



OIC Community Connection

"Empowering People... Changing the World"

March 2016

2016 Project Homeless Count

Our mission is to help in the elimination of unemployment, poverty and illiteracy so that people of all colors and creeds can live their lives with greater human dignity. It includes the provision of health, educational and human services, economic development, and services to secure and provide safe, decent and affordable housing to eligible participants and residents in the State of Washington.

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Project Homeless Count is held in January of each year at various locations throughout the state. The annual Point-In-Time Survey, which aims to count the number of homeless people in each county, is conducted during the event.

This day of service connected the homeless population with a link to services as well as on-site food, medical and eye screenings, haircuts, and even massages. This year, the Southeast Yakima Community Center (SEYCC) was host to the event for upper Yakima County. SEYCC staff were responsible for the overall setup and flow of the day's activities including greeting participants, providing guidance to vendors, cooking and serving meals, and coordinating with the Homeless Network Committee prior to the day's event. The use of the space at the Center was an in-

kind contribution. There were 275 individuals served.

In Grant County where the count took place on the same day, OIC, Goodwill and DSHS staff, (all representing the Grant County Homeless Task Force), partnered with the Mattawa Community Health Clinic and hosted a "homeless connect" activity. Homeless individuals received supplies, food, warm clothes, hygiene packs, blankets, tents and more. All attendees received information on additional resources in the County. Between Grant County and Mattawa, the total homeless count was 135.



OIC Client Named Perry Technical Institute Student of the Month



Austin Abbott, Workforce Investment and Opportunity Act (WIOA) client, was named Perry Tech's Student of the Month for March 2016. Austin, a student in Perry Tech's Electrical Technology Program, was recognized for a number of things including his willingness to tutor other classmates.

Austin was referred to OIC by the student services representative at Perry Tech

in September 2014. He arrived in Yakima from New York seeking his long term career goal to become a certified electrician, however, he had no family or monetary resources in Yakima.

Austin met with Kim Pualani, WIOA Case Manager, to help identify options to attain his goal. Austin was then enrolled in the WIOA Program. Due to his circumstances, he was eligible to receive Needs Related Payment Services

which provided assistance in getting him to and from school. Austin is scheduled to graduate in June and is considering continuing his education to become an electrical engineer.



OIC National Farmworker Jobs Program Showcased at National Conference

OIC of Washington's model of Career Pathways was featured at the 2016 Association of Farmworker Opportunity Programs (AFOP) National Leadership Conference in February. Attendees included National Farmworker Jobs Program (NFJP) Grantees' staff and Department of Labor Employment and Training Agency.

Leonor Rico, NFJP Business Services Manager, presented the Nursing Assistant Certification and Basic Industrial Mechanics pathways, both which include pre-requisites and employment opportunities

available after successfully completing the courses. Attendees were impressed with the model OIC has built and inquired about partnerships, recruitment processes and how we fund tuition for eligible participants.



(Leonor Rico presenting at the National AFOP Conference)

Staff Corner

OIC Staff Recertified as Family Development Support (FDS) Specialists

A hearty congratulations to Adrienne Garner (Southeast Community Center), Kim Pualani (WIOA Youth Program), and Luisa Perez (OIC Weatherization Program) on recently completing the requirements to achieve recertification as Family Development Support Specialists.

Other OIC staff currently certified as FDS Specialists include Candi Jaeger, Carolyn Grant, Corina Judkins, and Jasmine Castellanos.

FDS Specialists work closely with eligible families to

achieve self-sufficiency in many areas, including but not limited to: housing, income and budgeting, employment, transportation, child and adult education, family and social relations, legal issues, parenting, and mental and emotional health.

This is the only state-wide certification training of its kind for community action professionals. Congratulations to those who re-certified and thanks to ALL the FDS Specialists for the work you do to help OIC further its mission.



OIC Staff Member Receives Energy Out West Award



Bob Ponti was nominated for and will receive a state-wide Outstanding Person in Weatherization Award during the 2016 Energy OutWest Conference. Bob was nominated by two of his peers, Mike Selig with Clark County Community Development and Dale Lewis with Community Action Council of Lewis, Mason and Thurston Counties.

Bob will be recognized for his outstanding leadership and service as the Weatherization Network Chair, his willingness to continually advocate for issues to improve/enhance our state's low-income weatherization programs

on behalf of network agencies and the low-income population, his vast historical knowledge of the weatherization program, and particularly his willingness to share that knowledge with fellow agencies.

We are so very proud of Bob and this much deserved recognition. What he brings to OIC of Washington is invaluable and appreciated. Congratulations, Bob!

Health & Wellness Corner

3 Workout Swaps to Burn More Calories



Most of us want to get the most bang for our buck when it comes to exercise. This means figuring out a workout that will torch calories in as little time as possible. If you're looking to lose weight, try one of these:

Swap weight training for compound strength exercises. Rather than isolating a single muscle during an exercise, as you would do something like bicep curls, compound strength training recruits several different muscle groups simultaneously. For example, a burpee requires you to first squat down, walk back, get into

a plank position, and reverse the sequence and jump back to a standing position. For a 180-pound man, it is estimated each burpee burns 1.5 calories.

Swap regular cardio for Tabata training.

Research has shown that most of us will burn a little over 100 calories per mile when running. Tabata training or high-intensity interval training can burn more than 300 calories in a lightning-fast 20 minute workout. This involves repeating short bursts of high-intensity moves followed by periods of rest.

Swap running for low-impact cardio. Choosing an alternative cardio exercise which has a lower risk for injury is important. It is suggested energy expended on an elliptical or treadmill burns the same amount of calories. Keeping in mind the intensity at which you work out and your current fitness will affect the amount of calories you burn, a stationary bike or elliptical may be a better choice than even a treadmill the next time you head to the gym.

Easy Chicken Taco Salad

Ingredients

- 1 tablespoon olive oil
- 2 chicken breasts, cut into thin strips
- ½ teaspoon sea salt
- Freshly ground pepper, to taste
- ½ teaspoon chili powder
- ½ cup ranch dressing
- ½ cup salsa
- ½ head romaine lettuce, torn
- 1 cup crumbled tortilla chips
- ½ cup grated cheese

Directions

Heat olive oil over medium heat then add chicken. Coat the chicken in the oil by stirring it well. Sprinkle with salt,

pepper and chili powder. Stir over medium heat until fully cooked, about 10 minutes.

Meanwhile, stir ranch dressing and salsa together. Reserve 2-3 tablespoons for the greens.

Once the chicken is cooked, pour the dressing/salsa combo over it, stir well and reduce to a low simmer for 5 minutes. Stir a few times.

Meanwhile, grate your cheese and toss the greens with the reserved dressing.

Build your plate starting with the greens, chips, chicken mixture and lastly the cheese.

Nutrition Information

Serves 2

Calories: 305; Total Fat: 15g; Saturated Fat: 4g;

Monounsaturated Fat: 5g; Cholesterol: 76mg; Sodium 792mg; Carbohydrate: 9g; Dietary Fiber: 1g; Sugar 0g; Protein: 36g

(To reduce sodium intake, substitute onions for tortilla strips or use reduced sodium tortilla strips.)



Program Locations

Community Services

Provides emergency food assistance, energy assistance.
1419 Hathaway St.
Yakima, WA
(509) 452-7145

Weatherization Services

Provides home weatherization services.
1419 Hathaway St.
Yakima, WA
(509) 452-2555



Education & Employment Assistance

Migrant Seasonal Farmworker Program

Provides employment and education assistance to Migrant Seasonal Farmworkers.
815 Fruitvale Blvd.
Yakima, WA
(509) 248-6751 ext. 170
Additional locations in Sunnyside, Pasco, Moses Lake, Wenatchee & Mount Vernon

The Prosperity Center

Provides financial education and credit, housing and small business counseling.
903 W. 3rd Ave.
Moses Lake, WA
(509) 765-9206 ext. 250



Energy Assistance

Provides energy assistance in Grant and Adams counties.
903 W. 3rd Ave.
Moses Lake, WA
(509) 765-9206



Southeast Community Center

Provides a variety of services aimed at fostering self-sufficiency and dignity for children, youth and families
1211 So. 7th St.
Yakima, WA
(509) 575-6114



Since its inception in 1971, OIC of Washington has been and continues to be dedicated to helping thousands of individuals improve the quality of their lives.

OIC provides services through five major areas including community and emergency services, education and employment training, weatherization, youth services and financial education.

It is OIC's desire to afford a second chance to individuals and families with multiple life challenges.

Scene from the OIC & Davis High School Black History Month Exhibit

OIC's 4th Annual Black History Month Exhibit was hosted by Davis High School of Yakima this year. Students and the general public had the opportunity to observe and study on the contributions African Americans have made to America. Approximately 645 students toured the exhibit made up of art, pictures, artifacts and more.



This year's exhibit came about through a collaboration between OIC of Washington and Davis High School, in particular Principal Ryan McDaniel and Alternative Education Teacher and Black Student Union Advisor Christopher Shead.

OIC of Washington

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Find us on Facebook at

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OIC of Washington is an equal opportunity employer and provider of employment and training services. Auxiliary aids and services are available upon request to individuals with disabilities.

About OIC of Washington

Since its inception in 1971, OIC of Washington's vision has been to help in the elimination of unemployment, poverty and illiteracy so that people of all colors and creeds can live their lives with greater human dignity. We work to afford a second chance to families and individuals with multiple life challenges such as housing, education, gang culture, or lack of skills by enabling them to complete their high school education, attend higher education, enter a branch of military service, or receive vocational and employment training through program services.

OIC of Washington provides services through five major areas including community and emergency services, education and employment training, weatherization, youth services, and financial education. For more than 40 years with federal, state, local and community partnerships, we are proud to have helped Washington residents become self-sufficient through our programs including job skills training, high school equivalency attainment, energy assistance, food assistance, new homes for low-income families, weatherization of homes and more.

OIC has and continues to be dedicated to help thousands of individuals improve the quality of their lives. Through innovative collaborations and partnerships, we look forward to many more years of making our vision for the underserved population a working reality throughout the State of Washington.

*OIC of Washington:
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OIC OF WASHINGTON

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