Counseling Services for Foster Youth at LMC

Are you a foster youth? Do you have an updated educational plan on file? Did you know that Los Medanos College offers counseling and support services to foster youth in the Counseling Office? Foster youth counselors are specially trained and understand the needs of foster youth and are available to support them and ensure their success. Some of these services include:

**Academic**
- Designated Foster Youth Counselor
- Academic, Career, & Personal Counseling
- College Advisement
- Complete Educational Plans
- Ed Planning & Academic Progress Monitoring
- Priority Registration
- Certificate, Degree, and Transfer Requirements
- Procedure & Academic Policies
- Graduation Requirements
- College Success Courses

**Other Services**
- Referrals and Community Resources
- Financial Resources
- Collaborated Efforts with Community Partners

Take advantage of these resources and make a counseling appointment today! Appointments can be made in person or by calling the counseling office. Call (925) 473-7449. Please be sure to mention that you are a foster youth. If you do not have a current educational plan, be sure to make an appointment asap. We look forward to meeting you. Dedicated Foster Youth Counselors are Connie Woods & Jasalyn Harris. Appointments can be made Tuesday, Wednesday, or Friday.

**Location and Phone Number:**
Los Medanos College Counseling Office - Student Services Center, Upper Level, SS4 400, 2700 East Leland Road
Pittsburg, CA 94565
(925) 473-7449

Assembly Bill No. 194 Chapter 458 code of education defines Foster Youth as a person who is currently in Foster Care, and “Former Foster Youth” means a person who is an emancipated Foster Youth and who is up to 24 years of age.

**East County Community Resources**

**Financial Assistance**
- CalWORKs (families) …………………1-877-505-4630
- General Assistance (Individuals) …1-877-505-4630
- Money Management Int'l …………...1-866-336-0624

**Rental Assistance**
- Concord Family Service Center .925-825-3099
- Season of Sharing …………………925-521-5065
- Shelter, Inc. ……………………….925-335-0698

**Emergency Services**
- American Red Cross ………………1-866-272-2237

**Utility Assistance**
- Reach Utility Assistance Program 925-778-0808
- Utility Shut off Assistance ………...1-800-743-5000
- Low Income Home Energy Assistance Program 925-681-6830

Teen Services
- Reach Project Antioch ………………925-754-3673
- Teen Services/Safe Place ………...1-800-718-4357

Suicide
- Contra Costa Crisis Center …….1-800-833-2900
- National Suicide Hotlines …….1-800-273-8255

Shelter
- Concord Shelter (singles only)...1-800-799-6599
- Contra Costa County Homeless Outreach ……………925-812-3511
- SAFE Place - Martinez (Youth, 9-17) 1-800-718-4357
- Shepherd’s Gate - Brentwood …….925-308-7507

(Remember to use the correct services for the appropriate age group.)

(In This Issue: Counseling Services/Foster Youth Q & A / How to Apply for the Chafee Grant East County Community Resources May US Events National Foster Care Month Puzzles/Recipe Other Counseling Services at LMC)

Los Medanos College Foster Youth Information & Resources Newsletter

To Contact the Los Medanos College Counseling Department: (925) 473-7449

May 2015

LMC Counseling Dept.
Counseling Faculty & Foster Youth Counselors:
Connie Woods, MS, MFTI
Jasolyn Harris, MSW

Appointments can be made in person or by contacting the counseling office:

"Yes, it was ‘Take Your Child to Work Day,’ but you weren’t supposed to leave him there!"

Memorial Day
May 26
FY News is dedicated to supporting and helping our foster youth students at Los Medanos College. It provides information and resources of importance to foster youth students and community.

FY News is produced by the Counseling Department.

Newsletter Created by Connie Woods.

To submit an article, provide information or news contact Connie Woods: cwoods@losmedanos.edu.

Counseling Services:

What is your Educational Goal?

Your educational goal is the objective of your education. There are several educational goals that you can achieve at Los Medanos College. You may choose more than one. You may also change your educational goal at any time. You will be more motivated to stay in school and achieve good grades if you have a goal for your future.

Associate Degree

An Associate Degree is the first college degree you can earn. It requires the completion of 60 units of required and elective courses, and a GPA of 2.0 (“C”) or higher. You can earn an Associate Degree in two years if you attend full time (15 units a semester), but it will take longer if you attend part-time. More than 60 units may be required if you need developmental courses or are undecided about your major.

Transfer to 4-Year College

At Los Medanos College you can complete the first two years of coursework (“lower division”) required to earn a Bachelor’s Degree at a four-year college or university. You can then transfer to the 4-year institution as a junior. You can meet transfer requirements with or without earning an Associate Degree. Transfer and Associate Degree requirements, while similar, are not identical. For instance, transfer requires a more advanced math course.

Certificate of Achievement

A Certificate of Achievement, which is not a college degree, may be earned in certain technical, vocational, or business majors at Los Medanos College. Certificate programs focus almost exclusively on preparing you for a specific occupation. Few courses outside the major are required, except for completion of 60 units of required and elective courses.

Fun, Fitness, Transportation

National Bike Month

June Sudoku

How to solve sudoku puzzles

To solve a sudoku, you only need logic and patience. No math is required. Simply make sure that each 3x3 square region has a number 1 through 9 with only one occurrence of each number.

Math Course

Do you need to review the basics? All degree, certificate, and transfer programs at LMC have a math requirement. What math course was recommended after assessment? Get started early!

Computer Course

Computer literacy is a requirement for all LMC degrees and certificates, as well as for many jobs. Enroll in Computer Science 46, “Introduction to Computers,” or Computer Science 60, “Introduction to Microcomputers and Applications,” or Business 65, “Introduction to Word Processing.” In addition, you may wish to consider an Internet course, such as Computer Science 10, “The Internet.”

Library Course

To make full use of the LMC library and improve your ability to do research papers and projects, enroll in Library Studies 14, “Introduction to Library Resources,” or Library Studies 17, “Introduction to Internet Information Resources.”

General Education Course

What subject interests you? Take a GE class in psychology, astronomy, history, ecology, or any of many other subjects. Make sure you have met any prerequisites for the class first.

Personal Interest Course

Take something that appeals to you! LMC offers courses in art, ceramics, child development, computer graphics, automotive repair, music, office skills, photography, and physical education, to name just a few.
Q & A  Chafee Grant Program for Current and Former Foster Youth

What is a California Chafee Grant?
The California Chafee Grant Program gives money to current or former foster youth to use for career and technical training or college courses.

How Do I Qualify?
To qualify, you must:
☐ be eligible, or have been eligible, for foster care between your 16th and 18th birthday,
☐ not have reached your 22nd birthday as of July 1 of the award year

How Do I Apply?
File two forms:
☐ Free Application for Federal Student Aid, or FAFSA.
File online at fafsa.ed.gov or get a paper form from your school. (Undocumented students may contact the Commission for further instructions.)
☐ California Chafee Grant Program Application. Submit a paper copy or an online application to the Commission.
Note: These forms are year-specific. Be sure to complete the applications that correspond with the academic year you will be attending school.

What is Required to Apply?
You must be enrolled in:
☐ an eligible career or technical school or college
☐ a course of study at least half time
☐ a course of study that is at least one year long
☐ and you must maintain satisfactory academic progress

What Criteria are Used?
The following selection criteria are used to make awards.
☐ Students who are renewal students.
☐ Students who are aging out of the system.
☐ Students who have dependents.
☐ Students who have unmet need of $5,000 or more.
☐ Submission date of completed application.

Can I Apply Online?
Yes, log on to the Commission’s Chafee Grant Program Web site at: csac.ca.gov. There, you can complete the online application and submit it electronically.
We encourage you to apply online.

What Happens after I Apply?
☐ The Commission will review your FAFSA and Chafee Grant Applications.
☐ The California Department of Social Services will verify your foster youth status.
☐ Your school financial aid office will determine your financial aid eligibility.
☐ Once all of the above is completed, the Commission will send you a letter telling you of your award status.

How Will I Get the Grant?
Your grant will be sent to the career or technical school or college where you are enrolled. Check with your school’s financial aid office about how the school will distribute the grant.

Can Others Help Me Learn about Chafee Grants?
Yes, for more information, contact your:
☐ high school counselor
☐ college counselor
☐ college financial aid office
☐ county/college ILP Coordinator
☐ One-Stop Career Centers
☐ social worker/probation officer
☐ csac.ca.gov

How Can I Contact the Commission?
If you have questions regarding the California Chafee Grant Program:
Visit the Commission’s Chafee Grant Web site at: csac.ca.gov, click on Commission Programs.
Email your questions to the Commission at: chafee@csac.ca.gov.
(In the email subject line enter: Attn: Chafee)
Call the Commission at:1-888-224-7268 Monday through Friday from 8:00 a.m. to 4:55 p.m.
Write the Commission, or mail your application to:
California Student Aid Commission
Specialized Programs Operations Branch
Attn: California Chafee Grant Program
P.O. Box 419029
Rancho Cordova, CA 95741-9029
(Info by California Student Aid Commission)

Carrot: the versatile veggie that may reduce the risk of chronic disease

**Carrot:** the versatile veggie that may reduce the risk of chronic disease

Popeye the Sailor Man sang, “I’m strong to the finish ’cause I eat my spinach.” Bugs Bunny hasn’t boasted that much about his favorite food, but it turns out that carrots could be a life saver. At least scientists say carrots reduce the risk of chronic diseases.

They are best known as a source of vitamin A (which is good for your vision), but also contain fiber, potassium, vitamin C, and others.

Like all healthy foods, carrots are more than the sum of their vitamins. A 15-year Dutch study, published in the British Journal of Nutrition, linked deep-orange fruits and vegetables, especially carrots, to a lower risk of heart disease. Study subjects ate about half a carrot every day to achieve a 32 percent lower heart risk.

Some studies show the carrot peel is very rich in nutrients. Others show that cutting or chopping carrots after cooking rather than before preserves more nutrients.

Cooking can destroy some of vitamin C in carrots, but it helps make other vitamins more readily absorbed by the body. Steaming or microwaving rather than boiling loses fewer nutrients to water, and roasting brings out their natural sweetness.
United States
1-31, Arthritis Month. Official since 1972, it focuses on the nation's leading cause of disability.
1-31, Asthma Awareness Month. By the American Lung Association, it provides information and medical advice.
1-31, Motorcycle Safety Month. Continue to increase your riding skills through safety courses.
1-31 React Month. Recognizes the two-way radio efforts of volunteer teams worldwide; Web: www.REACTintl.org.
2, Kentucky Derby. Since 1875, the premier Thoroughbred horse race. First jewel in the Triple Crown.
5, National Teacher Day. Honoring those who teach and inspire the next generation. Held by the National Education Assn.
6-12, National Nurses Week. Recognizing their efforts to strengthen the health of the nation. National Nurses Day is May 12. Web: www.noa.org.
8, Military Spouse Appreciation Day. Since 1957, by the President's Proclamation since 1957.
9, Goodwill Industries Week. Celebrating their efforts to strengthen the health of the nation. National Nurses Day is May 12. Web: www.noa.org.
10, Mother’s Day. Officially since 1914, always the second Sunday in May. This is a recognized day to honor your mother.
11-15, National Etiquette Week. Focuses on manners in all areas of life including business, social, dining, travel and technology.
15, International Virtual Assistants Day. Honoring them for their dedication, expertise and commitment.
15, Peace Officer Memorial Day. Observed by most police departments since 1963. By order of the U.S. President.
16-22, National Safe Boating Week. Since 1955, to reduce boating fatalities and make waterways safer for everyone.
17-June 14, Portland Rose Festival (weekends and Memorial Day). June 50 events and a visit by the US Naval Fleet; 2 million visitors attend.
20-26, Fleet Week New York 2015. The event is a celebration of the sea services. Citizens of the tri-state area can meet sailors, marines and guardsmen as well as see their ships.
22-24, Florida Folk Festival at Center State Park, White Springs, FL. Celebrates Florida heritage with song, dance and stories.
23-25, Taste of Cincinnati, 36th Annual. Features food from the finest restaurants to five-dollar chili; 500,000 attend.
24, Indianapolis 500-Mile Race at Indianapolis Motor Speedway. The world’s largest single-day sporting event.
25, Memorial Day. A day to honor those who have died in battle. Held Since the Civil War, it’s a national holiday.
26, Fleet Week New York 2015. The event is a celebration of the sea services. Citizens of the tri-state area can meet sailors, marines and guardsmen as well as see their ships.
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31 React Month. Recognizes the two-way radio efforts of volunteer teams worldwide; Web: www.REACTintl.org.

US Events May 2015

Technology: Apple Watch

Everyone is still talking Apple watch and what it can do and will do, but what we humans are probably seeing is one step in a rapid technological revolution.

The Apple watch might be the last word in fashion today. But it’s probably not going to be the last word in technology tomorrow, according to tech observers.

What the Apple watch will probably do is revive the sluggish smart watch market. According to Apple Insider, 6.8 million smart watches were sold in 2014 with an average selling price of $189. The Apple watch doubles the average price, but also, arguably, adds functionality. Smart watch makers Sony and LG, among others, might benefit from the Apple entry.

Like other smart watches, the Apple watch is a mini-computer, with 4 gb storage, connecting wirelessly to your smart phone. The Apple watch can carry your credit cards, track flights, open hotel doors and play tents, turn your home lights on and off. And it will do more in time, so to speak.

Technology users say that eventually all personal computers are going to be worn like smart watches or Google glass. Technology won’t be in your pocket or purse, they say. It will be something you put in the morning, or even keep on all the time.

For now, all smart watches are dependent on smart phones. If you love the idea of the Apple watch, you’ll be charging both your phone and your watch, connecting devices, troubleshooting things. And on and on.

You will be considering whether you actually want the gadget next to you to read the text from your husband or wife, points out Ben Popper, blogging for The Verge.com. After all, your life, not just the time, will now be on your wrist.

To think that 18th century, people thought it was strange to wear time at all. Now you’ll be walking everywhere with stats. Probably because of these drawbacks there are other ideas in the wearable technology sphere. You can keep your mechanical watch, and just buy a smart band from a maker like Karios. The band connects to your phone and displays info, making it presumably more private.

Or, you can just get a simple band without a display that will notify you of messages or track your health as does the Jawbone UP24.

NATIONAL FOSTER CARE MENTH "Making a difference"