



BIG SANDY TRIBAL TANF

Po Box 759

AUBERRY CA 93602



Big Sandy Tribal TANF March 2023

**Big Sandy Tribal
TANF**

Po Box 759

**37389 Auberry
Mission Road**

Auberry CA 93602

559-855-7575

Fax:559-855-7578

OVCDC STAFF:

Elizabeth Badilla

Site Manager

Jacqueline Edd

Administrative

Assistant

Kristi Mikesell

Family Advocate

Chris Rodriguez

Charles Carpenter

Site Project

Coordinator's

Mission Statement

The Owens Valley Career Development Center is a Native American organization operating under a consortium of Sovereign Nations that promotes self-sufficiency through education, community enrichment and cultural empowerment.



National Nutrition Month



115 million

The number of obese adults projected to be living in the U.S. by 2030.

\$150 billion

The amount that obesity-related medical conditions cost our nation every year.

\$20 billion

Amount saved in medical costs yearly if Americans reduced their sodium by just 1,200mg per day.

**A PROPER DIET CAN
HELP PREVENT & CONTROL**

heart disease

high blood pressure

type 2 diabetes

some types of cancer

**Eating well at work can
reduce**

- Stress
- Costs related to absenteeism
- Rates of injury, disability insurance premiums, prescription drug costs and associated medical care costs

**and can
increase**

- Energy and productivity
- On-the-job performance
- Concentration

MAKE MORE INFORMED VENDING MACHINE CHOICES:

single serving bag of pretzels

fat-free or reduced-fat popcorn

whole wheat crackers with peanut butter

animal crackers

whole grain granola bars

dried fruit

low-sodium microwavable soup

100% juice



MAKING BETTER CHOICES IN THE CAFETERIA



skim milk

unsweetened hot or iced tea

water, plain or with a squeeze of lemon or lime



fresh fruit

fresh or frozen vegetables without added sauces

low-sodium broth-based soup



tuna canned in water

extra lean ground meat skinless chicken or turkey

grilled, roasted, baked or broiled meat or fish

Case Counselor Corner

MER Due Date:
March 10, 2023

Updated requirements for any support service outside the normal need:

When a budgeting class is needed for participants who are required to complete one for SSRs we can do one on ones, linked in, or collab with any virtual workshop being offered. If you have any questions please let me know thanks!

Couple of clarifications: if they are requesting more than 1 SSR they need to complete 1 budgeting class for each request, if they have already received the once in a lifetime assistance for utilities they can submit again for the remaining portion up to the limit.

ST. PATRICK'S DAY CROSSWORD PUZZLE



Across

4. capital of Ireland
5. a type of Irish dance
7. if you do not wear green on March 17 this will happen
9. the day St. Patrick's Day falls on
11. the national emblem of Ireland
12. yellow and blue make _____
13. from Ireland

Down

1. the 3rd month of the year
2. good fortune
3. nonsense or misleading talk
6. called the Emerald Isle
7. a starchy vegetable
8. a sprite
10. 4 leaf _____

Non-Recurring Short Term Benefits

Have you recently lost a job or had your hours reduced by your employer due to the COVID-19 pandemic? OVDCDC may be able to help you meet your emergency needs.

In order to be eligible, families must meet the following criteria:

- Be an American Indian/Alaska Native family residing in Fresno, Inyo, Kern*, Kings, Mono, Tulare or Ventura counties.
- Have monthly income at or below 300% of the Federal Poverty Guidelines:

Family Size	Monthly Income
1	3,190
2	4,310
3	5,430
4	6,550
5	7,670
6	8,790
7	9,910
8	11,030
9	12,150
10	13,270

2020 Federal Poverty Guidelines

- Provide verification of the need being requested. Examples include:
 - Short term mortgage or rental assistance
 - Costs for virtual learning for employment or school
 - Emergency energy assistance

*Excludes members and descendants of the Tejon Indian Tribe residing in Kern County.

Please visit our website to download a TANF intake application or call your nearest OVDCDC office for further assistance.

Owens Valley Career Development Center

OVDCDC is a Tribal organization providing Career Education, Family Literacy, Indigenous Language, Early Head Start and Temporary Assistance services in seven California Counties: Inyo, Mono, Kern, Tulare, Kings, Fresno and Ventura. We are a dedicated Tribal Organization operating under a consortium of Sovereign Nations providing the opportunity for improvement in the quality of life by focusing on education and self-sufficiency while protecting, preserving and promoting our cultures.

For current OVDCDC Employment Opportunities, RFP and Contract Opportunities Visit:

www.ovcdc.com

Or Contact us:

[1-800-924-8091](tel:1-800-924-8091)

Employment and Job Descriptions:

hr@ovcdc.com

RFP's and Contracts:

contracts@ovcdc.com

Indian preference shall apply pursuant to the prevailing Tribal Employment Rights Ordinance and the Indian Self-Determination and Education Assistance Act 25 U.S.C § 45, § 46, & §§ 450, et seq, see also 25 CFR 276.13 and other relevant laws.

Follow us on
facebook



Strengthening Family Formation through Wellness Pathways
Owens Valley Career Development Center Fresno County collaboration

Healing through Art Virtual Paint Night with Artist Bobby Von Martin



Open to Big Sandy, Cold Springs and Fresno Families



TUESDAY MARCH 28TH, 2023

4:00 PM - 6:00 PM

Deadline to sign up is March 22nd, 2023

for more information please contact the following:

OVCDC Big Sandy: Christopher Rodriguez at 559-855-7575

OVCDC Fresno Site: Jocelyn Saavedra at 559-226-2880

OVCDC Cold Springs: Brandy Lewis at 559-855-7570

JOIN VIA WEB EX



5070 N. Sixth Street Suite 110 Fresno, CA 93710

HEADS UP

OVCDC Big Sandy Early Head Start March 2023 Newsletter

Accepting Applications for Enrollment!

Applications for 2022-2023 school year continues to be accepted throughout the year. EHS is a comprehensive early learning program for children 6 weeks-36 months old. The EHS program delivers early learning/education, health nutrition, and family support services.

**Come Join our
Team!
Employment
Opportunities
Teacher
Site
Supervisor
Open Until
Filled**

Important Dates

**March 3: Half-Day Closure
at 11:45 A.M. for Staff
Development Day
March 6: Parent Meeting
@ 9:00 A.M.**

Reminders

Our Center hours are Monday-Friday from 7:45-3:45 P.M. Breakfast is from 8:30-9:00 A.M. Please follow up for any missed teacher conferences. If you need any assistance, please contact us!



37190 Jose Basin Rd. Auberry Ca. 93602
(559) 855-7511, fax (559) 855-7515

Blossom Garcia, Family/Child Services Specialist- bgarcia@ovcdc.com

Beading Wellness

Family Formation Through Cultural Practices



March 2023



Beaded loom bracelet

This will be part two of a two-part project



Big Sandy, Cold Springs & Fresno Participants
To sign-up or for more information please contact

Paula Davila (559) 226-2880

pdavila@ovcdc.com

Owens Valley Career Development Center

Fresno County Language

5070 N. Sixth St. Suite #110

Fresno, CA 93710

List of materials:

Limited Supplies Provided

Nymo Thread Size D

Seed Beads Size 11

Loom Needles or

Beading Needles size 10 or 11

Bracelets clasps

Friday, March 10th, 2023

Via WebEx

1 pm-3 pm

Friday, March 17th, 2023

Via WebEx

1 pm-3 pm

Friday, March 24th, 2023

Via WebEx

1 pm-3 pm

Friday, March 31st, 2023

Via WebEx

1 pm-3 pm

This month we'll be making looms
bracelets while participants learn
and share selfcare wellness tips.

WebEx Link:

<https://oucdc.webex.com/ovcdc/ji.phpMTID=m51bacc300924d19b775a3c534aaac45>

Fresno County Family Literacy Program



March 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Read a book with a green cover about Spring or Gardening By Dr. Seuss</p>	<p>1 Adult Ed. 9 am-4 pm CSR After-School Family Lit. & Language 3:30-5:00pm SOT 4pm-6pm DOT 4pm-6pm</p>	<p>2 Adult Ed. 9 am-4 pm Adult Ed. 9 am-4 pm</p>	<p>3 OV CDC Closed 12pm-5pm</p>	
<p>6 Adult Ed. 9 am-4 pm</p>	<p>7 Adult Ed. 9 am-4 pm Native Fam Academy 4pm-5pm</p>	<p>8 Adult Ed. 9 am-4 pm SOT 4pm-6pm DOT 4pm-6pm</p>	<p>9 Adult Ed. 9 am-4 pm BSR CAP After-school Family Lit & Language Experience 4:30pm</p>	<p>10 Adult Ed. 9 am-4 pm</p>
<p>13 Adult Ed. 9 am-4 pm</p>	<p>14 Adult Ed. 9 am-4 pm Family Lit. Story Time & Language Experience BSR Head Start @ 11:30 am BSR EHS @ 2:30 pm</p>	<p>15 Adult Ed. 9 am-4 pm CSR After-School Family Lit. & Language 3:30-5:00pm SOT 4pm-6pm DOT 4pm-6pm</p>	<p>16 Adult Ed. 9 am-4 pm FUE #4- Eagle Tour</p>	<p>17 Happy St. Patrick's Day!</p>
<p>20 Adult Ed. 9 am-4 pm</p>	<p>21 Adult Ed. 9 am-4 pm Native Fam Academy 4pm-5pm</p>	<p>22 Adult Ed. 9 am-4 pm SOT 4pm-6pm DOT 4pm-6pm</p>	<p>23 Adult Ed. 9 am-4 pm BSR CAP After-school Family Lit & Language Experience 4:30pm</p>	<p>24 Adult Ed. 9 am-4 pm</p>
<p>27</p>	<p>28 Family Lit. Story Time & Language Experience BSR Head Start @ 11:30 am BSR EHS @ 2:30 pm</p>	<p>29 AE College Tour 11 am-2pm SOT 4pm-6pm DOT 4pm-6pm</p>	<p>30</p>	<p>31</p>

SOT = Sons of Tradition
DOT = Daughters of Tradition
FUE = Family Unity Event
AE = Adult Education

"Creativity takes courage" - Henri Matisse



BSR: OV CDC Big Sandy

37330 Ashbury Mountain Rd, Ashbury, CA 93603

CSB: OV CDC Cold Springs

33533 Symmons Rd, Tulare, CA 93267

Fresno Family Literacy Program

5070 N. Sixth Street #110, Fresno, CA 93710

Phone: 559-226-2880



Big Sandy Tribal TANF March 2023



Activity Information:

Prevention Program

Fresno Family Literacy Program

Fresno County Language Program

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Fresno Office Adult Ed. 8am-4pm CBR After-School Family Lit & Language 2:20-5:00pm FF - Banc & Daughters of Tradition 4:00-8:00 pm @ F&HP	2 Fresno Office Adult Ed. 8am-4pm FF Outdoor Awareness & Life Skills 5:30pm-7:30pm	3 Employee Appreciation Day Big Sandy OVCDC Office Closed 12:00pm to 5:00pm	4
5	6 Adult Ed. 9am-4pm	7 Fresno Office Adult Ed. 8am-4pm Native Fam Academy 4pm-6pm FF - Mono Language Class 4:00 PM to 6:00 PM Virtual Session	8 Fresno Office Adult Ed. 8am-4pm FF - Banc & Daughters of Tradition 4:00-8:00 pm @ F&HP	9 Fresno Office Adult Ed. 8am-4pm CBR CAP After-school Family Lit & Language Experience 4:30pm	10 MER due by today. Fresno Office FF through Cultural Practice & Beaded loom bracelet via Web-Et 1:00pm-3:00pm	11
12	13 Adult Ed. 9am-4pm	14 Fresno Office Adult Ed. 8am-4pm Family Lit Story Time & Language Experience BBR Head Start @ 11:30 am BBREH @ 2:20 pm In-Person Session FF - Mono Language Class 4:30 PM to 6:00 PM	15 Fresno Office Adult Ed. 9am-4pm CBR After-School Family Lit & Language 2:20-5:00pm FF - Banc & Daughters of Tradition 4:00-8:00 pm @ F&HP	16 Fresno Office Adult Ed. 8am-4pm FF - Family Unity Event #4 Eagle Tour @ Millerton Lake in Person 9am-12pm FF Outdoor Awareness & Life Skills 5:30pm-7:30pm	17 HAPPY ST. PATRICK'S DAY Fresno Office FF through Cultural Practice & Beaded loom bracelet via Web-Et 1:00pm-3:00pm	18
19	20 Adult Ed. 9am-4pm	21 Fresno Office Adult Ed. 8am-4pm FF - Native Fam Academy 4pm-6pm FF - Mono Language Class 4:00 PM to 6:00 PM In-Person Session	22 Fresno Office Adult Ed. 8am-4pm FF - Banc & Daughters of Tradition 4:00-8:00 pm @ F&HP FF Through S.T.R.E.A.M. 5:30pm-7:30pm @ Big Sandy OVCDC Office	23 Fresno Office Adult Ed. 9am-4pm	24 Fresno Office Adult Ed. 9am-4pm FF through Cultural Practice & Beaded loom bracelet via Web-Et 1:00pm-3:00pm	25
26	27 Adult Ed. 9am-4pm	28 Fresno Office Adult Ed. 8am-4pm Family Lit Story Time & Language Experience BBR Head Start @ 11:30 am BBREH @ 2:20 pm	29 Fresno Office Adult Ed. 8am-4pm AE College Tour 11:00-2:00pm FF - Banc & Daughters of Tradition 4:00-8:00 pm @ F&HP FF Through S.T.R.E.A.M. 4:30pm-5:30pm @ Big Sandy	30 FF Through S.T.R.E.A.M. 12:00pm-1:30pm @ SHS & FES	31	

Calendar Subject to Change