

FAMILY SELF-SUFFICIENCY NEWSLETTER

SPRING 2019

Congratulations to Amber!



Jan and Amber

When Amber joined the Family Self-Sufficiency program five years ago her goal was to help make the world a better place. And that, she did!

While working as a Certified Nursing Assistant, she investigated other careers and decided to take additional classes in the medical field.

While in the FSS program, Amber completed her financial goals of budgeting and increasing her credit score, working with our FSS financial counselor, Dave Winther, as well as obtaining additional work to increase her income.

Last year, she started a new job as a residential counselor at Vinfen. She substantially increased her wages and obtained a position of greater responsibility, which included a promotion to Human Rights Officer.

And now, successfully graduating from FSS, she received her escrow check for \$12,000. Way to go, Amber!

SIX WAYS TO FEEL HAPPIER INSTANTLY

By G. Shortleeve

1. Step outside

Enjoying nature is a great way to put some pep back in your step. Even just looking at images of nature scenes can reduce anger, fear, and stress and stimulate parts of your brain associated with happiness, positivity and emotional stability.

2. Have an attitude of gratitude

Think about or write down what you're thankful for. Simply expressing gratitude creates an instant mood boost.

3. Pass on some wisdom

"As we age, giving back one's knowledge, wisdom, and experience is a great source of joy," says Prudence Hall, MD. "Become a person who is respectful, awe-inspiring and loving. What returns to you is respect, inspiration and love."

4. Think and act creatively

Self-reflection or pondering an issue and taking positive steps to address it leads not only to feeling empowered, but it also sparks creativity. When researchers at the University of North Carolina contacted people throughout the week, those engaging in creative activities—crafting recipes, making art, or writing—were much more likely to report being happy.

5. Do something nice for someone

Being kind rewards the human brain with a release of feel-good hormones like oxytocin. Any small action counts and comes with big mood-boosting rewards.

6. Focus on the here and now

Studies find the best way to stay cheerful is to stay centered in the present.



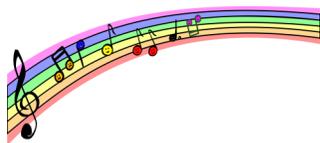
Jan Nelson, FSS Coordinator 508.771.5400, ext. 244

HOUSING ASSISTANCE CORPORATION Cape Cod

460 W. Main Street, Hyannis, MA 02601

WAYS TO TAKE A BREAK

Listen to music



Meditate



Pet a furry creature



Random Acts of Kindness

Put your phone away while in the company of others.

Return shopping carts for people at the grocery store.

Try to make sure every person in a group conversation feels included.

Find opportunities to give compliments.

Write a thank you letter to someone who made a difference in your life.

Let someone go in front of you in line who only has a few items.

Take time for yourself—you deserve kindness too!

Tips for Financial Spring Cleaning (www.cbsnews.com)

The advent of Spring is the perfect time to clean up your finances. Almost nine out of ten people set a money goal for 2019, according to a survey by Bankrate. The top priorities were paying down debt, followed by better budgeting. If you need to start working on your money goals, we have several options for you.

Register for HAC's Money Matters Workshop at www.haconCapeCod.org or call 508-771-5400 for a registration form. The next workshop series is April 9 and 16, from 5:45-7:45pm.

If you have had problems with banks in the past, get a referral from Jan Nelson to meet with Matt Bolinder from First Citizens Federal Credit Union. He will help with all your banking needs, including starting a checking and savings account.

Ask Jan to set up an appointment with Dave Winther, FSS financial counselor, who can help you with budgeting, increasing your credit score, paying down your debt, and many other financial issues.

