



HEALTHY FAMILIES.  
STRONG COMMUNITY.

# Calistoga Family Center

# Family Centered

DECEMBER 2007

## SPECIAL POINTS OF INTEREST:

- ... Family Economic Success Programs impact working families
- ... Plaza Comunitaria opens doors to education
- ... CJUSD students benefit from Student Assistance Program (SAP)
- ... Clinic Ole expands services in its new facility
- ... A successful event kicks off a new school year

## INSIDE THIS ISSUE:

- Impacting Poverty in Calistoga** 2
- Back to School Celebration** 2
- Plaza Comunitaria** 3
- Student Assistance Program** 3
- CFC staff** 4
- Volunteers Needed** 4

## News From Calistoga Family Center

A message from Stephanie Snyder Parry, Executive Director

As hard as it is to imagine, the year 2007 is coming to an end in just a few short weeks. It has been a busy and productive year for Calistoga Family Center - new programs, new staff, and new ideas.

We invite you to read the second issue of **Family Centered**, our annual newsletter. We welcome this opportunity to share these stories with you as we continue to work

toward our mission - to cultivate healthy families for a stronger Calistoga.

We thank you for supporting us throughout the year and send our wishes for a holiday season filled with joy and wonder.

With great anticipation, we look forward to 2008 for with each new year comes a new beginning. May it be a happy and successful year for you and your family.

## Clinic Ole...One Year Later



In our first newsletter, we reported that a new building had come to town to house a new and improved Clinic Ole. Originally co-located at Calistoga Family Center, the Clinic had out-grown its space and was looking to expand to meet growing needs in Calistoga. The newly remodeled facility at 911 Washington Street opened its doors on March 5, 2007.

The new building allows the Clinic to offer medical services three days a week, resulting in an increase of 50% more clients.

In addition, the new site has added two dental chairs offering space for Sister Ann's Dental Clinic. Since the site began offering medical

and dental services, 556 patients have received services, an increase of 173 clients over the same period one year ago.

The newly remodeled Clinic Ole now houses over 1600 square feet of space which includes three exam rooms, two dental chairs, and a large waiting area which doubles as meeting space when needed.

"The newly expanded clinic is a welcome addition to the community of Calistoga," remarked Dr. Gabriela Bermudez, "Being open more days with extended hours allows us to be more available to our patients."

# Calistoga Family Center Impacts Poverty

In today's world, many families exist paycheck to paycheck, providing only the basic necessities for their children. In Calistoga, 65% of the 600 families with children live in poverty. Factors such as limited affordable housing, low wage employment opportunities, and language barriers are often contributing factors.

Calistoga Family Center strives to improve the quality of family life in the community. Programs are offered that directly address poverty by helping families find a way to help themselves, through education, job skill training, savings plans, and tax assistance. In partnership with Cope Family Center, United Way, and EARN, Indira López, CFC Education Coordinator, works to develop opportunities that promote Family Economic Success.

How do these programs impact the lives of families in our community?

- ... Through the Family Economic Success Programs, over thirty parents participate in financial management workshops where they learn how to budget, save, and make their money work for them. Participants gain knowledge in basic banking, and learn about the pitfalls of credit card debt. The goal of the program is to assist families in finding a path to financial solvency.
- ... Last spring, 167 tax returns were filed with 115 families filing taxes for the first time. The Volunteer Income Tax Assistance (VITA) Program assists low-income families access tax credits they are eligible to receive. Most families increased their income by at least 10%.

- ... Individual Development Accounts and College Saving Accounts provided by EARN leverage funds available to encourage saving with matching contributions. We currently have 4 participants in the program. These individuals are eligible to realize a 2:1 match of their funds as they save for a home, a new business, or education.
- ... Affordable housing can be found through application assistance and referrals.
- ... The Calistoga Preschool Assistance Fund provides \$100 a month toward preschool costs for families with young children.
- ... Health care cost can be a huge burden for families. CFC enrolls children in health insurance through the Children's Health Initiative. Since the program began in 2006, 350 children have been enrolled.
- ... Small Business Development for Women assists women who want to start their own small business and develop job skills.
- ... Plaza Comunitaria assists parents in improving their language and job skills. (see page 3.)

By working collaboratively with community partners, CFC brings together resources and programs which can impact the lives of our families.



## A Back to School Tradition

Just like new school shoes or a fresh box of crayons, the annual *Back to School Family Celebration* signifies the start of another school year.

This event serves as an opportunity for CFC and partner agencies to showcase the many services available in the community. The much anticipated school kick-off brings together a large cross section of families to share a meal and enjoy many fun-filled activities such as face painting, jumpy houses and rock climbing.

"Organizing the event allows CFC a means to build goodwill in the community, introduce ourselves to new families, and build a sense of belonging on the school campus," states Stephanie Snyder Parry, Executive Director, who has been involved with the event since its inception four years ago.

After 400 hamburgers, 240 hotdogs, and 60 veggie burgers, the annual *Back to School Family Celebration* was deemed a success!

## Plaza Comunitaria Creates Opportunities



Calistoga residents Rosa Cachu and Martha Zepeda proudly display their Certificate of Naturalization after being sworn in as U.S. citizens in San Francisco on November 20, 2007. Both women participated in the Plaza Comunitaria, a partnership between CFC, the Mexican Consulate, and Napa Valley College.

Statistics indicate that at least 40% of parents with children enrolled in Calistoga Joint Unified School District have not completed high school. Research also shows that a parent's level of education has a direct correlation on a child's academic outcome. Understanding this relationship led to the creation of the Plaza Comunitaria, a program which assists adult learners in

completing their elementary, secondary, and high school certification. Classes offers instruction and self-paced learning in Spanish, English as a Second Language, math, science, social studies and general education using print, multimedia and computer based curriculum.

Literacy can offer parents the ability to help their children excel in school and increase employment opportunities in the workforce. CFC hopes to assist parents in learning to read and write in their native language and to obtain accreditation and certification of adult basic education. 80% of program participants are expected to meet their educational goals. Parents who complete the program will be able to gain a GED, opening the door to pursue higher education.

The citizenship class which began in May, continues to meet weekly. Community members can improve their English skills and prepare for the citizenship test. The first graduates were Rosa Cachu and Martha Zepeda. More students are slated to take the test in the upcoming months.

For more information on the program, contact Indira López, Education Coordinator at 942-6206.

## A New Program for Calistoga Students

Students at the Calistoga Junior/Senior High School are now benefiting from the new Student Assistance Program. "SAP" as it is often called, strives to improve a student's academic performance, limit behavioral incidences and decrease substance abuse. By recognizing that poor academic performance often stems from the stress of family and peer pressures, SAP employs a holistic approach, exploring all the issues facing teens and their family in the Calistoga community.

Under the direction of family therapist Lili Osorio, the new program has been instituted to help teens navigate through the challenges of day to day life. A partnership between Calistoga Family Center and Calistoga Joint Unified School District, SAP assists students in finding the help they need to overcome obstacles in their lives as they strive to attain personal and academic success.

Ms. Osorio works closely with students and parents, assessing student's needs and helping families plan a strategy for success. She provides support and referrals to appropriate services, while tracking the student's progress along their path.

As the coordinator, Lili networks with a core team of professionals who interact with youth in Calistoga to fully engage all of the services available to students in the community.

Funding for the Student Assistance Program was generously provided by CJUSD, Community Foundation of Napa Valley, Napa County Health and Human Services and Auction Napa Valley.

*"By effectively dealing with the many outside issues, problems, and distractions, the program will ensure that when students come to class they will be able to focus on the academics we provide and achieve success."* -Kevin Eisenberg, Principal

Liliana Osorio holds a Masters Degree in Psychology and has spent four years working with schools. Before joining the CFC staff, Lili completed a Marriage and Family Therapy internship with the Children's Bureau of Los Angeles. Contact Lili at CJSHS.  
[losrio@calistoga.k12.ca.us](mailto:losrio@calistoga.k12.ca.us)





## Calistoga Family Center

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Visit us on the web  
[www.calistogafamilycenter.org](http://www.calistogafamilycenter.org)

### New Faces at Calistoga Family Center

Since the school year began, Calistoga Family Center has welcomed three new members to the team. Current staff members include:

Stephanie Snyder Parry, Executive Director  
[thefamilycenter@calistoga.k12.ca.us](mailto:thefamilycenter@calistoga.k12.ca.us)

Indira López, Education Coordinator  
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Rosa Cachu, Outreach Worker  
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Janet Soberaniz, Community Liaison  
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Jeanie Wolf, Community Outreach Coordinator  
[jwolf@calistoga.k12.ca.us](mailto:jwolf@calistoga.k12.ca.us)

Questions? Ideas? Contact our staff by phone or email.

### Join Our Team as a Volunteer

Are you looking for a rewarding experience to fulfill a few hours a day, a week, or a month? Become a Calistoga Family Center volunteer.

Your time is valuable, so our time is flexible!

- ... Help future U.S. citizens prepare for the citizenship test
- ... Teach a class
- ... Participate in a children's activity
- ... Share your talents or skills with adults or children
- ... Assist at a special event or fundraiser
- ... Become a tax preparer – Volunteer for VITA!

The possibilities are endless! Make a difference in your community. Volunteer! Call 942-6206 to join our team.

**Help keep Calistoga families healthy and the community strong.  
Please remember Calistoga Family Center in your holiday gift-giving.**