



Cold Springs Tribal TANF
PO Box 370
32535 Sycamore RD.
Tollhouse, CA 93667



2022 MER DUE DATES			
Jan.	10	July	8
Feb.	10	Aug.	10
March	10	Sept.	9
April	8	Oct.	10
May	10	Nov.	10
June	10	Dec.	9

SSR DUE!
 17 Due Date!
 Tuesday by 4:00 P.M.



Cold Springs Tribal TANF March 2023

Happy St. Patrick's day! Remember your green on the 17th!

OVCDC Staff:

Elizabeth Badilla

Site Manager

Michelle Luna

Family Advocate

Brandy Lewis

Site Project Coordinator

Yesenia Ramirez

Site Project Coordinator

Alex Hernandez

Program Assistant

Celebrations generally involve public parades and festivals, Irish traditional music sessions, and the wearing of green attire or shamrocks. St. Patrick, patron saint of Ireland . Born in Roman Britain in the late 4th century, he was kidnapped at the age of 16 and taken to Ireland as a slave. He then escaped but returned about 432ce to convert the Irish to Christianity. By the time of his death on march 17th 461, he had established monasteries, churches, and schools. Many legends grew up around him, for an example he drove the snakes out of Ireland and used the sham-rock to explain the trinity.

Not only do we celebrate St Patrick's day in March but we also celebrate international woman's day on the 8th! Here are some ways to show the women in your life how much you appreciate them.

- Pay attention to them while they are talking to you!
- Be reliable, show up on time, keep promises, and do what you are going to do.
- Gift them a plant or flowers to brighten their day.
- Make small sacrifices, put their needs and desires ahead of your own.
- Compliment them, praise them for who they are.
- Be there for them, emotionally and physically



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.





Cash Aid Reminders



MER DUE Tuesday February 10th

MER and Work Participation forms are due on Tuesday January 10th for early cash aid.

SSR REQUIREMENTS

- 1) A completed **MER** and **Work Participation** for the month
- 2) **No Sanctions** on the case
- 3) **Back up documentation** by **Tuesday 4:00pm** each week.

You have 30 days to submit your receipts before an overpayment is applied to your case.

For more information contact: Case Counselor Michelle Luna 559-855-7570



211-211 TEXT CAMPAIGNS REFERENCE GUIDE

KEYWORD	CAMPAIGN DESCRIPTION
HELP	Our automated system will help to connect you to the appropriate resources for any need.
RENT	Screens eligibility for rent and utility assistance due to COVID19 and routes Californians to appropriate application portals.
COVID19 (or COVID/CORONAVIRUS)	General public receives updates and important information about COVID19.
RENTSOS	Informs California residents of their tenant rights according to local ordinances (based on zip codes).
TAXES	Citizens and residents are screened for CalEITC eligibility and are referred to myfreetaxes to file for free. They receive information related to tax returns and updates that UWFM learns about.
KINSHIP	Residents are connected to KinshipCareCA.org website and Call Center. Residents can find local resources and best fit service providers on the website, by phone with trained staff, or by text, 24/7.
FIRE (or FIRES/WILDFIRES)	Country specific updates on fire information such as evacuation alerts, evacuation shelters, food access and more.
BENEFITS	Screens for 18 social safety net benefits at the federal, state and local levels through https://bit.ly/UWCABenefits
GOLDEN	Informs and screens California residents and ITIN tax filers of their eligibility for the Golden State Stimulus.
ITIN	Provides public general information on where to apply for ITINs, ITIN renewals, and where to check ITIN expiration status.
INTERNET (or CONNECT/CONNECTATE)	Low-income households with no or expensive internet service are screened and referred to low-cost internet service application and resources to apply.
GETACP	Receive information on how to apply for discounted internet service through the Affordability Connectivity Program.



**HELPING OUR COMMUNITIES
GET CONNECTED TO RESOURCES.**

Owens Valley Career Development Center

OVCDC 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 OVCDC Employment Opportunities,
RFP and Contract Opportunities Visit:

www.ovcdc.com

Or Contact us:

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



CASH AID CORNER

ONGOING

Monthly Eligibility Report (MER)

- Due by the 10th of EVERY month.
- Answer all questions
- Incomplete MERs will be immediately returned to you Requesting any missing documentation or incomplete information.
- **Any MER received after the 10th of the month without a Good Cause Statement on why it is late will not be considered for on-time cash aid processing and will automatically be processed as late cash aid.**

- REMEMBER... If the 10th of the month falls on a weekend, the MER is due the Friday before.
- Attach ALL necessary documents including income verification such as check stubs, per cap/revenue, child support
- Sign and Date page 2: Applicant & significant other if applicable
- On-Time Cash Aid - 1st of each month. Late Cash Aid - 10th of each month

Weekly Work Participation Report

- Due by the 10th of EVERY month with your MER
- Must complete no less than 28 hours for One Parent & 32 Hours for Two Parent a week of combine work activities (hours may be shared by both adults on the case) MAX2 hour travel a day
- Participation in Prevention Activities is Mandatory
- If you are unsure of what qualifies as Work Participation Hours, please speak with your Family Advocate immediately!

Supportive Service Request Forms

- Due on Tuesdays before 12 noon
- Complete Budget Worksheet in the back of Supportive Service Request Form for all requests EXCEPT Gas Allowance & Childcare.
- Submit all necessary supporting documents: receipts, quotes, childcare timesheets
- **All requests will be reviewed for approval/denial within 2 weeks of submission**

MER DUE

Tuesday

Jan 10th

Reminder

All supportive Service request must be filled out with a reason requesting and backup documentation to support the reason.

Example: I'm requesting gas allowance for appointments and children activities.

Submission:

You need to turn in gas receipts, with appointment schedule and children activity schedule.

For more information contact: Case Counselor Michelle Luna 559-855-7570

Cash Aid Reminders

OWENS VALLEY CAREER DEVELOPMENT CENTER Tribal TANF Program MONTHLY ELIGIBILITY AND CHANGE REPORT (MER) Reporting Month: Month before 2020

month turning in your forms

the following month
you would be getting
cash aid

Please complete and return this form to the Tribal TANF Office by the 10th of 10 2020 to calculate your next check, to be received in 11 2020. Unless you have been designated as disregarded/exempt from Work Participation activities, you must also turn in your Employment/Training Calendar at the same time. Failure to comply will delay or terminate your grant.

Name	PRIMARY INDIVIDUAL CLIENT NAME			Telephone #	559-555-1234
Mailing Address:	1234 Your Street	City	Tollhouse	State	CA Zip 93667

If this is a new address: Please provide a new Residency or Utility Verification Form.

Step 1. Updating Personal Events:

write in
Y or N
do not
circle

Y/N Have any of the items listed below changed for this month? Please attach verification of change. **If some has moved in/out of your home, or child born a new application needs to be filled out with your monthly forms.**

Married, Divorced, Separated, Deceased, Pregnant, Birth of Child, Adult moves in/out, Child moves in/out, New Room Mate(s), Incarcerated, Graduation/GED/HSA/ABA, domestic Violence, Employment Began/Ended, Child turned 18, Child out of school.

Personal Event	Household Member	Date of Change	Explanation
MARRIED	SELF	1/2017	Boyfriend and I

Step 2. Resources

Y/N Have any of the items below changed for this month? If yes, list resource and provide appropriate information. Subsidized Housing, Subsidized Child Care, Employment/Job Resources, Public Housing, Own Home/Trailer, Low Rent, Other

Resource	Who Received	Date of Change	Explanation
employment	Tom	1/2017	hired at taco bell

Step 3. Cash on Hand

Y/N Did you or any member of your TANF household have any Cash Resource changes for the month? If yes, provide appropriate information. Checking Acct Amt. \$ Savings Acct Amt. \$ Cash on Hand Amt. \$

Friendly Reminder

Monthly Change Reports: please complete all highlighted areas in yellow. Forms are considered incomplete if not filled out correctly, completely, or not submitted with all backup documentation.

OVCDC Presents

Cold Springs Pregnancy Prevention through Afterschool Homework Program

Prevention will help the youth participants with their homework and school supplies, to ensure they are succeeding in school. Family Lit and Language will provide cultural and educational activities on the 1st and 3rd Wednesday of the Month.

Kindergarten through 12th Grade

When: March 1, 2023 to March 31, 2023
Monday through Thursday
Time: 3:30pm—5:00pm

Location: Cold Springs OV CDC Office
32535 Sycamore Rd. Tollhouse, CA 93667

For more information:
Cold Springs OV CDC office (559) 855-7570
Brandy Lewis, Site Project Coordinator
Email: blewis@ovcdc.com
Yesenia Ramirez, Site Project Coordinator
yramirez@ovcdc.com



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? OV CDC 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

- Have a loss in income
- 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 at 1-800-924-8091 for further assistance.

Cash Aid Reminders

OWENS VALLEY CAREER DEVELOPMENT CENTER Tribal TANF Program

Step 4. Reporting "Unearned" Income:

write in y or n do not circle
Y Y/N Did anyone in your TANF household receive unearned income for the month? **If yes, list GROSS amount and attach proof.** Child Support, Spousal Support, Unemployment, Social Security, Disability, Per Capita, Back Government Benefits, Insurance/Legal Settlements, Casino/Lottery Winnings, Cash Gifts, Tribal Gifts, Rental Income, Lump Sums, Workman's Comp, Strike Benefits, Life Insurance, Grants/Pell, Scholarships, Property Sales, Tax Return, Earned Income Tax Credit, Food Stamps, Commodities, WIC, Medi-Cal/Medical Assistance, Other.

Source of unearned income	Who Received	Date of Change	Amount
FOOD STAMPS	FAMILY	01/07/2018	401.00
PER CAPITA	SELF	01/07/2018	1125.00
FASFA/employment/any type of stimulus	SELF	01/18/20	1500.00

Step 5. Reporting "Earned" Income:

Y Y/N Did anyone in your TANF household earn money from Employment or On-the-Job Training for the month? If "Yes", complete below. List GROSS amounts and ACTUAL date received. **Attach Pay-Stub or Proof of Earnings.**

Person Receiving Income			Position/Title			Duties			Employer's Name/Phone#			Date Begin/Ending		
PRIMARY INDIVIDUAL			COOK			COOK FOOD			OV CDC			1/2017		
Week 1			Week 2			Week 3			Week 4			Week 5		
Hours	Amount	Date Rec'd	Hours	Amount	Date Rec'd	Hours	Amount	Date Rec'd	Hours	Amount	Date Rec'd	Hours	Amount	Date Rec'd
30	\$215	12/15/17	40	\$490	01/15/18									

This section is for any income you got the month before for working. Amount - means gross amount this is the amount before deductions.

CERTIFICATION

- I must contact my Case Counselor within 10 days of any changes in my household that will affect my grant.
 - Facts I report may result in an increase, decrease, or termination of assistance. If I knowingly give false facts or do not report changes in order to continue receiving assistance or benefits, my assistance will be terminated.
 - Payments will be delayed or terminated because of an incomplete or late Monthly Eligibility Report.
- I certify under penalty of perjury all the above information is true and complete. I understand that falsification of any information is grounds for termination from the Tribal TANF Program. The penalty will include financial recovery of any assistance provided to me while in the Tribal TANF Program, and possible lifetime denial of assistance. All adults and teen parents in your TANF household must sign below.

SIGN HERE

Signature of Applicant

Date

Second adult in home

Signature of Spouse

Date

Signature of Other Adult/Teen Parent

Date

Friendly Reminder

Monthly Change Reports: please complete all highlighted areas in yellow. Forms are considered incomplete if not filled out correctly, completely, or not submitted with all backup documentation.

Strengthening Family Formation Through Family Unity Education



FUE #4 Eagle Tour

Millerton Lake State Recreation Area

Bald Eagle Tour



Date: Thursday, March 16th, 2023

Time: 8:00am- 12:00 pm

Location: Millerton Lake 5290 Millerton Road, Friant Ca. 93626



Please sign up by March. 8th, space is limited.

**You can drive your own vehicle to Millerton Lake or
Transportation can be provided by your site.**

Contact PACILA instructor Juliana Velasquez at,
jvelasquez@ovcdc.com ph # 559-226-2880 Ext. 206

Meets TANF Purpose #4



Cold Springs Pregnancy Prevention through Afterschool Homework Program

Place: Cold Springs OV CDC Office

Start Date: August 16, 2022 to March 14, 2023

When: Monday—Thursdays

Time: 3:30pm-5:00pm

**Must attend 80 percent of educational workshops
to participate in Zoo Field Trip in April 2023.**

Healthy Snacks and Drinks

**Must have current prevention application on
file.**

For more information contact:

Cold Springs OV CDC office:

Brandy Lewis, Site Project Coordinator

(559) 855-7570



OVCDC Fresno Family Literacy Adult Education

High School Diploma Program

- through Fresno EOC / YouthBuild Charter School (WASC-Accredited)
- Independent study & small group classes
- Serving students ages 18-29

GED Test Preparation

- Preparation & study for the GED test
- Independent study & individual instruction

Adult Basic Education

- Reading & Math Skills Development
- DMV Driver's Permit Test Prep
- Life Skills Workshops

Post-Secondary Assistance

- Application & enrollment assistance
- Coursework assistance



Successful Graduates



Project Based Learning

Independent Study

Celebration of Culture

Program Dates:
July 2022 - June 2023



Adult Ed classes may be offered in person and/or via distance learning platforms. Space may be limited.

Open to eligible TANF Cash-Aid & Prevention/Community families with current OVCDL Prevention application on file. Meets TANF purpose #4.

To enroll or for more info contact:
Mr. Perez, Adult Ed Teacher
(559) 226-2880
aperez@youthbuildcharter.org

Owens Valley Career Development Center
Fresno Family Literacy Program
5070 N. Sixth St. Suite 110
Fresno, CA 93710



OVCDL Presents Health and Cultural Wellness Family Formation Project

Family, Youth, Adults

Ana, Diabetes Care Specialist from Central Valley Indian Health will provide a curriculum on Diabetes.

First Session: March 8, 2023

Time: 12pm—2pm

Medallion Activity will be provided by Jacqueline Edd.

Must attend first session to participate in the activity on the following dates:

March 15, 22, 29, 2023

Time: 12pm-2pm

Please sign up no later than March 2, 2023.

Space Limited: 10 People

Location: OVCDL TANF OFFICE
32535 Sycamore Rd., Tollhouse, CA 93667

For more information:
Site Project Coordinator, Brandy Lewis at
(559)855-7570
Email: blewis@ovcdc.com
OVCDL Office: 559-855-7570

OVCDC Big Sandy
Early Head Start
37190 Jose Basin Rd.
Auberry, Ca.93602

Enrolling 0-3 Year Olds

Applications for the 2022-2023 school year continues to be accepted throughout the year. EHS is a comprehensive early learning program for children ages 0 - 3 years old. The EHS program delivers early learning/education, health, nutrition, and family support services.

For more information and applications call (559)855-7511
Email: bgarcia@ovcdc.com



OVCDC Presents:
*Strengthening Family Formation
through Cultural Preservation*

Family Tree Scrapbooking

Bring family pictures to record your family history in a Scrapbook Album. Learning about our family history connects us to our culture.

**Space is limited to 10 people
Dinner will be provided**

Date: March 16th 2023

Time: 4-6pm

Location: 32535 Sycamore Rd. Tollhouse,
Ca 93667

Sign ups no later than March 8, 2023

Open to Adults and
Youth

For more information contact: Cold Springs OVCDC office: (559)855-7570

Yesenia Ramirez, Site Project Coordinator, Email: yramirez@ovcdc.com

Brandy Lewis, Site Project Coordinator, Email: blewis@ovcdc.com

Family Formation Through Indigenous Language

Mono Language

Tuesdays Virtual/ In-Person 4:30pm-6:00pm

Open to Fresno & Big Sandy & Cold Springs

March 7th VIRTUAL

LEARN SPRING WORDS IN MONO

March 17th In-Person @ Fresno Site

BIRD FEEDER MAKING



March 21st In-Person @ Fresno Site

CLAY POT DECORATION MAKING



Contact Teacher Darlene Oliver for the WebEx link

(559) 226- 2880 doliver@ovcdc.com

5070 N. Sixth Street Suite 110 Fresno, CA 93710



Made with PosterMyWall.com

Beading Wellness

Family Formation Through Cultural Practices



March 2023



Beaded loom bracelet

This will be part two of a two-part project

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>

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



24/7 HOTLINE
559.233.HELP (4357)
help@mmcenter.org

MMC Administration
 559.237.4706
 1600 M Street | Fresno, CA 93721
 mmcenter.org

Marjaree Mason Center SERVICES

All services are completely
 confidential and provided at
 little to no cost.

- SAFE HOUSING
- 24/7 CRISIS SUPPORT
- LEGAL ADVOCACY
- COUNSELING

CYCLE OF VIOLENCE



ACUTE EXPLOSION

Offender

Hitting, strangulation, humiliating, imprisonment, rape, using weapons, verbal abuse, destroying property.

Victim

Protects self, police called, tries to calm offender, tries to reason, fights back, leaves.

HONEYMOON

Offender

Promises to get help, begs forgiveness, enlists family's support, wants to make love, declares love, cries.

Victim

Agrees to stay, returns or takes back offender, attempts to stop legal proceedings, sets up counseling for offender, feels happy and hopeful.

TENSION BUILDING

Offender

Moody, nitpicking, putdowns, yelling, drinking / drugs, threatening, withdraws affection, criticizes, sullen.

Victim

Nurturing, stays away from family and friends, keeps children quiet, agrees, tries to reason, cooks partner's favorite dinner, feeling of walking on eggshells, attempts to soothe partner.



What is domestic violence?

A pattern of behaviors where one partner tries to control the other. It can take many different forms and can include, but is not limited to, the following:

Emotional

Excessive jealousy, mind games, isolation from family and friends, making the victim feel worthless or threatened.

Verbal

Insults and putdowns, yelling, blaming, minimizing victim, denying abuse, threatening to have victim deported.

Physical

Pushing, holding, pinching, slapping, shoving, kicking, biting, burning, hair pulling, punching, use of weapons, strangulation, trapping, restraining, blocking movements.

Sexual

Forcing sex or sexual acts, forcing prostitution, criticizing her/his body, and rape (even if married).

Destructive Acts

Smashing walls or doors, breaking furniture or dishes, destroying victim's personal belongings, documents or keepsakes, hurting pets.

Financial/Economic

Withholding money, keeping or taking victim's paycheck, prohibiting the victim from working.

Spiritual

Attacking the victim's spiritual or religious beliefs or using scripture to justify abuse.

Homophobic or Transphobic

Threatening to "out" the victim's sexual orientation or gender identity.

Classes & Groups

Childcare is not available. Children are not allowed in groups due to sensitivity of topics. Please bring a pen and arrive 15-20 minutes early.

Legal Options

Free class that covers domestic violence restraining orders; no appointment necessary.

Thursday, 10:00am
 1600 M Street, Fresno, CA

DV Support Group

This group provides general information and is open to the public. No fee and no appointment necessary.

Thursday, 6:00pm-7:30pm
 1600 M Street, Fresno, CA

Kid's Group

• Children 5-7
 Tuesdays, 4:00pm-5:00pm
 • Children 8-12
 Thursdays, 4:00pm-5:00pm
 1600 M Street, Fresno, CA

S.A.F.E. Group

12-week course covering domestic violence.

FRESNO
 Tuesday, 6:00pm-7:30pm
 Friday, 10:30am-12:00pm
 1600 M Street, Fresno, CA
 (\$5 charge)

CLOVIS
 Thursday, 9:30am-11:00am
 1392 4th Street, Clovis, CA
 (\$5 charge)

REEDLEY
 Wednesday, 9:00am-10:30am
 1015 G Street, Reedley, CA
 (Free & open to the public)

Class dates, times and locations may change. Please check the MMC website or call the hotline for verification prior to arrival.

The Indian Child Welfare Act A Family's Guide

A publication of the National Indian Child Welfare Association

Who should you contact if you feel that your rights under ICWA are being ignored?

If you feel that ICWA is not being applied correctly in your child's case, you should contact the following people as soon as possible:

- A lawyer (Indian law experience preferred)
- The child's tribe (ICWA tribal contacts are listed on the BIA website, www.bia.gov)

The court may order different services or a different placement if it decides that ICWA is not being applied correctly.

What are active efforts?

States are required to provide active efforts to families, and the court will be asked to determine whether active efforts have been made. Under the federal regulations, "active efforts" mean the active and engaging, thorough, and timely efforts intended primarily to maintain or reunite an Indian child with his or her family. They also address the unique culture of the Indian child and family and extended family (25 C.F.R. § 23.2). The federal regulations give 11 examples of active efforts, including providing culturally appropriate services, actively engaging and consulting with the child's extended family and community (e.g., inviting them to family team meetings, involving them in the development of the case plan), and supporting regular visitation with the parents.

ICWA mandates the state make active efforts in every ICWA case in two areas:

1. To provide services to the family to prevent removal of an Indian child from his or her parent or Indian custodian
2. To reunify an Indian child with his or her parent or Indian custodian after removal

A cornerstone of active efforts is active and early participation and consultation with the child's tribe in all case planning decisions. Additionally, active efforts are different from "reasonable efforts." For example, reasonable efforts might be only a referral for services, but active efforts would be to arrange for culturally-appropriate services and help families overcome obstacles (e.g., transportation, finances, childcare, etc.) in order to engage in those services. ICWA (25 U.S.C. § 1901 et. seq.) and the federal regulations (25 C.F.R. Part 23) apply whether or not the child's tribe is involved in the custody proceedings.

For more information on ICWA and a list of Frequently Asked Questions, visit us online at: www.nicwa.org

National Indian Child Welfare Association
 5100 SW Macadam Avenue, Suite 300
 Portland, Oregon 97215
 Phone: (503) 222-4044
 Fax: (503) 222-4007
 Email: info@nicwa.org



NICWA

National Indian Child Welfare Association
 Protecting Our Children • Preserving Our Culture

NICWA works to support the safety, health, and spiritual strength of Native children along the broad continuum of their lives. We promote building tribal capacity to prevent child abuse and neglect through positive systems change at the state, federal, and tribal level.

Our Vision Every Indian child must have access to community-based, culturally appropriate services that help them grow up safe, healthy, and spiritually strong—free from abuse, neglect, sexual exploitation, and the damaging effects of substance abuse.

Our Mission NICWA is dedicated to the well-being of American Indian and Alaska Native children and families.

P11975-2 ©2018

To learn more about NICWA, visit www.nicwa.org.

Homework club updates!

Congratulations



Congratulations Blaine Garcia for getting high honors on your report card!!



Afterschool Homework Club!



Fresno County Language
(559) 226-2880
Rena Picaso, Language
coordinator Ext. 461
rpicaso@ovcdc.com

Paula Davila, Language
Specialist Ext. 306
pdavila@ovcdc.com

Darlene Oliver, Language
Teacher Ext. 199
doliver@ov



March 2023

Fresno County Language Program



FRS: OVDC Fresno
5070 N. Sixth St. #110
Fresno, CA 93710

BSR: OVDC Big Sandy
37389 Auberry Rd.
Auberry, CA 93




CSR: OVDC Cold Springs
32535 Sycamore Rd.
Tollhouse, CA 93710

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CSR Prev. Afterschool Tentative 3:30pm-5:00pm	2 Hanford Prev. "Cultural Identity & Beadwork" 4:30pm- 6:30pm	3	4
5	6	7 Mono Language Class 4:00pm-6:00pm BSR, CSR, Fresno VIRTUAL	8	9 BSR CAP Afterschool Family Lit. & Lang. Experience 4:00pm-5:00pm	10 Beadwork & Wellness Virtual 1:00pm-3:00pm	11
12	13	14 Family Lit. & Lang. Experience BSR EHS 11:30am BSR Head Start 2:30pm Mono Language Class 4pm-6pm Fresno Site	15 CSR Prev. Afterschool Tentative 3:30pm-5:00pm	16 Fresno Family Lit. Eagle Tour Millerton Lake 9am-12pm Hanford Prev. "Cultural Identity & Beadwork" 4:30pm- 6:30pm	17 Beadwork & Wellness Virtual 1:00pm-3:00pm	18
19	20	21 Mono Language Class 4pm-6pm Fresno Site	22	23 BSR CAP Afterschool Family Lit. & Lang. Experience 4:00pm-5:00pm	24 Beadwork & Wellness Virtual 1:00pm-3:00pm	25
	27	28 Family Lit. & Lang. Experience BSR EHS 11:30am BSR Head Start 2:30pm	29	30	31 Beadwork & Wellness Virtual 1:00pm-3:00pm	

Made with PosterMyWall.com

Fresno County Family Literacy Program March 2023



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

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



"Creativity takes courage" - Henri Matisse

BSR: OVDC Big Sandy
37389 Auberry Mission Rd., Auberry, CA 93602

CSR: OVDC Cold Springs
32535 Sycamore Rd., Tollhouse, CA 93667

Fresno Family Literacy Program
5070 N. Sixth Street #110, Fresno, CA 93710

Phone: 559-226-2880

Toni knows the complications of diabetes. People who have the disease must take good care of their feet, eyes, kidneys, hearts, and teeth. Although all the complications worry her, it is heart disease that worries her the most.

"Your risk for heart disease is much greater if you have diabetes. A person with diabetes is at least twice as likely to have heart disease or a stroke as a person without diabetes," she explains.

Before Ken found out he had diabetes, he had two heart attacks. "They were sudden. He was flown by helicopter to the hospital. It was scary," remembers Toni.

Toni does not want this to happen again. She does not want others with diabetes to go through such a frightening experience. There are things you can do to take care of your heart. Find out as much as you can about heart disease. This is your first step to having a healthy heart. ❖



Questions & Answers About Heart Disease

What is heart disease?

Heart disease is a group of heart problems that includes heart attacks and heart failure. **Heart disease is the number one cause of death for Native Americans.**

Who gets heart disease?

People with one or more risk factors are more likely to get heart disease than people who don't have any risk factors. Some risk factors cannot be changed and some can.

What are risk factors that you cannot change?

These are the risk factors that you cannot change:

- Having diabetes.
- Being over age 40.
- Having family members with heart disease, especially a mother, father, brother, or sister who developed heart disease at a young age (under 55 for men and under 65 for women).

What are risk factors that you can change?

These are the risk factors that you can change:

- Smoking or chewing tobacco.
- Having high blood pressure that is not controlled.
- Having high LDL cholesterol that is not treated.
- Being inactive.
- Being overweight.

How can you reduce your risk?

There are things you can do to reduce your chances for getting heart disease:

- Don't smoke or chew tobacco.
- Keep blood pressure under control.
- Keep LDL cholesterol at healthy levels.
- Take aspirin if your health care provider prescribes it.
- Eat healthy foods.
- Be physically active.
- Lose weight if you are overweight.
- Find good ways to reduce stress.

Should you take aspirin?

People who have heart disease or are at high risk for developing it may benefit from taking aspirin. But you should discuss this with your health care provider before taking aspirin.

What about blood sugar?

Controlling blood sugar has some long term benefit for the heart. It has more benefit for the eyes, kidneys and nerves. Check your blood sugar and A1C as recommended by your health care provider.

MORE →



If you have Diabetes you are at risk for Heart Disease



Ken Williams (Seneca) has diabetes and heart disease. He knows he can take steps to help his heart.

Please, take care of your heart!

Toni Williams' (Northern Arapaho) husband was just diagnosed with diabetes. Toni knows about diabetes. She is the Diabetes Coordinator for the Indian Walk-In Center in Salt Lake City, Utah. She has diabetes too. What was the first thing to come to Toni's mind when she found out her husband Ken (Seneca) had diabetes? "I was so worried about his heart," says Toni.



Cold Springs Tribal TANF

March 2023



Activity Information:

CSP-002-23
Pregnancy Prevention through
Afterschool Homework
Program

CSP-003-23
Health and Cultural Wellness
Family Formation Project

CSP-005-23
Strengthening Family
Formation through Cultural
Preservation

Fresno County Language
Program Activities and
Events

Fresno County Family
Literacy Program

Reminders:

Mers are due on the 10th of every
month.

All workshops are eligible for
hours, for TANF Participants, if
needed. Please call your Case
Counselor if you are not able to
attend.

**Calendar Subject to
Change**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Afterschool Homework Program collaboration with Family Lit and Lan- guage 3:30pm-5pm	2 Afterschool Home- work 3:30pm-5pm	3 Closed at 1/2 Day 12pm	4
5	6 Afterschool Home- work 3:30pm-5pm	7 Afterschool Homework 3:30pm-5pm	8 Afterschool Homework 3:30pm-5pm Health and Cultural Well- ness 12pm-2pm Session 1: Curricu- lum/Activity	9 Afterschool Home- work 3:30pm-5pm	10	11
12	13 Afterschool Home- work 3:30pm-5pm	14 Afterschool Homework 3:30pm-5pm	15 Afterschool Homework Program collaboration with Family Lit and Lan- guage 3:30pm-5pm Health and Cultural Well- ness 12pm-2pm (Continued Activity)	16 Strengthening Family Formation through Cultural Preservation 4pm-6pm	17	18
19	20 Afterschool Home- work 3:30pm-5pm	21 Afterschool Homework 3:30pm-5pm	22 Afterschool Homework 3:30pm-5pm Health and Cultural Well- ness 12pm-2pm (Continued Activity)	23 Afterschool Home- work 3:30pm-5pm	24	25
26	27 Afterschool Home- work 3:30pm-5pm	28 Afterschool Homework 3:30pm-5pm	29 Afterschool Homework 3:30pm-5pm Health and Cultural Well- ness 12pm-2pm (Continued Activity)	30 Afterschool Home- work 3:30pm-5pm	31	