



CHILDREN CENTER

• Next week is Dr. Seuss Week at Neighborhood House Children Center! Here is how we'll celebrate:

- MONDAY MARCH 1st -** We'll read *One Fish, Two Fish, Red Fish, Blue Fish*
Please wear red, blue, and/or a shirt with numbers/fish
- TUESDAY MARCH 2nd -** We'll read the book *Green Eggs & Ham*
Please come dressed up in green
- WEDNESDAY MARCH 3rd -** We'll read the book *Wacky Wednesday*
Please wear a wacky outfit and/or wacky hair.
- THURSDAY MARCH 4th -** We'll read the book *The Cat in the Hat*
Please wear as many stripes as you can!
- FRIDAY MARCH 5th -** We'll read the book *Fox in Socks*
Please wear crazy socks!

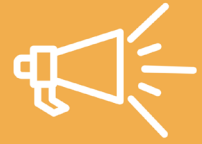


FAMILY SUPPORT CENTER

- Our food pantry opened for all clients! Feel free to grab any food from the pantry in the Children Center main lobby on your way out.
- We also have a community closet for you to use whenever you need. For safety reasons, to visit the closet you need to make an appointment here - https://calendly.com/nh_rocio/closet This resource is available for clients only. If you have questions call or text Rocío at 801 810 8037.
- We are looking for 8 participants for a focus group in Spanish! Join Utahns Against Hunger for a group discussion focus on food insecurity and obstacles to accessing federal nutritional programs. Participants will receive a card \$ 25 gift for your time. To participate, please contact Rocío Torres via text (801-810-8037) or email (rocio@nhutah.org).
- Starting on February 15, 2021 Neighborhood House will help you apply for SNAP benefits if you are eligible. The food stamp program allows your family to access healthy and nutritious food in your community. The only verification required is a government ID. You can determine your eligibility at <https://www.uah.org/get-help/calculator> For more information, text SNAP to (801) 810-8037 and we will contact you soon after. Please find the flyer at the end of this newsletter.
- Check out the new skill-building group for LGBTQIA+ youth ages 14-18 that the Utah Pride Center and the YWCA are partnering together to offer. Rainbow Relationships will focus on strengths; promote resilience and wellbeing; affirm the spectrum of queer, trans, gender nonconforming, and intersex identities; and work through what healthy consensual relationships look and feel like. Find more on the next pages of this newsletter or reach out to Jess Burnham (they/them, she/her) at jburnham@ywcautah.org.

ANNOUNCEMENTS

- Tax Clinics - The Westminster Tax Clinic offers free tax preparation and financial advocacy services to low-to-moderate income families. Local students and volunteers gain practical experience while serving the community and are dedicated to being available to anyone in need. The 2021 clinic will be open until April, 15 2021. For more information, visit the [Westminster College Tax Clinic Website](#).
- People's Legal Aid Offering Free Legal Services for Family's Facing Eviction. Everyone deserves a home, and People's Legal Aid can help. Renter's know your rights because People's Legal Aid (PLA) is here to offer aid to families. PLA is available to help with move out dates, debt payment options, connect with local resources to help find a new home from the moment the eviction notice is acquired. [Visit their website for more details.](#)
- Stimulus Checks Information
The IRS has an online tool that will let you track your stimulus check payment. The tool is called the "[Get My Payment](#)" portal, and it's an updated version of the popular tool Americans used to track the status of their first-round stimulus checks. (To find out how much money you will get, use the [Second Stimulus Check Calculator](#).) With the updated tool, most people will be able to check the status of both their first- and second-round stimulus payments (if you received more than one first-round payment, the tool will show you only the most recent payment information). According to the IRS, the revised tool will be available in both English and Spanish. Information via Salt Lake County Newsletter and Kiplinger: [Where's My Stimulus Check? Use the IRS's "Get My Payment" Portal to Get an Answer](#)
- Opportunity to win a giftcard
If you are a client of Neighborhood House and are read this newsletter, please take a picture of our building when you can pick up/drop of your child, follow us on social media, and tag us on one of our accounts ([Instagram](#) or [Twitter](#) or [Facebook](#)) for a chance to win a giftcard! This opportunity is only availbale for clients who are not staff members.



COVID UPDATES

- [What your community needs to know about COVID-19 vaccines](#) on March 2, 2021, from 12:00 to 1:00 pm. [Sign up here.](#) Join the [National Latino Evangelical Coalition \(NaLEC\)](#) for a webinar on what communities need to know about the COVID-19 virus and vaccines that will help slow its spread and help save lives. The webinar, co-sponsored with the United States Department of Health and Human Services (HHS) Partnership Center and with expertise from the Centers for Disease Control and Prevention (CDC), will be presented in Spanish. Sign up to attend or receive the recording.
- CDC Tools: CDC has many free tools for us to use and learn. [Click here](#) to read frequently asked questions about the vaccine.

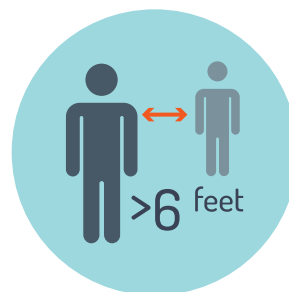
NOURISH TO FLOURISH MENU

- Monday - Sano Bowl
Grilled chicken, honey jalapeno glaze, roasted sweet potato, corn, black beans, scallions, cotija cheese, cilantro, fresh tomato and brown rice. Served with fresh whole fruit.
- Tuesday - Turkey Chili
Served with a whole wheat roll and fresh whole fruit
- Wednesday - Roasted Chicken
Served with roasted red potatoes and green beans.
- Thursday - Honey Baked Ham Sandwich
Sprouted wheatberry toast, Low sodium ham, salad with white cheddar, lettuce, shaved red onion and tomato. Served with Chips and Whole Fruit.
- Friday - Naked Turkey Wrap
Whole wheat wrap, Turkey with hummus, lettuce, shaved red onion, tomato, cucumber. Served with Chips and Fruit.



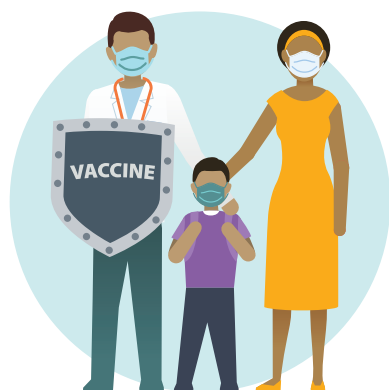
COVID-19 Vaccines

Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic.



To stop this pandemic, we need to use all of our prevention tools. Vaccines are one of the most effective tools to protect your health and prevent disease. Vaccines work with your body's natural defenses so **your body will be ready to fight the virus**, if you are exposed (also called immunity). Other steps, like wearing a mask that covers your nose and mouth and staying at least 6 feet away from other people you don't live with, also help stop the spread of COVID-19.

Studies show that COVID-19 **vaccines are very effective** at keeping you from getting COVID-19. Experts also think that getting a COVID-19 vaccine may help keep you from getting seriously ill even if you do get COVID-19. These vaccines cannot give you the disease itself.



The vaccines are safe. The U.S. vaccine safety system makes sure that all vaccines are as safe as possible. All the COVID-19 vaccines that are being used have gone through the same safety tests and meet the same standards as any other vaccines produced through the years. A system in place across the entire country that allows CDC to watch for safety issues and make sure the vaccines stay safe.

Different types of COVID-19 vaccines will be available. Most of these vaccines are given in two shots, one at a time and spaced apart. The first shot gets your body ready. The second shot is given at least three weeks later to make sure you have full protection. If you are told you need two shots, make sure that you get both of them. The vaccines may work in slightly different ways, but all types of the vaccines will help protect you.



www.cdc.gov/coronavirus/vaccines

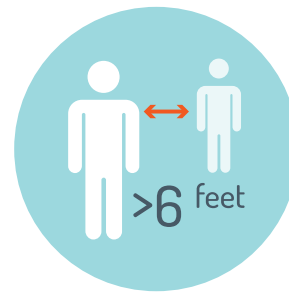


The vaccines may cause side effects in some people, like sore muscles, feeling tired, or mild fever. These reactions mean the vaccine is working to help teach your body how to fight COVID-19 if you are exposed. For most people, these side effects will last no longer than a day or two.

Having these types of side effects does NOT mean that you have COVID-19. If you have questions about your health after your shot, call your doctor, nurse, or clinic. As with any medicine, it is rare but possible to have a serious reaction, such as not being able to breathe. It is very unlikely that this will happen, but if it does, call 911 or go to the nearest emergency room.

When you get the vaccine, you *and* your healthcare worker will both need to wear masks.

CDC recommends that during the pandemic, people wear a mask that covers their nose and mouth when in contact with others outside their household, when in healthcare facilities, and when receiving any vaccine, including a COVID-19 vaccine.



Even after you get your vaccine, you will need to keep wearing a mask that covers your nose **and** mouth, washing your hands often, and staying at least 6 feet away from other people you do not live with. This gives you and others the best protection from catching the virus. Right now, experts don't know how long the vaccine will protect you, so it's a good idea to continue following the guidelines from CDC and your health department. **We also know not everyone will be able to get vaccinated right away, so it's still important to protect yourself and others.**

RAINBOW

RELATIONSHIPS

Healthy Intimacy Skills for LGBTQIA+ Youth

Virtual sessions held twice per week beginning March 1 for LGBTQIA+ youth ages 14 - 18.

*Space is limited.



RESPECT
COMMUNICATION
CONSENT

HONESTY
BOUNDARIES
EQUALITY

eliminating racism
empowering women
ywca
Utah

UTAH
pride
CENTER

Sign up
[HERE](#)

CONTACT

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Kelsey Kehoe, kelseykehoe@utahpridecenter.org

RAINBOW

RELATIONSHIPS

SCHEDULE

WEEK 1

3/1: PROGRAM INTRODUCTION

3/3: IDENTITIES & WAYS OF BEING

WEEK 2

3/8: VALUES & BOUNDARIES

3/10: MY RELATIONSHIP TO
"COMING OUT"

WEEK 3

3/15: MENTAL HEALTH &
WELLBEING (PART 1)

3/17: MENTAL HEALTH &
WELLBEING (PART 2)

WEEK 4

3/22: INFORMED CHOICES
ABOUT SUBSTANCE USE

3/24: COMMUNITIES &
CONNECTIONS

WEEK 5

3/29: COPING WITH
MICROAGGRESSIONS

3/31: RIGHTS, RESPONSIBILITIES
& CONSENT

WEEK 6

4/5: ACTIVE LISTENING

4/7: ASSERTIVE COMMUNICATION

WEEK 7

4/12: COMMUNICATING
THROUGH CONFLICT

4/14: HEALTHY & UNHEALTHY
RELATIONSHIPS

WEEK 8

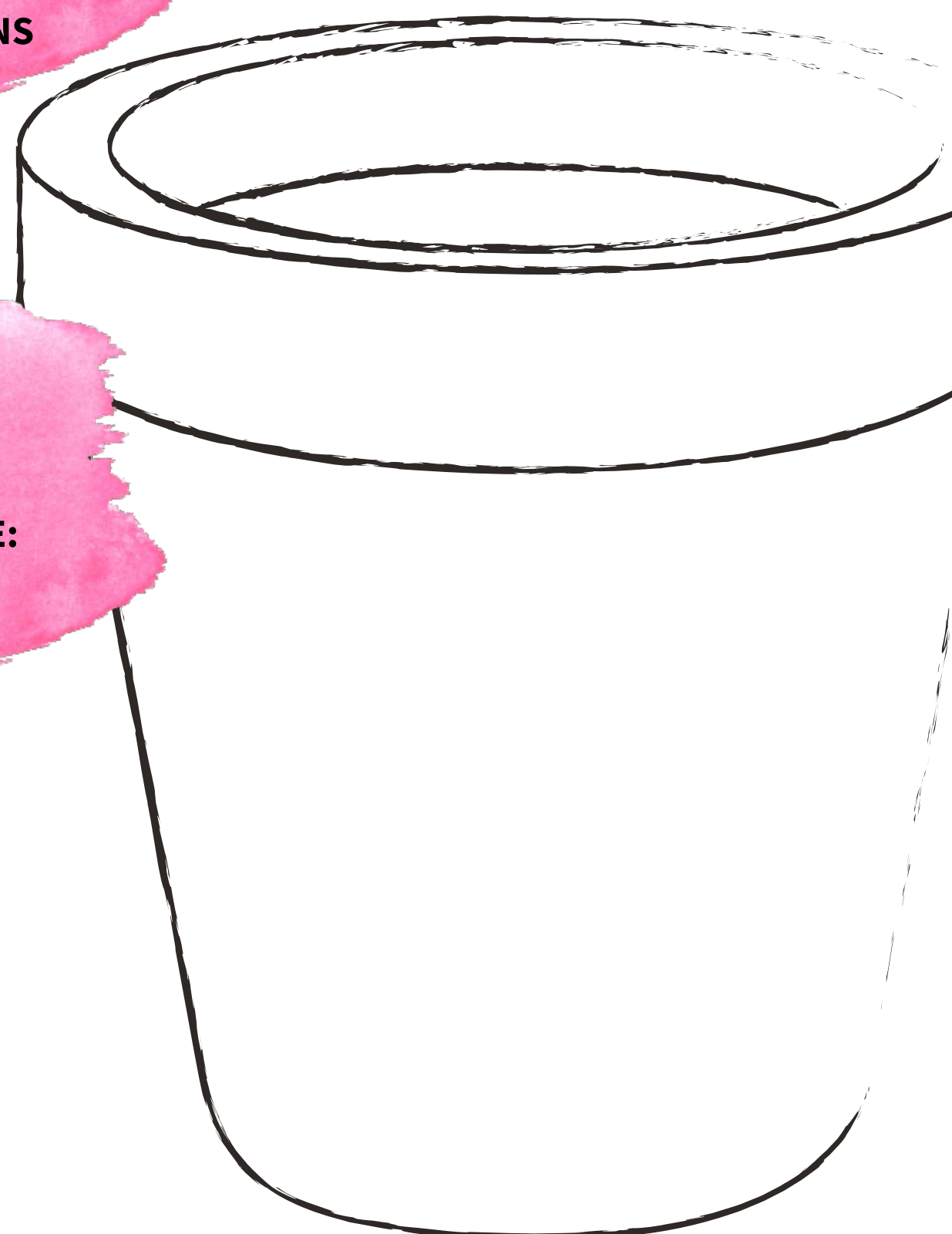
4/19: RED FLAGS OF ESCALATING
RELATIONSHIP VIOLENCE

4/21: EXITS & SAFETY PLANS

WEEK 9

4/26: ACTING AS AN ALLY

4/28: CONCLUDING CIRCLE:
SHARING & CELEBRATING



2·1·1

Get Help. Give Help.



United Ways of Utah

Connect with Utah 211

211 is available 24 hours, 7 days a week

211 is free and confidential

- Housing
- Food and Meals
- Mental Health
- Medical Needs
- Utility Assistance
- Tax Assistance
- Substance Use Disorders
- Legal Assistance
- Transportation
- Volunteer Opportunities

If you are affected by the ripple effects of COVID-19 (Coronavirus) and need help with the essentials, 211 can assist you in finding a variety of resources to help you stay on your feet.

Begin your search by contacting 211 via phone, online chat, text, or by downloading the app.



DIAL 211

or

1.888.826.9790



VISIT

211utah.org



DOWNLOAD

211 UTAH App



TEXT ZIP Code
to 898-211



211@uw.org



211utah



211utah

Hearing impaired dial *Relay Utah* at **711** or **888.346.3162**

Chat live and search for resources online at **211utah.org**

Information provided in over 200 languages

SNAP **Supplemental Nutrition Assistance Program**

Food assistance to fill your cart. It's simple and quick.

To apply for benefits go to **Department of Workforce Services** at Jobs.utah.gov/mycase



You may also apply at an employment center, or we can mail an application to you, however you may lose benefits due to mailing delays.

- No verifications are needed to file an application.
- You may be eligible for expedited service receiving SNAP within seven calendar days.
- Identity is the only verification you need if you are eligible for expedited SNAP.

You may turn in an incomplete application as long as it has your name, address and signature. However, the entire application must be completed in order for your eligibility for SNAP to be determined.

For more information, visit UAH.org or call:



Use this calculator to see if you might be eligible, or visit our website at: uah.org/get-help/calculator



Are you eligible for SNAP?

Household size	130% of Federal Poverty Limit* October 2020
1	\$1,383
2	\$1,868
3	\$2,353
4	\$2,839
5	\$3,324
6	\$3,810

+Add \$486 for each additional family member



*The amount of money everyone in your household earns or receives each month must equal less than the limit listed above. Gross income means a household's total income (earned and unearned) before any deductions have been taken out.

Get SNAP Fast!

You may be eligible for expedited SNAP benefits receiving SNAP within 7 calendar days.

Expedited SNAP benefits are a faster way to get your first month of SNAP benefits. You may be eligible for expedited SNAP if:

- You have \$150 or less in monthly gross income and \$100 or less in liquid assets (money in your account)
- Your shelter costs are higher than your combined gross monthly income and cash/savings
- You are a migrant household with \$100 or less in cash and savings

Identity is the only verification needed if you are eligible for expedited SNAP.

What to expect when applying for SNAP

- Provide as much information in the application to reduce the amount of information needed during the interview process.
- **ONLINE APPLICATIONS** Once submitted, you will be redirected to verification page with information on how to contact Eligibility Services for an interview. Interviews are on-demand and need to be completed within 30 calendar days. We recommend calling within 7 days of applying. Offices are open Monday - Friday from 8:00 a.m. - 5:00 p.m. Interviews are 30 minutes, on average.
- **PAPER APPLICATIONS** DWS will send a letter detailing how to do an interview.
- DWS will send a letter requesting information on any verification(s) they will need to determine your eligibility.

Questions about the application process?
Visit UAH.org or call: