

COMMUNITY ACTION AT WORK

Saratoga County Economic Opportunity Council, Inc.



Spring 2010

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From the Executive Director Julie Hoxsie

The Saratoga County Economic Opportunity Council, Inc. (EOC) is a not-for-profit organization whose mission is to assist individuals and families with low incomes to access the services they need to meet their basic needs and to obtain the skills, knowledge, and resources necessary to work towards self sufficiency.



Saratoga County Economic Opportunity Council (SCEOC) was recently awarded the contract to continue to provide WIC (Women, Infants and Children Supplemental Food Program) services to eligible women, infants and children of Saratoga County and the surrounding areas for the next 5 years. The new contract will fund WIC services to 2800 participants monthly, a significant increase from the current caseload of 2000.

Participation in the WIC Program provides many benefits, including saving money on groceries every month! WIC provides checks for basic, healthy foods such as milk, cheese, eggs, juice, peanut butter, cereal, whole grain breads, tortillas or brown rice, fresh, frozen or canned vegetables and fruits. In 2009 the WIC food package was changed, adding many new healthy foods. The average value of a prenatal WIC food package is approximately \$77 per month, and the average value of a children's WIC food package is approximately \$68 per month. Breastfeeding women on WIC would receive a food package of approximately \$100 per month value. A family with a pregnant mom and two children under five would receive a food package worth approximately \$213 per month! The money saved by participating in WIC can be used for so many other things such as groceries, housing and heating expenses, transportation expenses or clothes for your children.

Many people are not aware of all the benefits of participating in the WIC Program, and along with that, there are many people who may not realize that they are eligible to participate in the WIC program. The income guidelines are based on gross income and are included on the inside of this newsletter.

WIC is for all kinds of families, you may know someone who is eligible! WIC offers convenient and flexible hours, including early morning, lunch and evening hours. WIC is also open one Saturday morning per month. WIC also travels throughout Saratoga County. If you think that someone may be eligible for WIC, please pass along the word.

National Community Action Month

May is National Community Action month. But what is Community Action and what is Community Action month? "Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other." Community Action Agencies are nonprofit organizations which were established under the Economic Opportunity Act of 1964 to fight America's War on Poverty. There are over 1,100 Community Action Agencies in the United States which all strive to alleviate poverty and empower low-income families.

Community Action Month celebrates and showcases community action. Originally created in May 1997 as 'National Community Action Week', in 1998 the week became 'National Community Action Month'. The designated month offers the network of Community Action Agencies the chance to spotlight the ways Community Action helps people to change their lives, to demonstrate our strength as a network, and to increase our visibility.

Saratoga County Economic Opportunity Council is planning a ceremony this May, to once again, recognize five outstanding individuals or organizations that have gone 'above and beyond' in working to help improve and change the lives of the less fortunate in our community.

21st annual

May Day

Spring Fling

May 12, 2010

A special recognition to our sponsors and underwriters

Longfellows Hotel Restaurant & Conference Center, The Olde Bryan Inn

Platinum Plate Level

Saratoga Gaming & Raceway, Turbine Services, Ltd.

Gold Plate Level

Adirondack Trust Company, The Anderson Group, LLC, DeCrescente Distributing, Harrison & Burrowes Bridge Constructors, National Grid, Quad/Graphics, SEFCU

Silver Plate Level

D.A. Collins & Co., Inc., Munter Enterprises, NYRA, NYTHA, Saratoga National Bank & Trust Co., Skidmore College

Bronze Plate Level

Empire State College SUNY, Four Winds Hospital Saratoga, Nixon Peabody LLP, The Pepsi Bottling Group

Invitation design courtesy of Ambrosino Design, Inc.

Saratoga County EOC–WIC Program Seeks New Participants

A supplemental food and nutrition education program for income eligible women, infants, and children. The Saratoga County EOC Women, Infants, and Children's (WIC) program is committed to promoting healthy food, healthy families and healthy lifestyles for area residents.

The goal of the Saratoga County EOC WIC program is to help keep pregnant and breastfeeding women and kids under age 5 healthy by providing checks for healthy food as well as nutrition education and breastfeeding support. The Women, Infant and Children's program (WIC) is a federally funded program and has been proven to help prevent low birth weight and childhood obesity with no cost to the participating family.

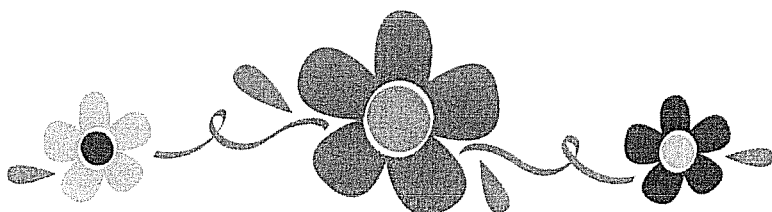
Besides saving you money, WIC also provides personalized nutrition education, tips for eating well to improve health, breastfeeding support and promotion, access to certified lactation consultants, referrals to other agencies, programs and services that can benefit the whole family.

The following income guidelines are based on gross income and are effective for 2010:

Family Size	Annual	Monthly	Weekly
1	\$20,036	\$1,670	\$386
2	\$26,955	\$2,247	\$519
3	\$33,874	\$2,823	\$652
4	\$40,793	\$3,400	\$785
5	\$47,712	\$3,976	\$918
6	\$54,631	\$4,553	\$1,051
7	\$61,550	\$5,130	\$1,184
8	\$68,469	\$5,706	\$1,317
Additional Family Member Add:	+\$6,919	+\$577	+\$134

WIC travels throughout Saratoga County to bring our services to you, see the table on page 3 for clinic locations and times.

If you think that someone may be eligible for WIC, please pass along the word. Applying for WIC is quick and easy, contact the Saratoga County EOC - WIC program office at 518-587-8848 or by email at c.valenty@saratogaecoc.org for more information.



Saratoga County EOC – WIC Clinic Locations



Saratoga Springs WIC Clinics

Monday 8:00 AM – 4:00 PM, Tuesday & Wednesday 9:00 AM – 4:30 PM, Thursday 7:30 AM – 7:00 PM, Friday 9:00 AM – 12:30 PM, Saturday (1 Saturday/month) 9:00 AM – 12:00 PM (call for dates)

Saratoga County Economic Opportunity Council, Inc., 40 New Street, Saratoga Springs, NY 12866

Clifton Park WIC Clinic - 4th Wednesday of the month: 9:30 AM – 3:30 PM

King of Kings Lutheran Church, 1593 Crescent Road, Clifton Park, NY 12065

Mechanicville WIC Clinic - 4th Tuesday of the month: 9:30 AM – 3:30 PM

Mechanicville Area Community Services Center, 6 South Main Street, Mechanicville, NY 12118

Corinth WIC Clinic - 3rd Wednesday of the month: 9:30 AM – 3:30 PM

Corinth Town Hall, 600 Palmer Avenue, Corinth, NY 12822

Ballston Spa WIC Clinic - 1st Tuesday of the month: 9:30 AM – 4:00 PM

Cornell Cooperative Extension Building , 50 West High Street, Ballston Spa, NY 12020

South Glens Falls WIC Clinic - 2nd Wednesday of the month: 9:30 AM – 3:30 PM

Moreau Community Center, 144 Main Street, South Glens Falls, NY 12803

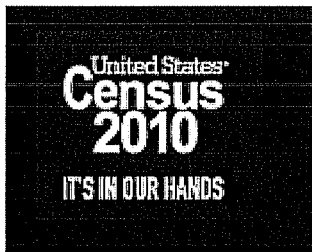
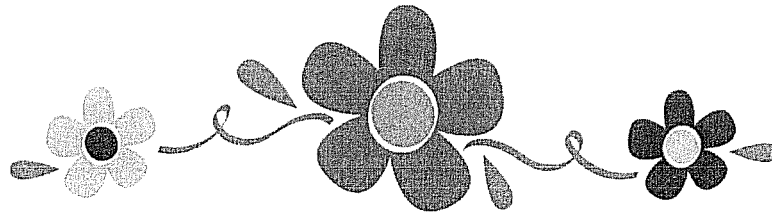
Schuylerville WIC Clinic - 2nd Tuesday of the even months: 9:30 AM – 3:30 PM

Saratoga Town Hall, 12 Spring Street, Schuylerville, NY 12871



A typical WIC Food Package is valued between \$48 and \$152 each month!


Please call the main office for appointments, appointment changes, and information on the program at (518)587-8848



Saratoga County EOC Partners with US Census

Saratoga County EOC hosted US Census workers at it 40 New St. facility in Saratoga Springs for 2 weeks to help ensure that all residents had a chance to be counted. The accurate count of all US residents is required in the US Constitution and serves as the main tool used to proportion government representation for its citizens. Census information directly affects the number of seats each state occupies in the U.S. House of Representatives.

EOC and many other area non-profits use census data to apply for grants and advocate for causes. Emergency response personnel use the data to rescue disaster victims and medical researchers use it to help prevent diseases. Businesses use the census data to research markets and locate pools of skilled workers. Each year the government uses this count to allocate more than 400 billion dollars in government funding.



SARATOGA COUNTY ECONOMIC OPPORTUNITY COUNCIL, INC.

Contact Information

EOC Administrative Office

The Dennis M. Brunelle Center
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Saratoga Springs, NY 12866
Phone: 518-587-3158
Fax: 518-580-9293

EOC Head Start Program

Administrative Office
64 Hamilton St., PO Box 3476
Saratoga Springs, NY 12866
Phone: 518-226-0450
Fax: 518-226-0132



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A special thank you to Skidmore College, Department of Sociology, Anthropology, and Social Work for helping us print this newsletter!

Workforce Readiness Classes

An American Recovery and Reinvestment Act funded project.

The six-week classes meet three hours each week and are attended by former administrators, managers, laborers, skilled workers, veterans, teachers, and GED students; they have been touched by downsizing, chronic unemployment, underemployment, over experience, outsourcing, and lack of substantial work histories. Despite their differences, they share the need to learn or update their job seeking skills and to overcome a level of alienation and self-doubt that so often strikes those in search of employment.

These classes are rarely quiet and never predictable. Participants usually don't raise hands if there is a point to make. There are differences of opinion. There is comic relief. There is impatience, frustration, and camaraderie. In light of current economic trends, the Workforce Readiness classes have been welcomed with open arms. Participants, who are referred by the EOC, the Department of Labor/One Stop, community organizations, and word of mouth, represent diverse backgrounds, but share a commonality of goals.

"Not only have I learned a lot, but these classes have helped me feel like I'm worth something again. I really appreciated the chance to share my problems and socialize with people who understand," one student said.

A steady stream of labor market information flows throughout the classes, along with opinions, and advice, as we critique each others' resumes and laugh through the first mock interviews.

"It was a little scary at first, but the interviewing got easier. Until people told me, I didn't realize I said 'Um' and 'Ya know' all the time!"

Since the beginning of classes in October; nine classes have been completed or are in progress, with more to follow. Over 45 people have found employment, while others are pursuing Office Procedures, LPN, and CNA training.



WE'RE ON THE WEB!

WWW.SARATOGAEOC.ORG