



HELLO! MARCH!

SPA 5 & 6 Early Connections Newsletter (Family, Infant, & Child Health)

Greetings Partners,

This is the March 2024 SPA 5 & 6 Early Connections (Family, Infant, & Child Health) Newsletter. This newsletter highlights local resources and information for families and children.

March is Women's History Month

- Women's History Month proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields. ([WHM](#)).
- LA County Library Events: [Calendar & Info Link](#)
- Women's History Month: <https://www.womenshistorymonth.gov/Events.html>
- For Teachers: <https://www.womenshistorymonth.gov/ForTeachers.html>

March is National Reading Month

- National Reading Month is an important opportunity to encourage reading every day and to foster a love of books for children across the country. ([RIF](#))
- Celebrate Diversity with Read Across America: [March Events Link](#)
- 6 skills to prepare your young child for reading: [LeapFrog Website Link](#)

March is National Nutrition Month

- National Nutrition Month is an annual campaign and this year's theme, "Beyond the Table," addresses food security programs, such as the CalFresh [Market Match](#) Program, California's healthy food incentive program that matches customers' nutrition assistance benefits, like CalFresh and WIC, at local farmers' markets and other farm-direct sites.
- Apply for CalFresh benefits today at [BenefitsCal.com](#) and learn more about the observance at [EatRight.org](#).

Important Information

WIC RESOURCES FOR FAMILIES:

The Women, Infants and Children Program (WIC) offers nutrition education, breastfeeding support, community referrals, and healthy food options for babies, in-person, virtually, or by phone. Get more information and apply for WIC online at [Apply for WIC Online - Sign Up Here](#) | [PHFE WIC](#)

Help Me Grow LA helps families find services that can support their child's development. Call (833) 903-3972 or visit [HelpMeGrowLA.org](#)



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SPONSORED BY



The County of Los Angeles Women & Girls Initiative Presents:

Women Entrepreneurs Social
A Women's Day Celebration

Friday, March 8, 2024
5:00 p.m. - 9:00 p.m.

Ready to take your entrepreneurial journey to new heights? Join us for the upcoming Women Entrepreneurs Social - an exclusive event designed to empower and equip women entrepreneurs in Los Angeles County.

Event Details:

Date: Friday, March 8, 2024

Time: 5:00 p.m. - 9:00 p.m.

Location: Walt Disney Concert Hall

Parking: Parking is available directly beneath Walt Disney Concert Hall. Enter on Second Street or Lower Grand Avenue. See parking details here:

<https://www.laphil.com/visit/getting-here>

Event Contact: Hayley Sayrs via email at hsayrs@ceo.lacounty.gov for additional event inquiries please email jen@employcalifornia.org

Click [here](#) to register!

Paid Parent Leadership Opportunity!

Parents and guardians of LA County K-12 students are invited to become a Parent Ambassador Leader (PAL)!

PALs will...

- **LEARN** how to support student health and success at school
- **SHARE** resources and information with their school community and develop programs in partnership with their school
- **GET PAID** for the work they do at schools with a \$550 gift card!



Program Requirements

- School support and approval from the school administrator
- 20 hour time commitment

How do interested PALs apply?

- Complete the online application located **here <https://bit.ly/47QdbKs>**

For additional information or assistance regarding the PALs program, please contact:

TK12Ambassador@ph.lacounty.gov





Early
Math
Project

Invite you to a

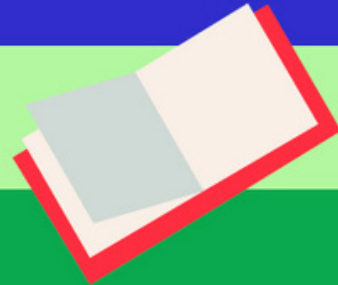
STORY TIME

The Animals Would Not Sleep!

Thursday, March 21
5–5:50pm PST on Zoom



with author **Sara Levine**



Explore sorting at home during this interactive virtual read-aloud and workshop!



Register here:
pbsocal.org/storytime





LATINOS
IN ACTION



Josh Lowenthal
ASSEMBLYMEMBER, DISTRICT 69



MEDI-CAL ENROLLMENT FAIR

DPSS STAFF WILL BE ONSITE TO ANSWER QUESTIONS & START YOUR APPLICATION FOR MEDI-CAL, CALFRESH, OR OTHER AVAILABLE PROGRAMS.



AS OF JANUARY 1, 2024, ALL CALIFORNIA ADULTS AGED 26-49, **REGARDLESS OF IMMIGRATION STATUS**, QUALIFY FOR FULL-SCOPE MEDI-CAL. ENROLL NOW!

SATURDAY
MARCH 23RD

WASHINGTON
MIDDLE SCHOOL

10AM-
1PM

1450 CEDAR AVE.
LONG BEACH, CA 90813



More Info:



562-429-0470



CLAYTON.HEARD@ASM.CA.GOV

GET HELP APPLYING FOR DPSS BENEFITS IN LONG BEACH

The DPSS Medi-Cal Outreach Team will join the Office of Assemblymember Josh Lowenthal at Washington Middle School on **Saturday, March 23**. The team will provide assistance with completing applications for Medi-Cal, CalFresh, and other available programs. DPSS staff will be onsite to answer questions about benefit programs and enrollment. For more information, contact (562) 429-0470 or email Clayton.Heard@asm.ca.gov.

MARCH IS

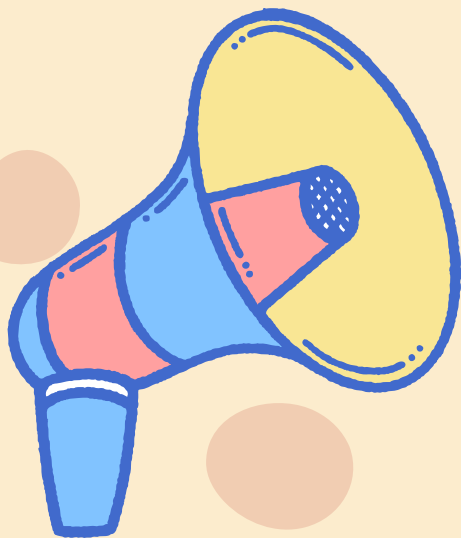
National Nutrition Month

'BEYOND THE TABLE':

From food production to navigating grocery stores and farmers markets.



dpss.lacounty.gov



Manage and Protect Your EBT Benefits Anytime, Anywhere with

The ebtEDGE Mobile App

Download the *ebtEDGE* Mobile App NOW from the Apple Store or Google Play Store!



Google Play Store

Apple Store



dpss.lacounty.gov





Community Resource Center

<https://www.communityresourcecenterla.org>

LA Care Community Resource Centers offer free in-person classes and services to help keep the community active, healthy and informed.

Locations (in SPA5 &6):

- [West LA Center](#) (Now Open)
- [Lynwood](#)
- [South LA](#)

On-Demand Classes

Youtube: Community Resource Centers
([LINK](#))



Don't leave money on the table this tax season.

Free Tax Prep LA can help!



Tax season is starting, and you could qualify for more than \$11,000 in refunds regardless of your immigration status. At [FreeTaxPrepLA.org](https://www.freetaxprep.org), you can learn more about the tax refunds available and get support from IRS-certified tax preparers who can help you file for free. Get the most out of your refund, visit the website for more information!



VITA GMS
Volunteer Income Tax Assistance (VITA)
MLK Jr. Center for Public Health



TAX PREP SERVICE

We provide **FREE 30 min.** comprehensive tax preparation service for individuals and business on
Thurs, February 13, 2024 , March 14, 2024 and Fri, April 12, 2024
from 3pm-5:30pm

**HERE TO HELP YOU
GET YOUR MONEY.
CLAIM UP TO \$10,000
AVAILABLE FROM BOTH
FEDERAL EITC AND
STATE CAL EITC**



**FILE AT OUR VITA GMS LOCATION & KEEP
MORE OF YOUR MONEY. IF YOU MAKE
LESS THAN \$60,000, YOU MAKE QUALIFY
FOR CASH BACK THROUGH CALEITC,
FEDERAL EITC, AND CHILD TAX CREDIT
(BUT ONLY IF YOU FILE).
CLAIM YOUR CASH**

Address:

**11833 S. Wilmington Ave.
Los Angeles, CA 90059**

Scan Here



Call Us Today
(562) 760-8092



Book your appointment here
<https://mlkjrcentervita2024.youcanbook.me>

What forms should I bring?

- | | |
|--|--|
| <input type="checkbox"/> Photo I.D. | <input type="checkbox"/> Social Security Cards or Individual Tax ID Number (ITIN) letters for all the people you list on your return |
| <input type="checkbox"/> Copies of last year's federal & state tax returns | <input type="checkbox"/> Birthdates for all the people list on your return |
| <input type="checkbox"/> If your're self employed or make cash, collect records of your Income & expenses. | <input type="checkbox"/> All income statements, such as Forms W-2 and 1099, Social Security & unemployment compensation, as well as other statements such as pensions, stocks, interest, & any documents showing taxes withheld. |
| <input type="checkbox"/> All records of other expenses such as tuition, student loan interest, mortgage interest, or real estate taxes on Form 1098. | <input type="checkbox"/> If you purchased insurance coverage through Covered CA, Form 1095-A Health Insurance Marketplace Statement. |
| <input type="checkbox"/> Identity theft PIN issued by the IRS. | <input type="checkbox"/> Bank routing numbers & account numbers to direct deposit any refund. |

To Claim any credits or deductions, you must bring proof of the following:

- | | |
|--|---|
| <input type="checkbox"/> Name, Address, Social # and Phone Number of your Child Care provider (if any) | <input type="checkbox"/> All expenses related to self-employment income (proof of mileage and expenses) |
| <input type="checkbox"/> 1098 T and education other receipts for expenses for college | <input type="checkbox"/> 1098 E Interest paid on Student Loan |
| <input type="checkbox"/> 1098 Mortgage and Property Tax | <input type="checkbox"/> Donations over \$500 require a letter or proof |
| <input type="checkbox"/> Medical expenses | <input type="checkbox"/> Other deductions, not sure |

Forms that WE DO NOT NEED (These are nontaxable):

- Supplemental Security Income (SSI) • Child Support
- Veterans Benefit • Life insurance when someone passes
- CalFresh or food assistance • Settlements not related to a job or employment
- CalWorks or welfare cash assistance from the county • Inheritance, gifts, or bequests
- Alimony for divorces after 2018 • Health insurance from an employer or county (Forms 1095B and 1095C).
- Money from a scholarship is not taxable. However, if you use the money for room and board, or use it to pay other personal expenses, that portion is normally taxable.



VITA GMS
Volunteer Income Tax Assistance (VITA)
MLK Jr. Center for Public Health



SEVICIO DE PREPARACION DE IMPUESTOS

Ofrecemos GRATIS 30 min. servicio integral de preparación de impuestos para particulares y empresas el **jueves 13 de febrero de 2024** **Marzo 14 2024** y **viernes 12 de abril de 2024 de 3pm-5:30pm**

AQUÍ PARA AYUDARLE A CONSEGUIR SU DINERO. RECLAME HASTA \$10,000 DISPONIBLES TANTO DEL EITC FEDERAL COMO DEL CAL EITC ESTATAL.



PRESENTE SU DECLARACIÓN EN NUESTRO CENTRO VITA GMS Y CONSERVE MÁS DE SU DINERO. SI GANA MENOS DE \$60,000, PUEDE CALIFICAR PARA RECIBIR DINERO EN EFECTIVO A TRAVÉS DE CALEITC, EITC FEDERAL Y CRÉDITO TRIBUTARIO POR HIJOS (PERO SÓLO SI PRESENTA LA DECLARACIÓN). RECLAME SU DINERO

Dirección:

**11833 S. Wilmington Ave.
Los Angeles, CA 90059**

Escanea QR aquí



Llámenos hoy
(562) 760-8092



Reserva tu cita aquí
<https://mlkjrcentervita2024.youcanbook.me>

What forms should I bring?_

- | | |
|--|---|
| <input type="checkbox"/> Foto I.D. | <input type="checkbox"/> Tarjetas de Seguro Social o cartas de Número de identificación fiscal individual (ITIN) para todas las personas que incluye en su declaración |
| <input type="checkbox"/> Copias de las declaraciones de impuestos federales y estatales del año pasado | <input type="checkbox"/> Fechas de nacimiento de todas las personas que figuran en su volver |
| <input type="checkbox"/> Si trabaja por cuenta propia o gana dinero, recopile registros de sus ingresos y gastos. | <input type="checkbox"/> Todas las declaraciones de ingresos, como los formularios W-2 y 1099, Seguro Social y compensación por desempleo, así como otras declaraciones como como pensiones, acciones, intereses y cualquier documento que demuestre impuestos retenidos. |
| <input type="checkbox"/> Todos los registros de otros gastos como matrícula, intereses de préstamos estudiantiles, intereses hipotecarios o impuestos inmobiliarios en el Formulario 1098. | <input type="checkbox"/> Si compré cobertura de seguro a través de Covered CA, formulario 1095-A Declaración del mercado de seguros médicos. |
| <input type="checkbox"/> PIN de robo de identidad emitido por el IRS. | <input type="checkbox"/> Números de ruta bancaria y números de cuenta |

Para reclamar cualquier crédito o deducción, debe presentar la prueba de lo siguiente:

- | | |
|--|--|
| <input type="checkbox"/> Nombre, dirección, número social y número de teléfono de su proveedor de cuidado infantil (si lo hay) | <input type="checkbox"/> Todos los gastos relacionados con los ingresos por cuenta propia (prueba de kilometraje y gastos) |
| <input type="checkbox"/> 1098 T y otros recibos de educación para gastos universitarios | <input type="checkbox"/> 1098 E Intereses pagados por el préstamo estudiantil |
| <input type="checkbox"/> 1098 Impuesto Hipotecario y Patrimonial | <input type="checkbox"/> Donaciones de más de \$500 requieren una carta o prueba |
| <input type="checkbox"/> Gastos médicos | <input type="checkbox"/> Otras deducciones, no estoy seguro |

Forms that WE DO NOT NEED

(These are nontaxable):

- Seguridad de Ingreso Suplementario (SSI) • Manutención de los hijos
- Beneficio para veteranos • Beneficio para veteranos
- Seguro de vida cuando alguien fallece • Acuerdos no relacionados con un trabajo o empleo
- CalFresh o asistencia alimentaria • CalWorks o asistencia social en efectivo del condado
- Herencias, regalos o legados • Pensión alimenticia para divorcios después de 2018
- El dinero de una beca no está sujeto a impuestos. Sin embargo, si usa el dinero para alojamiento y comida, o lo usa para pagar otros gastos personales, esa parte normalmente está sujeta a impuestos.
- Seguro médico de un empleador o condado (Formularios 1095B y 1095C)

HEALTHY HABITS

FOR FAMILIES

AN EIGHT-WEEK PARENT WORKSHOP

SPACE IS LIMITED!

REGISTER TODAY!



This workshop empowers families to be wellness leaders at home and in the community.

Join us and learn about nutritious eating, the importance of physical activity and creating healthy habits for a healthy life.

NO COST



PARENTS REPORT AFTER PARTICIPATING IN THIS PROGRAM :



It Improved their nutrition



They exercised more



The recipes were easy to make and delicious



They felt less stressed or anxious



They felt more positive about themselves or their health



Fun activities



Tips for healthier living



Weekly food tastings



Simple recipes for home

For questions or to register contact

Name: Lorena Gonzalez



(747) 272-0692



lorena.gonzalez5@lausd.net

WORKSHOP INFORMATION

Dates: January 31st, February 7th, 14th and 29th, March 6th, 13th, 20th & April 10th

Time:

09:00 AM

Location:

NAVA Parent Center

HÁBITOS SALUDABLES PARA LAS FAMILIAS

UN TALLER PARA PADRES DE OCHO SEMANAS

¡EL ESPACIO
ES LIMITADO!
REGÍSTRESE
HOY






Este taller capacita a las familias para que sean líderes del bienestar en el hogar y en la comunidad.



Únase a nosotros y aprenda sobre alimentación nutritiva, la importancia de la actividad física y la creación. Hábitos saludables para una vida sana.

GRATIS



LOS PADRES INFORMAN QUE DESPUÉS DE PARTICIPAR EN ESTE PROGRAMA:

-  Mejoró su nutrición
-  Ellas/ellos ejercieron mas
-  Las recetas fueron fáciles de hacer y deliciosas

-  Se sintieron menos estresados o ansiosos
-  Se sintieron más positivos acerca de ellos mismos o su salud



 **Actividades agradables**


 **Consejos para una vida más sana**

 **Pruebe los alimentos semanalmente**

 **Recetas sencillas para el hogar**

Para preguntas o para registrarse contacte:

Nombre: Lorena Gonzalez

 (747) 272-0692

 lorena.gonzalez5@lausd.net

INFORMACIÓN DEL TALLER

Fechas: 31 de enero, febrero 7, 14, 29

marzo 6,13, 20 y 10 de abril

Horario:
09:00 de la mañana

Lugar: Centro de Padres de NAVA