



FRESNO VIBRANT
COMMUNITIES
QUALITY HOUSING ENGAGED
HOUSING RESIDENTS

SEPTEMBER 2021

ConnectHome AmeriCorps VISTA: Taylor Martin



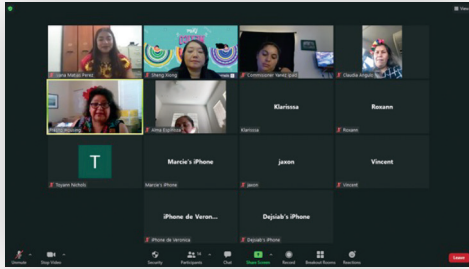
The City of Fresno's Emergency Rental Assistance Program is federally funded to alleviate financial impacts and provide rental assistance to residents who are behind on their rent and utilities as a result of the COVID-19 pandemic.

Reading and Beyond is a Partner Organization, along with The Fresno Center, Centro La Familia, Education & Leadership Foundation, Jakara Movement, and West Fresno Family Resource Center, that assists residents with the application process and fund distribution.

On September 10, Luz Robles, Project Coordinator at Reading and Beyond, hosted an informational workshop via Zoom for Fresno Housing residents. The workshop covered eligibility requirements, qualifications, and the process of completing an application. To be eligible, residents must reside in the City of Fresno, have been impacted by COVID-19, meet income qualifications and have past due amounts for rent and utilities anytime from April 2020-September 2021. Reading and Beyond requests that applicants schedule an assessment appointment before applying for the funds.



Mexican Independence Day: September 16, 2021



Ivana Matias, a Fresno State student, shared a PowerPoint presentation on Mexican Independence Day. She began with the history of Don Miguel Hidalgo y Costilla ringing the bells of the church in a small town of Dolores to call all Mexicans to fight for their freedom against Spain back in 1810.

Every year on the eve of Independence Day, the President of Mexico re-enacts the Grito de Dolores (the Cry of Dolores) from the balcony of the National Palace in Mexico City while ringing the same bell. The presentation also included the differences in celebration in Mexico and the United States. Mexico's celebrations include

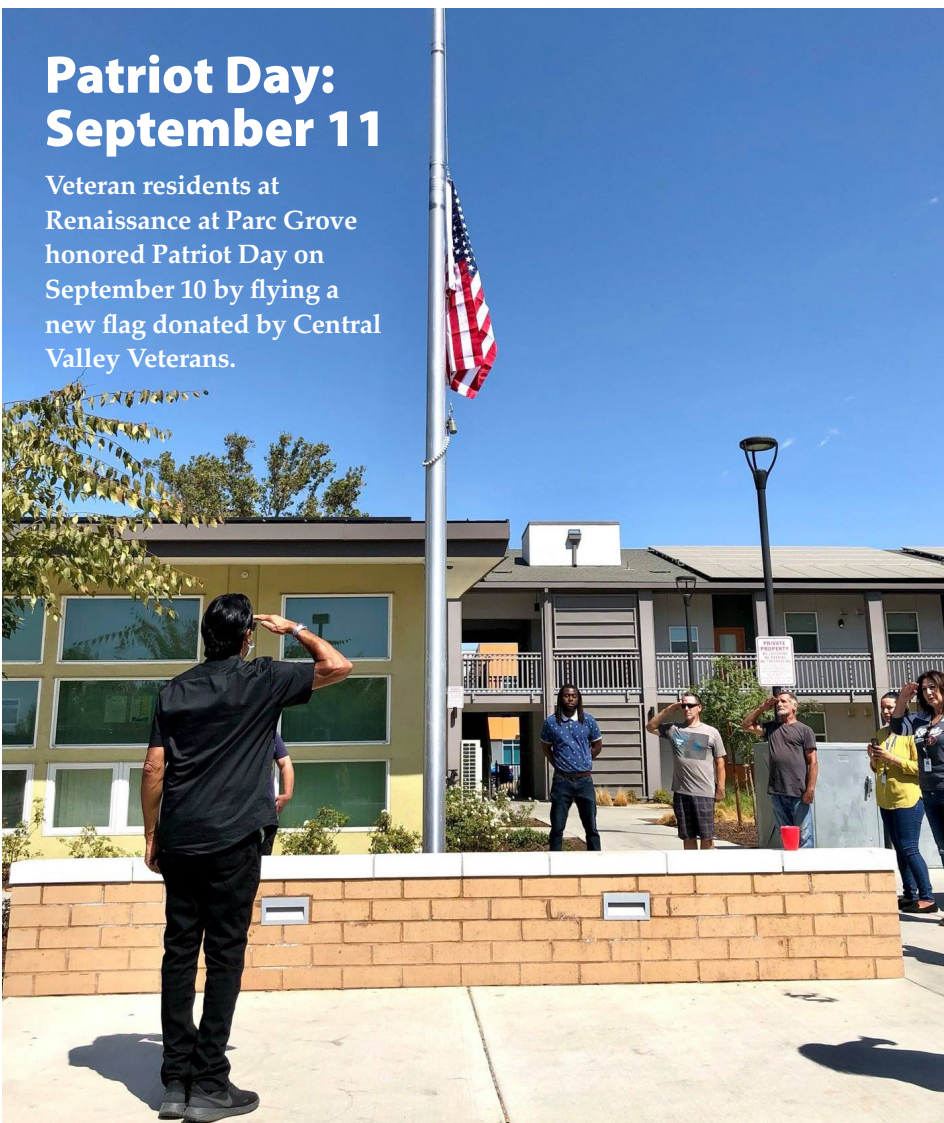
Mexican bands, Mexican Folklorico, traditional foods, and many fireworks.

Recommended ways to celebrate in the United States would be to watch El Grito live on a Spanish television station, ask parents and family for heritage stories, and attend the many celebrations in your local city.

Fun facts were shared, including the meaning of the colors of the flag. The green represents Mexican independence. The white celebrates the religion at the heart of the Mexican culture and people. The red is the union between religion and independence.

Patriot Day: September 11

Veteran residents at Renaissance at Parc Grove honored Patriot Day on September 10 by flying a new flag donated by Central Valley Veterans.



First 5 Diaper & Baby Wipes Donation

In partnership with Centro La Familia and First 5 of California, Fresno Housing received 176 packs of diapers and 26 cases of baby wipes to distribute amongst families/residents in need.





Residents will have an opportunity to share their boards during the follow-up workshop scheduled in October.



The Food Smarts Nutrition Program is a 5-Week series of Zoom workshops provided by Cal Fresh Healthy Living. The course began on September 9 and ends on October 7. The morning workshop is hosted in English, and the afternoon workshop is hosted in Spanish. The workshops allow residents to learn how to plan balanced meals and get simple strategies for healthy living. The residents engage in fun activities and demonstrations that can positively change their way of eating.



Meal Planning Course:

Budget and Prepare Family Meals

The 4-week Meal Planning course will provide the opportunity for residents to learn simple ways to plan a budget for family meals. Class participants will receive a menu board for weekly meal planning and all the ingredients necessary for the meal preparation. They will learn to make the meals and enjoy together as a family.

Suicide Prevention & Awareness Month

September is Suicide Prevention & Awareness Month. Fresno Housing has partnered with Hinds Hospice to provide an educational workshop that gives attendees a basic introduction to suicide awareness and prevention. Participants learn how to recognize suicidal behavior, how to respond appropriately to potentially suicidal individuals, and where to find help.



Suicide Prevention & Wellness Resource Drive Thru event

The County of Fresno Department of Behavioral Health held a Suicide Prevention and Wellness Resource Drive Thru event on Saturday, September 25 at Clovis High School, where they handed out resource bags.

If you or someone you know has a Behavioral Health emergency, please call 9-1-1

For Access to Services or the Crisis Line: 1 800 654-3937

CalHOPE Warm Line: 1 833 317-HOPE (4673)

Central Valley Suicide Prevention Lifeline: 1 800 273-8255



On September 10, FH residents attended a Zoom workshop hosted by Attendance Works, an organization advancing student success by reducing chronic absences. The event shared information with parents on the importance of school attendance.