



April, May,
June 2022

Family Self-Sufficiency Newsletter

Introducing Our New FSS Coordinator, Katie Isola

Katie Isola is our newest Family Self-Sufficiency Coordinator for the Boise City / Ada County Housing Authorities. Katie comes to us from California where she was born and raised. Though Katie has her degree in criminal justice, she has worked in the human services field for most of her career. She was previously an administrator of an intermittent care facility for individuals with intellectual and developmental disabilities, as well as working as a community based rehabilitation specialist (CBRS) and a case manager in the Boise area, helping people create goals and assisting them with accomplishing their goals. Katie enjoys working within a multi-cultural and diverse environment where she can help the community members feel better about themselves and feel good about where they are in life.

Katie is available Monday through Thursday, 7:00 a.m. to 5:30 p.m. She can be reached at: kisola@bcacha.org or (208) 287-1079.

Jaé Etchart	(208) 287-1060	jetchart@bcacha.org
Katie Isola	(208) 287-1079	kisola@bcacha.org
Tammy Parker	(208) 287-1045	tparker@bcacha.org
Trudy Nebeker	(208) 287-1059	tnebeker@bcacha.org

Welcome Spring! It's time to get outside!

By Trudy Nebeker

According to many health professionals, one of the easiest ways to improve your health, both mental and physical, is to get outside. Now that spring is here, it is time to get out and enjoy nature. In a feature article called *Nurtured by Nature*, written by Kristen Weir and published by the American Psychological Association, spending time outdoors can not only improve your mood, it can possibly even improve your cognitive function.

“Be honest: How much time do you spend staring at a screen each day? For most Americans, that number clocks in at more than 10 hours, according to a 2016 Nielsen Total Audience Report. Our increasing reliance on technology, combined with a global trend toward urban living, means many of us are spending ever less time outdoors—even as scientists compile evidence of the value of getting out into the natural world. From a stroll through a city park to a day spent hiking in the wilderness, exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric

disorders and even upticks in empathy and cooperation.”

Here in the Treasure Valley, we are fortunate to be in close proximity to a multitude of outdoor activities that are available for us to enjoy. From the deserts of the Owyhee Canyon Lands to the West Mountains in McCall, or even the Boise Greenbelt, we have easy access to many opportunities that promote mental and physical wellbeing.

If hiking up a mountain is not your idea of fun, you may want to consider starting a small home garden. Gardening outdoors can help increase your daily activity and improve your mood. If you live in an area where garden space is not possible, there may be some community garden opportunities available to join. To find one near you, or to start a community garden of your own, visit Boise Community Gardens on the web .



April, May and June Workshops:

April:	Small Business	April 28	10:00 to 11:00 a.m.
May:	Online Nutrition Class	May 24	1:00 to 2:30 p.m.
June:	Homeownership	June	TBD



Time to Relax

by Tammy Parker

With gas prices increasing on a regular basis, consider keeping your summer fun inexpensive and close to home. Don't think of them as "staycations." Call them "mini-vacations" because they are a lot of fun without the cost and hassle of traveling across the country.

This summer, consider some of these free or inexpensive activities for your family within 50 miles from home.

Free Family Activities Close To Home

- Take day trips - have a destination in mind or just drive nearby country roads
- Take the backroads - "Googlemap" your destination but take the alternate route
- Stay curious – learn about the history of your neighborhood or town
- Take a picnic to the park - just like we did when we were kids
- Play Frisbee in the pocket park nearest you
- Explore the pocket park in the next neighborhood over
- Go for a walk starting 2 blocks from you house
- Explore these city parks:

Kathryn Albertson Park

Ann Morrison Park

Camel's Back Park

Boise Depot

Julius M. Kleiner Park – Meridian

Settler's Park - Meridian

Julia Davis Park

Hyde Park

MK Nature Center

Esther Simplot Park

Tully Park – Meridian

Be creative! Be adventurous! And let us know what great, local "mini-vacations" you enjoyed so we can share with others!

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Time to Relax

by Tammy Parker

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Free Family Activities Close to Home

- Watch the fountain at The Village in Meridian
- Visit the Idaho Anne Frank Human Rights Memorial
- Hike the foothills/climb Table Rock
- JUMP
- Capital City Public market– check out all the farmers’ markets in the valley
- Freak Alley
- Idaho Military History Museum
- Boise Greenbelt
- Idaho Black History Museum (donation)
- Celebration Park – Melba, Idaho
- Lake Lowell – Canyon County
- Explore Idaho City
- Explore historic Silver City
- Indian Creek Plaza – Caldwell

Under \$10 (per person)

- Basque Museum and Cultural Center
- Eagle Island State Park
- Old Idaho Penitentiary Site
- Sandy Point/Discovery Park (Lucky Peak)
- Boise Art Museum
- Idaho Reptile Zoo

\$10 - \$20 (per person)

- Aquarium of Boise (see the aquarium for free - become a volunteer)
- Discovery Center of Idaho
- World Center for Birds of Prey
- Idaho Botanical Garden
- Zoo Boise
- Warhawk Air Museum - Nampa

Over \$20 (per person)

- Escape this Boise – premier escape room
- Section 37 Ax Throwing

Visit Oregon

- Four Rivers Cultural Center and Museum – Ontario, Oregon
- Pillars of Rome – Jordan Valley, Oregon
- Jordan Craters – Jordan Valley, Oregon
- Ontario Board Shack – Ontario, Oregon

The benefits of taking mini-vacations are that you don't have to haul around heavy luggage and you get to sleep in your own bed!





Finding Resources Within the Community

By Katie Isola

During the past two years we have all had to find new and creative ways to cope with the COVID-19 Pandemic, as well as dealing with how to support ourselves and our families. This pandemic has had a tremendous impact on our everyday lives and has put many of us in the position of asking ourselves, “How am I going to get through this?”

The Family Self-Sufficiency Program and its coordinators work hard to help you become more self-sufficient by providing resources and putting on workshops to support you during these times of need to help you achieve your goals. When experiencing hardships of any kind, even a small goal can seem impossible to accomplish if struggling with having sufficient resources for you and your family to feel comfortable.

Findhelp.org, formerly known as Auntbertha.com, is an excellent resource to help connect communities to free or reduced cost

assistance, **including financial resources, food pantries, education and career resources, legal advocacy and representation, and much more.**

You can search for resources by your zip code and can even filter the results to your specific family needs by inputting your annual income and family size. There is no income limit to be able to use these resources and many of them are free. As an added benefit, the website can translate into any language needed to help you with a better understanding of how these resources can help you and how you can access them.

Please keep in mind that your FSS coordinator is available to you at any time should you have any questions or concerns regarding finding and accessing community and social support resources. For any additional questions or for more information, please contact your FSS coordinator:

Tammy (208) 287-1045

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A program of the National Book Foundation
In collaboration with
U.S. Department of Housing & Urban Development
National Center for Families Learning
U.S. Department of Education
Urban Libraries Council

By Jaé Etchart

The Boise City / Ada County Housing Authorities are pleased to announce that we have been selected for a literacy program, working in partnership with HUD, to provide new, free books for households with children in grades K through 12. The Family Self-Sufficiency Department is taking the lead in this program and will be working with the public library and other local literacy partners in the valley.

All books are donated from different publishers. We will be receiving 2,499 books within the next month or two. We will make you aware on how to receive these books for your children once we begin our local marketing activities.



FSS Graduates 2022 to date

Total FSS Graduates January through March 2022: 3
Total Amount of Escrow Savings Paid out: \$26,571
Total Participants: 176 with 6 pending

"What Home Means to Me" **Poster Contest**

National Association of Housing and Redevelopment Officials • Housing America Campaign
By Jaé Etchart

Each year the National Association of Housing and Redevelopment Officials (NAHRO) holds a poster contest as part of their Housing America Campaign. The theme is **“What Home Means to Me.”** This is an opportunity for youth in grades K-12 to be selected and recognized for their artwork at local, state and national levels.

As a member of the Family Self-Sufficiency Program with the Boise City/Ada County Housing Authorities, any child residing in your home is eligible to participate in this contest. This is a great opportunity to get your child involved in something creative that matters to them.

National Honorees will be selected and announced during Housing America month in October. All NAHRO regions will be represented in the 2023 “What Home Means to Me” calendar. The following additional prizes will be awarded:

- 12 National winners will receive a \$100 Visa gift card
- The National Grand Prize winner will be awarded an Apple iPad
- The Grand Prize winner and one legal guardian will be invited to attend and be honored at the NAHRO’s conference in Washington D.C., tour Capitol Hill, and will receive a framed copy of their artwork.

The Boise City/Ada County Housing Authorities have had 2 winners in past years, one for winning the calendar picture, and one National Grand Prize winner who attended and was honored at the NAHRO conference in Washington D.C. This is a great contest for your child to show their creative side and express what home means to them.

Don’t Miss out on this opportunity! Posters must be received no later than April 14, 2022!!

**Please submit all entries to:
Boise City/Ada County Housing Authority
1001 S. Orchard Street
Boise ID 83705**

When dropping off your poster: please call from your car and your FSS coordinator will come out to get it from you as our lobby is not currently open to the public. DO NOT bend, fold, or roll up your poster board before submitting it to the Housing Authority.