



ILP Newsletter

HOUSING NAVIGATION PROGRAM

By James H., WCC Youth Advocate

ILP provides a variety of resources and coaches to support youth in different areas of growth. This can look like signing up for scholarships or working on getting a driver's license. One of the most important resources that ILP provides is housing support. One of the coaches that supports this area is Sema'J Wyatt, the ILP Housing Navigation Coordinator. Before this role, she worked as a preschool teacher and then at the Spark Initiative. In addition to her having long-term experience working with youth, she also has experience in foster care. This is one reason Sema'J's work is so meaningful to her. It is a big reason why she is able to identify improvements that can be made to the system. It is also good to know that Sema'J's favorite part of the job is creating long-term relationships. It's very important to be open to working with youth and building relationships when providing them with housing support.

If you have any questions regarding the Housing Navigation Program, see page 8 for Sema'J Wyatt's contact information .



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www.alamedacountyilp.org

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SPECIAL POINTS OF INTEREST

- See what incentives you can receive for participating in ILP services on page 2!
- Learn how to request ILP workshop topics on page 4.
- FAFSA is now open! Check out page 5 for details.
- Try to complete the crossword puzzle on page 7!
- See page 8 for ILP staff contact information.





WHAT ILP OFFERS

Alameda County ILP supports youth in education, employment, health and wellness, permanent connections, housing, and money management. These topics are covered in ILP workshops which youth can earn \$25 for each session they attend. Youth can also receive one-on-one coaching with an ILP coach to assist them with creating and accomplishing individual goals!

REGISTER FOR ILP SERVICES

Complete a Request For Service (RFS) form with a Worker of the Day (WOD) over the phone. The WOD or an ILP coach will call/email you regarding your eligibility. It takes around 1-2 days to process your RFS form. Once contacted, you will virtually meet with an ILP Coach to discuss your needs, interests, and goals. Your coach will assist you with registering for workshops, activities, and any services that appeal to you!

INCENTIVES

The following items are what ILP eligible youth may be able to receive by participating in ILP services:

- * ILP Workshops
- * Education Program
- * ACLSA
- * Chromebooks
- * School Stipend
- * Education Testing
- * ILP Scholarship
- * Prom/Senior Portraits
- * Book Money
- * California ID Waiver
- * Driver's Training
- * Gas Reimbursements
- * Security Deposit
- * Baby Stipend



For more information, contact the
ILP office:

info@alamedacountyilp.org
(510) 667-7696



VIRTUAL SERVICES

Do you want to connect with your ILP coach, but you want to stay safe from Covid-19? We've got you covered! You can virtually meet with your ILP coach. You can also schedule a socially distant, in-person meeting with your coach. To keep you and your coach safe, youth and staff are expected to wear a mask during in-person meetings. Call the ILP office for your coach's phone number and email. See page 8 for the ILP office contact information. We hope to see you soon!

DISTANCE LEARNING

Check out the two types of virtual learning that ILP is offering! ILP has live workshops through zoom that include guest speakers and activities that you can do at home. ILP's Distance Learning program is a self-paced module that has engaging topics like Mental Wellness and Entrepreneurial Exploration. ILP staff can assist you with using the Distance Learning website, and with getting the zoom information for live workshops!

STAY CONNECTED

Do you want to make sure that you don't miss any ILP workshops, activities, or virtual events? Want to keep up with the latest services, resources, and news for transitional aged youth? Follow ILP on Facebook, Instagram, and Twitter! See page 1 for ILP's social media links.

Are you not on social media? Visit the ILP website for the latest updates on workshops, events, and other important information regarding the program.

www.alamedacountyilp.org/

ILP PEER GROUPS

Parenting Support Group

By Sophia R., WCC Youth Advocate

I interviewed ILP's Assistant Manager Ana Ahnen about the monthly Parenting Support Groups. The goal of the Parenting Support Group is for young parents to come together and offer support to each other. For example, youth with parenting experience and resources come together with youth who may have no experience and learn from each other. This support group aims to be peer-led. The topic discussed in the last group meeting was co-parenting with a partner/other parents, together or separately. There were two youth who were single mothers, and one youth who was raising her child with their father. They compared stories and advised each other despite their differences. Ana hopes attendees can make relationships with other parents, as well as mentor and learn from one another. She is also hoping to invite guests such as social workers who are also mothers. "I want young moms [and dads] to hear from someone who is a mom as well as a successful professional. I want attendees to know that no one is a perfect parent and that all parents can help each other."



“... I want attendees [of the Parenting Support Group] to know that no one is a perfect parent and that all parents can help each other.” - Ana Ahnen

LGBTQ+ Peer Group

By Jaden B., WCC Youth Advocate

I had the pleasure of interviewing Ana Ahnen. I asked her some questions about the LGBTQ Peer Group. I learned some things, and hope someone else will by the end of this interview.

JB: What is the goal of this peer group?

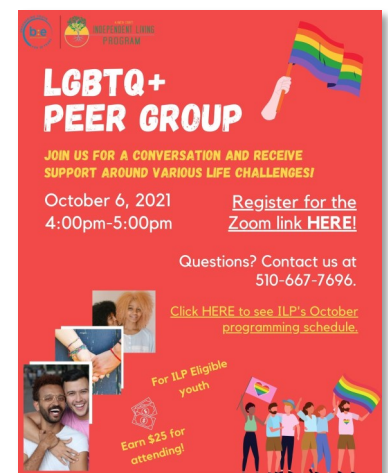
AA: The group is a youth led support group, based around LGBTQ questions, issues, or experiences. Our group aims to have a safe space for staff and youth to talk. The group is open to all youth. We strive to create a space where people feel comfortable talking about personal experiences to help other youth.

JB: What was discussed in the last group meeting? What were the main topics brought up during the meeting?

AA: The main thing we discussed was community. We posed the question, “What are you all looking for out of this meeting?” They said that they wanted to meet more people and build community. We also talked about the importance of community during COVID.

JB: What do you hope attendees will learn from this peer group?

AA: I hope that it teaches self-advocacy, acceptance, and that LGBTQ issues are issues like any other. We want people to know how to talk about this topic respectfully and educationally, and we want people to be able to ask questions and walk away confidently.



ILP Workshops

For information about ILP workshops, check the [ILP website](#) or call our office. See page 2 for website information and page 8 for ILP contact information. Sign up for upcoming workshops today!

Do you have a topic in mind that you want discussed in an ILP workshop? Let us know by contacting us at info@alamedacountyilp.org.

WELCOME BACK FALL FESTIVAL!

Join us for our first in-person community event of this year! Come learn about and sign up for B:E/ILP services and resources. This festive event will include a backpack giveaway, raffle prizes, pumpkin decorating, and more!

For raffle prize details, check our Instagram page [@ilpAlameda](#).

Contact us for information at 510-667-7696.

b:e beyond emancipation | ALAMEDA COUNTY INDEPENDENT LIVING PROGRAM

In Person **Welcome Back Fall Festival!**

Wednesday | October 27, 2021 | 3-5pm
675 Hegenberger Rd Ste 100
Oakland, CA 94621

Learn about and sign up for B:E/ILP services.
Join us for games, food, and fun!
Backpack giveaway, pumpkin decorating, and more!
Prizes include a tablet, a sixflags season pass and more!

Come dressed to impress in
your favorite Halloween
Costume for your chance to
win the Costume Contest!

Jerk chicken
plates provided!

RSVP to get an extra raffle ticket.
Call or [click HERE](#) to RSVP today!
510-667-7696



Upcoming Events!

ILP will be having events in November and December! Due to covid, the plans for these events may change. Keep checking our website calendar for the latest event details. Stay tuned for more information!



FAFSA INFORMATION

By Autumn BHBC, WCC Youth Advocate

What is FAFSA?

The Free Application for Federal Student Aid (FAFSA) is a form you fill out to receive financial aid to help pay for college. The types of aid you can get are grants, scholarships and fee waivers. These are things you don't have to pay back if you attend regularly and maintain your grades.



What is the process to apply?

FAFSA opens every year on October 1st. To apply, you will need your educational history, background, income and family information (optional). APPLY EARLY to get the maximum aid.

Where can you find the information to apply?

U.S. Citizens, Permanent Residents or Eligible Non-Citizens apply to: fafsa.ed.gov. Undocumented or DACA Students apply to California Dream Act: dream.csac.ca.gov.

What are the deadlines to apply?

The deadline for California is March 2nd. You can still apply after the deadline, but funds could be limited.

Are there specific benefits for foster and probation youth through FAFSA?

Foster youth have many grants and state covered benefits for school. They can apply for the Chafee, Cal Grant B and as many scholarships as possible!

How can FAFSA help someone?

It can help pay for community college or a 4-year university. I am a junior at SFSU and financial aid has helped me so much by furthering my career and education. I highly recommend applying whether you are going to a trade, private, community college or 4-year university. Here's a link to more information! [Click here](#).

DÍA DE LOS MUERTOS

By Greyson W., WCC Youth Advocate

Día de los Muertos or Day of the Dead is a two day celebration on November 1st and 2nd that honors those who have passed on. This celebration and honoring is reflected in the activities undertaken including adorning the graves of loved ones with flowers, making an offering of the deceased's favorite foods, water, and other items that the family believes will be appreciated, as well as offering prayers over their headstones. Many also create altars in their homes, filled with pictures of those who have passed on, favorite foods and items, xempazuchiles (beautiful orange flowers) and sometimes sugar skulls. There are also parades with floats and people in regalia and faces painted to look like skeletons. It is a way to remind oneself and each other that death is a natural part of life, and that death doesn't only have to mean loss. Día de los Muertos is a celebration that goes back hundreds of years. It has traditionally been celebrated by the Mexicas around the same time of the month, usually after the harvest season. Despite the tradition originating in Mexico it is also celebrated by others throughout Latin America.



FALL RECIPE

By Paul S., WCC Youth Advocate

I found this recipe online. It is nothing like my aunt's recipe, but it is good. When I think of fall, I think of a freshly baked sweet potato. The smell of sweet potato pie means that the Thanksgiving feast is ready to begin. The sweet potato is something to be grateful for. The color and smell screams fall. Eating a buttery sweet potato pie with the flakey buttery crust is the best treat before or after a meal. Eating the crust at the very end is my favorite part of eating this delicious dessert.

Step 1: Boil sweet potato whole in skin for 40 to 50 minutes, or until done. Run cold water over the sweet potato, and remove the skin.

Step 2: Break apart the sweet potato in a bowl. Add butter, and mix well with the mixer. Stir in sugar, milk, eggs, nutmeg, cinnamon and vanilla. Beat on medium speed until mixture is smooth. Pour filling into an unbaked pie crust.

Step 3: Bake at 350 degrees F (175 degrees C) for 55 to 60 minutes, or until knife inserted in center comes out clean. Pie will puff up like a souffle, and then will sink down as it cools.

Nutrition Facts—Per Serving: 389 calories; protein 4.5g; carbohydrates 47.8g; fat 20.6g; cholesterol 78.2mg; sodium 253.7mg.

Original recipe yields 8 servings.

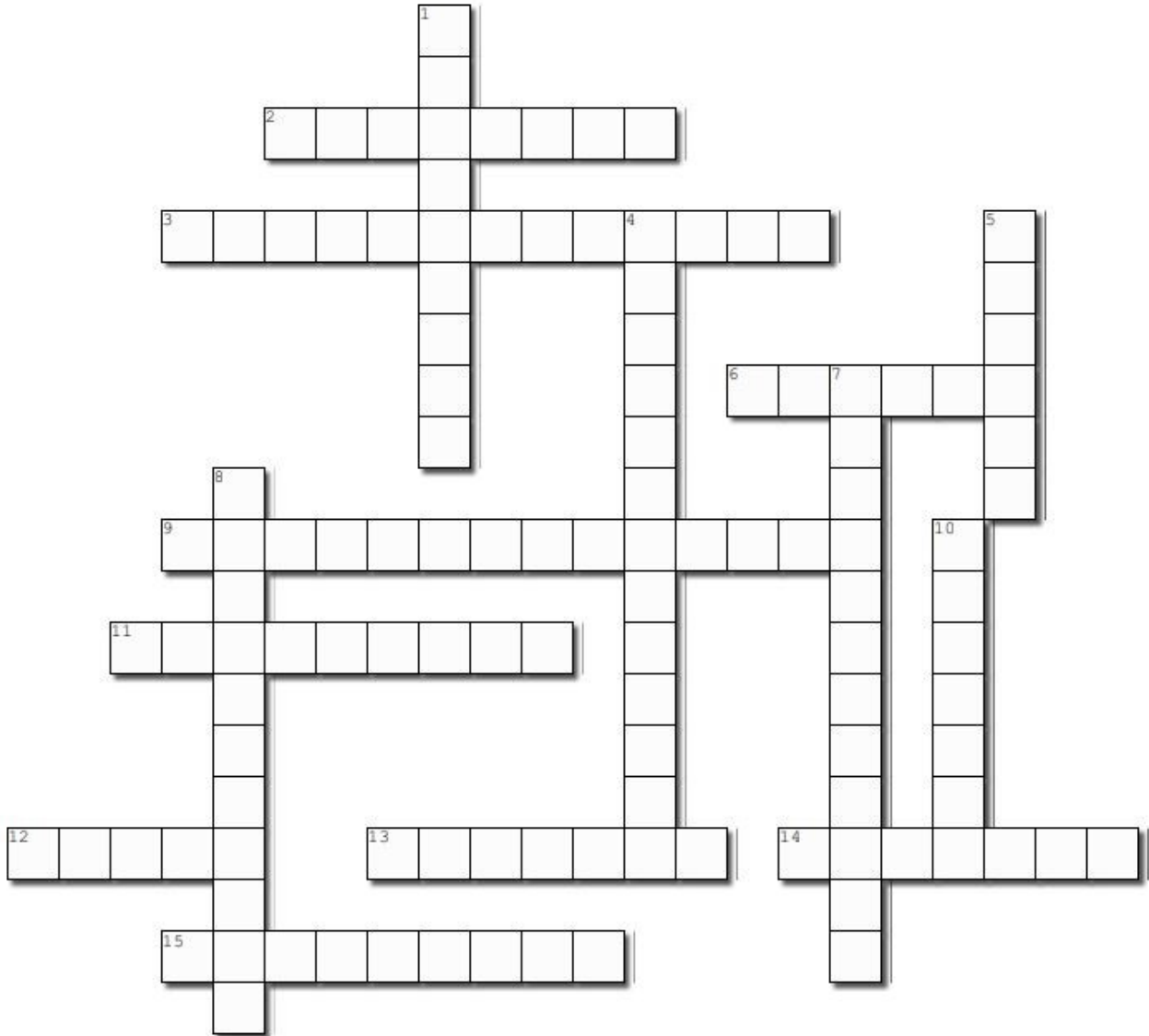
Ingredient Checklist

- 1 (1 pound) sweet potato
- 1/2 cup butter, softened
- 1 cup white sugar
- 1/2 cup milk
- 2 eggs
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1 (9 inch) unbaked pie crust



FALL ILP CROSSWORD

Complete the Fall-themed crossword puzzle below!



ACROSS

2. A knitted garment typically with long sleeves, worn over the upper body
3. Usually a red fruit covered in a hard layer of sweet candy
6. The third season of the year, when crops and fruits are gathered and leaves fall
9. A lantern made from a hollowed-out pumpkin in which holes are cut to represent facial features, typically made at Halloween
11. The night of October 31, the eve of All Saints' Day, commonly celebrated by children who dress in costume and go door-to-door
12. (Of weather, a period of time, or a place) marked by or exposed to strong winds
13. The tenth month of the year, Halloween is in this month
14. Gloves with two sections, one for the thumb and the other for all four fingers
15. A very tall plant that typically grows facing the sun

DOWN

1. An object made to resemble a human figure, set up to scare birds away from a field where crops are growing
4. A mixture of spices including cinnamon, nutmeg, ginger, and cloves, used especially to flavor the filling of pumpkin pies, seasonal latte flavor
5. Color the leaves turn in the fall, color of pumpkins
7. An annual national holiday marked by religious observances and a traditional meal including turkey
8. Syrup produced from the sap of certain maple trees
10. The process or period of gathering in crops

Answer key on the next page

CROSSWORD PUZZLE ANSWERS

ACROSS

- 2. Sweaters
- 3. Caramel Apple
- 6. Autumn
- 9. Jack o Lantern
- 11. Halloween
- 12. Windy
- 13. October
- 14. Mitten
- 15. Sunflower

DOWN

- 1. Scarecrow
- 4. Pumpkin Spice
- 5. Orange
- 7. Thanksgiving
- 8. Maple Syrup
- 10. Harvest

ILP STAFF DIRECTORY

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