



October 2018

***Our Mission: Through education, empowerment and mutual support, Nuestra Casa enables immigrant women to create positive changes in themselves, their families, and their communities.***

## FROM N.C. BOARD PRESIDENT

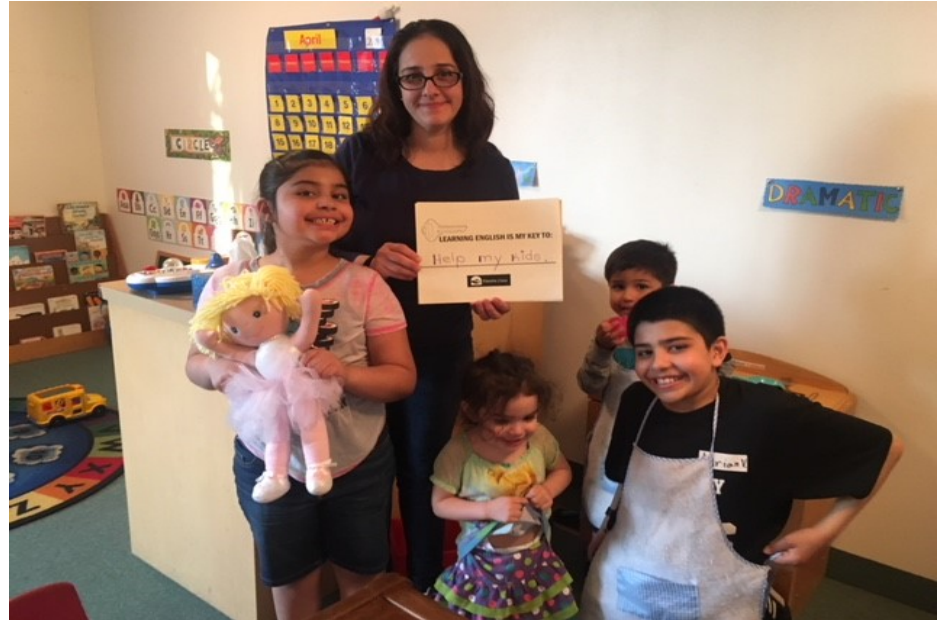
Welcome, Caty!

We welcome to *Nuestra Casa* our new Executive Director, Caty Paddilla Johnson! Caty recently graduated from Heritage University with a major in business management and has already demonstrated her entrepreneurial spirit by launching some new offerings to meet the numerous educational needs of immigrant women and their families in the Lower Yakima Valley.

We at *Nuestra Casa* are so grateful to **you**, our generous donors and collaborators. Through your contributions and collaborative efforts *Nuestra Casa* continues to find new ways to educate and transform the lives of so many immigrants. Thank you!

Gratefully,

Sister Mary Rita Rohde, President  
*Nuestra Casa* Board of Directors



ESL student Minerva with her children, who are the reason she wants to learn English.

## ¡SI SE PUEDE! YES YOU CAN!

Our ESL classes have started off with a bang! *Nuestra Casa* is offering morning and evening ESL classes, three days a week. Participants are assessed and assigned into one of the three levels offered. We have reached an all time high in the number of students registered. Our ESL program has 47 participants in day classes and a whopping 53 adults in evening classes.

Our program has been revamped to include more interactive learning opportunities for students and cultural tips in every lesson. All lessons incorporate the four skills of reading, writing, listening and speaking English. Our morning level one students were able to showcase some of the skills learned during a trip to a popular fast-food restaurant where the whole class was encouraged to place their order completely in English. This may seem like a small feat for many but for these students it was a breakthrough.

A big part of our class success is due to the amazing teachers that lead our classrooms. Our ESL program would not be the same without their hard work and dedication.

It is an honor to be able to serve our immigrant community in offering them a safe space to learn English and better themselves. It has allowed us to connect directly across cultures. Not all immigrants are the same, but those who come to *Nuestra Casa* are here to learn, work hard, participate and give their families opportunities they never had.

## HIDDEN IN PLAIN SIGHT, A SUCCESS

September 28th, *Nuestra Casa* hosted the Hidden in Plain Sight event where 34 adults walked through a mock teen bedroom to identify paraphernalia that indicated drug and alcohol use and other destructive behaviors. This event was presented by Prosser C.I.A. (Community Involvement and Action) Coalition and translated into Spanish. Participants learned the steps they should be taking at home to prevent drug and alcohol use among their teens.

This event was made possible in part by U.S. Bank and our community partners Sunnyside United-Unidos, Sunnyside School District and Astria Health.



## Upcoming Events

- October 23rd, Breast Cancer Awareness - 11:30 am
- October 30th, Breast Cancer Awareness - 7:30 pm
- November 2nd, Home Loans - 4:30 pm
- November 7th, Seasonal Affective Disorder- Depression presentation 11:30 am
- November 20th, Gratitude Celebration, 6 pm



Hidden in Plain Sight attendees discover drug paraphernalia in the mock teenage room.

## NEW TRADITION IS GOOD NUTRITION

Here at *Nuestra Casa* we continue to nourish our relationship with WSU– Yakima County Extension. The Expanded Food and Nutrition Education Program has become a favorite for migrant women especially those seeking to become childcare licensed providers.

This quarter we are offering two different nutrition programs in collaboration with WSU, the Lifestyle Medicine class on Mondays and the Good Nutrition course on Fridays.

**Lifestyle Medicine** class participants learn how a healthy lifestyle can play a role in disease prevention, management, and reversal for non-communicable diseases.

Participants will attend 10 sessions where they will receive education on nutrition, exercise, healthy habits and routines. The Lifestyle Medicine class has 14

participants.

The **Good Nutrition** class has been an all time favorite of *Nuestra Casa* students for the past three years. Approximately 70 *Nuestra Casa* students have received certification of completion.

This quarter 11 students registered and are receiving necessary nutrition education. Aside from learning delicious new recipes and healthier cooking techniques they can implement in their homes, they are also learning how to read nutrition labels, increase physical activity and how to be spending savvy shoppers.

We are hoping to evolve this 18 hour program to include an in depth couponing segment. This idea was brought forth by the students as a way to supplement their income during the winter months.



## IMMERSION IN ESL

For the seventh year we welcomed the University of Portland's Immersions group. They experienced a new perspective of adult education. The group of 15 students participated in conversations with our ESL students.

During these conversations both groups of students discussed their educational goals, backgrounds and what they felt was their greatest barrier to accomplishing their goal. It was a great opportunity for the University of Portland students to hear about some of the critical social issues that surround our immigrant community.

## CITIZENSHIP: PREPARING FOR THE OATH

The driving force to become a United States Citizen varies for each individual in our fall quarter Citizenship Preparation Class. The large majority of our current students are seeking citizenship to participate in federal elections, for others citizenship represents the culmination of reaching the American Dream. Classes are taking place on Mondays and Wednesdays, 6 pm to 8 pm at *Nuestra Casa*. They are taught in 10 week sessions with open enrollment throughout the year. Currently 21 students are registered and attending class. We look forward to celebrating the resilience of our students once they become United States Citizens.



Student led group preparing for the naturalization test in Spanish .

Student led group preparing for the naturalization test in Spanish .

## CULTIVATING PARTNERSHIPS

We are proud that *Nuestra Casa* has become a household name in our tight-knit communities. However, this does not mean our job is done. We are always striving to find new ways and partners to help support our efforts in educating the immigrant community. Assisting and participating in different spectrums of events has helped us become attuned to the ever changing needs of our community. So next time you see us out at an event, stop by and chat. We'd love to listen to you.



## Nuestra Casa Wish List

An envelope is enclosed for a monetary donation. Additionally below are listed items we can always use. Should you be able to help us with any of these items please drop off at our location.

### La Escuelita

- Individually packaged snacks
- Juice
- 3 oz. or 5 oz. paper cups

### Classroom

- Copy paper
- Dry erase markers

### Household Supplies

- Kleenex
- Paper towels
- Toilet paper
- Hand sanitizer
- Dish washing soap

*Thank you!*