

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

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Sunshine & Showers!

Spring has arrived, and most of us are officially preparing for more activities, going out with family, friends etc. With the nicer weather (or those rainy days), at times we tend to spend a little more. A great way to try and minimize overspending, is to seek out free activities. Such as taking a walk along a trail, possibly investing in a bicycle, and going for a ride, researching what events your local public library has available for both children & adults. For those rainy days we tend to get, the library is a wonderful resource, or contacting local agencies to you and seek out any volunteering opportunities.

A benefit of being a part of the Family Self Sufficiency program with Chelmsford Housing is all participants are being offered a "Budget Binder" that can be used as a guide for budgeting, tracking expenses, & any owed debts if applicable. Feel free to contact me if you are interested in receiving a Budget Binder.

Yesenia Muniz (Yessy), 978-256-7425 X36,
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A "Budget Binder" that may be beneficial for those with children is also being worked on, please keep an eye out for any updates!

*Hello
Spring*

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What better way to start off the Spring with some Spring cleaning! De-cluttering and keeping a well-maintained home have been proven to help individuals keep on track with their goals, as well as mental health. Here are some tips on how to get started.

- Dust All Surfaces
- Clothes Should Be Put Away
- Throw Out Old Hair Products
- Free Up Your Freezer Space
- Toss The Gross Towels



BATHROOM CLEANER

To make a bathroom cleaner that works just as well on your tub and shower as it does on the tile floors, fill a jar with 1.5 cups of baking soda, 1/2 cup of warm water, 1/2 cup of liquid soap (like Dawn), and two tablespoons of white distilled vinegar. For extra grimy grout, you can also add a touch of lemon juice

WINDOW AND GLASS CLEANER

There's one special ingredient that'll give you a streak-free clean, says Button—and that's cornstarch. In a large bowl, combine one cup of hot water and one cup of rubbing alcohol. Then, whisk in four tablespoons of cornstarch. Transfer to a spray bottle, and spritz onto windows, mirrors, or glass before wiping clean with a microfiber cloth.

MICROWAVE CLEANER

Save yourself some elbow grease by placing a bowl filled with a mix of ¼ cup of white vinegar and one cup of water in the center of the microwave, says Shimer. Then, heat the mixture for five minutes on the highest setting. Once the bowl has cooled down, dip a cloth into the liquid and use it to wipe away any stains and splatters.

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Interviewing Tips:

Do your background research.

No matter how sparkly your personality is, you must do the background research.

Watch your body language.

Lean in or sit up straight to show you are interested, Keep eye contact, do not nod too much. Yes, you want to show agreement, but too many nods and you start to look like you do not truly care.

Review your own resume.

You know what you did, right? Are you sure? Refresh your memory, especially old jobs.

Prepare for standard questions.

Many interviewers are going to ask you to "tell me about a time when ..." followed by something appropriate for your field and this particular job. You should have great answers prepared for this.

Prepare your wardrobe.

Yes, people judge you by what you are wearing. Most interviewers are not going to care the brand of your jacket, or if the heel of your shoe is scuffed, but you should be dressed appropriately.

Prepare your questions.

Do not ask questions that could be answered by looking at the company website. Do ask questions about the challenges of the position, what success looks like, and how this position fits in with the organization's goals.

Do not badmouth your former employer.

You are most likely going to be asked why you are looking to leave your current job (or why you left your last job if you are unemployed). Don't lie, but don't be super negative either.

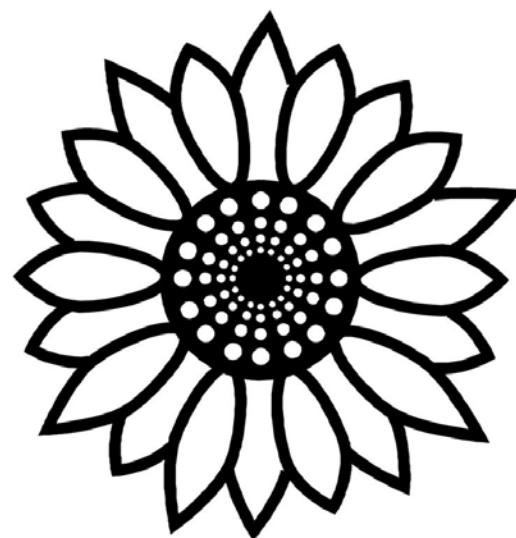
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Kids Corner

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

**CANDY
FLOWER
ALLERGIES
CLEANING
BUNNY**



Common Question:

Q: When do I begin to escrow?

A: With new regulations, any new participants who signed up after September 2022, will begin to escrow 1 year after the initial contract date. Given that earned income in the household has raised tenant portion rate.

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 24/7 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