



<http://500px.com/photo/403064> Photo taken by Michael Breitung

# Family Self Sufficiency

Salina Housing Authority

April 2020

After the storm subsides and the damage is done.  
We realize what we are left with...us. Love.  
Life. Feeling stronger than we were before however  
this time with a better understanding of what  
we need for the next downpour.

-Rachel

## What's Going On?

With all that is going on with the CDC restrictions surrounding CoVID19 pandemic, it is understood there are plenty of questions about what is going on with the Salina Housing Authority. Well here is what is happening with us!

- ◇ On March 18, we closed our office to the public. This was done in effort to reduce the risk of spreading CoVid 19 to tenants, applicants and staff. We will not reopen the office until further notice. Please do not come to the office without a scheduled appointment first, we will not allow anyone without an appointment into the office regardless of circumstance.
- ◇ If you do have an appointment you will need to complete a screening prior to entrance. REMEMBER you MUST have an appointment to enter the office, you will not be allowed into the office otherwise.
- ◇ If you have verifications or are needing to report information to our office such as being temporarily laid off of your job due to the pandemic, having a decrease in child support, or receipt of tax return, just to name a few, please call the office and we will mail/email/fax copies of the verifications you need. Please keep us updated on all changes as usual. We are in the office and available if you have any questions.
- ◇ FSS will be conducted by phone call or email. The month of March has been excused due to the uncertainty of the situation surrounding the pandemic and how it is effecting you and your families. HOWEVER, I will be reaching out via phone/email the first week of April. I look forward to hearing from you all and perhaps what resources I can assist you all in accessing.

## Important Days

April Fools  
April 1st

National Earth Day  
April 22nd

National Picnic Day  
April 23rd

National Arbor Day  
April 24



## Isolation

Salina/Saline County has not yet had REPORTED cases of CoVID 19 but it does not mean we are exempt from it coming into our neighborhood. With that being said, there are several protective measures the CDC and the state of Kansas has recommended or implemented for our safety such as the closure of schools and restaurants or the idea of social distancing which is meant to reduce the likelihood of contracting the virus. Although at this point (March 24th), our county is not under lockdown, it feels as

though we are feeling a little more closed in with all restrictions of so many establishments. Here are a few ideas of what you can do to reduce the "isolated" feeling.

1. Business as usual. Conduct yourself and your children as though it were a normal day. Everyone gets up at a scheduled time, showers, puts on clothes and eats breakfast. If you are not working, find activities or tasks to keep you all busy. Play games with the children following school work.
2. Reading time! Reading can take you to another place just by using your imagination. Even if you do not have any books at home there are many ways to access free online articles or books! One being...Salina Public Library! <https://salinapubliclibrary.org/books-media/ebooks-audiobooks/> you will need your library card to access.
3. Spring cleaning. It is spring after all. Pull out the old mop and broom and get busy! This is good for the kids to do as well. Deep cleaning not only disinfects the home but also makes you feel a sense of accomplishment and can reduce anxiety and stress as well.
4. Go for a walk! Go get some air. Check out your neighborhood and see what has changed since your last walk. While walking use your senses. Smell the air, listen to the sounds and feel the wind.
5. Teach your children what "Old School" is. Jump rope, Double Dutch, hand clapping games, hop scotch, 4-square. Play board games. This is a good time to teach them how to count back change. Play "1990 survival" (Its not necessary to have been born in the 1980s to appreciate this.) (Enclosed with newsletter)
6. Play "Family Diner." This activity/exercise teaches money skills, social skills, table etiquette, housekeeping, restaurant etiquette. (Enclosed with newsletter)
7. Virtual Visitation! Pull out the tablet, laptop or cell phone and start visiting. There are several ways to use video chat such as Google Duo, FaceTime and Facebook.

Whatever you decide to do, do it well! Take this difficult time and make it positive and enjoy yourself.

### Financially Making it Through Pandemic

1. Please make contact with your SHA coordinator or specialist, Rachel or Felicia to discuss changes in your income. If your income has dipped due to decrease in hours we want to know.
2. If you have refund left, utilize it sparingly. Do not go online because you are bored. Pay attention to your spending habits. Buy only the essentials (food, medications, etc) during this time.
3. Continue adding to your emergency funds. If you are still working then you should still conduct financial business as you normally would. You may need it more down the road.
4. Eat at home. Although "Free Delivery" sounds great, it is still not worth spending \$50 on dinner for the kids when the same meal could be made at a fraction of the cost.
5. Access resources while you can. There are several agencies, churches and the school district that have grab-and-go meals or drive thru meals.

# Family Diner

*Family Activity (Can be used as Community Activity)*

Spending time with your family does not always have to be boring especially at dinner time! “Playing” Family Diner not only allows for time with the family but allows for children to learn skills and have fun doing so and also allows for choices for dinner.

Here’s how you do it.

1. Have children “make” money. It still has to resemble real money \$1s, \$5s, \$10s, etc. Our house hold also makes “checks.” Or just purchase some fake money at the Dollar Tree.

*Skill: Money.*

2. While the children are making the money, rummage through the fridge and create a menu. These should be items that do not take long to make such as hamburgers, leftover meatloaf, microwave-ble chicken nuggets. Anything that takes little time to make or reheat. Make your menu.

*Skill: This give you a chance of assess the fridge and get some food out. Budget-ting!*

2. Now it’s time for jobs. This calls for applying for the job but there’s no writing. Have children raise their hands if they are interested in the job. You will need crew members for kitchen, server, bussing/dishes. Smaller families will need for their crew double up on roles. Parents will be the supervisor. Some older children can be the cook or sous chef. After deciding on the job, assess the pay. This depends on how much money you made or have. It should not be even. You are paid according to your position and by a normal days work. Cook makes \$7/hr works 8hrs/day=\$56.

3. **Busser/Dishwasher:** sets table, clears table, sweeps and washes dishes

**Server:** “takes order” assists with setting table, takes the money, sweeps and mops floor.

**Cook:** Cook is supervisor (parent), and second server (actually serves the dish)

**Customer:** Everyone is a customer. Everyone learns to assess the appropriateness of the check/order, pay for their own meal and to give and receive the appropriate change as well as learn what is an appropriate tip (which should be anywhere from 10-30% of the bill)

*Skill: Learning how to volunteer or assess ability. Cleaning/chores. Team building. Money handling. It also gives children a chance to learn how to treat others and patience.*

5. After dinner is served it is time to clean up. All team members have something to clean. When one person is finished they move along to help another crew member.

## Overall Skills for this activity:

Children and families learn how to interact. Family Diner can teach skills such as table etiquette and respect for others. Teaching money handling skills such as assess a check, counting change, etc. If you are using checks you will teach children how to write a check/money order. They will learn skills to help them in the future such as how to pay their bill. You are also teaching children how to use their imagination. Have fun. Make up characters. Dress up or down. This activity can go so far. AND you can do it with older kids too! Our family would continue it with Mommy’s Movie Theater. The choices are endless.



## Surviving the 1990s

### *Family Activity counts as Community Activity*

This is not as much a game as it is an appreciation for socialization and creativity.

If you are a parent of a certain age you will remember how this goes. How would your children be able to survive in the early 1990s?! Let's test them!

1. All electronics (cell phones, tablets, video games, etc) are not to be used. Since the long corded landline phones are not really used only ONE cell phone is allowed. *Yikes! How do you survive without a phone?!*
2. Many families had up to two TVs in the household so all if you have more than two TVs then only two should be in use. If you have cable, only use 36 channels of cable. To make it realistic only choose channels available in the early 1990s. If you still have a VCR or have access to one utilize that. If you only have internet and have access to basic channels (NBC, ABC, CBS) then these should be the only channels accessed. This gets children away from depending on television/electronics to soothe or entertain themselves. *Opens the door for imagination and creativity.*
3. 1990s music was something totally different from today. Pull out your old CDs. Or using your phone turn to an app such as iHeart Radio and put in on an exclusively 1990s station or make a playlist of 1990s music. Utilize music with meaning or fun song you liked to jam to...or your mom. *This helps with music appreciation, soothing and some music tells about history.*
4. Do not use your contact list. Write down all important contacts and have your children "help" you remember them. "What's Nana's phone number again?" *This can help with learning important numbers in case of an emergency.*
5. Yes, Nintendo was a thing. 4 buttons and a box. Totally different from today's video games plus there could only be two players. Share some old 1990s crafts such as slime, friendship bracelets, play telephone or Truth or Dare. *UNO, Go Fish, card games, and board games teach numbers, playing as a team, go sportsmanship and social interaction.*

The goal of this exercise to build social skills, communication skills, the ability to listen, utilizing imagination or creativity and relate to others. This is another add your own twist activity. You can dress up like they did in the 90s or use slang used back then like "Booyah" "Psssyyych" or "All that and a bag of chips!" Have fun!