

March 2021

Tiger Love Community Services Newsletter

New Federal Guidelines for SNAP Benefits . See if You Qualify.

COVID 19 has severely impacted the ability of college students to meet their basic needs. According to Temple University's Hope Center for College, Community and Justice, "44% of students at 2- year institutions and 38% of students at 4- year institutions reported unstable access to adequate nutrition due to their economic circumstances." To that end, the US Congress has authorized new flexibilities in SNAP law that opens up access to the program for many previously excluded students.[CC1]

If you are enrolled more than half time, eligible to participate in a state or federally financed work study program, and have an expected family contribution of zero dollars, you may qualify for SNAP benefits during this current federal, public emergency. A single person household for a student under 22 who is not living with a parent or spouse could qualify for up to \$234.00 per month in SNAP benefits. Stay tuned to your Tiger Love Community Services Newsletter for further updates as to when to apply. For more information, you can call +1.337.421.6974, or e-mail TigerLoveCommunityServices@sowela.edu.

New Interim Director of Student Services

Megan Fabian will be the interim Director of Student Services. Megan started with SOWELA as an Enrollment Management Specialist and currently works as an Academic Advisor. Prior to Megan's time at SOWELA, she worked as a counselor in Lake Charles and in the New Orleans area.

Megan received a Master of Health Sciences in Rehabilitation Counseling from Louisiana State University Health Sciences Center in New Orleans and a Bachelor of Arts in Communication Studies from LSU in Baton Rouge. Megan is excited to be a part of the Student Services team to advocate and assist students in many areas related to their academic goals.

TIGER LOVE
COMMUNITY SERVICES

SOWELA
TECHNICAL COMMUNITY COLLEGE

Stressed Out? Burned Out? You Need To Reach Out!

Let's face it! The people of Southwest Louisiana have faced one crisis after another---two major hurricanes and an ongoing pandemic. The FEMA funded Louisiana Spirit Crisis Counseling Program is here to help you cope with these ongoing disasters.

Andrea Cormier, one of SOWELA's own, has reached out to Tiger Love Community Services to sponsor a series of virtual crisis and stress management sessions throughout this semester. There will be three sessions this month:

- **Stress on Tuesday, March 2nd from 12:00 PM – 1:00 PM**
- **Work Life Balance on March 16th from 12:00 PM – 1:00 PM**
- **Managing Feelings on Tuesday, March 30th from 12:00 PM - 1:00 PM.**

The Meeting ID: 488 375 8798. Pass Code: 2021.

Acadiana Legal Services

The Acadiana Legal Services Corporation (ALSC) is a private, non-profit law firm that provides free legal assistance in civil cases for people who cannot afford it. ALSC has a Disaster Unit of attorneys who specialize in disaster related issues such as the hurricanes that devastated Southwest Louisiana last year. They are Hailey Barnett, Courtnei Carter, and Greg Beasley.

ALSC and Tiger Love Community Services will sponsor a series of virtual meetings to discuss some of the legal issues that emerged from those two disasters. The first zoom meeting in this series will discuss:

- **Housing and Evictions on Thursday, March 18th from 12:00 PM - 1:00 PM.**
- **Insurance and Consumer Issues on Thursday, March 25th from 12:00 PM - 1:00 PM.**
- **Succession and Wills on Thursday, April 1st from 12:00 PM - 1:00 PM.**

Please join us for what will be very informative conversations on Louisiana law.

Meeting ID: 488 375 8798. Pass Code: 2021.

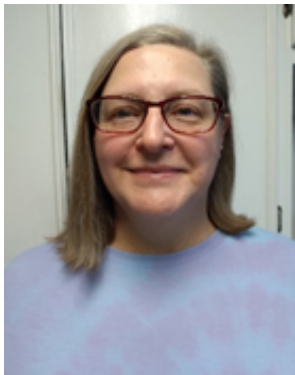


Your Car Broke Down Again? Need a Ride?

Never fear! JARC is to the rescue! The Job Access and Reverse Commute Program (JARC) is a Calcasieu Parish wide "curb-to-curb" transit system sponsored by the Calcasieu Parish Police Jury. For as little as \$4.00 per day, you can be picked up from your home, dropped off at SOWELA, picked up at SOWELA, and brought back home.

The buses run Mondays through Saturdays 5:00 AM --- 11:00 PM. They only close on Sundays and federal holidays. Special rates apply for children and the disabled. To pick up an application, you can come by the Student Services Office, temporarily located in the Game Room of the Sycamore Student center. Or, you can call the Calcasieu Parish Transit System Office directly at +1.337.721.4034.

SOWELA Flying Tiger Tutor Corner



Ms. Anne has been with SOWELA for 6 years. Ms. Anne Duhon studied Special Education and English Education (Secondary level) at University of Louisiana at Lafayette. She began tutoring classmates as a Math Club member while in high school, and learned then the joys of helping others discover what they can do! She is available to assist students who need help with any aspect of written English. In particular, she enjoys helping students organize and revise essays. In addition, She loves to work with students taking transitional courses -- math, reading, and writing.

Study Tips for Writing by Ms. Anne Duhon

Got a writing assignment? Not quite sure where to start? Remember this adage:

“Measure twice. Cut once.”

Read all the information that your instructor has provided for you. Carefully read the directions for the assignment. Then, read the directions a second time. If you are still not comfortable with how to begin, e-mail your instructor with specific questions to clarify what you do not understand. And, always feel free to reach out to a SOWELA Flying Tiger Tutor for help.

Remember “Preparing a solid foundation will make for an overall higher quality construction.” Hi, I am Anne Duhon, and I tutor Writing, English, and Basic Math from 9:30 AM to 2:30 PM on Tuesdays, Wednesdays, and Thursdays. You can e-mail me at Anne.duhon@sowela.edu or schedule an appointment at <https://www.sowela.edu/student-life/student-services/student-tutoring/tutoring-appointment-form/>.

