

# Resident Services Newsletter

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## Are You Up to Date With Your Breast and Cervical Screening?

**T**his is your sign to start the new year off right by making your health a priority! Every Woman Counts (EWC Program), through the Santa Barbara County Public Health Department, may be able to help you get **free** breast and cervical cancer screenings and diagnostic services.

**Who should be screened?** People assigned female at birth can begin breast cancer screening at age 40 and people with a cervix can begin cervical cancer screening at age 21. Always talk to your medical provider about what an appropriate screening schedule looks like for you. **If you have symptoms, let your medical provider know regardless of age, sex, or gender.**

**What are symptoms of breast and cervical cancer?** Common symptoms of breast cancer can include:

- a new lump in the breast or armpit
- changes in shape or size of the breast
- changes in skin texture or dimpling of the breast
- nipple inversion
- nipple discharge
- breast pain

Cervical cancer usually does not have symptoms.

**Who qualifies for EWC?** Residents of California who are uninsured or have a high deductible/co-payment, have low income, and meet the age requirements may qualify. Age requirements are 40+ for breast cancer screening and 21+ for cervical cancer screening. People of any age with symptoms may also qualify. All sexes and genders are welcome.

**EARLY DETECTION SAVES LIVES!** For more info visit [dhcs.ca.gov/ewc](http://dhcs.ca.gov/ewc) or call 1-800-511-2300

**Tri-County Cancer Detection Partnership serving Santa Barbara County:**

[www.countyofsb.org/1770/Cancer-Detection-Partnership](http://www.countyofsb.org/1770/Cancer-Detection-Partnership)

805-681-4783 (English)

805-335-7507 (Español)



**HASBARCO Resident Services Staff**

For more information; call your local Housing Authority office to speak with a Resident Services Team Member.

**North County Team**

**Maria Ayala-Torres - Lead RS Specialist**

**805-925-4393x3309**

**Patricia Limon - RS Specialist**

**805-925-4393x3308**

**Anaysa Preciado - ROSS Specialist**

**805-925-4393x3104**

**Se Habla Español**

**South County Team**

**Phil Willis-Conger - Partnership Liaison**

**805-968-2141x1502**

**Visit us at: [www.hasbarco.org/residents](http://www.hasbarco.org/residents)**

**Se Habla Español**

**Points of Interest**

**Featured Partner: DHCS: Are You Up to Date With Your Breast and Cervical Screenings?**

**HASBARCO:**

“Resident Services Center”

**HASBARCO:**

“Celebrating Resident Crowning Achievements”

**HASBARCO:**

“Resident Services Center”

“The Benefits of Volunteering –Help Yourself by Helping Others”

**Foodbank of SBC:**

“Healthy Recipe” Chow Mein

**Federal Trade Commission:**

“How Money Smart Are You”

**Resume En Español: “Summary”**



## HASBARCO Resident Services Center



**I**f you are receiving housing assistance through the Housing Authority of the County of Santa Barbara, you are considered a Resident. It doesn't matter whether you are living in a Housing Authority owned or a managed unit or living in a Section 8 assisted unit through a private Landlord, you are considered a Resident. Being a Resident means you are eligible to participate in “supportive services” that are available in local Housing Authority Community Rooms countywide. There are a lot of services available to you; including free food distributions, educational classes, recreational opportunities, resident meetings, child services, health services, senior services and many more. Services that are not available within a local community room in your area, maybe available nearby through a partnering service provider and most of these services are available at no cost to you.

The Housing Authority Resident Services Department is completely devoted to serving Housing Authority Residents. If you are engaged in any of the above services, chances are you've met with a member of the Resident Services Team. Besides providing services, or coordinating services through partners, the team also operates “Self-Sufficiency Programs”. These are programs specifically designed to help you set and achieve your life goals.



To learn more about the services or programs that are available to you.

**Visit: <https://www.hasbarco.org/resident-resources>, or email us at [residentservices@hasbarco.org](mailto:residentservices@hasbarco.org).**



## Celebrating Resident Crowning Achievements



Manuel Morales and his family became Evans Park residents in 2015. Manuel worked in Agriculture for 21 years, but when he lost his job in 2021, he knew he had to make a drastic change in his life, and so he began a car washing business. Even though he was bringing in income, he knew car washing wasn't what he wanted to do long term.

One day, Manuel received a flyer on his door regarding the opportunity to obtain vocational training and he asked the ROSS coordinator for a referral. Manuel was able to enroll in the National Farmworkers Program through SER-Jobs for Progress. With the help of his teachers, he began to study for his Truck Driving Class A License. Passing this exam was going to be difficult since Manuel's primary language

was Spanish, and the test was in English, but Manuel was determined. With a lot of patience, hard work, and study, he finally succeeded. He is now ready to start working in his new field as a truck driver; increasing his income and saving money to purchase a home for his family.

Manuel and his family have been very active in the Evans Park community and have participated in services and events for several years. Manuel also has two daughters, Jasmin and Grisel, who had volunteered at the onsite food distribution, as well as the Picnic in the Park Lunch Program, before being referred to the Goodwill Workforce / Youth Job Training Program. After completing their Food Handling Certificate, they received local job placement, until their enrollment at

Fresno State University.

Manuel wants to share that he is very proud of his daughters and their accomplishments, and grateful for the services the family has received. He wants to encourage all residents to take advantage of the services available to them.



**T**here are many reasons to volunteer in your community. Many people use community service to enhance their resume, meet new people, boost their self-esteem, or learn new skills. But did you know that volunteering is also good for your health? Several studies have shown that volunteering provides benefits to both physical and mental health. It's been well documented that volunteer work can improve mental health. Specifically, people who donate their time often feel more socially connected, which can reduce the chance of suffering from depression or feeling lonely. Additional research has identified benefits to physical health as well.



Volunteering can reduce stress, leading to lower blood pressure, and has been shown to lessen symptoms of chronic pain and heart disease. HASBARCO Resident Services is always accepting volunteers for various food distributions countywide. If interested - please contact the Resident Services Department at: 805-925-4393 x 3310, or email us at: ResidentServices@HASBARCO.ORG

**T**reat yourself to homemade Chow Mein ready in under 35 minutes. These noodles are cooked with fresh vegetables and tossed in a savory sauce. Perfect for serving alone or with your favorite Chinese dishes.

**INGREDIENTS**

- |                          |                           |
|--------------------------|---------------------------|
| 1/2 Lb. chicken breast   | 1 garlic clove            |
| 6 oz. chow mein noodles  | 3 Tbsp oyster sauce       |
| 1 cup cabbage            | 1.5 Tbsp soy sauce        |
| 1/2 large carrot chopped | 1.5 Tbsp light sesame oil |
| 1 green onion            | 1/2 Tbsp cornstarch       |

**PREPARATION**

1. Combine the oyster sauce, sesame oil, soy sauce, and cornstarch in small bowl. Set aside.
2. Cook your noodles according to the package instructions. Once cooked, drain, and rise with cold water.
3. Heat a large wok or pan with oil over medium heat. Cut your chicken into small pieces and cook until golden. Remove chicken and reserve. Then, add cabbage, garlic and carrots in and cook until softened.
4. Add back in the chicken and noodles. Pour the sauce over the top and cook everything together for another 2 minutes.
5. Top chow mein with green onions and enjoy!

**Serves 4/Time 35 mins**

**D**o you remember how you earned your first dollar? Were you ready to spend it, or to save it? No doubt, you learned at an early age that money had value and that you had a choice on how you chose to spend it. Later, you may have learned that spending is easier than saving, and that “money spends like water.” In our daily lives, we are faced with financial decisions that directly affect our financial life.

For example, we make the decision to save money for our rent, or to spend the money on something else. Those types of decisions are the key to our financial stability. The best tool we can have to make the best decision for our present, and our future, is learning how to manage our money effectively.

Learning Financial Literacy is now easier than ever. The “How Money Smart are You?” Program, through the FDIC (Federal Deposit Insurance Corporation) is a 14 session workshop, with games that provide financial education on how to budget, how to borrow, how to save, and how to protect your income. For example, each game will teach you how to make financial preparations for when a disaster or an emergency strikes, or how to watch out for scams, or how to apply for a loan as well as to what lenders look for when they decide to loan money.

Financial literacy is the best tool you can have to make the best financial decisions in your daily life, for your future, and unexpected life situations. Thus, whether you're spending your money or saving it, you can gain more financial capability by completing the FREE Financial Education series accessible online.

Visit [www.FDIC.gov](http://www.FDIC.gov) for more information.



**HOW MONEY SMART ARE YOU?**  
 PlayMoneySmart.fdic.gov

**IT'S FREE**

**14** NEW SELF-PACED LEARNING GAMES

- Borrowing Basics
- Building Your Financial Future
- Buying a Home
- Credit Reports and Scores
- Disasters - Financial Preparation and Recovery
- Making Housing Decisions
- Managing Debt
- Protecting Your Identity and Other Assets
- Using Credit Cards
- You Can Bank On It
- Your Income and Expenses
- Your Money Values and Influences
- Your Savings
- Your Spending and Saving Plan

**PLAYERS CAN EARN CERTIFICATES & VIRTUAL COINS!**

Visit our other products!  
[FDIC.gov/moneysmart](http://FDIC.gov/moneysmart)

**El EWC (Cada Mujer Cuenta)** es un programa que ofrece servicios gratuitos de detección de cáncer cervical y de mama. Personas que son asignadas como mujeres al momento de nacer deben de tener un examen de cáncer de mama a los 40 años y un examen cervical a los 21 años. Es muy importante estar alerta de los síntomas de cáncer ya que una detección temprana puede salvar vidas. Comuníquese con su medico si nota algo diferente en su cuerpo. Personas de cualquier edad con síntomas o sin seguro medico califican para este programa.

Si usted esta **recibiendo asistencia** por medio de la Autoridad de Vivienda del Condado de Santa Barbara, eres un **residente**. Cuando eres un residente eres elegible para participar en servicios de apoyo en ca comunidad. Los programas en la comunidad están allí para ayudarte a obtener sus metas. El Departamento de Servicios para los Residentes esta aquí para ayudarte a encontrar el servicio que necesita.

**Manuel Morales** vive en Evans Park y es un orgullo para nuestra comunidad. Manuel trabajo por muchos anos en la agricultura y ahora orgullosamente obtuvo su licencia Clase A para manejar camones de carga. Pasar el examen fue dificil, pero con mucho esfuerzo el lo logro. Manuel y su familia has sido un gran ejemplo de superación ya que sus hijas continúan su educación en la Universidad. Manuel anima a todos a participar en los servicios que son ofrecidos en la comunidad.

Ser **voluntario** tiene muchos beneficios para la comunidad y en una forma individual. Cuando es usted un voluntario no solo ayuda a los que mas necesitan pero también crea nuevas amistades, forma un historial de empleo, reduce las posibilidades de depresión y estrés, además su corazón se sentirá mejor al saber que su tiempo es de valor para alguien. Llama a Servicios para los Residentes si te gustaría ser un voluntario.

Con el tiempo hemos aprendido lo fácil que es gastar dinero y lo difícil que es ahorrarlo. Afortunadamente, hay recursos que nos ayudan a manejar nuestro dinero de una forma mas inteligente. El Programa **“¿Que Tan Inteligente Eres con tu Dinero?”** Nos ensena herramientas acerca de finanzas del diario vivir. Este programa son 14 sesiones de juegos en línea completamente gratis. Puedes aprender acerca de presupuestos, ahorros, gastos, prestamos, como evitar ser víctima de estafa y robo de identidad, y prepararte para comprar una casa.

Preparar **Chow Mein** en casa es muy fácil. Hierva la pasta de Show Mein. En un recipiente aparte, combina las salsas y aceite. Frie el pollo en una sartén con aceite. Remueve el pollo del aceite cuando este cocinado y frie los vegetales. Cuando el Chow Mein este hervido, cuela y viértelo en el sartén de los vegetales junto con el pollo, añade la salsa, deja cocinar por dos minutos y ¡listo!