IMPORTANT PROGRAM SERVICES UPDATE

In an effort to better serve you and to strengthen your path toward self sufficiency, Our Kids of Miami-Dade/Monroe Inc. is proud to announce we will be visiting your homes to discuss your self sufficiency plan and to address any needs or questions you may have. These visits to your home will continue to foster and strengthen relationships between you and your the Transitional Specialist.

DON’T MISS OUT!! !!!!!!!!!!

SCHEDULE YOUR HOME VISIT TODAY!!!!!!!!!

Please contact your assigned Transitional Specialist today to schedule your home visit. If you have any questions or concerns please contact the office at (305) 455-6000 and ask for the Independent Living Department.

SEE YOU SOON!!!!!!!!!!!!!!!

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Miami Dade College: The event kicks-off on Tuesday, February 6th.

Items You Need to Bring that must be originals and not copies:

- Social security card and the social security cards of any dependents (children) that need to be claimed.
- Picture ID (Driver’s License) and medical insurance card or form 1095-A, B or C
- W-2 earnings statement (interest, dividends, etc.)
- 1099 MISC (for self-employed individuals only)
- 1099 INT (interest income)
- Any documents pertaining to expenses to be claimed (cancelled checks for direct deposit of refund or payments, receipts, and prior year tax returns etc.)

2018 IRS/MDC VITA CENTERS

**Hialeah Campus—VITA**

1776 W. 49th Street / Hialeah, FL 33012

Room 2413

Tuesdays, February 13th to April 10th

4:00 p.m. to 7:00 p.m.

Julio Borges

(305) 237-1199

English and Spanish

**Homestead Campus—VITA**

500 College Terrace / Homestead, FL 33030

Room D307

Saturdays, February 10th to April 14th

10:00 a.m. to 1:00 p.m.

Samaly Rodriguez

(305) 237-5109

English and Spanish

**InterAmerican Campus—VITA**

627 SW 27th Avenue / Miami, FL 33135

Room 3207

Wednesdays, February 7th to April 11th

11:30 a.m. to 3:30 p.m.

Elisa Fernandez

(305) 237-6484

English and Spanish

(Only accepted until 3:00 p.m.)

**Kendall Campus—VITA/Single Stop**

11011 SW 104th Street / Miami, FL 33176

Computer Courtyard, Bldg#2 Rm 2120

Tuesday, February 6th to April 12th

Walk-ins, Mon. - Thurs., 9 to 3:30 p.m.

(Laura) Hoa N. Burrows, Maria Menacho

305-237-2502 or 305-237-2375

English and Spanish

(Taxpayers must arrive an hour before closing.)

**North Campus—VITA/Single Stop**

11380 NW 27th Avenue / Miami, FL 33167

Bldg 3, First Floor, Room 3101

Tuesday, Feb. 6th to Thurs., April 12th

Walk-ins, Mon.-Thurs., 9 to 3:30 p.m.

Julio Borges

(305) 237-1199

English, Spanish, and Creole

**Wolfson Campus—VITA/Single Stop**

300 NE 2nd Avenue / Miami, FL 33132

Room TBA

Tuesday, Feb. 6th to April 12th

Walk-ins, Mon.-Thurs., 11:30 to 6:30 p.m.

Maria de las Nieves Hernandez, Samaly Rodriguez

(305) 237-3151

English and Spanish.
DON'T BE FOOLED INTO FILING A FAKE TAX RETURN!!!!!

YOU CANNOT GET A TAX REFUND IF:

♦ You are jobless.
♦ You were promised fast money in exchange for your signature on a fake tax return.
♦ You said that you made more or less money than you actually did.

Fast money may be your last money. Lying to the IRS is a crime. Don't fall for illegal scams that promise free tax money for filing fake tax returns. Even if someone helps you prepare the tax return, you are still responsible for paying this money back.

Free or unearned tax money can lead to:

♦ Jail Time
♦ Having to pay fines
♦ Losing food stamps
♦ Losing SSI benefits
♦ Losing Section 8 Housing
♦ Losing other forms of public assistance

♦ This is an RTI check
♦ This is not income for tax purposes
♦ You are not entitled to a tax refund based on this income

♦ This is a pay stub.
♦ This is for income tax purposes.
♦ You may file a tax return if you receive this type of income
Your heart is the center of your cardiovascular system, and it is vitally responsible for just about everything that gives your body life—ranging from the transportation of oxygen to the success of your immune system. However, the foods you eat and the amount of activity you choose to take part in can dramatically affect the overall health of your heart and the many other tissues that make up your cardiovascular system.

To keep your heart healthy, your body needs adequate amounts of exercise accompanied by a heart-healthy diet. Get at least 30 minutes of exercise five days a week. A heart-healthy diet consists of the majority of your calories coming from vegetables, fruits, and high-fiber foods like legumes (seeds and beans) and whole grains. These foods are accompanied in moderation by lean proteins, especially fish, as well as low-fat dairy.

**Blood Pressure**

Your blood pressure is one area of heart health that needs to be regularly checked and regulated. High blood pressure, or hypertension, can be affected by your overall weight, especially once you reach a body mass index score of 30 or higher. This score is classified as obese. Excess fat increases the work your heart has to perform to pump blood throughout your body. The harder your heart works, the more pressure is placed on the walls of your arteries, which can increase your risk for blood vessel damage. Lowering your body weight by even as little as 5 to 10 percent can lower your blood pressure and increase your heart health.

**Cholesterol Levels**

Controlling cholesterol is important in heart health— it decreases risk for heart disease, heart attack and stroke. The two main kinds of cholesterol are low-density LDL or the "bad" cholesterol -- and high-density HDL or the "good" cholesterol. The LDL cholesterol is found in foods high in saturated fat, When consumed in high levels, LDL cholesterol can build up in the bloodstream and become hard plaque. This plaque makes it difficult for blood to circulate through the affected arteries, increasing your risk for cardiovascular damage.

**Circulation**

Taking care of your heart also affects your circulation. Good circulation is needed to transport oxygen and nutrients to the many different cells in your body. Without proper circulation, tissues begin to die, which can result in amputations (limbs getting cut off) or even death, depending on what tissues are not getting enough oxygen. High blood pressure, cholesterol plaque and other heart diseases can all affect your body's ability to transport blood efficiently throughout your body.

Miami Dade College (MDC) Medical Campus is hosting an 8 week, face-to-face, Electronic Health Records (EHR) Specialist Certification Course. Tuition is paid 100% by the TechHire Grant.

The course will be held from **February 6, 2018 – March 27, 2018.** Classes will be on Tuesdays from 1:30 pm – 4:30 pm. Absences are not permissible. Qualified candidates are 17 – 29, have a high school diploma, live in Miami Dade County, and are currently unemployed or seeking to advance their current positions.

Qualified grant participants receive:
- Paid Course, Books, Test, and Certification
- Bus Pass, if needed
- Guidance to applying for paid internships
- Job Readiness Training

**Steps to take apply for the grant:**

Please select the below link and fill out the questions *(takes less than 1 minute)*:

https://miamidade.co1.qualtrics.com/jfe/form/SV_bJdVe63Sp4wMDR

Fill out the Participant In Take form attached *(must have a signature on last page).*
Send a copy of your State ID *(you must live in Miami Dade County).*
Send a copy of your High School diploma.
Send a copy of your resume (if you have one.)
<table>
<thead>
<tr>
<th></th>
<th>SAT</th>
<th>ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Why Take It?</strong></td>
<td>Colleges use SAT scores for admissions and merit-based scholarships</td>
<td>Colleges use ACT scores for admissions and merit-based scholarships</td>
</tr>
<tr>
<td><strong>Test Content</strong></td>
<td>- Reading, Writing &amp; Language, Math</td>
<td>- English, Math, Reading, Science Reasoning</td>
</tr>
<tr>
<td></td>
<td>- Essay (optional)</td>
<td>- Essay (optional)</td>
</tr>
<tr>
<td><strong>Length</strong></td>
<td>3 hours (without essay)</td>
<td>2 hours, 55 minutes (without essay)</td>
</tr>
<tr>
<td></td>
<td>3 hours, 50 minutes (with essay)</td>
<td>3 hours, 40 minutes (with essay)</td>
</tr>
<tr>
<td></td>
<td>On average, you will have less time per question on the ACT</td>
<td></td>
</tr>
<tr>
<td><strong>Reading Section</strong></td>
<td>5 reading passages</td>
<td>4 reading passages</td>
</tr>
<tr>
<td></td>
<td>The SAT will usually tell you what line they are talking about if</td>
<td>The ACT could be more time-consuming if you do not remember where</td>
</tr>
<tr>
<td></td>
<td>you have to find a piece of information in a passage, or it will be</td>
<td>to find specific details in a passage</td>
</tr>
<tr>
<td></td>
<td>chronological.</td>
<td></td>
</tr>
<tr>
<td><strong>Science Section</strong></td>
<td>None</td>
<td>1 Science Section (*This section does not test science content</td>
</tr>
<tr>
<td></td>
<td></td>
<td>knowledge, instead it tests your critical thinking skills. Most</td>
</tr>
<tr>
<td></td>
<td></td>
<td>questions can be answered if you can understand the passages,</td>
</tr>
<tr>
<td></td>
<td></td>
<td>images and tables that are given in the section.)</td>
</tr>
<tr>
<td><strong>Math Section</strong></td>
<td>Arithmetic, Algebra I &amp; II, Geometry, Trigonometry and Data Analysis</td>
<td>Arithmetic, Algebra I &amp; II, Geometry and Trigonometry</td>
</tr>
<tr>
<td></td>
<td>The SAT has more questions focused on algebra, along with data</td>
<td>The ACT has more questions on trigonometry and geometry.</td>
</tr>
<tr>
<td></td>
<td>analysis (making conclusions from sets of data) and modeling (</td>
<td></td>
</tr>
<tr>
<td></td>
<td>describing something using math concepts).</td>
<td></td>
</tr>
<tr>
<td><strong>Calculator Policy</strong></td>
<td>20 questions: no calculator (solvable by hand)</td>
<td>You can use a calculator on all math questions</td>
</tr>
<tr>
<td></td>
<td>38 questions: calculator allowed</td>
<td></td>
</tr>
<tr>
<td><strong>Essays</strong></td>
<td>Optional. The essay will test your comprehension of a text</td>
<td>Optional. The essay will test how well you evaluate and analyze</td>
</tr>
<tr>
<td></td>
<td></td>
<td>complex issues.</td>
</tr>
<tr>
<td><strong>How It’s Scored</strong></td>
<td>On a scale of 400-1600</td>
<td>On a scale of 1-36</td>
</tr>
<tr>
<td><strong>Examples of Scores Needed</strong></td>
<td>Harvard: 1480-1600</td>
<td>Harvard: 32-35</td>
</tr>
<tr>
<td>for Specific Colleges (on</td>
<td>Florida A&amp;M: 1260-1520</td>
<td>Florida A&amp;M: 18-22</td>
</tr>
<tr>
<td>average)</td>
<td>US Coast Guard Academy: 1250-1410</td>
<td>US Coast Guard Academy: 26-30</td>
</tr>
<tr>
<td></td>
<td>Howard: 1070-1290</td>
<td>Howard: 21-27</td>
</tr>
<tr>
<td></td>
<td>FSU: 1200-1350</td>
<td>FSU: 26-29</td>
</tr>
</tbody>
</table>

### Frequently Asked Questions (FAQs)

**Is the ACT easier than the SAT?** The content and style of the ACT and SAT are very similar. Your personal abilities will make the ACT or SAT easier, depending on your own strengths and weaknesses. You might have a friend that finds the ACT easier, that doesn’t mean it will be easier for you! The factors that will matter depend on things like how you handle time pressure and what types of questions you find most challenging.

**Do colleges prefer scores from the SAT or ACT?** Colleges generally do not have a preference for whether you take the ACT or SAT. Check with the college admissions website to make sure that both tests are accepted.

**How do I decide which test is best for me?** The best way to determine what test for you to take is to take a timed full-length practice test for each test.

**Where can I get in with your ACT/SAT Scores?** There is not a definite answer to this question, but you can get an idea from this website: [http://www.collegesimply.com/guides/colleges-by-test-score/](http://www.collegesimply.com/guides/colleges-by-test-score/)
SAT CALENDAR
SAT Testing Dates
SAT Test Fee: - $54.50
SAT Subject Tests: $26
Late Registration Fee—Add $28.00
Register On-line at www.sat.collegeboard.org

<table>
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<tr>
<th>Test Date</th>
<th>Registration Deadline</th>
<th>(Late Fee Required)</th>
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<tr>
<td>March 10, 2018</td>
<td>February 9, 2018</td>
<td>February 20, 2018</td>
</tr>
<tr>
<td>May 5, 2018</td>
<td>April 6, 2018</td>
<td>April 17, 2018</td>
</tr>
<tr>
<td>June 2, 2018</td>
<td>May 3, 2018</td>
<td>May 15, 2018</td>
</tr>
</tbody>
</table>
Our Out of School Program assists youth between the ages of 16-24 to continue their education and training in order to advance their skills and pursue the best jobs possible.

Services available:
- Certificate Training in the Finance Field:
  1. Bookkeeping and QuickBooks.
  2. Accounting and Finance Series
- Work Experience (Min 80 Hours)
- Assistance Help with GED Test.
- Academic Assessment
- Career guidance / Planning
- Life Skills
- Work Readiness Training

Call Us to Schedule an Appointment with a Career Planner Today!

305-642-3484 x 172

- Hours of Operations -
  Monday to Friday 8:00 a.m. to 5:00 p.m.
  1223 SW 4th Street  Miami, FL 33135
  www.cnco.org | #CNCO | CNCORG |
Ongoing Scholarships! Apply Sooner than Later!

⇒ UNCF Scholarships - https://scholarships.uncf.org/
⇒ Miami Bayside Foundation/Commissioner Willy Gort Scholarship - http://www.mdc.edu/financialaid/scholarships/
⇒ Walmart Associate Scholarships - http://giving.walmart.com/associate-scholarships

APPLY FOR THE FOLLOWING SCHOLARSHIPS BEFORE THE DEADLINE !!!

♦ The Dream.Us National Scholarship — March 1, 2018
♦ UNCF General Scholarship — March 16, 2018

Apply to these scholarships through this WEBSITE: http://www.mdc.edu/financialaid/scholarships/

Keys to Independence

WHAT ?????

Keys to Independence: A program that pays for or reimburses youth and caregivers for costs associated with driver's education, driver's license and other costs related to getting a driver's license including insurance.

WHO ?????

• Are you between the ages of 15 to 21?
• Are you still in a licensed foster home? Group home? or EFC?
• Are you in need of your learner's permit (restricts), driver's license, car insurance or any services related to driver's education?
• If you answered YES to all of these questions you may qualify for services from Keys to Independence!

HOW ?????

Any Eligible youth interested please contact:

Miami Dade Outreach Specialist:
Shavon Saint-Preux cell: 786-553-1929 email: shavon@educatetomorrow.org
Getting 2 Zero Awareness Week
February 12th - 23rd
FREE
HIV testing, condoms, and MORE
For more event information, visit testmiami.org/calendar
**Event Listing**

**Monday, February 12, 2018**
EDUCATIONAL TABLE @
MDC - INTERAMERICAN CAMPUS
10 AM – 2 PM
627 SW 27TH AVE, MIAMI, FL 33135
(BUILDING 6)

**Tuesday, February 13, 2018**
HIV/STD TESTING @ MDC - NORTH CAMPUS
11 AM – 4 PM
11380 NW 27TH AVE, MIAMI, FL 33167

EDUCATIONAL TABLE @ UM - UNIVERSITY CENTER (event is outside adjacent to the building)
11 AM – 2 PM
1350 MILLER DR, CORAL GABLES, FL 33146

**Wednesday, February 14, 2018**
PRESS CONFERENCE @ HISTORY MIAMI
10 AM – 12 PM
101 W FLAGLER ST, MIAMI, FL 33130

HIV/STD TESTING @ MDC - HIALEAH CAMPUS
10 AM – 3 PM
1780 W 49TH ST, HIALEAH, FL 33012

SEX CARNIVAL EVENT @ FIU
AT GREEN LIBRARY – BREEZEWAY
10:30 AM – 2 PM
11200 SW 8TH ST, MIAMI, FL 33199

**Thursday, February 15, 2018**
HEALTH FAIR @ CURLEY’S HOUSE
10 AM – 3 PM
6025 NW 6TH CT, MIAMI, FL 33127

EDUCATIONAL TABLE @ MDC - KENDALL CAMPUS
11 AM – 2 PM
11011 SW 104TH ST, MIAMI, FL 33176

CONDOM DAY EVENT @ FIU
AT GREEN LIBRARY – BREEZEWAY
10:30 AM – 2 PM
11200 SW 8TH ST, MIAMI, FL 33199

**Friday, February 16, 2018**
HEALTH FAIR @ GOVT. CENTER
10 AM – 4 PM
111 NW 1ST ST, MIAMI, FL 33128

HIV/STD TESTING @ THE HUB AT LGBTQ
10 AM – 2 PM
1130 WASHINGTON AVE, MIAMI BEACH, FL 33139

**Thursday, February 22, 2018**
HIV/STD TESTING @ FLAMINGO PARK
2 PM – 7 PM
1200 MERIDIAN AVE, MIAMI BEACH, FL 33139

A special thanks to our sponsors

[Logos of various sponsors]
Crisis feels different for everybody and can develop from a lot of issues in your life. Should you need to speak with someone please see below contact numbers to be linked to a counselor to assist you.

<table>
<thead>
<tr>
<th>CENTER</th>
<th>TELEPHONE NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Citrus Health Network</td>
<td>(305) 825-0300</td>
</tr>
<tr>
<td>Banyan Health</td>
<td>(305) 774-3616</td>
</tr>
<tr>
<td>Switchboard of Miami</td>
<td>(305) 358-4357</td>
</tr>
<tr>
<td>Dade County Crisis Line</td>
<td>211</td>
</tr>
<tr>
<td>Henderson Mental Health Center</td>
<td>(954) 463-0911</td>
</tr>
<tr>
<td>Broward Help Line</td>
<td>(954) 534-0211</td>
</tr>
<tr>
<td>Nami Broward County</td>
<td>(954) 739-1888</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>(800) 273-TALK (8255)</td>
</tr>
<tr>
<td>Palm Beach County</td>
<td>(5361) 383-1111</td>
</tr>
</tbody>
</table>
**Medical Services**

Who:  
- Aging out of Foster Care
- You were in licensed foster care six months or more

What: You will receive free medical services until you are 26

When: You MUST reapply 2 months prior to your 21st birthday.

How: Contact your Transitioning Specialist, AKA ILTS if you need to choose or switch a provider, or HMO please call Medicaid Options at 1-888-367-6554.

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**Legal Services**

Get the help you need!

If you need help with any of the following: Housing, Employment, Benefits, Special Education, RTI, Family Law, Domestic Violence, Guardianship, Immigration, and Work Permits please contact one of the agencies listed below for free legal assistance.

- UM Children and Youth Law Clinic  (305) 284-3123
- Lawyers for Children  (305) 577-4771
- Dade Legal Aid  (305) 579-5733
- Americans for Immigrant Justice  (305) 573-1106

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**HOME ENERGY ASSISTANCE PROGRAM NOW AVAILABLE TO ASSIST LOW INCOME RESIDENTS**

The Low-Income Home Energy Assistance Program (LIHEAP) is assisting low-income households with utility payments.

Low-income individuals can receive assistance with their utility costs through the Community Action and Human Services Department Low-Income Home Energy Assistance Program (LIHEAP) beginning on Monday, April 1, 2013. To qualify, applicants must not exceed 150% of the U.S. Poverty Income Guidelines. Qualified applicants facing a crisis situation may be eligible to receive up to a $600 payment toward their outstanding electric or gas bills. Regular energy applications may receive between $150-$300 dollar payment applied to their utility bill.

LIHEAP applications are available at Community Service Centers, Monday through Friday 8 AM-5 PM. Applications and a listing of Community Service Centers are available online at http://www.miamidade.gov/socialservices/housing-assistance-energy.asp. For additional information call (786) 469-4600.

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**New Ideas**

Do you have something you’d like to contribute to this newsletter? We’d love to hear from you!

Please email your ideas, articles, announcements to: Independentliving@ourkids.us, or give us a call at Phone number: 1-866-572-9493

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**Questions**

Do you have questions about your monthly stipend, education, housing, resources or other areas?

Our Kids has a help-line and e-mail address available just for you.

- Phone number: 1-866-572-9493
- E-mail address: Independentliving@ourkids.us