

Cuyama Valley  
Family Resource Center (CVFRC)

**"NEWSLETTER"**



**SAVE THE DATE! DEC. 1, 2007-HEALTH FAIR**

**Service Highlight: Health Insurance**

Helping every child in Cuyama get health insurance is high on the CVFRC's priority list. Martha, a trained Certified Application Assistor (CAA), is able to assist families with enrolling children in publicly available programs. To make sure that she has the latest information and updates on health insurance for children, she stays in contact with staff from the Children's Health Initiative Santa Barbara.

Depending on eligibility and availability of slots, Martha can enroll qualifying children in **Medi-Cal**, **Healthy Families**, or **Healthy Kids**. Coverage could include doctor visits, dental care, immunizations, mental health care, prescription drugs, vision care and eye glasses, as well hospitalization and surgery.

Please contact Martha at the CVFRC to obtain more information on eligibility requirements for these programs, or send a family her way if they have questions regarding their children's insurance.

**Ask the Coordinator...**

**Q**—If I am in the process of obtaining legal residency, or plan to apply in the future, is it going to affect me, if I apply and/or receive any public assistance?



**A**—It will not affect your application for a green card if you or any family member receives Medi-Cal, Healthy Families, WIC, Prenatal Care Medical, or other free or low cost medical care; Food Stamps, School Meals, Public Housing, Disaster Relief, Child Care Services, Job Training, Transportation Vouchers.

Some programs that give cash aid (CalWORKS, Supplemental Security Income, General Assistance, etc.) may affect your application. For more information and/or assistance, contact Martha at 661-766-2369, or stop by the CVFRC. (Source: Asian Pacific American Legal Center for the Calif. Immigrant Welfare Collaborative 4-12-02)

**Cuyama Valley  
Family Resource  
Center**  
4803 Cebrian St.  
New Cuyama, CA  
93453  
Tel 661-766-2369  
Fax 661-766-2375

**A member of the  
First 5 SBC Family Support  
Initiative.**

Volume 1, Issue 2

**OCTOBER 2007**

**Special points of interest:**

- ☺ Ask the Coordinator
- ☺ Service Highlight
- ☺ Getting Fit
- ☺ Calendar

**New Post Partum Support Group (PPSG)**

With funding from First 5 Santa Barbara County, Alcohol Drug and Mental Health Services' Sandy Fahey, Program Manager for the Early Childhood Mental Health and Special Needs, hosted a Post Partum Workshop on July 23 at the CVFRC, with the goal of starting a self-guided support group for parents with children ages 0-5. Jane Honikman, who founded her first support group 22 years ago, and has since become an expert on assisting new parents in starting their own groups talked about the purpose and scope of this project; Emma Posada, a psychologist and post-partum expert, and Martha Yopez, FRC Coordinator, provided interpretation and facilitation. Parents shared their ideas about what they wanted in a support group and talked about their own experiences as parents in Cuyama. All agreed that they were not only interested in participating in this newly forming group, but willing to make it work. For more information about this on-going effort, please contact Martha Yopez.

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## A Trip to Pine Mountain...

On July 17th the Cuyama Valley Family Resource Center, Camp Scheideck and Los Padres National Forest hosted a **Kids Day at Camp Scheideck** and Reyes Creek Campground.

Smokey the Bear was on hand to give the kids tips on fire safety. The campground hosted the lunch and helped the kids with their fishing.

Also included was a fire engine demonstration, followed by an exploration of the campgrounds and the creek.



## Summer Bridge Program...

When a couple of her clients expressed an interest in getting more involved in their children's education, Martha contacted Lourdes Gonzalez, EOPS Coordinator at Taft College. As a result, Myra was one of two incoming freshmen from Cuyama that participated in the Bridge Program, which offered refresher courses, and free backpacks.



(Pictured at left, Myra and mom, Eloisa; right, Myra, Eloisa and Lourdes at a counseling session.)

## Parents' Advisory Council...

On Monday, September 10th, Mattie Gadsby and Nora Melendez from the Community Action Commission, presented a class on **Child Development Stages** to start the parents thinking about the needs for youth and children in Cuyama with that knowledge in mind. Two of the attendees, Nayeli and Lucila agreed that the information was "very interesting and useful," and that they were looking forward to the follow-up class on Oct. 1st.

## New Shoes...

In collaboration with the CVFRC, Catholic Charities was able to distribute \$25.00 gift cards for selected children in the Cuyama Valley with grant funds from the Marian Medical Center. Martha reported that to date, 34 kids have received gift cards to purchase new shoes for school.



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## Eating Healthy and Getting Fit...

For the past six years, Sandy Underwood and Roberta Alderete from Marian Medical Center, have taught the ladies in Cuyama how to prepare healthy meals and the importance of physical fitness. Diet and exercise are a great combination for a healthy lifestyle. Classes are held at the CVFRC on the 2nd Friday of



the month from 11:00 am to 1:00 pm.  
All Cuyama residents are welcome!



Cooking (above left) and Working out (above right) at the Resource Center

## Friday Night Out for Teens...

A collaboration between the CVFRC, Marian Medical Center and the Cuyama Recreation District brought movies to the Cuyama Valley for teens this summer. The teens viewed movies of their choice; learned to make healthy snacks courtesy of Marian Medical Center; and also had time for some good old-fashioned exercise!



## PHOTO CLUB

On September 14, 2007 Marian Medical Center, Cuyama Recreation District and the CVFRC offered a new and exciting way to start a fun hobby by inviting teens (13-17) to join the "Photo Club". Cameras were distributed to the 15 members with instructions to take pictures of their favorite things within the Cuyama Valley. Each member will pick 5 of their favorite photos to enter in a contest. On Nov. 1st, first to fifth place winners will be chosen.

Look for the winners, and winning photos, in our next newsletter.

**Partnership Corner...**The Family Resource Center could not function without it's many partners who work **with** the FRC to bring services to the community. This month our featured partner is...

...**Dorothy Batiste** with the Cuyama Recreation District. Ms. Batiste moved to Cuyama in 1977 with her husband, Malcolm. She has a daughter, Wendy, and a son, Lloyd, who is currently serving in the armed forces. Dorothy had been working at the recreation hall off and on for about 20 years, and became the Director 12 years ago. Dorothy's many duties include coordinating the Youth Athletic Programs, organizing special events for the holidays, and assisting with managing the public transportation available on Tuesdays and Thursdays.

## Spotlight on the Family...by Martha Yopez

I have two clients that I have known since coming to Cuyama. "**Alma**" is a single mom with 3 children and works part-time. For some time now I have been encouraging her to go back to school and get her GED. She finally relented, received her GED and has now enrolled at Taft College to further her education. "**Maria**" is a mother of two special needs children. As one can imagine, her time is taken up with caring for her children, trips to the doctors, hospital visits, etc. Her dreams of a higher education seemed out of reach. Now the two friends car-pool together to attend classes at Taft College! These two ladies are looking forward to a brighter future for themselves and their families.

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**OFFICE HOURS**

Monday through Friday 8:00 am to  
4:00 pm

Food Pantry: 1st and 4th Wednes-  
days

Mobile Pantry: 3rd Wednesday of  
the Month (at the Catholic Church  
parking lot)

**Funding for the Cuyama Valley  
Family Resource  
Center is provided by  
Santa Barbara County  
Department of Social Services and  
First 5 SBC.**



**Mission Statement -**

To enhance the physical, mental and social wellbeing of all people in the Cuyama Valley; and to improve access to re-sources for families in need.

Family resource centers (FRC) are one-stop sites for families in rural, suburban or urban areas in need of services, resources and re-ferred. Staff help families by offering ac-tivities that educate, develop skills, involve problem solving and promote health and wellbe-ing. The goal of an FRC is to create healthy and functioning families and communities.



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**Service Resources**

- Case Management  
Cuyama Valley FRC
- Food Distribution  
Catholic Charities
- Mobile Food Pantry  
Food Bank of S. M.
- Nutrition, Health & Fitness  
Marian Medical Center  
Public Health Dept.
- Medical Insurance Assistance  
Cuyama Valley FRC
- Thanksgiving Baskets (November)  
Mobile Food Pantry  
Food Bank of SM
- Toys for Tots (December)\*\*  
U. S. Marine Corp.
- Adopt a Family (December)  
All Saints by the Sea  
Marian Medical Center

(\*\*Applications available at the CVFRC)

**Calendar**

**Parents' Advisory Council:**  
1st Monday of the mo. 5pm-7pm

**Other Events:**  
Breast Cancer Awareness Work-  
shop 10/1/07 10am-12pm

October Festival 10/27/07

Thanksgiving Baskets 11/21/07

**Annual Health Fair:**

12/1/07

Please call Martha, if you  
would like to help/volunteer;  
or if you have leads and/or  
resources.

**Something New...**

Abbott Patient Assist Program—  
Prescription Assistance program  
helps those who do not have health  
insurance to cover prescription  
costs.

Please contact Martha for informa-  
tion on how to apply.

Martha can be reached at the Family  
Resource Center at (661) 766-2369

