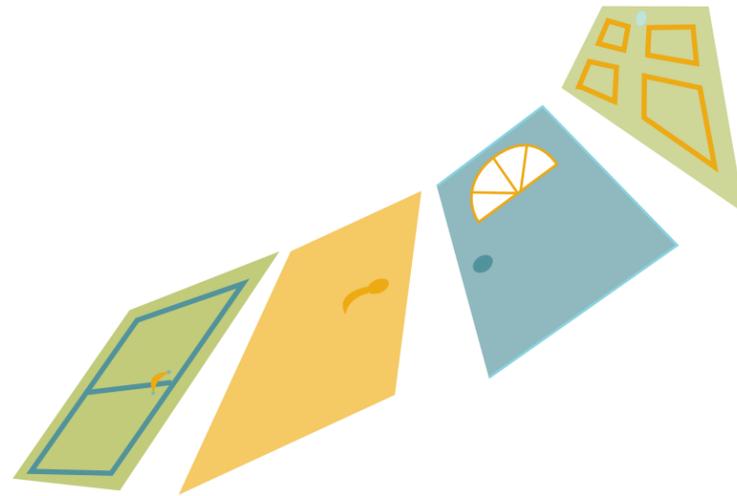




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LINC Cares is the
Resident Services program of
LINC Housing Corporation



LINC CARES

“Opening Doors to a Brighter Future”

LINC Cares Newsletter - Fall 2017

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INSIDE

Boosting Financial Empowerment

This summer, we expanded financial literacy resources! Stellar volunteers and our LISC AmeriCorps member Elena Cabrera led workshops on topics important for seniors and families, such as goal setting, saving for the unexpected, budgeting, and dealing with debt. All participating residents increased their financial knowledge, improving their scores on a pre-/post-test given before and after the workshops! Congrats to our participating residents at SEASONS at The Hoover, Mosaic Gardens at Huntington Park, SEASONS at Compton, City Gardens, Lorena Heights Apartments, and Mosaic Gardens at Willowbrook!



Elena received a lot of positive feedback from one of the activities that she facilitated, “The Bean Game”. This exercise gave residents the opportunity to prioritize their expenses with a strict budget and a fixed income (only 20 beans to cover many important expenses). Residents explained that this activity was eye-opening because they didn’t often take time to intentionally prioritize expenses. The exercise helped show where they find themselves spending more on unnecessary things. LINC Cares is now coordinating follow-up support to help residents retain and apply their growing financial knowledge.

Financial education programs have been supported by a quarter-time AmeriCorps member through **LISC Los Angeles** as well as a generous contribution from **Citi Community Development**.

Summer Learning Program

Once again, the LINC Cares team has been on the front lines battling summer learning loss at our family properties! This year’s summer learning program at five sites included focused reading time and literacy activities such as writing, speaking, and listening skills.



Students tallied their time spent reading and pages read per day in their reading logs. In addition to reading tests at the beginning and end of the program, RSCs monitor students’ attendance, reading levels, citizenship, and attitudes.

At several programs, one day a week was dedicated to STEAM (Science, Technology, Engineering, Arts, Math). STEAM activities serve as an access point for guiding student inquiry, dialogue, and critical thinking. The end results are students who take thoughtful risks, engage in experimental learning, persist in problem-solving, embrace collaboration and work through the creative process.

Along with structured literacy activities, LINC Cares also planned physical activities as well as free time for the children to enjoy games with their friends.



GRID Alternatives preps the solar installation trainees at City Gardens.



LINC Cares provides dynamic services to enhance the lives of the families and seniors who live in our communities.

Our programs are offered at no cost, right where residents live, which uniquely positions LINC Cares to create positive outcomes and opportunity among the households we serve.



Healthy Eating with Common Threads

LINC is proud to announce a new partnership with Common Threads, an organization dedicated to teaching children and their families to “cook for life” as a step toward preventing childhood obesity and reversing the trend of generations of non-cookers. Common Threads’ cooking and nutrition programs have begun to empower families at five of LINC’s Southern California properties – celebrating the power of food to connect us to culture and community!

LINC Cares Volunteer: Corrine Shor

Corrine is our enthusiastic volunteer serving LINC residents at Ocean Breeze Apartments in Santa Monica. Her motivation is to be of service to a senior community that desired some additional social interaction and FUN. “I wanted to meet and connect with people, hopefully bringing a boost of enthusiasm and joy into their day,” says Corrine. She understands the importance of providing consistency for Ocean Breeze residents through the program she runs, such as monthly bingo games – a chance to connect with others and enjoy the present moment. “I look forward to seeing their smiling faces each month... a sense of play is good for everybody’s health!” shares Corrine. LINC Cares is pleased to facilitate impactful relationships between our residents and compassionate volunteers. Thanks for your dedication, Corrine!

41409

ALL LINC VOLUNTEER HOURS SERVED

VOLUNTEER SPOTLIGHT



From Homeless to Happy

Serious was living on the streets in Artesia and Cerritos until he found a bed at the Salvation Army homeless shelter in Bell. He was at the shelter for three months before moving to Mosaic Gardens at Huntington Park in summer 2015. He'd never had his own apartment before, and couldn't believe he was finally in a stable home that also allowed him to keep his service dog, Currensy. "The beginning was unbelievable," he said. "I would just sit in a corner and look at my room, and I just didn't want to touch anything because I felt like it wasn't mine." He didn't unpack for a year and a half because he still wasn't convinced the place was his. "I was always afraid someone was going to knock on the door and tell me I had to leave," he said.

OUR FAMILY ALBUM



Today, Serious is thriving. He loves to participate in LINC Cares activities,

especially the cooking lessons that are part of the Independent Living Skills classes. "I like how it teaches how to cook dishes and also where to buy the ingredients - like where it's less expensive so it fits with our budgets." In his spare time, he enjoys reading and writing poetry, music, and books - so he really liked the art programs available at Mosaic Gardens at Huntington Park because he gets to write and use different ways of expressing himself.

In addition to being a participant in LINC Cares programs, Serious also volunteers with LINC's food bank and Special Olympics. He shared that his volunteer work helps him to connect with the community. He wants to help others the same way others have helped him. "It makes me feel good," he said. "It brightens up my day - my heart."

Donate to LINC Cares

Your one-time donation or recurring gift will allow LINC Cares to continue life-changing programs. Please visit : www.linhousing.org/donate

David Magaña

David is one of LINC Cares’ newest Resident Services Coordinators, joining the team to support residents at Mosaic Gardens at Willowbrook. Prior to coming on staff, David served as a Health & Wellbeing volunteer at SEASONS at The Hoover, teaching computer classes and assisting with our community food bank. This spring he graduated from CSU Long Beach with a degree in sociology and he’s eager to start his career serving others.

Both relationship building and LINC Cares programs are off to a great start in Willowbrook. David enjoys his role in creating a community where residents feel safe to express themselves, feel valued, and have a platform for growth. “One of the ways I see LINC making a difference in lives of residents is creating stability. When people have a stable home, they can focus on personal and professional goals,” David says. He is proud to be part of a passionate team and looks forward to bringing more services to residents, including those who were previously homeless – from the delicious family cooking class to youth programs and beyond!



STAFF SPOTLIGHT

Is your company, church, or student group looking to serve the community together? Contact Joseph Cabral at jcabral@linhousing.org to explore group volunteer opportunities!

Donate to LINC Cares at www.linhousing.org/donate

FRIENDS OF LINC CARES

- Alzheimer’s of Greater Los Angeles - Educational Workshops
- Beach Cities Health District - Senior Health & Wellbeing
- Cal Poly Pomona - Program Development
- California State University Long Beach - Program Development
- California State University Los Angeles - Program Development
- Camp Fire USA - Nutritious Snacks for Pepperwood After-School Program
- Capital One - LINC Cares Evaluation
- Citi Community Development - Financial Education and Job Readiness Programs
- John Given and Daphne Dennis - LINC Cares General Operating Support
- Terry and Kathy Dooley - LINC Cares General Operating Support
- LISC AmeriCorps - Financial Education Programs
- Mark and Jennifer Montoya – LINC Cares General Operating Support
- Opus Community Foundation - City Gardens After-School Program
- Panera Bread - Baked Goods for Seniors at SEASONS at Redondo Beach
- Partners in Care - Senior Health & Wellbeing
- Provident Savings Bank Charitable Foundation - LINC Cares in Riverside County
- U.S. Bank - Night in Havana Sponsor
- Walton Construction Services - Night in Havana Sponsor

SPECIAL THANKS

