**APRIL**

**NEW FSS SESSION**
**CLASSES EVERY TUES.**
**APRIL 2ND—MAY 28TH**
**5:30—7:30 PM**
**CALL AMY TO REGISTER**
**253-620-5400 EXT 1454**

Credit Repair
PCHA: 603 S. Polk St. Bldg. B
April 24, 2013 @ 11:00-1:00 pm

Come spend your lunch break with us and learn how to repair/improve your credit and create more buying power for the future! You’ll recognize our Guest Speaker, Glenn Leach, from our Basic Home Loan Process class. **Remember, if homeownership is your goal, you must have a credit score over 620 to even be considered for a home loan.** This is a popular workshop. **Pre-registration is required for this event to ensure your seat!** Please contact Tamiko Jackson at (253) 620-5458 for more information. Repairing your credit does not happen overnight. Get started now!

**Time Management**
PCHA: 603 S. Polk St. Bldg. B
April 30, 2013 @ 10:00-12:00 pm

Our Guest Speaker, Michelle Longo, will be discussing the importance of time management and how to organize your daily life. She will also be sending you home with some materials to help you implement what you learned in class. Refreshments will be provided. **You MUST pre-register for these events!** Please contact Amy Ehlers at (253) 620-5400, ext. 1454.

**MAY EVENTS & WORKSHOPS**

**Weight Release**
PCHA: 603 S. Polk St. Bldg. B
May 8, 2013 @ 5:30-7:00 pm

An introduction to weight loss through hypnotherapy. Our Guest Speaker is Kevin Geisselman, CHP. Find out how hypnotherapy is used to treat the entire person, rather than the “problem” and why this approach can be more effective. Many “weight loss” programs fail because they do not address the root of a person’s relationship with food and eating triggers. In this workshop Kevin will demonstrate how hypnotherapy can be used to re-program you to recognize the “I’m satisfied” signal and listen. There has been a lot of interest in this workshop. **Space is limited, so pre-register to save your seat.** Contact Tamiko to find out more!
Ready to Rent
Teen Edition
PCHA Bldg. B
Saturday May 11th
8:30am to 4:30
Do you know a teen who is getting ready to fly the nest? It can be scary and exciting to think about getting your own place for the first time, but with that comes a whole lot of responsibility and if not handled properly can lead to some bad decision making. Pierce County Housing Authority is offering a Ready to Rent-Teen Edition! This one day seminar will cover renting basics such as budgeting, landlord tenant law, moving-in, living-in and moving-out of a unit. There is limited seating so be sure to register with Michelle Longo 253-620-5400 ext 1424 to save your seat!

LIFE INSURANCE
Wednesday May 15th
PCHA-Bldg. B 12-1:00 pm
Our Guest Speaker will be Russ Sims of Federal Financial Group, LLC. Come find out how affordable life insurance can be, and ways it can be used to increase your income and secure your future. Take control of tomorrow today! Contact Tamiko to register for this valuable seminar.

PTSD SERIES part 2
Coming this May!
Our Guest Speaker is Phoebe Mulligan, Trauma Specialist with Comprehensive Life Resources. The topic is trauma and children, the effects, what to look for, treatment options and the impact on the family. YOU MUST PRE-REGISTER. Contact Tamiko for more info and to save your seat.

SUCCESS TEAMS
Job Club
April 11, 2013 - 11:30-12:30
PCHA Bldg. B.
This club is for those of you who are serious about increasing your employability, improving your interview skills, and conducting an effective job search in order to land a job that will turn into a career. We will go beyond the basics to teach you how to put your best self forward and get the job you want! Contact Tamiko today for more information and to reserve a seat.

Entrepreneurs Club
May 22nd, 2013 - 5:30-7:30
PCHA Bldg. B
Listen to local small business owners and other professionals share their experience: how they established capital to get started, development of sound business plans, starting and growing a successful business. Contact Tamiko to reserve your spot.

Healthy Outlooks
In Healthy Outlooks, we will be taking a look at and addressing your physical, mental and emotional health. Where you are now and where you want to be. Upcoming topics include: Stress Management, A.C.E.S Training & Nutrition Classes. For more information, contact Amy.

Homeownership
In this club, we will be focusing on a lot of the things that people don’t always think of when talking about homeownership. All are welcome, both our current homeowners and people on the path to homeownership. A couple of upcoming classes are: Home Safety, and Smart Shopping. Contact Amy to get started.
FUND FOR WOMEN & GIRLS

A very special thank you to the Fund for Women & Girls for their generous grant of $5000.00 to the FSS program. Their support helps to provide the specialized programming designed to change lives and create a hopeful future!

BOEING CORPORATION
SPIRIT OF THE HOLIDAYS

Thank you to Boeing Corporation and their Puget Sound employees for providing 39 of our FSS families and seniors with gifts and holiday cheer this past Christmas. This is our 2nd year participating in the “Spirit of the Holidays” gift drive. Much gratitude!

MANY THANKS
TO THE FOLLOWING VOLUNTEERS/PRESENTERS WHO HELP WITH OUR PROGRAM!
TINGWEI CHIANG—FINANCIAL INSIGHTS, INC.
STEPHANIE SACKS—REBUILDING HOPE, SACP
GLENN LEACH—COBALT MORTGAGE
VANESSA PARKER—CRESCENT REALTY
RICK PRICE—REPUBLIC MORTGAGE
ZENIKA GANDARA—SKYLINE PROPERTIES, INC.

CONGRATULATIONS!
DENISE JOHNSON
MISS WASHINGTON STATE AMERICAN BEAUTIES PLUS 2013
Denise is an FSS Success Team Member and Mentor. She has chosen “Education in Teen Pregnancy Prevention and Awareness” as her personal platform. Her goal is to be an advocate/mentor for youth and to help them make positive choices by learning to value themselves. Her motto: “You are an investment, so value your worth!” Please join us in congratulating Ms. Johnson on being an inspiration and let’s wish her luck at the National Pageant April 24th!
DSHS KIOSK COMING!
You can stop by Bldg C to electronically check and sign up for benefits etc. More info soon.

E-File Your Taxes for Free
Tues. & Thurs. from 12-4pm in Bldg. C
- Come visit us and complete your own taxes
- You’ll have access to free online interview-based software
- IRS-certified volunteers to guide you with any tax questions.
- You’ll learn how to complete your own taxes & build your confidence in tax matters

2ND ANNUAL FSS BBQ-AUGUST 10TH
12:00 TO 4:00 PM
SPANAWAY PARK!
COME SHARE COMMUNITY, FOOD, FUN & GAMES!

ONE MAN’S TRASH IS ANOTHER MAN’S COME UP…

Spring cleaning is a great way to de-clutter and make a little extra dough on the side! So why not have a sidewalk/garage sale. This is a great way to rid you of things you don’t want or need anymore and make a little cash at the same time. If you don’t have a ton of stuff to sell, try asking friends and family members for donations. This is a win/win! You sell their stuff and earn money and they rid themselves of unwanted clutter! If you have perfectly good items that didn’t sell and are too good to toss in the garbage, list them on 2good2toss.com, a free online resource where you can give away or sell (up to $199) your reusable household items and building materials. Don’t forget you can also sell your goods on popular sites like Craigslist, E-Bay and Amazon.

SAY GOODBYE TO YOUR GARBAGE…

Before throwing something in the garbage pile destined for the landfill, see if it can be recycled, reused, repaired, composted or donated. While recycling practices increase, the total amount of waste generated continues to climb. Currently, Washington residents produce an average of 7.5 pounds of waste per person each day, compared to 7 pounds a day in 2003. In addition to your current recycling habits, go a step further and reduce the amount of waste you generate in the first place and reuse perfectly good items before they’re recycled or thrown in the garbage. Think green like the spring!

You’ll need to bring the following documents:
- Proof of identification (state issued ID, Drivers License or Passport)
- Social Security Cards and birth dates for all individuals on return
- Wage & Earning Statements (W-2, 1099, etc.)
- Interest & Dividend Statements from your bank (1099)
- Total cost paid for daycare costs & providers tax identifying number
- Tuition Payment Statement (1098-T)
- Proof of bank account: routing number & full account number for direct deposit (blank check)
- Married couples must both be present at time of filing

Contact List
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- Michelle Longo
  Housing Services Navigator
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Stress is a complex mix of emotional, physical and behavioral responses. Did you know that stress is not only an “adult” issue? Regrettably, children are affected by stress as much as, if not more than, adults because they do not have the coping skills to process or release the stress.

Why is this important? You’ve heard of the “Fight, Flight or Freeze” responses, right? There is an area in our brains operating behind the scenes to regulate our survival needs (food, breathing, heart rate and blood pressure). Like a bodyguard always watching our back, it constantly scans our surroundings for potential threats or danger. Children living with toxic stress spend much of their lives in the fight, flight or fright (freeze) mode. Because of this, they may fall behind in school or fail to develop healthy relationships or trust adults. Unfortunately, these issues and associated behaviors continue into adulthood and the same split second reactions that protect us from physical danger, may work against us in social relationships.

Have you ever heard of the Adverse Childhood Experience Study? The study investigated child abuse as an underlying cause of medical, social and public health problems. A large-scale study was later conducted by the Center for Disease Control (CDC), to track the effects of childhood trauma on health throughout a person’s lifespan. The larger study found that childhood abuse, neglect and exposure to other traumatic stressors, which we term Adverse Childhood Experiences (ACEs), are common. More important, the short- and long-term outcomes of these childhood exposures results in a predictable set of health and social problems. Specifically, the following major childhood traumas were identified:

- Sexual, verbal and physical abuse
- A parent who’s mentally ill or an alcoholic
- Loss of a parent through divorce or abandonment
- Emotional and physical neglect
- Domestic violence against the mother
- An incarcerated family member

The findings showed a direct link between childhood trauma and adult onset of chronic disease, mental illness, time in prison and work issues. In fact, the more ACEs someone has, the more likely they are to have problems throughout their lives affecting their health, behavior and relationships.

How do you find out your ACE score? The ACE survey provides a “score” based on your individual experience. Your score can impact the way you are currently living your life and raising your children. Fortunately, we can learn skills and train ourselves to manage these “instinctual” responses and build resilience, thus creating a healthier life for ourselves and our children. To find out more about ACEs and if they are affecting you and your family, request to sit in on FSS Class 3, where we’ll discuss Comfort Zones, ACEs and Resilience. Also, sign up for the Healthy Outlooks ACEs workshop later this spring.

WE WANT TO HEAR FROM YOU!

We have a few more workshops planned for the coming months: Smoking Cessation, PTSD Part 3 (Anxiety Release), The Pacific Institute and FSS Teen Edition (focus on self-empowerment). What else would you like to see? Let us know and we will try to get your topic covered. You never know, your interest could be just the thing someone else is looking to learn about! Also, don’t forget to check in and let us know what you have been up to, if you have accomplished any of your goals, if you are ready to create new goals, or if you have some good news to share!