

FSS

JOURNAL

Spring 2019

JEAN McKEE RESIDENT SCHOLARSHIP APPLICATION DEADLINE IS MAY 20

APPLY TO WIN A COLLEGE
SCHOLARSHIP OF UP TO \$2,000!

Established in 2000 in memory of longtime Housing Commissioner Jean McKee, the Resident Scholarship Program offers college scholarships to GRHC residents. Scholarship winners receive \$500 per year for up to four years, for a total scholarship award of up to \$2,000. FSS Program participants have a preference for this scholarship!

For an application form and complete information:
<http://www.grhousing.org>



FIVE STEPS TO ACHIEVE GOALS

1. Aim high, but start low; celebrate and keep going.
2. Don't let others set the goals for you.
3. Be clear about what success looks like.
4. Understand why this goal is important.
5. Track your performance.



GRAND RAPIDS
HOUSING COMMISSION
Family Self-Sufficiency Program
1420 Fuller Ave. SE
Grand Rapids, MI 49507
616/235-2600



The YMCA Veggie Van brings a mobile farmers market to urban locations throughout Grand Rapids.

Wellness Resources from the YMCA & Access

YMCA Veggie Van

The YMCA Veggie Van is West Michigan's first and only mobile farmers market. Two vans make daily stops in urban neighborhoods year round, ensuring that fresh fruits and vegetables are available to families who would otherwise have limited access to fresh produce. The YMCA sells locally grown, top-quality produce at reduced prices and accepts SNAP, Senior Project FRESH/Market FRESH and WIC Project FRESH benefits.

For the complete Veggie Van schedule:
www.grymca.org/ymca-veggie-van.

Financial Assistance at the YMCA

The YMCA offers flexible income-based pricing for its programs and services. In addition, thanks to donors, households that find YMCA services out of reach can apply for financial assistance. To apply, visit the front desk of the Y branch nearest you and bring a copy of last year's federal tax return and two copies of a current pay stub or Social Security or disability check. For details: www.grymca.org/faq.

Nutritional Options for Wellness (NOW)

Access of West Michigan offers a Nutritional Options for Wellness (NOW) healthy lifestyle program in support of economically disadvantaged adults who have a chronic disease such as diabetes, cardiovascular disease, celiac disease or chronic renal disease. The goal is to maximize health through education and instill healthy eating habits through nutrition, cooking and exercise classes.

NOW program participants are referred by their primary care physician. The participant is linked to a participating pantry to receive a weekly healthy food supplement that includes fresh fruits and vegetables. The participant also completes six hours of nutritional education each six-month term and can be eligible to enroll in one additional term.

For more information or to download the referral form your doctor would complete: [www/accessofwestmichigan.org](http://www.accessofwestmichigan.org). Scroll down the page and click "Good Food Systems," then click the NOW icon.

Educational Resources

Kent ISD Adult Education

Kent ISD offers several programs that help adult learners reach their personal educational goals:

English as a Second Language (ESL)

Students get help developing communication skills needed for work, at home and in day-to-day activities. Beginner through advanced students are welcome.

High School Equivalency (GED)

Students ages 18 and older gain skills that help them earn their General Education Development (GED) certificate. Includes preparation for the GED tests in math, science, social studies and language arts.

Adult Basic Education (Pre-GED)

Students work on basic literacy and math skills to prepare for the GED program. This class also helps students become better prepared for employment.

Classes are offered at three locations in Wyoming and Grand Rapids, and morning, afternoon and evening options are available. For more information: (616) 364-1333.

Grand Valley State University TRIO Upward Bound Program

The GVSU TRIO program is designed to help Grand Rapids Public School high school students from traditionally underserved backgrounds gain the academic skills, motivation and self-confidence that will prepare them for success in college.

The TRIO program offers a five-week summer component that gives students who have completed the ninth grade and currently participate in TRIO the opportunity to live on the GVSU Allendale campus during June and July. Students attend classes, go on field trips and volunteer with community partners.

For more information about TRIO and the summer program: (616) 331-3144.

Congratulations, FSS Program Graduates!



March Family Self-Sufficiency Program graduates celebrate with GRHC Resident Services staff during a special event in the Sheldon Apartments Community Room.

Congratulations to our March Family Self-Sufficiency Program graduates:

Joelene Clemons Riquinia Dock Tamika Harris Corine Hymon

Employment Resources

Section 3 Training & Employment

Section 3 is part of the Housing and Urban Development Act of 1968. It requires the GRHC and other recipients of HUD funds to target low-income people for the jobs and economic opportunities generated by their operations. These opportunities include job training for Section 3 residents and the awarding of contracts to Section 3-certified businesses.

Who can qualify as a Section 3 resident:

- A current GRHC resident or Section 8 program client
- Participants in a HUD Youthbuild program
- Other City of Grand Rapids residents whose family income does not exceed 80% of our area's median income

Employment opportunities available under Section 3 include office and clerical work, service work such as custodial, lawn maintenance and general maintenance services, and construction-related jobs, including painting and carpentry work.

For more information or to apply to be certified as a Section 3 applicant: www.grhousing.org/section3.html.

Express Employment Professionals

Express offers free employment placement services, with administrative, industrial and professional positions available. To apply: www.ExpressPros.com/GrandRapidsMI or (616) 281-0611.

Hope Network

Hope Network is currently advertising a variety of transportation, administrative/ clerical and direct support positions. Hope Network will host open interviews for applicants interested in a driver/ chauffeur position each Wednesday from noon–4:00 p.m. at 775 36th St. SE in Grand Rapids. For more information: (855) 922-2215.

SAVE THE DATE!

Community Resource & Career Fair

May 8, 1:00 – 4:00 p.m.

Covenant House Academy Gymnasium 50 Antoine St. SW, Grand Rapids

Sponsored by Forge Industrial Staffing, this special event will include job interview opportunities as well as resource information provided by the Grand Rapids Housing Commission, Covenant House Academy, the Grand Rapids Urban League and many other organizations.