



BOISE CITY/ADA COUNTY

HOUSING

Authorities

Family Self-Sufficiency Newsletter

The Fruit of Labor— By Sonja Williams

The COVID pandemic shut down many businesses and events over this past year. This left many households and families with idle time on their hands. For the neighbor of one of our FSS families, this meant missing out on a gardening class offered by Boise Parks and Recreation. When our FSS family learned of this, they loaned their neighbor a gardening book.

This led to a partnership that would spill over into their small apartment community. “There is something uplifting about growing plants in the summer and eating garden-fresh produce,” the gardener said. “Being a renter my whole adult life means that I have used pots and whatever piece of land the landlord let me dig in.” Now their new community garden is filled with many types of vegetables, including pumpkins!

Another of our FSS families got creative in using their SNAP benefits. Did you know that you can buy seeds and small fruit-bearing plants on food stamps? This family used their food stamps to purchase tomato, cucumber, and many more kinds of seeds to start their garden.

Whether it is indoors or outdoors, you can start your own garden too!



July, Aug
Sep 2021



Inside this issue

A Reminder about Paperwork Deadlines and Escrow Accounts	2
Upcoming Workshop	3
Summertime Activities	4 & 5
Organizing Your Small Business Startup Costs	6

Reminder!

Just a friendly reminder to please return all requested paperwork to your FSS coordinator by the due date provided. This could be your FSS progress report, your annual packet, a participant information form or a self-employment form. All requested documents are needed by their due dates. Consequences of not complying with this requirement could include losing your rental assistance, termination from the program and loss of escrow. No one wants to see this happen.

We are here to help you if you ever have questions about any paperwork. You can reach us at:

Jaé Etchart
(208) 287-1060

jetchart@bcacha.org

Sonja Williams
(208) 287-1079

swilliams@bcacha.org

Frances Villegas
(208) 287-1045

fvillegas@bcacha.org

Trudy Nebeker
(208) 287-1059

tnebeker@bcacha.org

Congratulations to all FSS participants who are earning escrow!

Currently, there are 208 families participating in the Family Self-Sufficiency Program. Many of you have money going into your escrow accounts. The lowest amount going into an account is \$2 per month, while two participants are contributing the largest monthly amount of \$1,010. Escrow balances range from a low of \$2 to the highest of \$18,297. There are 17 participating households who have over \$5,000 in their accounts and eight who have \$10,000! Congratulations to you all!



If you are not earning escrow but would like to, please remember that an escrow account will be established for you once you have increased your income above the amount you were earning at the time you enrolled into the FSS program. Your increase in earned income must be high enough to increase your portion of the rent. At that point, you will begin earning escrow/savings.

If you have additional questions about this, please contact your FSS coordinator.



Upcoming Workshop

Your FSS coordinators have been scheduling different monthly Zoom on-line workshops for you to attend. In July, we look forward to our “Back to Work” webinar.

The Back to Work Webinar Thursday, July 8 at 10:00 a.m.

- Pick a career based on your skills and interests
- Find a career with a living wage
- Explore what is out there to make a career change
- LIVE DEMOS of online searching
- Discover how volunteering can open new opportunities
- Learn how to meet like-minded people in your career of choice

These points will be discussed as well as resume building tips, mock interviews and more. The webinar will be held via Zoom and will include a questions and answer session at the end. Contact your FSS coordinator by July 8 to get the Zoom link!

Jaé	(208)287-1060	jetchart@bcacha.org
Sonja	(208)287-1079	swilliams@bcacha.org
Trudy	(208)287-1059	tnebeker@bcacha.org
Frances	(208)287-1045	fvillegas@bcacha.org

It's Summertime by Trudy Nebeker

It is not always easy keeping kids busy when school is out and the structured time afforded by class schedules stops for the summer. Unfortunately, for many families this unstructured time can lead to kids spending entire days watching YouTube videos, playing games on electronic devices, or engaging in unsupervised and possibly unsafe activities. Even though we are already into our summer break it is not too late to sign up for some family activities and adventures. Spending quality time with your children and scheduling outside activities could help avoid some of the negative consequences of too much unstructured screen time for kids.

According to an article printed by the American Psychological Association in 2020, there are many ongoing research projects which are attempting to get a clear picture of how excessive screen time is effecting children and their development. Stephanie Pappas summarized some of the known effects of screen time in her April 2020 cover story. Listed here are of some key take-a-ways that parents may want to keep in mind:

1. Children under age 2 don't learn from screens as well as they do from live interactions.
2. Co-viewing media with parents can protect young kids against many downsides of screen time.
3. Television viewing time is correlated with obesity in youth.
4. Meeting sleep, screen time and physical activity guidelines is associated with the best mental health outcomes in teens, but few adolescents meet all three.

Pappas, S. American Psychological Association, Vol. 51, No. 3 p 42 4/1/2020
<https://www.apa.org/monitor/2020/04/cover-kids-screens>



Continued on Page 5



“Even though we are already into our summer break, it is not too late to sign up for some family activities and adventures.”

With these suppositions in mind, make a plan and a commitment to monitor your kids' screen time. Schedule family activities that you can do with your children, and do not be afraid to get creative. To help get you started, we have listed some ideas and links to summer activities for local youth.

These four Boise pools opened on June 11 this year, with a few restrictions. But reservations are no longer required.

The Natatorium & Hydro Tube	1725 E Warm Springs Avenue
Borah Pool	801 S Aurora Drive
Fairmont Pool	7929 W Northview Street
Ivywild Pool	2250 Leadville Avenue

In addition to pool time, Boise Parks and Recreation offers a variety of classes, camps and physical activities this summer. You can find anything from swim lessons and golf to hip hop dance and pottery classes. Prices vary on the class and scholarships may be available. Below is a link to the information about Boise Parks and Recreation Summer Activities and the Kristin Armstrong Youth Scholarship.

[Boise Parks and Recreation Department—Splash](#) or call (208) 308-7680

[Scholarships / City of Boise](#)

Meridian pools opened on June 26 with some updated rules. Swim lessons are filling up fast, so check out their schedule online. Meridian Parks and Recreation also offers a variety of classes available for both children and adults. Some examples are Kendo-Japanese Fencing and Camp Mer-IDA-Moo: Discovery, a day camp at Discovery Elementary.

[Meridian Community Pool \(meridianpool.com\)](#) or call (208) 888-3267

[City of Meridian—CETS Scholarship Application Form](#)

Your local YMCA also offers summer camps and other activities for youths and adults. To apply for a membership to YMCA, you can print the application from their website and return it to your closest YMCA gym. You can also read about their scholarships to help cover fees. This application is also available online:

[Youth Activities—Treasure Valley Family YMCA](#)

[YMCA Membership Forms—Treasure Valley Family YMCA](#)

[YMCA Financial Assistance Form](#)



How to Organize Your Small Business Startup Costs

By: U.S. Small Business Administration

Startup costs will vary from industry to industry and may fluctuate during different seasons within any given year, but particularly the first few years of operation. Think about some of these questions:

Do I have enough capital or other resources to maintain a living? Do I have marketing materials? Should I invest in training programs or professional conferences? Is a lawyer necessary? What are my liabilities? Are my contracts protecting my business and assets? Should I hire staff or do all the work myself?

1. **Legal/Paperwork**– lawyer meetings and fees, business certificates and related documents
2. **Taxes** - and any documents related to business-generated income as well as 1099 or similar forms from contracted workers and employees
3. **Professional Development & Education** - like conferences, trainings, certificate programs
4. **Transportation** - costs like traveling via train, plane, or cab as well as parking fees.
5. **Equipment** - like office furniture, trucks, vans, real estate, phones, etc.
6. **Marketing** - materials such as business cards, website(s), social media management, etc.
7. **Miscellaneous** - items like business clothing, paying for lunch or dinner meetings, etc.

Individual and Business Considerations

How well do you plan and organize?
Do you get along with different personalities?
Are you a specialist in your field?
Are you known in your community?
Do you, or someone you know, have business experience?
Can you live without a steady paycheck?
How will the business affect your family?
Do you have management experience or training?
What is your industry specific knowledge?
Know your strengths and weaknesses

“If you fail to plan, you are planning to fail.”

Benjamin Franklin