

Community Involvement & Educational Opportunity News



VANCOUVER HOUSING AUTHORITY

Volume 1, Issue 3

Oct, Nov, Dec 2010

Overcoming Barriers to Volunteering, Employment

Because so many places these days require a background check or credit report, looking for new employment or volunteer service can seem intimidating, especially if you have a mental health, substance abuse, and/or police record. Although it seems like new employment or volunteerism is out of your reach, rest assured that it's not! Local organizations are dedicated to helping you find meaningful opportunities, but first, you've got to make up your mind to try.

In their article, *If Work Makes People with Mental Illness Sick, What Do Unemployment, Poverty, and Social Isolation Cause?* Joe Marrone and Ed Golowka argue that work (and volunteering, by extension), has the effects of lowering stress caused by feelings of worthlessness, self-pity, self-absorption, isolation, and poverty.

The authors remind us that the US has established laws that give people with disabilities and other disadvantages the right to work. Working and paying taxes are rights and

responsibilities that come with citizenship.

They also state the obvious: quality of life suffers without the resources that employment or volunteering provide. One needs friendships and social networks of support, routines, self-identity, and of course, more money is always good. Life is more interesting and the rest of your time is more valuable when you work. There's also increased self-respect. It can be hard to answer the question of "What do you do?" with "I'm not working because..." It's much

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"Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds." - Pres. Bill Clinton

Winter Hospitality Overflow Volunteer Info Session:

For those on the street during the coldest months of the year, the Winter Hospitality Overflow program provides a warm place to sleep, a hot shower, a meal, and the welcome of a caring community working to address the most basic of human needs. WHO volunteers do laundry, check in guests and hand out bedding, make snacks

available, and ensure the safety and comfort of guests.

Homelessness does not have just one face, but many. There are many reasons why people become homeless, and many people who are affected by it. Homelessness can affect someone you know, even those who are closest to you.



At the Winter Hospitality Overflow, a guest and her child have a snack in the lounge. In the words of one guest: "This place is very, very safe. As a matter of fact, I was talking to a lady today. She said, 'Where did you go? Downtown?' And I said, 'No, I'm at St. Andrew.' And she said, 'Oh! That's a nice place. They really care about you. They're really concerned, and they try to really help you.'"

The need for your help is more urgent than ever: according to HUD, the number of families in shelters nationwide rose from about 131,000 in 2007 to 170,000 in 2009. That number is expected to rise in 2010.

What: **WHO Info Session**

Where: VHA Main St. Community Room
2500 Main St.

When: Fri, Oct 8th, 2010
12:30pm-1:30pm

RSVP: Bridgette 993-9556.

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easier to answer that question with something like, "I volunteer at the Winter Hospitality Overflow shelter." And, volunteering at the Winter Hospitality Overflow shelter is much more likely to lead to other opportunities than staying at home, right?

Employment resources for those who experience barriers are available locally and include:

Clearview Employment (CRMH) (360) 737-2801, which offers career exploration, job search assistance, job development, on-the-job training/support and education. Although administered by Columbia River Mental Health, clients are not limited to only those with mental health issues. www.crmhs.org/services.html

PHC Northwest (503) 261-1266 or (800) 874-7917, is a non-profit business whose mission is to train and employ people with severe disabilities. PHCNW has provided educational, training and job opportunities (with full benefits) for thousands of people with disabilities. Info & intake meetings held: Tues at 2:30pm, Weds at 9:00am, Thurs at 2:30pm. Bring photo ID, Social Security Card, documentation of disability, and phone numbers and addresses of medical or mental health providers. www.phcnw.com



Many local organizations can use your volunteer time, and some don't require background checks or an orientation. (Remember, all volunteer experience can and should go on your résumé). Here are some drop-in volunteer opportunities:

The Re-Gifting Store-
(360)694-7263

7635 MacArthur Blvd
Mon - Fri: 10am-8pm
Saturday: 10am-7pm
Sunday: 12pm-5pm

NW Children's Outreach-
(360)576-8024

6615 E Mill Plain Blvd.
(In Safeway shopping ctr.)
Tuesdays: 7 - 8:30pm,
Fridays: 9 - 11am

For other employment or volunteering resources, call Bridgette at **993-9556**.

Did you know?

C-Tran offers reduced-price monthly bus passes for people receiving Food Stamp or Medical Coupon assistance! (Sorry, no other income verification accepted.) C-Tran ID cards for reduced monthly passes can be obtained at one of two customer service offices:

1. Fisher's Landing Transit Center (M-F 7-7)
3510 SE 164 Ave.,
Vancouver, WA 98683
2. Vancouver Mall Transit Center (M-F 10-6)
700 NE Van Mall Drive, #250
Vancouver, WA 98662

Lookin' good. Do you need to look good for a job search or an employment interview? For only \$5, you can get a haircut at Vancouver School of Beauty. This special price is available only on Tuesdays & Wednesdays from 9am to 8pm. No appointment necessary. Call 360-694-5601 for more information.

Free Tuition at Clark College. You could qualify if you are on TANF, or have been on TANF in the last 24 months AND are employed AND have children for whom you are financially responsible. Program offers free books and tuition for parents who need classes

to upgrade skills, want to start a vocational program, and are not yet eligible for financial aid. For more information, please call Tanya Potter at **992-2915**.

The RISE & STARS Community Center needs your help! Our volunteer positions include: gym coach/helper, afterschool/ homework program assistant, art workshop assistant, and Soup & Story assistant. If you'd like to help—even if you don't know what you'd like to do, please call **737-2950** and talk to Prudence. An application and background check are required.

Free ESL Groups (Russian)

Кружки будут проводиться в разных местах Выберите наиболее удобное для вас:

Vancouver Community Library
Library Hall,
1007 E. Mill Plain Blvd, Vancouver
98663
Каждый вторник с 10:00 до 11:30
утра
(Для дошкольников будут
проводиться игры)

**рядом с Firstenburg Community
Center—Cascade Park Library**
600 NE 136th Ave.,
Vancouver, WA 98684
Каждую среду с 7:00 до 8:30 ч.
Вечера
За дополнительной информацией
обращайтесь
в библиотеку по телефону
(360)256-7782

Battle Ground Library
1207 SE 8th Way
Battle Ground, WA 98604
Каждый вторник с 10:00 до 11:30 ч.
утра
(занятия по грамматике)
Каждый четверг с 10: 00 до 11:30 ч.
утра телефонам:
(360)687-7690 или (360)687-2322

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FREE Workshops From the Vancouver Housing Authority:

Ready to Employ series:

Are you having trouble getting a job? "Ready to Employ" might be for YOU! This is a monthly employment education class in which you will work closely with employment specialists and peers to overcome barriers to employment, learn about your rights & responsibilities as an employee, take real steps toward repairing your credit and establishing a realistic budget, and get referrals to jobs which accept Ready to Employ graduates. Three sessions required to graduate.

Series begins Sat., Oct 9th.

Where: VHA Community Room
2500 Main St.

When: 2nd Saturdays, 12pm - 1:30pm

Call Bridgette at **993-9556** to reserve your space.



blood sugar and blood pressure checks. Subjects include, "Eating for Pleasure."

Weekly series begins Mon, Oct 25th.

Where: RISE & STARS Community Center
500 Omaha Way

When: Mondays, 10:30 - 12:30pm (with refreshments)

Call **737-2950** or email eadams@vhausa.com to sign up.

Introduction to SCORE:

Are you interested in starting your own business? Come get familiar with SCORE—SCORE is a nonprofit association dedicated to entrepreneur education and the formation, growth and success of small businesses nationwide. Both working and retired business executives volunteer their time and expertise working as SCORE counselors. The Vancouver chapter of SCORE will be coming to the VHA Community Room to introduce the services offered, including free mentoring and low-cost workshops for entrepreneurs and those who want to be.

Workshop on Wednesday, Oct 27th.

Where: VHA Community Room
2500 Main St.

When: 6pm-8pm

Call Bridgette at **993-9556** to reserve your space.



Live Well With Diabetes:



Do you or does someone you love have diabetes or pre-diabetes? Sign up for this series to learn tools and information to live well while managing diabetes. Series does require advance registration, a 6-week commitment to attend, one 3-month follow up session, as well as consent to

Community Workshops & Information

Caregiver Certification Class:

This 28-hour class covers caregiver responsibilities, Washington regulations on seniors' rights, medication management, confidentiality and documentation. Upon successful completion, students receive a state-issued certificate. Call 696-5920 or 1-800-608-2388 for tuition and fees, location and registration.

Tues, Oct 26th thru Fri, Oct 29th.

VSD Lunch Buddy Info Session:

Do you have an hour each week to spend eating lunch with a child, making a difference, changing a life? Consider becoming a lunch buddy to a local child. The need for Buddies is great, the need for male buddies is particularly urgent, the rewards are huge, and you, YES YOU, are the perfect person for the job!

Thurs, Oct 14th, 12-12:45 Bates Center (2921 Falk Road)

Неоплачиваемые трудовые возможности для русско-говорящего населения.

All Agencies have Russian-speaking staff

Russian Oregon Social Services:

New Youth Perspectives:
Youth mentorship program and parenting workshops.
(360) 694-5624, ext. 17, or
alexpavlenko@lcsnw.org

Help Hotline:

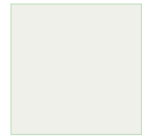
Free consultations for Slavic youth and families with serious problems.
(360) 903-7882

Lutheran Community Services Northwest:

Mental health counseling, family therapy, treatment for substance abuse
503-231-7480, ext. 644,
oparker@lcsnw.org

Immigrant and Refugee Community Organization:

Young Women's Equity Project: (503) 253-4042.



VANCOUVER HOUSING AUTHORITY

2500 Main Street, Suite 100
Vancouver, WA 98660-2697

“Our mission is to provide opportunities to those who experience barriers to housing because of income, disability, or special needs in an environment which preserves personal dignity and in a manner which maintains the public trust. “

Type address here or use Mail Merge
(under Tools) to automatically
address this publication to multiple
recipients.

The Community Involvement and Education Program

As Dr. Martin Luther King, Jr. once said,

“You don’t have to see the whole staircase, just take the first step.”

Bridgette’s Picks

So far this year, if you’ve been doing your community service, you’ve completed 72 hours of service (that’s about the same as a \$1,656 donation to your organization). Thanks to each person who has turned in their community service logs! Your new logs are inserted into this quarter’s newsletter. If you need an additional log, an exemption form, or have questions, please contact me.

The Addiction Technology Transfer Center is pleased to announce its 3rd annual essay contest for family members of a loved one struggling with addiction or in recovery. Essays should be 250 words or less, and address these issues: “The most challenging part about having a family member with addiction is...” and, “My family is committed to recovery because...” Prizes are as follows: 1st—\$500, 2nd—\$250, 3rd—\$100. The deadline for contest entry is 9pm, October 15th. Download an entry form and contest rules at: www.ATTCnetwork.org/essaycontest2010.asp, or contact me and I will send one to you.

If you have anything you’d like to contribute to the next newsletter, email your article to: bfahnbulleh@vhausa.com or call me at (360) 993-9556.

Keep on keeping on,

Bridgette Fahnbulleh

Community Involvement and Education Program