



# ONE STEP A LA VEZ

MAKING CHANGES ONE STEP AT A TIME

[www.myonestep.org](http://www.myonestep.org)

## February 2024 Newsletter



### A note from the Staff:

**“AS THE MONTH COMES TO AN END, IT RESONATES WITH ENTHUSIASM AND ENERGY OF YOUNGER GENERATIONS”**

### Looking ahead:

- 3/4 House Farmworkers Fair Housing Presentation
- 3/6 Youth Advisory Council Meeting
- 3/7 E.A.R.'s Club Week 3 in Fillmore
- 3/13 Food Share Distribution
- 3/14 Ignite Hosting E.A.R.'s Club Week 4
- 3/18 St. Patrick's Day Wellness Social
- 3/20 Youth Advisory Council Meeting
- 3/21 E.A.R.'s Club Week 5 in Fillmore
- 3/23 Parent Engagement Brunch
- 3/26 Disneyland Field Trip
- 3/27 Food Share Distribution
- 3/29 Center Closed
- 3/29 FYCC Volunteering at the Santa Clara River Conservancy

\*\*\*Subject to Change

### February Recap

#### Teen Center

Spotlight of the Month

Valentine's Day Wellness Social

#### Conocimiento

E.A.R.'s Club Week 1 & 2

Bike/Sespe Creek Cleanup

#### Adelante

Fillmore Youth Conservation Corps

#### And More

Ways to Support, Thanks, and Community Partnerships & Resources

### Stay in touch :

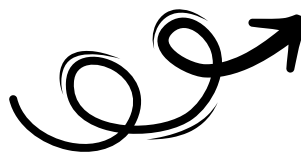
Please allow for 24 hours for a response.



[info@myonestep.org](mailto:info@myonestep.org)



(805) 625-7067



# SPOTLIGHT OF THE MONTH

**Susan**



Susan has been doing great in school and improving her grades .

**Brayan**



Brayan has adapted to the center very easily and has made new friends.

**Rocio**



Rocio has been very committed even though she commutes from Santa Paula.

**Teens**

**Rising**





# TEEN CENTER

The One Step Teen Center is our home base for all of our after school programming. Youth membership is always FREE for the youth and their family. The center is open 1 pm - 7 pm, Monday through Friday during the school year and throughout the summer to provide a safe place for teens ages 13-19.



**AMANDA GARZA**





# PROGRAM ACTIVITIES



**HECTOR  
MAGANA ESPINOZA**



**Conocimiento** is a prevention-based program that makes use of a community collaboration process to reduce adverse outcomes in adolescents living with ACEs (Adverse Childhood Experiences). Youth receive wellness and cultural education and develop leadership skills while breaking down small-town rivalries.

## Sespe Creek Cleanup



During one of our **Conocimiento** meetings with Ignite we went to the Sespe creek/Bike path and picked up a lot of trash around the area. Our youth are always involved in helping the community.



## E.A.R.'s Club

Conocimiento had a successful launch for the annual E.A.R.'s Club. This club will be a 5-week program where they will gain new skills. At the end we will celebrate by going to Disneyland.

## FRIENDLY REMINDER



In order to qualify for the Disneyland trip you must participate in all 5 weeks of E.A.R.'s Club and have a positive and friendly attitude.





**Adelante** is a program of One Step A La Vez that centers and amplifies the voices of youth of color, youth in the juvenile justice system, and LGBTQ+ youth, in order to create long term impact on the systems and policies directly impacting their lives. Youth determine the issue and develop the campaigns they would like to work on. Through this process, teens learn to apply the tools of advocacy and community organizing.



**MARISOL GONZALEZ**

## **FYCC and Santa Clara River Conservancy**



The Fillmore Youth Conservation Corps volunteered at the Santa Clara River Conservancy. They learned about various native tree species and plants. They also helped staff prep over 200 Arroyo & Sandbar Willow tree cuttings to be planted all throughout the restoration site near the fish hatchery.

## **FYCC at King & King Ranch**

The Fillmore Youth Conservation Corps volunteered with the Ventura County Resource Conservation District and worked on the native plant hedgerows at King & King Ranch. FYCC learned about sustainable farming and the importance of working with our environment and not against it.







# WAYS TO SUPPORT



## Annual Giving Campaign Kicks-Off

**WE ASKED ONE STEP TEENS AIDETH AND ALONSO TWO QUESTION**

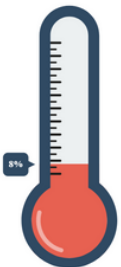
**WE ♥ ONE STEP**

**WE ♥ ONE STEP**

# THANK YOU FOR YOUR INVESTMENT

## 2024 Individual Donors

GOAL: \$30,000



Pedro A Chavez\*  
Susan Johnson\*  
Cynthia Salas\*  
Marianne Slaughter

\*Represents major donor with gifts above \$1,000.

## Institutional Funders



VENTURA COUNTY  
**BEHAVIORAL HEALTH**  
A Department of Ventura County Health Care Agency





**SAVE THE DATE**

**One Step A La Vez**

Making Changes One Step at a Time

421 Sespe Av., Fillmore, CA



# SIP AND PAINT FUNDRAISER



**Saturday, April 27th, 2024  
3:00 P.M. - 5:00 P.M.**

**421 Sespe Avenue in Fillmore**

Join us for an interactive and creative painting experience to benefit One Step Teen Center. Enjoy Signature Wine Tasting, Charcuterie & Hors D'oeuvres, Silent Auction, Drawing for Amazing Gift Baskets, Music and more.



## SPONSORSHIP PACKAGES

*Rookie Artist*

**\$150**

**Access to Sip & Paint with 2 Wine Tickets  
Listing on Flyer, Collateral and Website  
Social Media Post**

*Emerging Artist*

**\$250**

**Access for Two to Sip & Paint with 4 Wine Tickets  
Recognition with Logo on our Flyer, Collateral and Website  
Social Media Post  
One Minute Hot Spot**

*Harmonizing  
Maestro*

**\$500**

**Access for Four to Sip & Paint with Complimentary Wine Bottles  
VIP Table Seating with Dining Experience Included for All  
Recognition with Logo on our Flyer, Collateral and Website  
Social Media Post & Business Advertisement  
Three Minute Hot Spot  
4 One Step Engraved Wine Glass**

**CALL FOR SPONSORSHIPS**

805.813.3670

[www.myonestep.org](http://www.myonestep.org)





# COMMUNITY PARTNERSHIPS



# FOOD ACCESS

Did you know that One Step A La Vez offers a free community food pantry on the second and fourth Wednesday of each month? This community partnership is made possible through **Food Share Ventura County**.

Last month we provided over 100 families fresh fruits and vegetables along with bread, canned goods, rice, non-perishable items, including cheese and milk.

To learn more visit: <https://myonestep.org/> or contact Liz Cornejo at [805.625.7067](tel:805.625.7067).



Thank you to Betsy and Dorothy of **Adelante Comunidad Conejo** for visiting One Step A La Vez and sharing your experience, wisdom and best practices on managing a food pantry distribution site.

**STAY UP TO DATE ON VACCINES**

Stay home if you're sick

**6 TIPS TO STAY PROTECTED THIS VIRUS SEASON**

Test & treat

Consider wearing a high-quality mask

Wash your hands

Cover your cough or sneeze

FOR MORE INFORMATION, VISIT [MYTURN.CA.GOV](http://MYTURN.CA.GOV) OR ASK A HEALTH CARE PROVIDER

**MANTENTE AL DÍA CON LAS VACUNAS**

Quédate en casa si estás enfermo

**6 CONSEJOS PARA MANTENERSE PROTEGIDO EN ESTA TEMPORADA DE VIRUS**

Hazte la prueba y busca tratamiento

Considera usar una mascarilla de alta calidad

Lávate las manos

Cubre tu tos o estornudos

PARA OBTENER MÁS INFORMACIÓN, VISITA [MYTURN.CA.GOV](http://MYTURN.CA.GOV) O CONSULTA CON UN PROVEEDOR DE ATENCIÓN MÉDICA





# IN THE COMMUNITY



Our One Step A La Vez staff participated in the **Mental Health Services Act** Annual Community Planning Process. We got the opportunity to meet Ventura County Behavioral Health Adult Division Chief Dr. John Schipper and Youth & Family Division Chief Cheryl Fox. Thank you and to the County of Ventura for your support of our prevention and early intervention programs like Conocimiento that impact the teens we serve in the Santa Clara River Valley.



# COMMUNITY RESOURCES



## ONE STEP PARENT ENGAGEMENT BRUNCH

We invite you to a free brunch to discuss community resources available to support your health and wellness.

**SATURDAY MARCH 23, 2024 AT 12:00 P.M.**

**IHOP  
718 W VENTURA ST  
FILLMORE**

## DESAYUNO PARA PADRES DE MIEMBROS DE ONE STEP

Los invitamos a un desayuno gratuito acerca de los servicios comunitarios para su bienestar.

**SÁBADO 23 DE MARZO  
AL MEDIO DIA**

**IHOP  
718 W VENTURA ST  
FILLMORE**



**Call Diana Madrigal  
@ (805) 625-0751  
to reserve your seat.**



**Llame a Diana Madrigal al  
(805) 625.0751  
para hacer su reservacion.**





# CIRCLE OF CARE

**Circle of Care** is a monthly community collaborative comprised of different service providers, community stakeholders, and local and county agencies. Everyone is invited to share their organization's services, new programs and any upcoming events. This is also a space to raise awareness of local unmet community needs and to work collaboratively to find community-based solutions.

**Circle of Care** is held the first Wednesday of each month from 1pm -2pm and is currently held virtually.

To sign-up and participate please email: [Marisol@MyOneStep.org](mailto:Marisol@MyOneStep.org).



## Walk for Kids



**A FUN EVENT FOR THE WHOLE FAMILY!**

Join our **Ventura County Health Care Agency/Health Care Foundation for Ventura County Team** to raise funds that will benefit our very own Family Room at Ventura County Medical Center!

The Family Room gives families of pediatric patient's receiving care a place to relax, grab a snack, get some work done, or even get a few hours of sleep...all just steps away from their child's hospital bedside.

There are several ways to support this wonderful event:

- ▶ **JOIN THE WALK (IN PERSON)**  
Scan The QR Code to Register & Join Our VCHCA/HCFVC Team
- ▶ **DONATE ONLINE**  
[CLICK HERE](#)
- ▶ **CREATE YOUR OWN TEAM**  
[CLICK HERE](#)
- ▶ **DONATE BY CHECK**

*Sunday, April 21*  
**San Buenaventura State Beach**



*If you would prefer to make a donation with a check, please download and fill out the offline donation form. [Click here for donation form.](#)*

*\*It can then either be mailed to the address on the bottom of the form or turned in the day of the Walk for Kids.*

For more info, contact: [martha.johnson@ventura.org](mailto:martha.johnson@ventura.org)



IF YOU EARNED UNDER \$64,000 IN 2023, YOU MAY BE ELIGIBLE FOR

## FREE TAX PREPARATION & FILING

AND YOU MAY QUALIFY FOR STATE AND FEDERAL EARNED INCOME TAX CREDIT.

Self-employed workers, families and those with ITINs earning up to \$30,000 are eligible for the CalEITC.

### IN PERSON

In-person tax preparation assistance available by appointment in Fillmore  
**Saturday, March 16, 2024**

The VITA bus will be in the parking lot of the County of Ventura building  
828 Ventura Street, Fillmore.

Schedule your appointment at [myfreetaxes.org](http://myfreetaxes.org) or by calling 2-1-1.



SWAP MEET JUSTICE! JUSTICIA TIANGUERA!

### SHUTTLE BUS

Swap Meet Justice is trying out a new free shuttle to our Social Justice Fair on Jan. 28. Capacity is very limited in this first test run. See information below.

2/25, \*3/24

\*3/24 to be confirmed later if this month is a success.



### GET A RIDE

Unless you are part of two special groups marked below in the schedule, **YOU MUST RSVP** for a ride. No riders without RSVPs will be taken. If you are part of a group who wants to travel together, RSVP for them at the same time.

Shuttle busses are ADA accessible and the drivers are bilingual.

### PICKUP LOCATIONS:

- 8:00am** Filmore: City Hall (bus stop on Santa Clara) [250 Central Ave. Fillmore, CA 93015 \(map\)](#)
- 8:15am** Santa Paula: Veterans Memorial park bus stop [Ventura St & 10th St. Santa Paula \(map\)](#)
- 9:00am** Ventura: Westside Community Development Corp. parking lot [110 N. Olive Street. Ventura \(map\)](#)
- 10:30am** Oxnard: Nyeland Acres Community Center [3334 Santa Clara Ave. > \(map\)](#)
- 10:45am** Oxnard: Our Lady of Guadalupe Parish [500 N. Juanita Ave \(map\)](#)
- 9:30am** Oxnard: Oxnard College Community Marketplace
- 11:15am** [4000 S Rose Ave \(map\)](#)

### DESTINATION:

- First return - 12:45pm**
- Last return - 3:00pm**

### HOW TO MAKE A RESERVATION

Call the Fillmore Area Transit Corporation Monday to Friday between 9:00 am and 3:00 pm.

- First and last name
- Callback number
- Which stop you want to RSVP
- How many passengers with you
- Do you have a mobility device (i.e. walker or wheelchair)



**hablamos español**  
**M-F, 9:00am to 3:00pm**

To RSVP call Fillmore Area Transit: **(805) 524-7920**

The last day to make your reservation is Friday, February 15 at 12:00pm.

### DOCUMENTS NEEDED TO PREPARE YOUR RETURN:

- ❑ Social Security card or ITIN for each family member
- ❑ W-2 forms for all jobs worked in 2023
- ❑ All 1099 forms for other income
- ❑ Picture ID for each adult filing taxes
- ❑ 2022 tax return
- ❑ Cancelled check for direct deposit of tax refund
- ❑ Childcare provider information: name, address, and Tax ID number (if available)
- ❑ Form 1095-A (Covered CA) if applicable

Learn more at: [vchsa.org/tax-preparation](http://vchsa.org/tax-preparation).







"Health coverage for everybody"  
"Seguro médico para todos"

Department of  
Health Care Services



"Caring for Individuals,  
Families and Communities"

"Cuidado a Individuos"  
Familias y las Comunidades"



MCAP  
Medi-Cal Access Program  
(Formerly known as the  
Access for Infants and Mothers - AIM)



VENTURA COUNTY  
HEALTH CARE AGENCY  
(Discount Program)  
(Programa de descuento)



SELF-PAY DISCOUNT PROGRAM



For health insurance assistance call:  
Para asistencia de cobertura medica llame al:



VENTURA COUNTY  
PUBLIC HEALTH

(805) 981-5212

2240 East Gonzales Road, #250  
Oxnard, CA 93036

## PREGNANCY & CHILDBIRTH EDUCATION CLASSES

Join us for all 3 classes in this free, virtual series!  
Support People & Partners Are Encouraged To Attend!

Wednesday's From 6-8 PM

- January: 10, 17, 24 (English)
- February: 7, 21, 28 (Spanish)
- March: 13, 20, 27 (English)
- April: 10, 17, 24 (Spanish)
- May: 8, 15, 22 (English)
- June: 5, 12, 19 (Spanish)
- July: 3, 10, 17 (English)
- August: 7, 14, 21 (Spanish)
- September: 4, 11, 18 (English)
- October: 2, 9, 16 (Spanish)
- November: 6, 13, 20 (English)
- December: No Classes

To Join Zoom Meeting, Use The Information  
Below or scan the QR Code ---->

Meeting ID: 853 3000 1688

Passcode: 990822

Link: <https://us02web.zoom.us/j/85330001688?pwd=VGdVVThvclYwNVpVZUFya290R3JDZz09>

**Session 1:** Pregnancy and What To Expect, Nutrition and Exercise, Common Discomfort, Mental Health in Pregnancy, Positions for Labor, Signs and Stages of Labor

**Session 2:** Techniques For Coping With Labor, Pain Management Options, Complications in Labor, C-Sections

**Session 3:** Postpartum Care, Breastfeeding, Newborn Care, Family Adjustments



This series is brought to you by the Childbirth Education Committee at VCMC and SPH.

For more information, please contact:

Maria Castellon BSN, RNC  
805-652-6090  
maria.castellon@ventura.org

Jodi Watson, MS, CNM, WHNP  
jodi.watson@ventura.org  
www.venturacountywomenshealth.com



VENTURA COUNTY  
MEDICAL CENTER  
A Division of Ventura County Health Care Agency



Build your career  
by becoming  
a home care  
provider!



This career builder training program is for  
Californians interested in a career working in  
Home and Community-Based Services (HCBS)

### Grow Your Skills

- Free online and in-person training courses
- Free career coaching
- Incentive payments up to \$2,750 for current or prospective HCBS providers
- Peer-to-Peer support

### 15-Hour Training Tracks Include:

- Intro to Caregiving for Older Adults
- Advanced Training for Compassionate Caregivers
- How to Navigate End-of-Life Care
- Ethics, Prevention, and Patient Safety
- Dementia Training for In-Home Care

AND MORE!

For more information and to register for courses, visit:

[ceal.sdsu.edu/HCBS](http://ceal.sdsu.edu/HCBS)



EMPOWER  
YOUR BUSINESS  
WITH INCLUSIVITY

Join VCAA's  
LGBT+ Training!

Unlock the Full Potential of Diversity in Your Workplace!

This training helps organizations heighten their awareness of LGBT+ aging issues, and ensures they are providing a welcoming, safer, and inclusive space for LGBT+ older adults and their families.



**FREE BREAKFAST FOR ATTENDEES!**

Indulge in a complimentary breakfast while you learn. Engage with experts and peers in a dynamic experience.



**FREE GIVEAWAYS!**

Receive LGBT+ Aging Coalition swag to display at your organization to show your support.



**TRANSFORM YOUR BUSINESS ENVIRONMENT!**

Our specialized training equips your employees with the knowledge and skills to foster an accepting and respectful workplace for LGBT+ individuals.



Reserve Your Spot!

Thursday, April 11

9-11 a.m.  
Cal Lutheran Oxnard Campus  
2201 Outlet Center Dr. Suite 600  
Rooms 104 and 105  
Oxnard, CA, 93036

Register by:

- scan the QR code
- visit [vcaaa.org/lgbt](http://vcaaa.org/lgbt)
- email [lgbtagingcoalition@gmail.com](mailto:lgbtagingcoalition@gmail.com)

Commit to *inclusivity!*

Sign up your business for our LGBT+ Training and take a significant step towards nurturing a culture that values every individual.

[WWW.VCAA.ORG/LGBT](http://WWW.VCAA.ORG/LGBT)





# THE ELLEN BROKAW HOUSE FARM WORKERS! SCHOLARSHIP

House Farm Workers! will be accepting applications soon for the Ellen Brokaw House Farm Workers! Scholarship for college-bound or current college students who are children of farm workers in Ventura County.

Visit <https://housefarmworkers.org/what-we-do/> to apply. Direct any questions to [events@housefarmworkers.org](mailto:events@housefarmworkers.org) Applications open March 20, 2024



The annual Southern California Association of Governments (SCAG) Scholarship Program supports students working toward long-term career goals in planning or public service. The program provides a \$4,000 scholarship award for seven high school or community college students from the SCAG region. Two additional scholarship awards not tied to a specific county may also be awarded at the Regional Council's discretion. Recipients may also have an opportunity to meet with their local government representatives and practicing planners to discuss the importance of urban planning and a future career in public service.

# SCHOLARSHIP PROGRAM 2024

## PROGRAM REQUIREMENTS

- RESIDENCY**  
Must be a resident within the SCAG region (i.e., Imperial, Los Angeles, Orange, Riverside, San Bernardino, or Ventura counties, or on Tribal Lands within the SCAG region), and be eligible to work in the United States. Students may be asked to submit proof of eligibility to work in the United States if selected as a semi-finalist.
- SCHOOL ENROLLMENT**  
Must be a graduating high school senior or currently enrolled in a two-year community college in the SCAG region. Graduating high school seniors must enroll in higher education (two- or four-year college or university) immediately following graduation from high school (i.e., no gap year).
- GPA MINIMUM**  
Candidates must have a 3.0 grade point average or higher (based on a 4.0, unweighted scale).

**DEADLINE**  
All materials for the 2024 SCAG Scholarship Program must be submitted electronically by:  
**Friday, March 22, 2024**

**CONTACT**  
Rachel Wagner  
Scholarship Program Coordinator  
(213) 236-1960  
[wagner@scag.ca.gov](mailto:wagner@scag.ca.gov)

## APPLICATION MATERIALS

- To apply for the SCAG Scholarship Program, students must submit an online application.
  - Minimum 500-word essay describing their interest in urban planning, public policy and/or public service and future career goals.
  - Two letters of recommendation from (unrelated) individuals who can attest to their leadership ability and interest in public service.
  - Transcript(s) from the school in which they are currently enrolled. Community college students must provide both high school and community college transcripts.
- Application packages that demonstrate an interest in urban planning, public policy and/or public service and/or intended majors such as urban planning, environmental planning, engineering and/or political science, will be prioritized over application packages that do not.

## INTERNSHIP & SCAG SITE VISIT OPPORTUNITY

An internship or visit to SCAG offices in Los Angeles to attend a Regional Council meeting are not required. Interested candidates can contact SCAG's Scholarship Program coordinator for more information.



APPLY ONLINE TODAY: [scag.ca.gov/scholarship](https://scag.ca.gov/scholarship)

# What is Long COVID?



Long COVID is defined as a range of new, returning, or lingering symptoms 4 or more weeks after having COVID-19.

- Many people living with the disease were previously fit & healthy.
- Children can also experience long COVID symptoms.

## Best ways to prevent long COVID are:

- getting vaccinated
- wearing a mask that has a good fit and filtration

Long COVID can even affect people who have experienced mild or symptom-free COVID-19 infections.

Long COVID can affect your heart, lungs, kidneys, skin, blood vessels, and/or brain functions. It can impact our thinking, our energy, and cause other long-term effects in our body.

## Most common symptoms

- extreme exhaustion (fatigue)
- shortness of breath

- chest pain or tightness
- fast heart rate or palpitations
- problems with memory and concentration (brain fog)
- feeling sick, diarrhea, stomach aches, loss of appetite
- depression and anxiety

- high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- dizziness
- joint or muscle pain
- rashes
- ringing ears, earaches
- difficulty sleeping (insomnia)

## Ready to get vaccinated?

Please discuss any lingering questions or concerns about the vaccine with your health care provider. Visit [MyTurn.ca.gov](https://MyTurn.ca.gov) or [Vaccines.gov](https://Vaccines.gov) to find a vaccination location near you.

# ¿Qué es el COVID prolongado ?



El COVID prolongado se define como una variedad de síntomas nuevos, recurrentes o persistentes 4 o más semanas después de haber tenido COVID-19.

- Muchas de las personas que padecen la enfermedad no presentaban problemas de salud y estaban en forma.
- Los niños también pueden experimentar síntomas de COVID prolongado.

## Las mejores formas de prevenir el COVID prolongado son:

- vacunandote
- usando una máscara que tenga un buen ajuste y filtración

El COVID prolongado puede incluso afectar a personas que han experimentado infecciones por COVID-19 leves o asintomáticas.

El COVID prolongado puede afectar el corazón, los pulmones, los riñones, la piel, los vasos sanguíneos y/o las funciones cerebrales. Puede afectar nuestro pensamiento, nuestra energía y causar otros efectos a largo plazo en nuestro cuerpo.

## Los síntomas más comunes

- agotamiento extremo (fatiga)
- dificultad para respirar

- dolor u opresión en el pecho
- palpitaciones
- problemas de memoria y concentración (pesadez mental)
- náuseas, diarrea, dolor de estómago, pérdida de apetito
- depresión y ansiedad

- fiebre, tos, dolor de cabeza, dolor de garganta, alteraciones en el sentido del olfato y del gusto
- mareos
- dolor muscular o en las articulaciones
- sarpullidos
- zumbido y dolor en los oídos
- dificultad para dormir (insomnio)

## ¿Listo para vacunarte?

Habla con tu proveedor de atención médica sobre cualquier pregunta o inquietud que tengas sobre la vacuna. Visita [MyTurn.ca.gov](https://MyTurn.ca.gov) o [Vacunas.gov](https://Vacunas.gov) para encontrar el punto de vacunación más cercano.