- Use the test button on your smoke alarms to test them once a month and replace batteries once a year.
- Create or review your fire escape plan. Identify two escape routes from every room in your home and choose a convenient meeting place a safe distance from your home. Practice your

escape plan at least twice a year with all family members.

### Holiday Lights and Decorations

- Make sure that any light strings or other decorations are in good condition and follow manufacturer's instructions for their use. Do not use anything with frayed electrical cords.
- Always unplug holiday lights (including tree lights) before leaving home or going to bed.
- Inspect holiday lights each year for frayed wires, bare spots, broken or cracked sockets, and excessive kinking or wear.
- Avoid overloading electrical outlets by not linking more than three

light strands.

- Place decorations at least three feet away from fireplaces, portable heaters, radiators, heat vents and candles

### Holiday Candles

- Always extinguish candles before leaving the room or going to bed.
- Keep candles away from items that can catch on fire like clothing, papers and curtains.
- Use candle holders that won't tip over easily.
- Place candles only where they cannot be reached or easily knocked over by children and pets.

## Holiday Stress Relief

As the winter holidays near, our stress levels go up. Does just thinking about Thanksgiving, Christmas and New Year's make you tense? Do you feel like Scrooge? You're not alone, in fact, you're the majority! Don't endure another stress-filled holiday season!

**Make to-do lists:** By making lists, you're acknowledging what you need to get accomplished. Underline everything on the list that is an absolute MUST and do those things first. Usually, these are the most difficult chores and are best accomplished early on. Just by having a to-do list, you reduce the stress of trying to remember everything and ensure you won't forget the most important things that need atten-

tion.

**Get help:** For immediate holiday stress relief, distribute some tasks on your to-do lists to family members.



You probably won't receive any help if you don't ask, so don't be shy. Put the family on notice that if your holiday is going to be perfect, it's going to have to be a group effort.

**Set a budget:** from Christmas gifts, decorations to food, avoid overspending. You're not going to appreciate credit card debts in January and Febru-

ary, so set limits for gifts. Have family members make a wish list with only items in the price range that was agreed upon.

**Take Control:** most important, be in control. This doesn't mean being a control freak, it means taking charge of your own life. If you're going to run around trying to please everyone, you will feel resentful. Choose which things you can and cannot do -- and be firm. If you're the type of person who finds it hard to say "no", there may be family members who are aware of that and will take advantage.

## Annual Holiday Potluck

**The fourth annual** holiday potluck and gift drawing will be held on December 17, 2010 at 6:30 p.m. at the Walker Commons Recreation Center. Come enjoy good food,



share stories, and partake in the gift drawing.

Please RSVP to the FSS office no later than December 3, 2010. This year's meal theme is "Home Cooking." The Housing Authority will be providing the main course. If you are able to bring a side dish, please let the office know.

Walker Commons is located at 638 Buttonwillow Lane, behind Safeway, in the Safeway Shopping Center located on the corner of Mangrove Avenue and Vallombrosa Avenue in Chico.

For more information or directions, please call the FSS office at 895-4474, extension 231.

**HOUSING AUTHORITY OF THE  
COUNTY OF BUTTE**

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**HOUSING AUTHORITY OF THE COUNTY OF BUTTE**

# Family Self-Sufficiency

## Fall Workshop Schedule



**October 2010  
Topic:**

Resources for the  
Flu and Cold Season

**Wednesday, October 20, 2010:**  
St. Nicholas Church, 5872 Oliver  
Road, **Paradise.**  
6:00 p.m.

**Friday, October 22, 2010:**  
Housing Authority Office, **Chico.**  
10:00 a.m. or 6:00 p.m.

**Thursday, October 21, 2010:**  
Greater Oroville Family Resource  
Center, 2185 Baldwin Avenue,  
**Oroville.** 6:00 p.m.

**November 2010  
Topic:**

Passing the HQS Inspection

**Wednesday, November 17, 2010:**  
St. Nicholas Church, 5872 Oliver  
Road, **Paradise.**  
6:00 p.m.

**Friday, November 19, 2010:**  
Housing Authority Office, **Chico.**  
10:00 a.m. or 6:00 p.m.

**Thursday, November 18, 2010:**  
Greater Oroville Family Resource  
Center, 2185 Baldwin Avenue,  
**Oroville.** 6:00 p.m.

**December 2010**

**Holiday Potluck**

December 16, 2010  
6:30 PM

Walker Commons  
638 Buttonwillow Lane  
Chico

