

---

# February 2025 Newsletter



Tribal TANF Families,

As we usher in the new year, I want to take a moment to wish each of you a healthy, happy, and successful 2025. May this year bring new opportunities for growth, fulfillment, and joy in all that you do.

Let's enter this new chapter with optimism, strength, and the determination to make the most of every moment. Together, let's continue to support and inspire one another as we create a future filled with possibilities.

In the near future, you can expect some exciting changes to our program, which will bring new and expanded services to better support our families. We are eager to share these developments with you, pending the approval of our proposed plan amendments. These changes will help ensure that we are meeting the evolving needs of our community and providing even more valuable services and resources.

We would also like to extend our deepest gratitude to the Shingle Springs Band of Miwok Indians for their continued support and understanding of the ever-changing needs within our Native community.

Their dedication to establishing resilient, accessible services for families on their journey to self-sufficiency is truly appreciated.

Thank you for being an active part of this program. We encourage you to take full advantage of the resources and services available to assist your family, and we look forward to continuing this journey with you.

Daniel Delgado

## In this newsletter you can expect:

---

A letter from our  
Executive Director

---

TANF Site Updates

---

Education Updates

---

Getting to know  
Microsoft Word

---

Transportation  
Advice

---

Employment  
Advice

# Shingle Springs Tribal TANF Updates

## El Dorado Site

Hello and Happy February!

We hope that you are having a good new year so far.

For February, here are some community activities at

your local El Dorado County library for you and

your family to enjoy! At the Placerville library:

Toddler activities: Play and Learn, Early Literacy

Storytime, Mother Goose on the Loose, US Forest

Service -Read with a Ranger, Lego Block Party, and

Skywatching Family Evening. At the Cameron Park

library: Saturday Arts, Crafts and Educational

Activities, Play and Learn, Crawl Space, Early

Literacy Story Time, Mother Goose on the Loose,

Build 'n Play, and Afterschool Adventures. At the

Georgetown Library: Early Literacy Story Time and

Mother Goose on the Loose. At Pollock Pines

Library: Literacy Dog, Early Literacy Play and Lego

Play Time.

Don't forget to ask about the various kits at your

local library! Storytime Kit: Each themed kit

includes materials that help foster a love of reading

while supporting early literacy skills in a home or

preschool setting. The Toddler Storytime Kits are

geared for 0–3-year-olds, all other Storytime Kits are

geared for 4–7-year-olds. Only available at the

Cameron Park Library, El Dorado Hills Library,

Georgetown Library, and Placerville Library.

Check out a FREE California State Library Parks

Pass with your El Dorado County Library card! .

The California State Library Parks Pass program

allows patrons to check out a free California State

Parks day use pass.

Other than that, please make sure to RSVP for our

monthly El Dorado Site Family Culture Night! We

can't wait to see you and your family!

Feel free to contact us anytime 530-683-0110!

-Dani, Julia, and Stephanie

## Yolo Site

Hoht-so, Ya'ah'teeh, Mun'ahoo, and Michuksus  
from Yolo.

Now that we are in full swing of 2025. We hope  
that the new year brings abundance to you and  
your family. Children are back in school and this  
marks the half way time with Spring right around  
the corner.

Here are a few awareness campaigns for the  
month of February. The Go Red For Women  
movement works to save women's lives and beat  
heart disease, the number one killer of women.

On National Wear Red Day, support the  
movement by wearing red on February 7th.

Another one is Teen Dating Violence month.

According to Love is Respect. 1 in 3 U.S. teens

will experience physical, sexual, or emotional

abuse from someone they're in a relationship

with before becoming adults. And nearly half

(43%) of U.S. college women report

experiencing violent or abusive dating behaviors.

Our upcoming events: Youth Beading, February

3, 2025, from 5:00pm to 7:00pm, Family Beading

will be on February 28th, 2025, from 5:00pm to

7:30pm. Also, Abalone Heart Wreath night will

be held on February 26th, 2025, from 5:00pm to

7:00pm.

Please RSVP with Ronda and come have some

fun. As a friendly reminder, your MER is due by

the 10th of each month. As always, our staff is

here to be of service, so email, stop by or call us

at 916-741-5056.

Ah-ho (thank you) Ronda, Sapphira, Raymond  
and Mary.

# Shingle Springs Tribal TANF Updates

## Placer Site

Séekas'in!

Happy February 2025 TANF Family – Placer is the place to be!

Our Placer County Community is full of fun and activities to enjoy! This month please take your time to enjoy the Maidu Museum in Roseville from 9am-4pm, enjoy the Maidu Regional Park to play indoor soccer, basketball, use the outdoor fitness court, or play on the lighted softball complex. Feel free to go on a walking trail or enjoy the First People's Village & Native Garden at the Placer Nature Center. Join the Redbud Chapter of California Native Plant Society, or enjoy one of the various Storytimes, Toddler Times & Baby Lapsits at your local library! There is a scheduled Used Book Sale on 2/8/2025 at the Downtown Library in Roseville. Go to your local library and sign up to be a Roseville Ranger! With your Adventure Pack you can explore your local parks or discover hidden natural worlds in your backyards! 😊 Don't forget to ask for a Storytime Kit before you leave your library! Each kit includes a variety of books, props, and activities about a theme that you can pick out yourself!

Lastly, don't forget to bring your swimsuit when you go to the very special Parent & Tot Storytime: Reading with a Mermaid on 2.06.2025 from 10-11:20am at the Mike Shellito Indoor Pool!

Other than that, please make sure to RSVP for our monthly Placer Site Family Culture Night! We can't wait to have dinner with you and your family!

Feel free to contact us anytime! Happy February!

Jenna Becker, SM, 530.820.0145

Noel Edmondson, FA, 530.820.0148

## Sacramento Site

Welcome 2025 – Exciting New Year Ahead!

Dear Families,

We hope you all had a wonderful holiday season and a joyful start to the new year! As we return to the office and dive into 2025, we are excited about all that lies ahead. Our team has been busy planning a variety of events, workshops, and classes across all of our departments, and we can't wait to share these opportunities with you throughout the year.

Whether you're looking to learn something new, improve a skill, or simply connect with others in our community, there will be something for everyone. Please make sure to stay engaged and take advantage of these valuable resources.

As always, we encourage you to continue reaching out to your Family Advocate for support, guidance, or any questions you may have. We're here to help, and we look forward to working together to make this year a success.

See you soon at our upcoming events!

Warm regards,

Sacramento TANF Staff





# Prevention Update

## Greetings TANF Families!

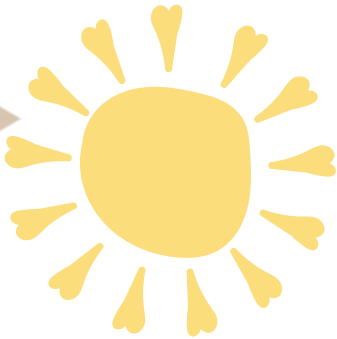
Prevention Staff are looking forward to training in Portland, 2/10/25-2/14/25: Adults Working with Native Youth. This will expand the variety of events we can offer to youth.

Spring is coming soon, and we will be busy preparing for the Spring Gathering in March.

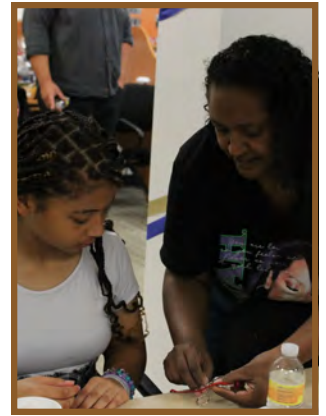
We invite you to attend the events listed on the monthly calendar. TANF may be able to assist with transportation, but please contact your Family Advocate a week in advance for transportation requests. Call if you have questions.

Sincerely,

The TANF Prevention Team  
Rosemary, Nikki, Ancita, Stephanie, Pauline,  
Richard, and Erikka



Beading Circle 12/2/24



Winter Solstice 12/13/24



Winter Solstice 12/13/24



Beading Circle 12/2/24



Winter Solstice 12/13/24



Winter Solstice 12/13/24

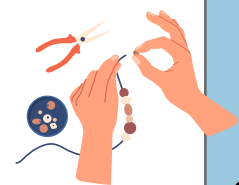


Beading Circle 12/2/24



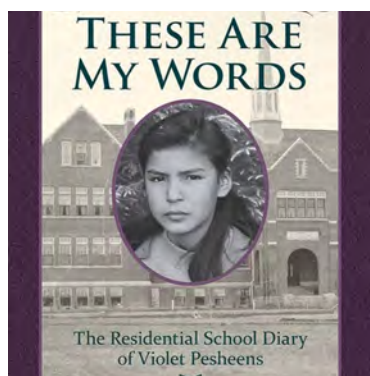
Winter Solstice 12/13/24

# February Classes

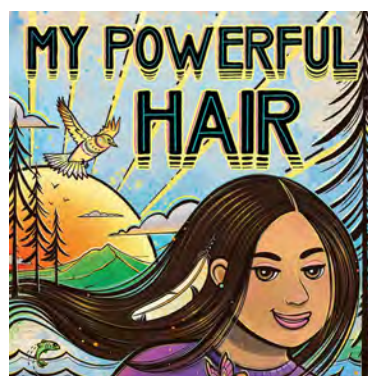


Feb. 3rd 5-7pm Family Beading Part 1 YOLO	Feb. 12th 10am-12pm Career Compass	Feb. 20th 5-7pm Abalone Heart Wreath PLACER	Feb. 26th 10am-12pm Career Compass
Feb. 4th 5-7pm Abalone Heart Wreath	Feb. 13th 10am-1pm Community Resource Group PLACER	Feb. 21st 5pm-7pm Daughters of Tradition	Feb. 26th 5pm-7pm Abalone Heart Wreath YOLO
Feb. 5th 5-7pm Wellness Warriors	Feb. 18th 10am-12pm YEOP Workshop	Feb. 21st 5pm-7pm Young Men's Drum Group	Feb. 27th 4pm-6pm Little Feathers
Feb. 11th 10am-12pm Financial Literacy	Feb. 18th 4pm-6pm Flute Lessons	Feb. 24th 5pm-7pm Medicine Wheel	Feb. 28th 5pm-7pm Family Beading Part 2 YOLO
Feb. 6th 5-7pm Water is Life	Feb. 18th 5pm-7pm Beading Circle	Feb. 25th 4pm-6pm Abalone Heart Wreath EL DORADO	Feb. 28th 5pm Participation Raffle
Feb. 7th 10:30am-2pm Open Beading	Feb. 19th 10am-12pm Career Compass		Education and Employment Open Lab 9:30-11:30am
Feb. 11th 10am-1pm Digital Literacy	Feb. 19th 4pm-6pm Flute Lessons		Feb. 6th - Placer Site Feb. 13th - El Dorado Site Feb. 20th - Yolo Site Feb. 27th - Sacramento Site

## Books of the Month



Acclaimed author Ruby Slipperjack delivers a haunting novel about a 12-year-old girl's experience at a residential school in 1966.



An empowering picture book about family history, self-expression, and reclaiming your identity. Our ancestors say our hair is our memories, our source of strength and power.



Published out of St. Joseph's Mission at Williams Lake, BC, Sellars tells of three generations of women who attended the school, interweaving the personal histories of her grandmother and her mother with her own.

# Getting to Know Microsoft Word: Styles, Themes, and Tables

Microsoft Word is a versatile word processing tool that helps users create professional documents with ease. Two key features that enhance the appearance and organization of your documents are Themes, and the ability to insert tables. Here's how you can make the most of these features.

Themes provide a coordinated set of fonts, colors, and effects that you can apply to your entire document. Here's how to use them:

**Applying a Theme:** Go to the Design tab. In the Themes group, click on Themes and choose from the available options. The theme will apply to your whole document, ensuring a cohesive look.

**Customizing a Theme:** You can customize the colors, fonts, and effects by selecting the respective options in the Design tab. Save your custom theme for future use by clicking on Themes and selecting Save Current Theme.

## Inserting a Table

Tables are a great way to organize data in your document. Here's how to insert and format a table:

**Inserting a Table:** Place your cursor where you want the table. Go to the Insert tab, click on Table, and drag to select the number of rows and columns you need. Alternatively, you can choose Insert Table and specify the dimensions.

**Formatting a Table:** Once inserted, use the Table Tools Design and Layout tabs to format your table. You can apply table styles, adjust cell sizes, and add borders and shading.

**Adding and Deleting Rows/Columns:** Right-click in a cell, then choose Insert or Delete from the context menu to add or remove rows and columns as needed.

By mastering Styles, Themes, and Tables, you can create well-organized and visually appealing documents in Microsoft Word. These features not only enhance the look of your documents but also improve their readability and professionalism.

## Microsoft Keyboard Shortcuts (These are used by most of Microsoft Applications)

<b>Bold</b>	<b>Ctrl+B</b>	<b>Makes the selected text bold.</b>
Italic	Ctrl+I	<i>Italicizes the selected text.</i>
Underline	Ctrl+U	<u>Underlines the selected text.</u>



---

# BBQ Turkey in Pepper Shells



This dish is colorful and healthy. You can save money by using all green bell peppers.

## INGREDIENTS:

- ¾ pound lean ground turkey
- 1 large onion, peeled and chopped
- 1 medium green bell pepper, seeded and chopped
- 1 (14½-ounce) can no-salt-added diced tomatoes
- 1 cup low-sodium canned black beans, drained and rinsed
- ½ cup prepared barbecue sauce
- 1 teaspoon garlic powder
- 1 teaspoon liquid smoke
- 3 bell peppers (any color)

## PREPARATION:

1. Brown ground turkey in a medium skillet over medium-high heat until no longer pink; drain excess fat.
2. Add onion and cook until tender, about 5 minutes.
3. Add all remaining ingredients except the whole bell peppers; simmer for 10 minutes over medium heat.
4. Meanwhile, cut the whole bell peppers in half lengthwise and remove the seeds. Place in a microwave safe dish with a small amount of water.
5. Cover and microwave bell peppers on high until crisp-tender, for about 5 minutes.
6. Remove peppers from the dish and place on a large plate. Spoon turkey mixture into bell pepper shells and serve.



---

## Our top 10 driving tips for 2025:

1. Buckle Up Every Trip, Every Time: Always wear your seat belt correctly to reduce injury risk in a crash.
2. Ensure Children Are in the Right Seat: Use the appropriate car seat for your child's age and size, and ensure it's installed correctly.
3. Drive Sober: Never drive under the influence of alcohol or drugs. Plan a safe ride home if needed.
4. Pay Attention to the Road: Avoid distractions like texting, eating, or adjusting the stereo while driving.
5. Obey Speed Limits: Follow speed limits and adjust your speed for road conditions.
6. Never Drive Drowsy: Ensure you get enough sleep and be aware of how medications may affect your driving.
7. Share the Road Responsibly: Be mindful of other motorists, motorcyclists, bicyclists, and pedestrians.
8. Check for Recalls: Regularly check for vehicle recalls and ensure necessary repairs are made.
9. Pay Attention to Flashing Lights: Move over or slow down for vehicles with flashing lights and follow school bus laws.
10. Talk to Teen Drivers: Encourage safe driving habits in teens, including wearing seat belts and avoiding distractions.

# Employment Department

**Kick off your career in 2025 with these key employment tips!**

1. Start by updating your resume and LinkedIn profile to reflect your latest skills and experiences.
2. Set clear, actionable career goals and invest in skill development through courses or workshops.
3. Expand your professional network by attending industry events and connecting with colleagues online.
4. Brush up on interview skills, practice answering common questions, and tailor your applications to each job.
5. Embrace flexibility by considering remote or freelance work, and prioritize positions that offer a healthy work-life balance.
6. Stay organized with an application tracker, follow up after interviews, and maintain a positive attitude throughout the job search.
7. Persistence is key—refine your approach and keep going until you find the right opportunity.

Please feel free to call the employment department for help with any of these steps.





# Education Department

## Financing Your Higher Education

Navigating the financial aid process is complicated for everyone, but it can be especially confusing for first-generation applicants. A study from the Pew Research Center reports that first-generation students are more likely to incur college debt, and more of it.

Applicants should fill out the FAFSA, typically due at the end of June for each academic year, which is responsible for a large portion of many applicants' financial aid package.

Some universities also allow students to submit financial aid appeals. If students feel they did not receive enough in scholarships, grants or loans in a university's offer, they may be able to appeal to increase their aid package. Hauad stresses the importance of asking questions throughout the entire process.

"You need things, and you should ask for them, even if the outcome is not what you want, you should ask," Hauad says. "That's a big piece in any part of the process. You need to be proactive."

First-generation students can also look for scholarships and aid that cover living expenses in addition to tuition and fees, as well as scholarships offered exclusively to first-gen students.

Elliott advises students to budget based on the financial breakdown given to them by their college, and then seek out and account for any hidden costs and fees.

"This can be asking your academic adviser if there are certain courses that have course fees. Those are often huge surprises that come up and can be \$300 to \$400, depending on what your major is," she says.


Alongside academic advisers, current students of the same intended major can be a good resource for uncovering potentially hidden costs.

Elliott also recommends looking for on-campus resources such as food pantries, textbook banks and school-sponsored transportation, which can help bring down the cost of living.

Sacramento Site 2033 Howe Ave. Suite 100 Sacramento, CA 95825 916-760-1660	El Dorado Site 532 Main St. Placerville, CA 95667 530-683-0110
Placer Site 1919 Grass Valley Hwy. Suite 110 Auburn, CA 95603 530-820-0141	Yolo Site 1355 Halyard Dr. Suite 180 West Sacramento, CA 95691 916-741-5056



# February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Education and Employment Open Lab 9:30-11:30am 2/06 Placer 2/13 El Dorado 2/20 Yolo 2/27 Sacramento						1
2	3 Family Beading YOLO 5-7pm	4 Abalone Heart Wreath 5pm-7pm	5 Financial Literacy 10am-12pm <hr/> Wellness Warriors 5pm-7pm	6 Water is Life 5pm-7pm	7 Open Beading 10:30am-2pm	8
9	MERS DUE	11 Digital Literacy 10am-1pm	12 Career Compass 10am-12pm	13	14 	15
16	17	18 YEOP Workshop 10am-12pm <hr/> Flute Lessons 4pm-6pm <hr/> Beading Circle 5-7pm	19 Career Compass 10am-12pm <hr/> Flute Lessons 4pm-6pm	20 Abalone Heart Wreath PLACER 5pm-7pm	21 Daughters of Tradition 5pm-7pm <hr/> Young Men's Drum Group 5pm-7pm	22
23	24 Medicine Wheel 5-7pm	25 Abalone Heart Wreath EL DORADO 4pm-6pm	26 Career Compass 10am-12pm <hr/> Abalone Heart Wreath YOLO 5pm-7pm	27 Little Feathers 4-6pm	28 Family Beading YOLO 5-7pm <hr/> Participation Raffle 5pm	



Sacramento Site  
 2033 Howe Ave. Suite 120  
 Sacramento, CA 95825  
 916-760-1660

El Dorado Site  
 532 Main St.  
 Placerville, CA 95667  
 530-683-0110

Yolo Site  
 1355 Haylard Dr. Suite 180  
 West Sacramento, CA 95691  
 916-741-5056

Placer Site  
 1919 Grass Valley Hwy. Suite 110  
 Auburn, CA 95603  
 530-820-0141









# CAREER COMPASS:

## CHART YOUR PATH TO SUCCESS

Join us for a workshop series that guides you through every step of job obtainment. Explore your strengths with career assessments, craft tailored resumes and cover letters, and sharpen your interview skills. Whether starting or advancing, this series equips you to confidently navigate your career path.

DATES: 2/12, 2/19, 2/26  
SITE: Sacramento Site or Virtual  
TIME: 10am-12pm  
Attendees: Adults (18 and up)

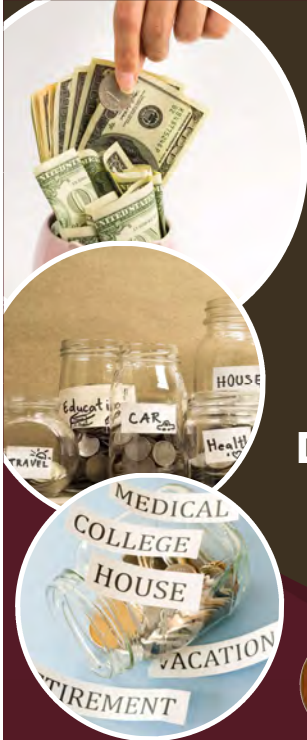
**IN-PERSON WORKSHOP:**  
SACRAMENTO SITE  
2033 HOWE AVE., SUITE 200  
SACRAMENTO, CA 95825

**ZOOM OPTION AVAILABLE**  
MEETING ID: 811-5398-6947  
PASSCODE: TANF2025



PLEASE RSVP:  
CAYCE BORGES, EMPLOYMENT COORDINATOR  
CBORGES@SSTANF.ORG  
(916) 760-1663

Transportation available upon request.  
INCENTIVES WILL BE provided to eligible participants who attend.



# Financial Literacy

## DEBT CONSOLIDATION WORKSHOP

Come and learn about the importance of credit and debt.



### DATE AND TIME

Wednesday, February 5th  
from 10am-12pm

PLACER SITE  
1919 GRASS VALLEY HWY., STE 110  
AUBURN, CA 95603

OR VIA ZOOM  
MEETING ID: 892 6008 7736  
PASSCODE: TANF2024

Please RSVP:  
Cayce Borges,  
Employment Coordinator  
cborges@sstanf.org  
(916) 760-1663

Transportation available upon request

# Family Beading

with  
*Chandra Cortez*  
enrolled member of  
The Klamath Tribes

## Join us for this Youth Beading event with Chandra Cortez making beaded moccasins!

MON & FRI | FEB 3RD & 28TH | 5:00 PM - 7:00 PM

YOLO SITE  
1355 HALYARD RD  
STE 180  
WEST SACTAMENTO, CA  
95691

To RSVP Contact:  
Pauline Ghost,  
Youth Activity Specialist  
916-798-9433

PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE



## SHINGLE SPRINGS TRIBAL TANF PROGRAM

Join us for Family Culture Night

# Abalone Heart Wreaths



Let's make abalone heart wreaths. In many Native American cultures, particularly along the Pacific coast, the abalone shell holds deep spiritual significance, often associated with the ocean's power, protection, and healing abilities; with some tribes believing the shell represents the first woman or a connection to the spirit world

Sacramento Site  
February 4, 2025  
5pm-7pm

Placer Site  
February 20, 2025  
5pm-7pm

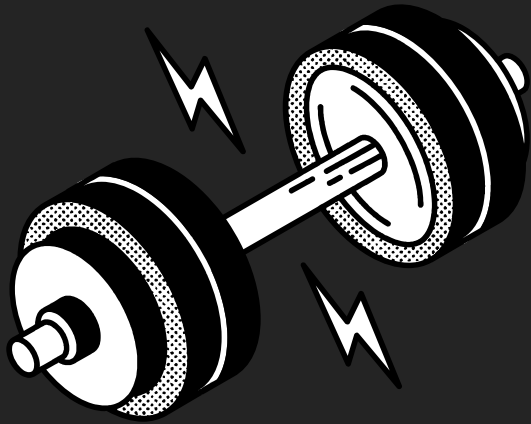
El. Dor Site  
February 25, 2025  
4pm-6pm

Yolo Site  
February 26, 2025  
5pm-7pm

To RSVP Contact:  
Stephanie Dominguez  
Youth Activity Specialist  
Sduarte@sstanf.org or  
916-760-1679



# WELLNESS WARRIORS



**JOIN US ON A HEALTHY JOURNEY ENCOURAGING FAMILY FORMATION AND WELLNESS**

February 5, 5-7 pm  
Sacramento Site

**RSVP WITH RICHARD SANCHEZ**  
916-673-8661 or [rsanchez@sstanf.org](mailto:rsanchez@sstanf.org)

**TANF PARTICIPANTS ONLY  
TRANSPORTATION IS AVAILABLE**



# Water is Life

Join Chris Lopez and learn about small scale water harvesting/ watershed restoration. Access to clean, reliable drinking water and wastewater systems is critical to the health, well-being, and economic security of individuals and families. However, an estimated 48% of households on Native American reservations do not have access to clean drinking water or adequate sanitation.



February 6, 2025  
5pm-7pm

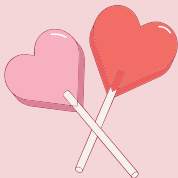
**PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE**



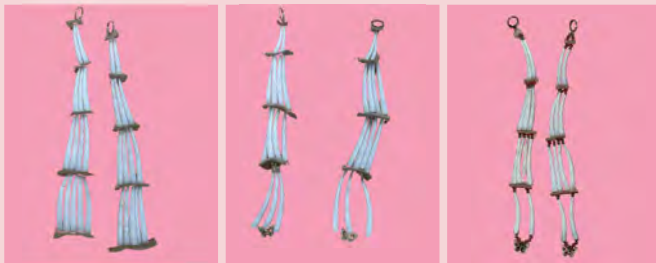
RSVP Contact:  
Ancita Juarez-  
Family Programming Specialist  
[amjuarez@sstanf.org](mailto:amjuarez@sstanf.org) or (916) 760-1668

*Shingle Springs Tribal TANF Program*

## Open Beading



Join us to finish any projects you are working on. There will be a raffle for attendees for a chance to win beading related prizes. Beading boxes will be provided with mini projects. We will discuss ways to market your work and entrepreneurial advice.



**To RSVP Contact:**

Nikki Grant Perez  
Family Programming Specialist  
[nperez@sstanf.org](mailto:nperez@sstanf.org)  
(530)409-0541

FRI | FEB | 10:30 AM -  
7 | 2:00 PM

SACRAMENTO SITE  
2033 HOWE AVE,  
SACRAMENTO, CA

**PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE**

## Basic Computer Skills Workshop

Participants will learn about the different parts of a computer and what each part does, as well as the various types of computers.

**Workshop 1 of 6 that will be conducted in 2025**



**Location:**

Sacramento TANF Office  
2033 Howe Ave. Suite 200  
Sacramento, CA 95825

**Date and Time:**

Tuesday, 2/11/2025  
10am-1pm

**Virtual option also available:**

Zoom Meeting ID: 871 0024 7343  
Password: TANF2024

For more information, please contact Cayce Borges, Employment Coordinator, at (916)760-1663 or via email at [CBORGES@SSTANF.ORG](mailto:CBORGES@SSTANF.ORG)

**Transportation Available Upon Request**





SHINGLE SPRINGS TRIBAL TANF PROGRAM

# Join Al Striplin

## Flute Lessons



5 -10 years old  
February 18, 2025  
Sacramento Site  
4pm-6pm



10-18 years old  
February 19, 2025  
Sacramento Site  
4pm-6pm

\*Parent must be present\*

I am of Amah Mutsun Ohlone (California Native) and Aztec heritage and hold an M.A. in Counseling. As a university counselor and Native Studies professor, I devoted my career to advocating for diverse communities and Native American families. I am also an artist, musician, author, and illustrator. It is said that music, art, and other creative expressions come directly through the veil from spirit, and seek form through our individual, unique efforts. I keep these thoughts in mind as I play and teach Native American flute.

**Class sizes are limited to 5 participants per class**

Youth must attend 2 consecutive age appropriate classes in order to receive flute and lessons.

PARTICIPANTS ONLY | TRANSPORTATION AVAILABLE

RSVP Contact:  
Ancita Juarez-  
Family Programming Specialist  
amjuarez@sstanf.org or (916) 760-1668

SHINGLE SPRINGS TRIBAL TANF

# Young Mens Drum Group



Friday February 21,  
5:00pm-7:00pm



Shingle Springs Tribal TANF



# DAUGHTERS OF TRADITION

February 21, 2025 5:00-7:00pm,  
Sacramento

For a young girl to grow into a healthy woman, there are 8 feelings that must be developed. The fourth of these feelings are developed between the ages of 7-12. After talking to the Elders and Clan Mothers, the program was developed. A prevention education program that provides adults who work with teens and pre-teens the traditional knowledge to prepare daughters to become healthy teens.



Contact....  
PAULINE GHOST  
PPEREZ@SSTANF.ORG OR  
CALL 916-798-9433



TANF Participants Only | Transportation Available

