



# COMMUNITY CANDY

SWEET NEWS WITH A MESSAGE



April 2009

Vol 1, Issue 1

## Greetings!



In our monthly newsletter we will be feeding you bites of news, events and happenings on a monthly basis with the intention to educate and inspire you. Plus, we want to keep you informed about some of the cool things HELP of Southern Nevada is up to. Enjoy!

## In This Issue

- NEW PROGRAM
- HELP HAPPENINGS
- SUCCESS STORIES
- SAVING THE GREEN WAY

## Quick Link

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

[Join our Mailing List](#)

## BABY FIRST SERVICES



BABY FIRST SERVICES (Formerly Courtney Children's Foundation) has joined HELP of Southern Nevada. The addition of these services will allow HELP to serve a population of clients with wrap-around services to better assist them in creating a sustainable life.

The mission of Baby First is to have a measurable positive impact on the lives of at-risk pregnant teens, first time mothers and their young children.

### The Goals of the program:

1. To decrease the infant mortality rate, and decrease the high occurrence of low birth-weight babies (born weighing less than 5.5 lbs.) in these at-risk communities.
2. To empower our clients to take an active role in their well-being thereby increasing their sense of self-worth and, consequently, lower



## COMMUNITY CANDY

SWEET NEWS WITH A MESSAGE



their chances of repeat pregnancies.

3. To educate our clients to become informed decision-makers where their family's needs are concerned.
4. To lower the economic burden that unhealthy births place on the community (one pre-mature infant can cost upwards of \$250,000 in hospital fees).

This is a great program and we're looking forward to seeing it grow along with the other programs at HELP of Southern Nevada.

### HELP HAPPENINGS: Pencil us in!

#### **SAVE THE DATE:**

June 16th, 2009 THE GOLFER'S ROUNDUP TOURNAMENT



**TIME:** Registration 7am - Shotgun start 8am

**WHERE:** Spanish Trail Country Club

For more information contact Abby Quinn at [aquinn@helpsonv.org](mailto:aquinn@helpsonv.org) or 836-2130(direct line)

Foursomes are \$1,200, single players are \$300. Sponsorships available.

- The Youth Center is launching a mentoring program in September 2009. For more information on how you can help or become a mentor please contact [ggavan@helpsonv.org](mailto:ggavan@helpsonv.org)
- The Social Services Department begins MCIT (mobile crisis intervention team) efforts in the tunnels and trenches...AHOOT Program (Assisting Homeless Out of Tunnels). For more information email [info@helpsonv.org](mailto:info@helpsonv.org)



## COMMUNITY CANDY

SWEET NEWS WITH A MESSAGE



- Find us on Facebook...HELP of Southern Nevada is listed under causes on Facebook. You can view announcements, donate and connect with friends. Join us at [www.facebook.com](http://www.facebook.com)

## HELP SUCCESS STORIES



A single father named Chris was raising his two sons on Welfare. His social worker suggested he go to Displaced Homemaker (DH) to boost his self confidence and work on his job interview skills.

The most beneficial take-away Chris learned was how motivated and caring the instructors of the class were. After he graduated the class one of the instructors at DH suggested he talk with the Human Resources department at HELP of Southern Nevada. He spoke with HR and became aware of a temporary full-time position available. Chris applied for the position, was interviewed and ultimately hired as HELP's building monitor. Within six months Chris was promoted and placed in a position within HELP's Community Alternative Sentencing

department for half of the work day and as a Nevada 211 Call Center operator the remaining half of the work day. After splitting his time between those two departments for close to a year Chris was informed of an opening in HELP's Weatherization Department. Chris applied for the Weatherization position, was hired and trained as an Inspector/Assessor. Chris has held this position for almost two years.

Chris said, "The experience in the Displaced Homemaker job readiness class and working at HELP has been life changing and I wouldn't of ever thought about working for a non-profit."

Chris has a 15 year old son who just received a letter from the National Honor Society to be screened to become a member and a 5 year old son who just started full-time kindergarten.



## COMMUNITY CANDY SWEET NEWS WITH A MESSAGE



### **Nevada 2-1-1**

1. A woman seeking prescription cost assistance contacted the Nevada 211 call center for referrals. Due to the high cost of her medicine and the lack of medical insurance this woman had stopped taking her high blood pressure medication. The call center operator gave her a referral for prescription assistance. Later that day the woman called the 211 operator to let her know that based on the Nevada 211 referral she was able to qualify and enroll in a program where she was required to pay a \$20 annual service fee and would be able to obtain all of her medications for only \$9 a month, saving her \$200 each month on the cost of her prescription medications.

2. Another woman called and stated that she was new to the community and needed furniture. She was given a referral to Catholic Charities. The next day the woman called back and stated that Catholic Charities was unable to assist with furniture, however they were able to provide her with a holiday food box and Christmas gifts for her three grandchildren.

### **CAS (Community Alternative Sentencing)**

Community Alternative Sentencing is going to expand their operations to include one day a week at the Parole and Probation office. This is another example of how HELP is collaborating and being a good community partner in supporting Parole and Probation in their effort to make things easier for clients.



**COMMUNITY CANDY**  
SWEET NEWS WITH A MESSAGE



## ROLLING THE DICE ON A SURE THING: Going Green



HELP of Southern Nevada has been doing more than Weatherizing residences the past 7 months. The Weatherization department has been applying these GREEN practices internally and has resulted in over 30% savings. This amounts to over \$1700, equal to one and three quarter months of energy bills. Here are some free and low cost ways to reduce energy use and save money.

1. Replace standard incandescent light bulbs with compact fluorescent light bulbs
2. Unplug electronics, battery chargers and other equipment when not in use.
3. A 5% higher setting on your air conditioning thermostat will save about 1-% on cooling costs.
4. Always buy ENERGY STAR qualified appliances and equipment - they're up to 40% more efficient.
5. Enable "power management" on all computers and make sure to turn them off at night.
6. When possible, wash clothes in cold water.
7. Always unplug non-essential electronic devices like cell phone charges, coffee pot, and printers.

For more information on how to reduce your energy use and save money contact our Weatherization Department at 795-0575 or email [aweiss@helpsonv.org](mailto:aweiss@helpsonv.org)



## COMMUNITY CANDY

SWEET NEWS WITH A MESSAGE



HELP of Southern Nevada responds to the changing needs of our growing community. We strategically expand our programs and refine our service delivery systems to better serve the poor, the homeless and those in crisis who come to us as a place of last resort. We are 100% local and 100% accountable. We work hard to engage other organizations through collaboration to achieve maximum impact with the services we provide and the clients we serve.

Sincerely,

The Staff  
HELP of Southern Nevada