

# FAMILY SELF SUFFICIENCY NEWSLETTER



**Chelmsford Housing  
Authority  
10 Wilson Street  
Chelmsford, MA 01824**

**Hours:**

**(September-June)  
Monday- Friday  
8:30AM-4:30PM**

**(July-August)  
Monday-Thursday  
8AM-5PM  
Friday  
8AM-Noon**

**Yesenia Muniz (Yessy)  
Family Self Sufficiency  
Coordinator  
978-256-7425 X36  
[ymuniz@chelmsfordha.com](mailto:ymuniz@chelmsfordha.com)**

**Loriann Gatta  
Director of Social Services  
978-256-7425 X90  
[loriann@chelmsfordha.com](mailto:loriann@chelmsfordha.com)**

## **Tis The Season To Be JOLLY...**

It is amazing how every year; the holiday season just creeps up on us! For many it can be a stressful time. Between planning clock strikes midnight. However, did you know, you don't have to wait until the new year to start working on yourself? For most, our resolutions are the same, weight loss, budgeting, quit smoking etc. Think outside the box, a resolution could be simply to make your bed every morning or set out your clothes the night before work/school.

# FAMILY SELF SUFFICIENCY NEWSLETTER



## How to Turn a Temp Job into a Full-Time Position

[www.topresume.com](http://www.topresume.com)

**Be positive.**

**Make the agency remember you by focusing on building a rapport with the other fulltime team members.**

**Go the extra mile by proving you are a worthy candidate.**

**Talk to the hiring manger and supervisors.**

**No one will know you want the job unless you tell them**

**Show seriousness about a permanent position**

**Demonstrate grace under the pressure.**

**Be 100% reliable.**

**Volunteer for a variety of tasks.**

**Build a good rapport with team members, managers, and customers.**

**Ask supervisor what permanent positions may be available. Use the human resources department to learn how and when to apply.**

**Give supervisor and the human resources a summary of responsibilities and accomplishments as a seasonal worker.**

**Let your supervisor know availability to cover for employees who are going on vacation or maternity leave, or if the company needs an extra hand during any other peak times.**

# FAMILY SELF SUFFICIENCY NEWSLETTER



## New Year's Resolution?

### *Reduce your waste.*

Some research shows the average American produces over 2,000 pounds of trash every year. Ways to do this could be to start using re-usable bags at the grocery store, car pool whenever possible, limit your use of paper/plastic plates, and utensils.

### *Drink more water.*

You've probably heard that your body needs it. 75% of us are dehydrated. Can never go wrong with water! It is a simple resolution, and one that we need.

### *Save more money.*

Even a small percentage of your paycheck can add up, plan for a future trip, a new car, even a house! If you happen to be someone who uses cash a lot, whenever you get a \$5 in change, put it in an envelope, and once a month deposit into your savings account.

### *Don't buy things you don't need.*

It's a bad habit overall, we all love to spend money. But, if we don't need it, don't buy it! Make a Pro/Cons list about the item. Is it beneficial to my everyday life? Will I make the best use of it? Is it within my budget?

### *Focus on your health*

Not just your physical health, with diet & exercise, but also your mental health. After the holidays, many of us are mentally exhausted, and lose focus on other priorities in life.

### *Clear out the clutter*

Clutter is literally bad for your health. Research says it stresses you out. Make 2022 the year of organization and cleanliness.

# 2023

# FAMILY SELF SUFFICIENCY NEWSLETTER

## KIDS CORNER

X C E I R S G Z V C  
T H R Y L I M A F U  
N E I E F A D N C D  
E E K T I C T A Y O  
M R S D I N X N P A  
A V H N J I D A A T  
N B H O L L Y E X S  
R A F O B H V L E V  
O X N F G F Y Y N R  
J F A V O Y C F Q L

HOLLY REINDEER CHEER

GIFTS FAMILY SANTA ORNAMENT

### Common Question:

**Q: When can an interim disbursement be requested?**

**A: An interim disbursement can be requested if it coincides with completing your goals, are a participant in good standing, and have the funds available in your escrow account. To request one, contact me and I will send you the form that needs to be completed.**

### RESOURCES:

#### Fuel Assistance:

Community Teamwork (978-459-6161)

#### Food Assistance:

Merrimack Valley Food Bank  
(978-454-7272)

#### Child Care:

Child Care Circuit  
(978-686-4288)  
Department of Early Education & Care  
(617-988-6600)

### Mental Health & Safety

National Suicide Prevention  
Lifeline: Call 1-800-273-8255  
The lifeline provides 24/4 free confidential support for people in crises Elder Abuse & Neglect; Call 1-800 -922-2275

National Domestic Violence  
Hotline; Call 1-800-799-7299,  
TTY 1- 800-787-787-3224, Chat:  
online at thehotline.org

Crisis Hotline-  
TEXT/WHATSAPP 741741