



CLOSED
FOR THE
HOLIDAY



TCC closed January 2nd
for New Year's Holiday



TCC closed January 16th
in observance of Martin
Luther King Jr. Day

Parents say...

"The Children's Center is very convenient and a safe place for my children to play. The staff is always helpful and caring."



January 2017



Opportunities
FOR OTSEGO

**EMERGENCY HOUSING
ASSISTANCE PROGRAM**

Our Emergency Housing program helps homeless and at-risk households during their transition from temporary to permanent housing. We assign a case manager to help you connect to community resources and find safe, stable housing. We also offer additional support to ensure the maintenance of housing.

Our programs are completely free to income-eligible households, with a minimal fee for non-eligible households.

Services offered by Emergency Housing:

- 24-hour hotline
- Emergency shelter and off-site lodging
- Rent/mortgage assistance
- Eviction prevention and housing location
- On-site counseling and referrals to community services
- Assistance in speaking with landlords
- Goal planning based on a household's needs and strengths
- Information and referrals to community programs
- Budget counseling
- Linkages to legal services to prevent eviction
- Transportation assistance
- Ongoing case management through one-on-one support and home visits



Call us today or stop in:

- **10-20 Depew Street, Oneonta**
- We're open 24 Hours a Day, 7 Days a Week
- For emergencies, call our 24-Hour Emergency Housing Hotline: **607.433.8318**

Am I Eligible?

Programs	Maximum Annual Household Income/Family Size					
	1	2	3	4	5	6
Early Head Start/Head Start	\$15,444	\$20,826	\$26,208	\$31,590	\$36,972	\$42,354
WIC	\$21,978	\$29,637	\$37,296	\$44,955	\$52,614	\$60,273
Weatherization	\$26,928	\$35,220	\$43,500	\$51,792	\$60,072	\$68,364
First Time Homebuyers**	\$38,976	\$44,531	\$50,086	\$55,642	\$60,122	\$64,602
Assisted Home Performance	\$35,104	\$45,904	\$56,704	\$67,504	\$78,304	\$89,104
Energy Opportunities	No	Income	Limits			

** Income eligibility for the First Time Homebuyers Program is based on adjusted gross income as reported on Federal tax returns.

Contact OFO:
3 West Broadway
Oneonta, NY 13820
607-433-8000 for
more information.

Budgeting 101: how to start budgeting

a guide from TuneMyHeartBlog.com

1. Choose a Tracking System

spreadsheet, printed form, mint.com, YNAB, EveryDollar etc...

2. Write Down Next Month's Income

If you're income varies, write down the lowest possibility.

3. Record All Your Expenses

Write down your expenses in order of importance, and guess or calculate what you spend on each item.

4. Track Every Single Dollar You Spend

Note where you go over budget.

5. Adjust Next Month's Budget

Figure out, based on this month's spending, where you need to increase or decrease the amounts you budgeted. It takes about 3 months to get the numbers right.

myfree
taxes.com

Easy. Free.
Tax Help You Can Trust.

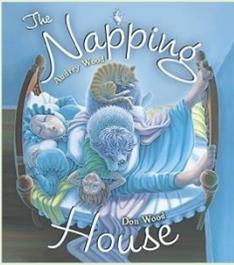
Prepare & File Your Federal and State Taxes FOR FREE.

Prepare your taxes at home or
use CDO Workforce computers in
Oneonta, Delhi, Sidney, or Norwich and SFCU

**KEEP 100% OF YOUR REFUND BY SAVING AN AVERAGE
OF \$200* OR MORE IN TAX PREPARATION FEES.**

Call our helpline at 1-855-My-Tx-Help (1-855-698-9435)

**NATIONAL STALKING
AWARENESS MONTH**
JANUARY 2017



The Napping House by Audrey Wood, is about a cozy bed, a snoring granny, a dreaming child, a dozing dog, a snoozing--WAIT! There's a surprise in store, and little ones will want to discover it over and over again. So pull on your sleeping cap and snuggle in for a timeless cumulative tale that's truly like no other -Amazon

The Children's Center Wish List

Thank you for your generous support! We appreciate your assistance if you are able to contribute any of the items below:

- Batteries for toys
- Books (board, picture, and chapter styles)
- Child-sized quilts
- Construction paper
- Journals for school-age children
- Jumbo size zipper bags
- Crayons
- Glue Sticks
- Pencils
- Soap Bubbles

As our program serves many young children, who love to put items in their mouths, donations of new items are greatly appreciated. The Children's Center will accept gently used clothing for our young ones who may have toilet training accidents. **Donations may be dropped off at:** The Children's Center, Otsego County Office Building, 197 Main St., Cooperstown, Monday – Friday, 9:00AM – 4:30PM OR Opportunities for Otsego, 3 West Broadway, Oneonta, during regular business hours: Monday – Friday, 8:00AM – 5:00PM

One-Pan Chicken Alfredo

Ingredients:

- 3 boneless skinless chicken breasts, cut into bitesize pieces
- Salt and pepper
- ½ tsp Italian seasonings
- 3 tbsps. olive oil
- 2 cloves garlic, minced
- 1 (14 oz.) can chicken broth
- 1 cup heavy cream
- 2 cups penne pasta
- ¼ tsp dried basil
- 2 cups grated parmesan cheese
- ¾ cup mozzarella cheese, shredded



Instructions:

1. Add oil to large skillet pan, heat over Med-high heat. Add chicken and sauté for 2-3 min. until lightly brown. Add in garlic and sauté for another minute.
2. Mix in and combine chicken broth, cream, pasta and basil. Bring to a boil, cover pan and reduce to a simmer for 15-20 minutes until pasta is fully cooked.
3. Remove from heat, add cheese. Stir, until cheese is melted and fully mixed in, serve.



New Years Word search

RESOLUTION GOALS NEW YEAR ACTIVE FRUITS

VEGETABLE LOW FAT HEALTHY SUCCESS CELEBRATE

DETERMINATION POSITIVE MOTIVATION HAPPY COMMITMENT

15th Annual Give Kids A Smile Day

February 3, 2017

When: Friday, February 3, 2017
9 AM - 3 PM
By appointment, please.

Where: NCD (Northern Catskill Dental)
6 Doubleday Court (adjacent to Doubleday Field Parking Lot)
Cooperstown, NY

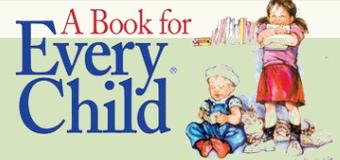
Who: Children ages 2 through 12 years old with financial need.

What: One procedure per child
Referrals given if more dental work is needed

How: Call NCD for an appointment - (607) 547-2313 (Appointments will be made on first come first served basis.)



Opportunities for Otsego provides drop-in day care for children, ages 6 weeks to 12 years, through The Children's Center. This **free** service is open 9:00 AM to 4:30 PM every day that court is in session. The Children's Center is closed for lunch from 12:30 PM to 1:00 PM.
P: 607-547-6426 | W: www.ofoinc.org
197 Main Street, 2nd Floor, Cooperstown



OFO's Mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families, and caring communities.