Due to COVID-19, we’re working remotely. Your FSS Case Manager is here for you by email, call or text. Please see our contact information at left.

FSS Participants and community partners: we need you! Become a member of the Program Coordinating Committee (PCC). The committee meets 5 times a year; January, March, May and November at our office. These meetings provide you the opportunity to network with community organizations such as; PSEG, Department of Labor, and Catholic Charities, and learn about services and programs available to help you achieve your goals.

Want to learn more? Contact an FSS team member at FSSPCC@cdcli.org or call 631.471.1215 x120.
Personal Bill of Rights

I HAVE THE RIGHT TO:

• To ask for what I want.
• To refuse requests or demands I can’t meet.
• To express all of my feelings, positive or negative.
• To change my mind.
• To make mistakes and not have to be perfect.
• To follow my own values and standards.
• To say no to anything when I feel I am not ready, it is unsafe, or it violates my values.
• To determine my own priorities.
• To not be responsible for others’ behavior, actions, feelings, or problems.
• To expect honesty from others.
• To be angry at someone I love.
• To be uniquely myself.
• To feel scared and say “I’m afraid.”
• To say “I don’t know.”
• To not give excuses or reasons for my behavior.
• To make decisions based on my feelings.
• To my own needs for personal space and time.
• To be playful and frivolous.
• To be healthier than those around me.
• To be in a non-abusive environment.
• To make friends and be comfortable around people.
• To change and grow.
• To have my needs and wants respected by others.
• To be treated with dignity and respect.
• To be happy.

L.I. Against Domestic Violence

NOT SAFE AT HOME?
Is your partner abusing or threatening you?
Don’t wait! Safety and support are just a call away!
Call our 24-Hour Hotline: 631-666-8833

“It is impossible to correct abuses unless we know that they’re going on.”
- Unknown

Career Resources

The Suffolk County Employment Center brings a one-stop approach to job search. For more information click here or call 631.853.6600.

Dress for Success® Brookhaven can provide one to one career coaching, resume review, practice interviewing and more. They may work with you via email, phone, or virtual sessions to meet your needs. Call 631.451.9130. Visit brookhaven.dressforsuccess.org.

You may be able to access the below sites for free through your library website:

Universal Class provides online education. Over 500 courses on a wide-variety of topics such as accounting, pet care, health & medicine, psychology, real estate, medical billing and test preparation are offered. Classes may be taken at the user’s pace and includes the benefit of interacting with a live instructor via email.

The Learning Express Library provides online tutorials, test preparation and skill building. Users can improve their scores on a wide variety of professional licensing and certification exams such as TASC, SAT, civil service and more. The site also offers 90+ computer tutorials including computer and internet basics, Adobe Photoshop and Illustrator, and Microsoft Office tools. Additionally, you can access job search postings, resume and cover letter building, interview tips and more!

It’s never too late for a new beginning in your life.
~Joyce Meyer
Shakeena Bond “This program has been very beneficial to me. I have learned to advocate more for myself. I am grateful for having been assisted and mentored and made to feel like I mattered. My FSS Case Manager was a great financial advisor.”

Shelita Dozier “I must say that the program was a learning experience. It was well worth the wait. The five years went so quick.”

Sequana Kelly “The FSS program was a positive experience in helping me move forward in life. My FSS Case Manager was great with getting me information that could help me.”

Bettina Lewis “I’m very happy I participated in the FSS program. It was a help to me in becoming more independent and having a good feeling of accomplishment. My Case Manager is the best. She gave me the right avenues to become self-sufficient. I recommend this program. It was very beneficial. Thank you FSS.”

Corey Ricks “I just want to say I love this program. It has taught me to stay positive, work hard and anything is possible. Now I take on all my bills without stress, learn how to maintain my money and not waste it. Thanks to the program, I will make it in life.”

Cornisha Robinson “Being a part of the FSS Program has been an astonishing journey. I am humbled and honored at the same time. The FSS Program allowed me the opportunity to set goals and challenge myself to be and do better. I would like to thank the FSS Program and my Case Manager for a wonderful experience stepping forward to strive and excel in life.”

Yvelisse Sanchez “Because of the FSS program, I achieved many goals. I obtained my USA citizenship. I went to ACCESS, obtained a business certificate and also employment. I accomplished a lot because of my FSS Case Manager’s input.”

Larry Thompson “Thank you to all the FSS Program staff and homeownership educators, especially my FSS Case Manager and financial coach for providing the essential guidance and encouragement necessary for gaining stability and security for the future. The strong foundation, support and structure you provided gave me the confidence I needed to achieve all of my life goals. Thank you immensely for your dedication and hard work helping people gain a fresh start in life.”

“Go confidently in the direction of your dreams. Live the life you have imagined.” ~Henry David Thoreau
**COMMUNITY RESOURCES + SUPPORT DURING COVID-19**

2-1-1 Long Island connects Long Islanders to the health and human services they may need. Call 2-1-1 or visit 211longisland.org to locate community resources near you that may help you with concerns such as heating emergencies, utility, rent and/or food assistance, child care, and Covid-19 (please see links below).

- **COVIDSUFFOLK**: United Way of Long Island is assisting low-income wage earners who are recently unemployed or have been furloughed in the form of retail gift cards. Learn more at [unitedwayli.org/covid19help](http://unitedwayli.org/covid19help).

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**Health and Welfare Council of Long Island** created a reference list for COVID-19 specific resources and information such as filing unemployment benefits, SNAP, telehealth services, etc. Visit [https://hwcli.com/covid-19-resource-guide/](https://hwcli.com/covid-19-resource-guide/).

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**Nassau Suffolk Law Services** provides legal support services to those who have a low income. Their website [NSLawServices.org](http://NSLawServices.org) addresses FAQs for concerns relating to Covid-19. The following are two of many topics found on the website:

- **Federal Stimulus Payment**: Most people are eligible and will automatically receive a payment. This includes those who have filed income taxes in 2018 or 2019 and most Social Security recipients and retirees. Some nonfilers may need to provide information to the IRS in order to receive a payment for themselves or a dependent child under age 17. On the IRS website, there is a portal [Non-Filers: Enter Payment Info Here](https://www.irs.gov/covid-19-relief/non-filers-enter-payment-info-here).
- **Bills and Debt**: Learn about major relief programs that may help those struggling with student loans, credit cards, utilities, rent, auto loans, telephone and internet, etc. and tips to reduce spending.

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"At the end of the day, all you need is Hope and Strength. Hope that it will get better, and Strength to hold on until it does."

~ Casie Stevenson

In response to the coronavirus pandemic, Governor Cuomo asked utility companies to suspend shut-offs and allow additional time for customers to pay their bills.

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**Help is available with bill concerns.** Connect with a Consumer Advocate at 1.800.930.5003 or email ConsumerAdvocacyLI@nationalgrid.com. For financial assistance programs [click here](http://click.here).

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Help is available for bill concerns, call 1.800.490.0025 to speak with the Customer Advocate. [Click here](http://click.here) for information on financial assistance programs.
Support is being provided during COVID-19. To locate food pantries click here or call 631.873.4775. Apply for Supplemental Nutrition Assistance Program (SNAP) right over the phone.

Learn about food programs when school is closed Visit https://www.islandharvest.org/children/ or contact Maria Quiroga, Children’s Programs Coordinator, at maria@islandharvest.org or 631.873.4775.

Long Island Cares, Inc. has a tool to help locate food pantries near you by zip code. Please visit https://www.licares.org/find-help/food-locator/ You are advised to call the pantry before going there.

They will assess your home delivery needs. Please call 631.582.3663 ext. 109 or email emergencyresponse@licares.org.

Programs to feed youth when school is closed Click here to learn more or please call Kerry at 631.582.3663 ext. 132 or email ktooker@licares.org.

Suffolk Care Collaborative Educational Materials Access easy-to-read health education materials to help support disease management and a healthy lifestyle for yourself or a loved one. To download materials on the following health conditions please click here.

- Asthma Self-Management
- Cardiovascular Health & Wellness Self-Management
- Cancer Screening and Awareness
- Diabetes Wellness & Self-Management
- Health Information Technology
- Obesity
- Tobacco

HEAP Cooling Assistance Program allows for the purchase and installation of an air conditioner or a fan. Eligibility is based on HEAP income guidelines and by medical need. Visit the website for the NY State Office of Temporary & Disability Assistance.

A New York State of Mind Governor Cuomo partnered with Headspace to offer free meditation and mindfulness content in response to stress from the public health pandemic. Learn more at www.headspace.com/ny.

“Community support services helped me realize my past doesn’t have to have power over my present.” ~ Allyson.46
By the time you read this, we’ll be delighting in springtime lightness as our world is once again colored in the soft greens of new grass, and the pastels of tulips and peonies poking their heads through the soil, reaching for the pale lemon sun.

Growth, new beginnings, and fresh starts are the buzzwords of spring and can also be good concepts to apply to your pursuit of your FSS Service Plan goals. Remember that your FSS Case Manager is here to support you in this, and every season; contact her for guidance or help in getting back on track.

I wish you bright days in the months ahead, and will leave you for now with the poem, *In Time of Silver Rain*, by famed Harlem Renaissance poet Langston Hughes, to hopefully put a little spring in your step:

>The earth puts forth new life again,<n>Green grasses grow,<n>And flowers lift their heads,<n>And over all the plain The wonder spreads<n>Of Life; of Life; of life!<n>

_**Renters, please check with your landlord before changing appliance settings.**_

Donna Craig, **Weatherization Coordinator**

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**Here’s to New Beginnings!**

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>In time of silver rain<br>The earth puts forth new life again,<n>Green grasses grow,<n>And flowers lift their heads,<n>And over all the plain The wonder spreads<n>Of Life; of Life; of life!<n>

_In time of silver rain<br>The butterflies lift silken wings<br>To catch a rainbow cry,<n>And trees put forth new leaves to sing<br>In joy beneath the sky As down the roadway Passing boys and girls Go singing, too,<n>

_In time of silver rain when spring and life are new._

Rachel Seiler, **Resident Services Director**

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**Spring Energy Saving Tips**

There’s no doubt about it spring is in the air. And with a new season comes a new opportunity to re-evaluate your home-energy usage and prepare for warmer months. To help kick off your eco-friendly home makeover, here are a few tips to curb your energy use and ultimately save you money this spring.

**Water Heater:** We may not need to heat our house during the spring, but most of us will continue to use hot water to shower and wash dishes. Adjust the thermostat to 120 degrees, and you can avoid scalding temperatures while cutting down energy costs.

**Natural Ventilation:** Open windows. Use the breeze at night to cool your home without switching on air conditioners and then close them in the morning before the day warms up to capture the cool.

**Refrigerator:** By removing unneeded and expired food, air will circulate more efficiently inside the fridge. Clear dust from the coils behind your fridge to reduce energy consumption.

**Air Conditioning:** Check and replace your air conditioner filters regularly.

**Ceiling Fan:** Move the small switch on the side of your ceiling fan to make the blades rotate counterclockwise and create a cool breeze. If you feel airflow when standing directly under the fan, it’s working.

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Donna Craig, **Weatherization Coordinator**
Set “SMART” Goals

S - Specific (what exactly will you do?)
M - Measurable (How will you know goal is met?)
A - Achievable (What are the reasonable steps?)
R - Relevant (What makes goal important to you?)
T - Timely (When do you aim to complete goal?)

Prepare to be Hired!

While some companies have been forced to make cuts due to the public health pandemic, others have increased demand. Visit the Suffolk County Department of Labor site to view companies that are hiring; click here and then “Job fair” and “Hiring Event.” Contact the Department of Labor at 631.853.6600 to learn about their employment services.

Here are steps to help you prepare for an interview:
1. Research and learn about the company.
2. Review job responsibilities, skills and qualifications of the job of interest.
3. Create a professional resume featuring your skills and accomplishments that relate to the position.
4. Be prepared to speak about professional accomplishments.
5. Prepare answers to possible interview questions (your FSS Case Manager can help you practice.)
6. If interview is video conferenced, dress to make a positive first impression. Make sure your background is quiet and orderly.
7. Show enthusiasm, confidence and smile!

Julia Orlik, FSS Case Manager

“Your present circumstances don’t determine where you can go; they merely determine where you start.” ~Nido Qubein

Reach your Financial Goals!

Enroll in online Money Management classes through CDCLI at http://ehomeamerica.org/cdcli.

**After Financial Fitness Health & Wealth or E Home Money Management, you have the opportunity to meet with the financial educator to map out a plan to empower you to work towards your financial goals! Contact your FSS Case Manager for more information.**
Family Self-Sufficiency (FSS) is a FREE voluntary program that helps families/individuals with a CDCLI Housing Choice Voucher (Section 8) obtain services to become more economically stable and successful.

FSS provides:
• One-on-one emotional support and encouragement
• Links to community services
• Financial coaching
• Possible cash savings; based on increases in household earned income
• Potential for Voucher Homeownership

For more information on this exciting program contact us at 631.471.1215 x 213, email fss@cdcli.org, sign up online or return this tear off with your recertification packet today!

I'm interested in FSS

Name: __________________________________________________________________________
Address: ________________________________________________________________________
Phone Number(s): ____________________________ Email: _____________________________