



# FAMILY SELF SUFFICIENCY NEWS

Summer 2009

**Special points of interest:**

- There are many free resources available in the community. Take advantage of the opportunity; use them.
- Please contact your coordinator. We are happy to help you find what you need.

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## SMART WOMEN, SMART MONEY CONFERENCE



This FREE, extraordinary, all-day event is packed with the information and motivation you need to propel you into the world of “Smart Money”!

**What:** Smart Women, Smart Money, Idaho Women’s Financial Conference

**When:** Saturday, October 3rd, 2009. Doors open at 7:00 am. Event from 8:00 am to 4:30 pm

**Where:** Boise Centre on the Grove, 850 W. Front Street, Boise Idaho

**How:** Registration will open the first week of September 2009. You can register online at <http://www.smartwomensmartmoney.com/> or you can call (208) 334-3200 to sign up.

**Free lunches will be limited, so please register as soon as registration opens!**



## EMPLOYMENT ASSISTANCE

## IDAHO DEPARTMENT OF LABOR

219 W Main Street

Boise, ID 83735-0030

Phone: (208) 332-3575

Fax: (208) 334-6222

Open Monday through Friday

9:00 am to 5:00 pm, except observed holidays

**PLAN ON ATTENDING OUR JOB SEARCH WORKSHOP**

Workshops held at Idaho Department of Labor - Boise Office

**Wednesdays****9:00 am-1:00 pm**

**Days are subject to change. Please call or check the Department of Labor calendar of events at <http://idaho.labor.gov>**

No appointment necessary however **seating is limited so please arrive early**

- Dealing with change and transition
- Learn to "sell" yourself to the employer
- Skills assessment
- Tap into the hidden job market
- Resume writing
- Create an attention grabbing cover letter
- Interviewing with confidence, and thank-you cards



We are not implying that women can only be secretaries. It's simply clipart.

**Don't let the bad news get you down. You CAN find a job!**



## BACK TO SCHOOL: QUICK AND EASY BREAKFAST IDEAS

WWW.SHOPRITE.COM

We've heard it a million times: Breakfast is the most important meal of the day if you want to promote well-being and maintain a healthy weight. But when it comes to kids and teens, breakfast provides additional benefits. Studies show that students who eat breakfast concentrate better, solve problems more easily and display better muscle coordination than breakfast skippers. They also have higher attendance rates, lower rates of tardiness and fewer behavioral problems than skippers. All of which makes sense: Kids who are hungry have a harder time paying attention and learning.

Kids who eat breakfast also are less likely to be overweight and more likely to have an overall healthier diet that meets their daily needs for vitamins and minerals such as iron, calcium, zinc and folic acid.

### Basics of a healthy breakfast

Aim for a breakfast that balances protein, fat and healthy carbohydrates, such as whole-grain breads or cereals, instead of simple carbohydrates that are high in sugar and white flour, such as pastries. Breakfast should provide one-fourth to one-third of the day's energy and nutrients and should include grains (preferably whole grain), protein, fruits or vegetables, and a low-fat dairy product (which may also serve as a source of protein).

### Beat-the-clock breakfasts

In the rush to get everybody out the door on time, a healthy breakfast often gets put on the back burner. It doesn't have to, though. In fact, you don't even need to turn on the burner for these healthy, quick-and-easy breakfast ideas, some of which come from the American Dietetic Association's Web site, [www.eatright.org](http://www.eatright.org):

- **Fruit and yogurt smoothie with ground flaxseed mixed in**
- **Whole-grain ready-to-eat cereal topped with sliced banana and yogurt**
- **Bran muffin and yogurt topped with berries**
- **Toasted whole-wheat waffle topped with fruit and yogurt**
- **Peanut butter and banana sandwich on whole-grain bread**
- **Peanut butter or hummus on whole-wheat toast with a glass of low-fat milk**
- **Cheese pizza and a glass of orange juice**
- **Turkey-apple sandwich made with whole-grain bread, low-fat turkey, sliced apples and reduced-fat Monterey Jack cheese**
- **Lean ham on a toasted English muffin and a glass of vegetable juice**
- **Breakfast wrap made with cut-up fresh or canned fruit and low-fat cream cheese rolled in a whole-wheat tortilla and a glass of low-fat chocolate milk**
- **Microwave-made scrambled eggs wrapped in a whole-wheat tortilla with a little salsa and grated, reduced-fat Cheddar cheese, plus an apple**



Make time for breakfast.



### Become cereal savvy

Hot or cold cereal with yogurt or milk and a piece of fruit can be a great quick breakfast. Most cereals are fortified and can help kids get the vitamins and minerals they need for good health. But many experts recommend avoiding cereals that list sugar as one of the first ingredients. Instead, look for a breakfast cereal that meets American Dietetic Association guidelines — at least 2.5 grams of fiber per serving and at least 25 percent of the daily value for vitamins and minerals. Choose cereals that also provide some healthy fat, such as nuts, or just add your own.



What to do?

What to do?

The US Department of Labor estimates that the average American will have three to five careers in his or her lifetime and ten to twelve jobs.



**NAHRO scholarships help make college a reality.**

## MYTHS ABOUT CAREER DECISION MAKING

By Clarke Carney and Cinda Wells

- The choice of an occupation is irreversible. Once I make it, I can't change my mind.
- There is a single "right" career for everyone.
- It's not OK to be undecided.
- Nobody else is undecided. I'm all alone.
- I know other people who have known what they wanted to be since childhood. Something's wrong with me because I don't know.
- Life is always fair.
- Life is always unfair.
- Somewhere there's a test that can tell me what to do with the rest of my life.
- An expert can tell me what occupation to pursue.
- If I can find out what I'm interested in, that means I'll do well at it.
- If I'm especially skilled at something, I should want to choose it as a career.

## SCHOLARSHIP MONEY AVAILABLE

The Pacific Northwest Regional Council of NAHRO will be accepting scholarship applications for its 2010 awards soon. Stay tuned for details (to be posted on the Boise City/Ada County Housing website.)

There will be two categories for graduating seniors as well as opportunities for adults who have been out of school for at least four years. In all categories, applicants must have completed community service, or be involved in some type of ongoing service to their community.

If you are an FSS family and would like help or would like your graduating senior to have help writing an essay for the application, do not hesitate to call Ranelle at 287-1060.

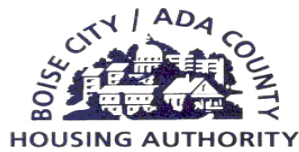
## SHOULD I MAKE A CAREER CHANGE?

**By Ranelle Nabring, FSS Coordinator**

Many Idahoans are experiencing the normal stress related to an uncertain economy and facing (or fearing) a layoff. If you are laid off, one way to manage stress is to use some of your time conducting occupational research, especially if you are considering re-training or changing career. If you have been a waitress, for example, you may be struggling with reduced hours and smaller tips, causing you to have the desire to re-direct your interests and consider other ways to make a living. Many schools offer career services, but you may be able to conduct your own research using the public library and/ or the Internet. Keep in mind that your Family Self-Sufficiency Coordinator is available to assist you as you research jobs, career information and resources to help you make a career change, if you are considering such a change. Careful planning will be important, but you won't need to do it alone; that is one reason you are participating in the Family Self-Sufficiency Program!

### **Things to keep in mind when considering a brand new career**

- The career process takes time. You cannot make a good decision until you have enough information about yourself and the world of work, as well as some experience that points you in a direction that is right for you.
- No one can tell you what you should do, and a career decision will not appear out of thin air. You must also take time to reflect on the information you gather about a career or careers and ask yourself, "How does this information fit with my own interests, values and skills?"
- While there are specific steps that can be taken, there is no specific order in which these steps should be taken, and you may have to repeat steps throughout the process until you decide.
- Examine your motivation for beginning the process of career exploration. Some people begin the process because of pressure from others (relative, friends, mentors) or because they in some way feel they are "behind" Your journey must come from a genuine desire for self-discovery, for you to make the most out of the exploration process.
- Be open to new experiences and ideas. We only see or hear about a few career fields on a day-to-day basis. New careers are being created every day.
- Make a commitment to verify what you believe to be "true" about a particular career. Someone may tell you "Nurses make \$60 an hour." While some nurses in high-demand settings in some cities may earn that much, the wage range for registered nurses in Idaho is \$19 to \$36 an hour.



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## BOISE PUBLIC SCHOOLS PARENT EDUCATION CLASSES

The Boise School District has developed a parent education program to offer support and skills to assist parents or guardians with raising happy and responsible kids. Classes are offered throughout the city's school buildings at different start times throughout the semester and are taught by certified school counselors who have extensive training and experience.

- **Parenting with Love and Logic**-a common sense approach to parenting that will give parents practical ideas about setting limits and teaching kids to make responsible choices.
- **Parenting Teenagers**-Being the parent of a teen is rewarding, exciting and challenging. With skills and understanding, you can guide your teen to be responsible, cooperative and independent.
- **Positive Discipline for Single Parents**-Being a single parent is a tremendous challenge. Topics to be discussed include balancing/juggling and other single-parenting skills, self-care for parents.

**For questions or information call Colleen at 854-4103 or visit their website: [www.boiseschools.org](http://www.boiseschools.org) under Student / Parent Services.**

## DEBT REDUCTION SERVICES REAL SOLUTION WEBINARS

One of the components of the FSS program is financial education.

Several times a year, a financial consultant from Debt Reduction Services offers a series of informative workshops at our office. These workshops cover: Debt Elimination, Using Credit Wisely, Budgeting, and Spending. We realize that not all of you are able to attend, due to various scheduling conflicts.

**Therefore, we are happy to inform you that you can access the same quality financial education online at [www.debtreductionservices.org](http://www.debtreductionservices.org). You may watch the webinars at your leisure.**

Once you view the lesson, you will be asked to take a short quiz. Upon passing, you will receive a certificate of completion.

Please provide a copy of the certificate to your FSS Coordinator. If you have any questions, please give us a call at 345-4907.