



## Whole Person Care

Before the pandemic, one-quarter of all Americans had to choose between getting treatment for a physical health or mental health condition. Care access is even harder now. If we want to improve our general health, it's important to pay attention to what is happening both physically and mentally. So, how can we change to a healthcare approach that pays attention to the whole person?

Learn More--→ [Uprise July Newsletter Claremont.pdf \(claremonteap.com\)](#)



# Stay CONNECTED WEEKLY UPDATE

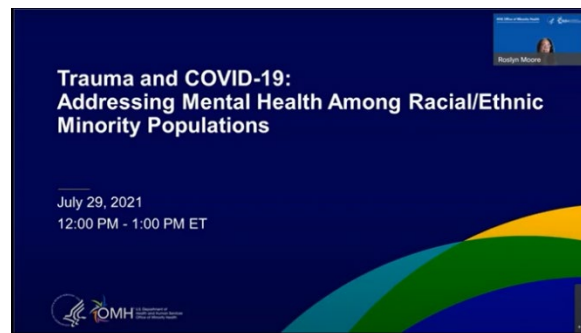


## Trauma and COVID-19: Addressing Mental Health Among Racial/Ethnic Minority Populations

On July 29, 2021, as part of National Minority Mental Health Month, the Office of Minority Health (OMH) hosted a webinar on the mental health impact of COVID-19 on racial and ethnic minority populations to help expand the conversation around the mental health impact of COVID-19 among minority populations.

Moderated by Roslyn Holliday Moore, M.S., Deputy Director for Programs for the Office of Minority Health, and featuring Mary Roary, Ph.D. and Howard Stevenson, Ph.D., the webinar focused on the following learning objectives:

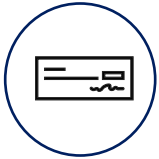
- Discuss the signs, symptoms, and impact of trauma
- Share strategies to maintain mental wellness
- Share mental health programs and resources targeting racial and ethnic minority populations
- Highlight current federal efforts addressing racism and health inequities.



To learn More, follow the link→ [National Minority Mental Health Awareness Month — Trauma and COVID-19: Addressing Mental Health Among Racial/Ethnic Minority Populations \(hhs.gov\)](https://www.hhs.gov/national-minority-mental-health-awareness-month-2021/trauma-and-covid-19-addressing-mental-health-among-racial-ethnic-minority-populations)



# Stay CONNECTED WEEKLY UPDATE



## Fiscal Department

### IMPORTANT REIMBURSEMENT NOTICE



**Our fiscal year for 21/22 ended on June 30<sup>th</sup>.**

Please have all Invoices and Employee Reimbursements that belong in fiscal year 21/22 to Maria Dent no later than the end of the day **Tuesday July 19<sup>th</sup>**. Please have all In-kind for fiscal year 21/22 to Jessica Ochoa no later than end of day **Tuesday July 19<sup>th</sup>**. It is important that we get everything in the proper fiscal year. Thank you for your help with getting everything in the correct fiscal year!!! Please note that our fiscal year 21/22 is from 07/01/21-06/30/22.



# Stay CONNECTED WEEKLY UPDATE



Hello CSI Team,

We have some new staff joining us in the upcoming week, please welcome them when you see them at the office and/or sites.

#### New Staff Orientation 7/12/2022

Sara Gonzalez- Regional Substitute - Reg 3

Diana Aguirre Soto- Data Entry Clerk

Amber Duarte-Data Entry Clerk

Congratulations to Angelina Verceles on her promotion to Lead Teacher at Menlo 3 effective August 2nd



Website: [www.childstartinc.org](http://www.childstartinc.org)



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707-333-1874



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# Stay CONNECTED WEEKLY UPDATE



## Financial Education Workshop Series



## Beat the summer heat and learn

Join Fidelity for a complimentary workshop:

- Learn about a variety of topics, whether you're just starting to save, balancing financial goals, or nearing retirement
- Attend one event or several—events are offered daily and easy to attend from any computer
- Virtual education presenters are available to chat and answer your questions live

**REGISTER NOW >**

### Can't make it to an event?

- > Visit [Fidelity's Event Registration System](#) to learn about and register for other workshops.

*Investing involves risk, including risk of loss.*

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# JULY 2022

WEB WORKSHOPS

TIMES SHOWN ARE EASTERN, CENTRAL & PACIFIC

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
4 <sup>th</sup> of July	<b>10 AM EST/ 9 AM CST/ 7 AM PST</b> Invest Confidently for Your Future  <b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Managing my money: Budget, emergency savings, and debt basics	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Retirement Income Planning for Her  <b>4 PM EST/ 3 PM CST/ 1 PM PST</b> Take the First Step to Investing	<b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Prepare for the Reality of Health Care in Retirement	<b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Maximize Social Security in Your Retirement Strategy
11	12	13	14	15
<b>10 AM EST/ 9 AM CST/ 7 AM PST</b> Learn the Basics of When and How to Claim Social Security	<b>10 AM EST/ 9 AM CST/ 7 AM PST</b> Get a Handle on Your Current Student Loan Debt	<b>4 PM EST/ 3 PM CST/ 1 PM PST</b> Navigating Market Volatility	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Your College Saving Options  <b>4 PM EST/ 3 PM CST/ 1 PM PST</b> Get Started and Save for the Future You	<b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Five Money Musts
18	19	20	21	22
<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Turn Your Savings into Retirement Income	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Make the Most of Your Retirement Savings	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Learn the Basics of When and How to Claim Social Security  <b>4 PM EST/ 3 PM CST/ 1 PM PST</b> Prepare for the Reality of Health Care in Retirement	<b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Organize, plan, & own your future. Making Financial Health a Priority for Women.  <b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Managing my money: Budget, emergency savings, and debt basics	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Invest Confidently for Your Future
25	26	27	28	29
<b>4 PM EST/ 3 PM CST/ 1 PM PST</b> Manage Unexpected Events and Expenses	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Maximize Social Security in Your Retirement Strategy	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Preserving Your Savings for Future Generations	<b>2 PM EST/ 1 PM CST/ 11 AM PST</b> Identify and Prioritize Your Savings Goals	<b>12 PM EST/ 11 AM CST/ 9 AM PST</b> Make the Most of Your Retirement Savings

# Stay CONNECTED WEEKLY UPDATE



ERSEA Department

## Outreach Opportunity

If you would like to volunteer, please contact Alma Jimenez at [ajimenez@childstartinc.org](mailto:ajimenez@childstartinc.org) or call 707-252-8931 x 2013.



**BACK TO SCHOOL** RESOURCE FAIR

**FREE SCHOOL SUPPLIES**

PreK-12th Grade students only  
Student must be present

**Join Us for...**

- Backpacks
- School Supplies
- School/Community Resources
- Food & Drinks
- Music & More

**Saturday, August 13, 2022  
10AM-1PM**

**St. Mark's Church  
1600 Union Ave,  
Fairfield, CA 94533**

In partnership with  
**FAIRFIELD POLICE**  
Fairfield PD's H.O.P.E.

**FAIRFIELD SUISUN  
UNIFIED SCHOOL DISTRICT**

FSUSD.ORG



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# Stay CONNECTED WEEKLY UPDATE



**ERSEA Department**

**SPREAD THE WORD!**

**SPREAD  
THE  
WORD!**

To apply visit  
[www.childstartinc.org/programs](http://www.childstartinc.org/programs)

**WE ARE ACCEPTING APPLICATIONS!  
HEAD START AND EARLY HEAD START**

**Child Start**  
incorporated  
CHILD AND FAMILY SERVICES



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**Child Start**  
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CHILD AND FAMILY SERVICES

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## This Week's Question, Test Your Knowledge.



▶ What's the purpose for Minority Mental Health Awareness in 2022?



▶ Submit your answers by sending an email to: [lpineda@childstartinc.org](mailto:lpineda@childstartinc.org) by July 14, 2022.

### Last week's trivia answer:

#### What's the theme for Minority Mental Health Awareness in 2022?

If you answer is: **Beyond the Numbers** 2022 Theme

BIPOC communities are significantly more likely to develop mental health conditions, and one of the major barriers to mental health treatment is access and the need for understanding mental health support.

#BeyondTheNumbers explores the nuances and uniqueness in BIPOC communities.

**YOU ARE CORRECT!**

*"What we know is a drop, what we don't know is an ocean."*

*- Isaac Newton-*



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