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# Family Self-Sufficiency

[www.bouldercountyfss.org](http://www.bouldercountyfss.org)

July/August, 2011

## Healthy Teeth for Kiddos

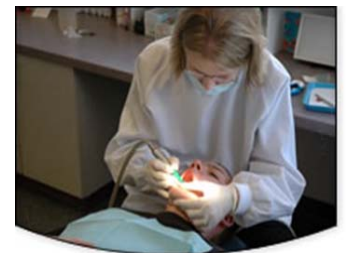
**The American Academy of Pediatric Dentistry recommends that children visit the dentist by age 1.**

As Pediatric Specialists, we are well acquainted with the limited attention spans of these little ones! This first, thorough, quick examination allows for early detection and prevention of dental problems and provides valuable information to support good home care habits. Toddlers and preschoolers are

amazing patients with personalities ranging from cautious and shy to gregarious and curious. Regardless of your young child's personality, our goal is to make your child's first visit informative and fun. Our highly trained staff is sensitive to the joys and fears of all children. Building trust and setting a positive tone for each appointment is one of our highest priorities.

Parents often wonder what to say to their small child prior to their first dental visit. In brief,

keep the mention of your child's appointment calm and casual. Oftentimes, the less said, the better! Our office staff is always happy to answer your concerns and questions and provide helpful suggestions for encouraging a fun first visit.



## BRUSHING



**Brush your teeth at least two times daily to avoid the accumulation of food particles and plaque:**

- In the morning after breakfast
- At bedtime

Use a toothbrush with soft bristles and a small strip of fluoride toothpaste. When you brush your teeth, move the brush in small circular motions to reach food particles that may be under your gum line. Hold the toothbrush at an angle and brush slowly and carefully, covering all areas between teeth and the surface of each tooth.

It will take you several minutes to thoroughly brush your teeth. Brush up on the lower teeth, down on the upper teeth and the outside, inside and chewing surface of all of your front and back teeth. Brush your tongue and the roof of your mouth before you rinse.

As soon as the bristles start to wear down or fray, replace your toothbrush with a new one. Do not swallow any toothpaste; rinse your mouth thoroughly with water after you finish brushing. It is important to carefully floss and brush daily for optimal oral hygiene. (cont. on page 3)



## News for Seniors



**NOTE:** *The following workshops can be taken in any order.*

### 50+ WORKSHOPS

#### **Transition, Transform, Transcend for 50+ Clients** 1 day

In this workshop we will explore the challenges and benefits of the 50+ experience as it relates to attitudes, perceptions and the four generations now in the workplace. Come watch "The Make or Break Attitude" interview video and rejuvenate that job search enthusiasm!

**August 31<sup>st</sup>**

**9:00-4:00**

**Boulder**

**Judy Willis**

#### **50+ Networking Presentations** 1½ hours

A monthly meeting for WfBC registered 50+ clients. The networking presentations showcase speakers from area employers and organizations, as well as offer information on interesting job search topics, networking opportunities, and job openings.

**August 8<sup>th</sup>**

**1:00-2:30**

**Longmont**

**Sharon McGonigal**

**Guest Speaker: Christine Gust, MBA**

**Topic: "Find Work While Enjoying the Process"**

## Rebound Group for People 50+

The WfBC Rebound Group is a support group for people 50 years and older who are depressed and/or anxious from unemployment. If you are experiencing sleeping problems, eating difficulties, feeling fragile emotionally, withdrawing from others, and having trouble moving forward in your life, this group may be of help. There are two Rebound groups, one in Boulder and one in Longmont and each group meets three times a month for 3 months.

The groups meet for one and a half to two hours and discuss a wide variety of issues regarding unemployment. This helps to stabilize participants emotionally and moves them towards re-employment.

In addition, clients who are having trouble with depression and/or anxiety may need individual sessions to help them through this difficult time. If so, please call Linda Woods for referrals and other options.

For information on the Rebound groups, contact **Linda Woods, MA, LPC**, at **303-588-0522**.



# FLOSSING

# Healthy Teeth for Kiddos (cont)

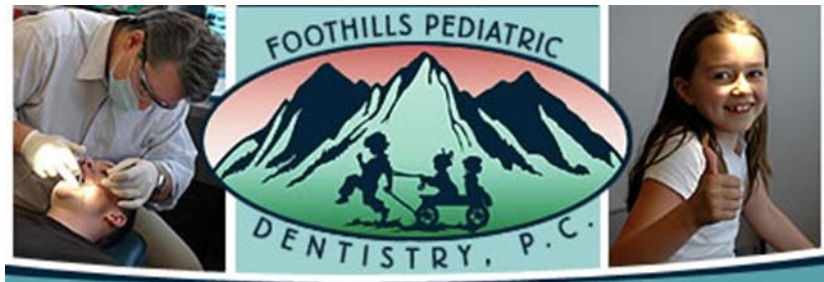
For areas between the teeth that a toothbrush can't reach, dental floss is used to remove food particles and plaque. Dental floss is a thin thread of waxed nylon that is used to reach below the gum line and clean between teeth. It is very important to floss between your teeth every day.



Pull a small length of floss from the dispenser. Wrap the ends of the floss tightly around your middle fingers. Guide the floss between all teeth to the gum line, pulling out any food particles or plaque. Unwrap clean floss from around your fingers as you go, so that you have used the floss from beginning to end when you finish. Floss behind all of your back teeth.

Foothills Pediatric Dentistry, P.C. Accepts Medicaid as well and many other insurance plans.  
 Call 303.604.9500 for Lafayette or 303.702.9501 for Longmont

Floss at night to make sure your teeth are squeaky clean before you go to bed. When you first begin flossing, your gums may bleed a little. If the bleeding does not go away after the first few times, let a staff member know at your next appointment.



## Boulder County Head Start Time to enroll for next Fall

Boulder County Head Start is a comprehensive free preschool program for all income eligible families, with 3-5 year old children. It is designed to meet the individual needs of children through a partnership between teachers and parents.

- ◆ Free Preschool Program for all income eligible families
- ◆ Serving 3 and 4 year old children
- ◆ Full and Half day classes in Boulder and Lafayette
- ◆ Bilingual classrooms (English and Spanish)
- ◆ Nutritious meals and family services
- ◆ Children must be 3 years old by Sept. 30

Please call 720-564-2210 for more information on how to enroll your child.



### FRCC Important Dates for Fall 2011 Semester:

**August 10, 2011 Payment Deadline**

Full payment (including Pell grants and student loans) must be made, or a deferred payment plan must be in place, by August 10, 2011. If payment is not received by this date, the student risks being dropped from courses.

**August 22, 2011 Fall Semester begins**

**September 7, 2011**

**Last day to use Financial Aid bookstore account  
 Last day to add or drop classes with refund**

**November 21, 2011**

**Last day to Withdraw from classes (no refund)**

## Workforce Boulder County Workshops

Workforce Boulder County offers a variety of FREE workshops to assist you in your job search and career transition.

All workshops are offered on a regular basis at our Longmont and Boulder locations. You must register with the Workforce Center before signing up for workshops. To register, please come to the Longmont or Boulder office, or go online at [www.wfbc.org](http://www.wfbc.org) and click on the "Job Seekers" tab.

Get started!

To sign up for workshops please speak with one of our Employment Advisors either in person or by phone. Employment Advisors are available on a walk-in basis 8:00 am - 3:30 pm, Monday through Friday. *Signing up for workshops cannot be done online.*

**We recommend you take the workshops you need in the order in which they are listed.**

If you schedule a workshop and cannot attend, please call to cancel by leaving a message 24 hours before the start of class. If you do not call to cancel, you will be removed from other workshops for that month.



### STEP 1: Define Your Job/Career Goals

#### Career Exploration Half day

If you are unsure about your next career move this workshop is for you. We offer a number of assessment tools to help you discover the jobs that would be a good fit. You will find extensive information including job descriptions, employment outlook, salary ranges, and education requirements.

**August 3<sup>rd</sup>**                      **9:00-12:30**                      **Boulder**                      **Judy Willis**

### STEP 2: Prepare Your Career Marketing Materials

**Rezoom Your Resume 1 Day** *Please be clear about the job you want before taking this workshop.*

Do the dates on your employment go back more than ten years? Do you include the dates of your education? Avoid these mistakes and learn the latest in resume writing trends including targeting the resume to a particular job. Side benefits include information about writing cover letters and reference sheets.

**July 29<sup>th</sup>**                      **9:00-4:00**                      **Longmont**                      **Judy Willis**  
**August 19<sup>th</sup>**                      **9:00-4:00**                      **Boulder**                      **Judy Willis**

**"Walk In" Resume Critiques** *No sign-up required; first come, first served.* This "quick" service is for clients who need a minimal critique and are comfortable reworking their resume. The "Rezoom Your Resume" workshop is recommended for those who need more extensive help.

**August 2<sup>nd</sup>** from **9:00-11:00** in the **Boulder** office, and  
**August 16<sup>th</sup>** from **9:00-11:00** in the **Longmont** office



## Workforce Boulder County Workshops, continued

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### STEP 3: Network and Build Relationships

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#### **Creative Job Search 1** Half day

Are you wondering where the jobs are? It is estimated that only 20% of jobs are advertised. Employers rely on referrals from their colleagues and coworkers to fill the remaining 80%. How can you find these opportunities if they're never advertised? Learn how to connect and network with others to help you maximize your job search.

**August 18<sup>th</sup>                      9:00-12:30                      Boulder                      Judy Willis**

#### **LinkedIn 1 - Getting Started in LinkedIn** 2 ½ hours

New to LinkedIn? Not sure what to do? LinkedIn is an essential tool for making in-roads into the hidden job market. LinkedIn 1 covers the basics; how to create a professional profile, set privacy settings, and make connections with others on LinkedIn.

**NOTE: Go to [LinkedIn.com](https://www.linkedin.com) and set up an account. Bring your e-mail address and password to class.**

**August 4<sup>th</sup>                      9:00-11:30                      Boulder                      Judy Willis**

#### **LinkedIn 2 - Using LinkedIn for Job Search** 2 ½ hours

*LinkedIn 1 is required before taking LinkedIn 2*

**\*\*PLEASE!\*\*** *Wait at least one week after taking LinkedIn 1 to create your profile and make at least 3 connections before taking LinkedIn 2.*

Would you like a few tips on using LinkedIn more effectively? This hands-on class will show you how to access the power of LinkedIn. Find jobs, research companies, and connect with past colleagues. See how joining LinkedIn Groups can connect you with other professionals in your field and lead you to private job postings.

**July 27<sup>th</sup>                      9:00-11:30                      Longmont                      Judy Willis**  
**August 30<sup>th</sup>                      9:00-11:30                      Boulder                      Judy Willis**

### STEP 4: Be Ready for the Interview

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#### **What's Your Interview I.Q.?** 4 half days – *must* attend all 4 days

Come face the dreaded interview in our WfBC Interviewing Workshop! We will walk you through those grueling questions and share the secret technique that will help you prepare effectively for interviews.

Increase your confidence by knowing how to answer behavioral and tough interview questions.

**July 19<sup>th</sup>, 20<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup>                      9:00-12:30                      Boulder                      Judy Willis**  
**August 23<sup>rd</sup>, 24<sup>th</sup>, 25<sup>th</sup> 26<sup>th</sup>                      9:00-12:30                      Longmont                      Judy Willis**

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# Congratulations FSS Graduates!

FSS would like to offer our most heartfelt congratulations to the following participants who have graduated from a school program and/or from FSS in the past year. You all should be REALLY proud of yourselves for all of your hard work. We sure are proud of you!

## FSS Graduates:

- Brooke O.
- Miranda E.
- Nikki A.
- Juanita A.
- Kathy P.
- Miranda R.
- Jaymee R.
- Araceli M.
- Marisol A.
- Jamie C.
- Sevanna R.
- Annette R.
- Jessica Y.
- Bonita J.
- Andrea P.
- Rena G.
- Norma H.
- Jessica A.



- Ashley Z., Medical Assisting
- Kait T., Cosmetology
- Jessica A., CNA
- Jasmine B., Associates of Applied Sciences
- Becca S., Medical Office Administration
- Devon F., Associate of the Arts
- Brenda S., Dental Assisting
- Candace D., CNA
- Christine N., CNA
- Christine B., CNA

**Congratulations and welcome to the following new FSS participants:  
 Rachel C., Madeline D., Chelsea A., Amira F.,  
 Natasha L., Andee L., Amanda N.**

## School graduates:

- Jasmin M., GED
- Greg Z., Associate of Arts
- Audrey L., Licensed Practical Nurse certificate, FRCC
- Connie L., CNA, College America
- Sierra A., GED
- Alejandra R., Dental Assistant certificate
- Alyssa S., Massage Therapist certificate
- Rosa E., Interpreter certificate
- Ashley C., Cosmetology certificate
- Dawn B., Dental Assisting
- Brooke C., Respiratory Therapy

## FSS Brag Wall!

This is a new feature in the FSS newsletter to highlight all of the GREAT things that FSS participants are doing, EACH AND EVERY DAY! Make sure you let your case manager know if you have an accomplishment that deserves recognition!

- Congratulations to Araceli M. for moving into her very own home through Habitat for Humanity
- Jordan D. and Sarah E. won the FSS 2011 Spring scholarships
- Vanessa G. won a CAP Multicultural Scholarship
- Rosa E. was one of two in the nation who was able to have the WIA program pay for her Interpreter training in Arizona.
- Cornelio C. was awarded a computer for his family through the "I have a dream" competition.
- Patricia M. won the Outstanding Student Employee Award at Front Range Community College
- Congratulations to Andrea P for moving into home ownership

## Events Calendar (every event is FREE)

The SCFD (Scientific & Cultural Facilities District) in Denver sponsors free days at museums, zoos, and botanic gardens across the Mile High City for 2011.

The SCFD sales and use tax of 0.1% provides the funding for free admission for Colorado residents. A Colorado driver's license or ID may be required for admission.



The Denver Center for the Performing Arts



### Free Days for the Family!

Event	Date & Time	Location	Information
<b>Denver Art Museum - *SCFD Free Day</b>	August 6 Sept. 3 & Sept. 10 Oct. 1 & Nov. 5 December 3	100 West 14th Avenue Parkway Denver (720) 865-5000 www.denverartmuseum.org/	With more great art in amazing spaces, the new Denver Art Museum will change the way you see art and architecture. (All ages)
<b>Denver Museum of Nature &amp; Science - *SCFD Free Day</b>	Aug. 22 & Aug. 28 Sept. 18 & Sept. 26 Oct. 31 & Nov. 13 December 5	2001 Colorado Blvd. Denver (303) 322-7009 www.dmns.org/	The Denver Museum of Nature & Science is the Rocky Mountain region's leading resource for informal science education.  Current Exhibitions include: <i>Real Pirates</i> , <i>Colorado River</i> , <i>Discovery Zone</i> .
<b>Denver Zoo - *SCFD Free Day</b>	October 12th October 20th November 6th November 12th	2300 Steele Street Denver (303) 376-4800 www.denverzoo.org	Visitors can view 3,500 different animals, representing over 650 species. (All ages)
<b>Denver Botanic Gardens</b>	August 29 September 26 October 10	1007 York Street, Denver (720) 865-3500 www.botanicgardens.org/	A visit to the Gardens today offers the beauty of blooming <i>Pulsatilla paten</i> pasqueflowers, <i>Helleborus</i> , tulips and lots of daffodils!
<b>Denver Botanic Gardens at Chatfield</b>	August 5 November 4	8500 Deer Creek Canyon Road, Littleton (303) 973-3705 www.botanicgardens.org/	
<b>Denver Center for the Performing Arts</b>	Varies	1101 13th Street Denver, CO 80204 (303) 547-3410 www.denvercenter.org/	Each Tuesday at 10am, a limited number of \$10 tickets will be released. Ten seats for every Denver Center Theatre Company performance in the coming week will qualify (up to 25 shows per week). Use code SCFD.
<b>Denver Children's Museum</b>	Free play is the 1st Tuesday of every month from 4:00pm-8:00pm	2121 Children's Museum Drive Denver, CO 80211 www.mychildsmuseum.org	Here it is all about children and their grownups learning through play. With interactive exhibits, year-round special events, and daily educational programming, there is always something fun and exciting to do.

Cut out Event Calendar and attach to refrigerator for a reminder of upcoming events!



\* For a complete listing of all SCFD Free Days visit their website at [www.scfid.org](http://www.scfid.org)

## Events Calendar (every event is FREE)

# Performances in the Parks 2011

Join the Boulder Concert Band on Monday evenings for free performances brought to you by Boulder Parks and Recreation. One hour concerts start at 7 p.m. Bring a picnic dinner and enjoy our parks with your family! Rains out dates are the Tuesdays following the scheduled concert dates.

Date	Park	Location
August 1	North Boulder Park	9th and Dellwood
August 8	Chautauqua Park	900 Baseline Road



## Band on the Bricks

- Judge Roughneck - Wed, July 27th
- That Eighties Band - Wed, August 3rd
- Fierce Bad Rabbit - Wed, August 10<sup>th</sup>
- Rebecca Folsom Band - Wed, August 17<sup>th</sup>

*From oldies to alternative and everything in between, Bands on the Bricks is Boulder County's premiere outdoor summer concert series taking place in the heart of the city on the bricks of the [Pearl Street Mall](#).*

*A not-to-be-missed summer tradition with 10 weeks of free concerts. Enjoy performances from the best local musicians along the front range while dancing under the stars.*

### Music For Kids!

**Meadow Music: Nature Hikes and Songs Mondays**  
**5:30 - 7 pm, July 18, July 25th & August 1**

Children and parents can join Boulder Open Space and Mountain Parks' Jeff Kagan and guest artists for an evening of children's music and nature. We'll take a short hike on the McClintock Trail (moderate steepness) to meet our animal friend of the week. The hike will be followed by 45 minutes of nature music (usually starts a little after 6 pm) and funny skits for kids on Chautauqua Green. Music will be appropriate for children ages 3-8 but all ages are welcome! Meet at the Chautauqua Ranger Cottage. Oh, and as always Meadow Music is free! Bring a

## Boulder Outdoor Cinema

Every year Boulder Outdoor Cinema aims to create lineups programmed to appeal to everyone, focusing on cult classics, comedies and family fare. They continue the infamous pre-show entertainment including short films, local musicians, trivia contests and other live entertainment. Boulder Outdoor Cinema is located behind the Boulder Museum of Contemporary Art on 13th Street, near Central Park, in the heart of downtown Boulder. Bring your blankets and low-slung lawn chairs and join in on the fun! Gates open at 7, bands are rockin' by 7:30 and movies start at dusk.

**Seating:** BRING YOUR CHAIR! We recommend low-back chairs but all types of seating are welcome. The first several rows are reserved for low-backs, so bring your beanbag and get the sweet seats. If you prefer a director's-style chair, you may be asked to sit further back – all the better for the widescreen view. Sectionals, papa sans and the occasional fainting couch are expected – don't let us down!

**Tickets:** Tickets can be snagged at the gate starting at 7 p.m. the night of the show. We are a donation-based business, and suggest \$5 for adults and \$3 for kids 12 and under.

- 7/30 "The Princess Bride"  
*(Musical Guest: The Jeff Brinkman Band)*
- 8/6 "Fantastic Mr. Fox"  
*(Indie Musical Guest: Words in Flight)*
- 8/13 "O Brother Where Art Thou?"  
*(Bluegrass Musical Guest: Morgan Drive)*
- 8/20 "Monty Python & the Holy Grail"  
*(Americana/Country Musical Guest: The Whiskey Bottles)*
- 8/27 "The Hangover"  
*(Americana/Country Musical Guest: The Whiskey Bottles)*

