

Family Resource

Introduction

Hello

For those who are new readers to the Family Resource Quarterly newsletter, my name is Joanne Ureste and I am the County Extension Agent-Family Resource for Texas A&M AgriLife Extension at the Hidalgo County office. As a Family Resource (FR) Agent, I am responsible for planning, implementing, and evaluating education programs in the areas of personal financial literacy for youth and adults, budgeting and money management. I compose quarterly newsletters to provide financial information to the community.

The previous newsletter, I provided information on the following topics: ways to talk to your children about money, guarding yourself from identity theft, eating healthy on a budget, and recycling items to make home décor. I hope you enjoyed the topics.

Since then, I almost finishing my second semester at Texas A&M University-Kingsville. I am also in the process of organizing my wedding. So with work, school, and my personal life it has been very busy and great!

The newsletter entails tips on talking to your kids about money to saving money to decorating on a budget. In addition, I included a couple of programs that I implemented and facilitated. You may use this newsletter to get your child involved in learning how to save because it is never too late to start saving. I hope you enjoy! If you would like to read on a specific top or have any questions, please contact me at 956-383-1026 or joanneu.ureste@ag.tamu.edu.

Strengthening Families

I am implementing a new program called Strengthening Families. Strengthening Families Program is a 6-week parenting education series designed for parents of school-aged children. The research-based educational program was developed to strengthen the relationship between parents and their children and to equip parents with the skills they need to effectively raise their children.

The modules is as follows

Module 1: Developmental Expectations and Stress Management

Module 2: Goals, Objectives, and Rewards

Module 3: High Risk Kids and Communication

Module 4: Communication II, Problem-solving and giving directions

Module 5: Limit Setting

Module 6: Implementing the Behavior Plan and Maintaining Good Behavior

If you would like more information about this program, please contact me at 956-383-1026 or joanne.ureste@ag.tamu.edu.



101 on Credit Reports

What is Credit?

Credit is the ability to borrow money and a promise you make to pay back money you borrowed with interest.

Why is Credit Important?

- ⇒ It is useful in times of emergencies.
- ⇒ It is convenient when you do not have cash.
- ⇒ It allows you to pay for large purchases over time.
- ⇒ It can help you obtain employment housing and insurance.



Credit Report Agencies: Equifax, Experian, and TransUnion.

Credit Reports do not contain the following information: Checking and saving account balances, income, medical history, purchases made with cash or check, business account information, race, gender, religion, or national origin, and driving record.

FICO: score ranges from 300 to 850. 300 is considered having “bad” credit and 850 is considered having “excellent” credit.

Vantage: Newest credit scoring system. Scores range from 501 to 990. 501 is considered having “bad” credit and 990 is considered having “excellent” credit.

Request Your Credit Score: Receive a copy of your credit score from: Credit reporting agencies, mentioned above. You are allowed one free credit report every 12 months.

To receive a free annual credit report visit: www.annualcreditreport.com

Source: FDIC

Your Own Home

Are you Ready to Buy a House?

Questions to ask yourself...Do you have.....

- ⇒ Have a steady source of income?
- ⇒ Good credit history?
- ⇒ Ability to pay debts, mortgage, and other additional cost?
- ⇒ Plans to move within 2 to 3 years?
- ⇒ Money for a down payment and closing cost?



Renting a Home

Advantages: No property maintenance, Rental contract 1 year or less, No homeowner associated cost

Disadvantages: You are not the owner, Your rent might increase, You might not be able to renew your contract

Owning a Home

Advantages: Building equity and borrowing against it, Good investment, Tax-deductible mortgage interest, Asset you can pass on to family members.

Disadvantages: Property maintenance and upkeep. Not as easy to move as renting. Risk of losing your home.

Consider what you can afford! Rule of thumb estimate: 2 to 3 times your household income

Mortgage Terms

15-Year Mortgage: Borrow less money because of larger monthly payments. Build equity faster. Less interest to pay. Lower interest rate.

30-Year Mortgage: Borrow more money because of lower monthly payments. Build equity more slowly. Can deduct more interest from income tax. Higher interest rate.

Source: FDIC

Reducing, Reusing, Recycling: Embossed Candle

Total Cost: \$2.00 (depending the supplies you have)

Materials Needed:

Candle
Napkin with prints
Mod podge
Hair Dryer

Directions:

1. Place printed napkin on candle with mod podge
2. Blow dry the printed napkin till the print transfers to the candle. (about 45 seconds)
3. When you finish peel the napkin off.

Source: Agrilife Extension Master Clothing Volunteers (MCV): <http://hidalgo.agrilife.org/family-resources/>



Better Living for Texans (BLT) Apple-Licious Smoothie

Serves: 6

Cost per Serving: \$0.35

Ingredients:

2 cups applesauce, unsweetened
2 cups 100% apple juice
2 cups fat-free strawberry yogurt



Directions:

Wash your hands and clean your cooking area. In a pitcher, combine all ingredients and mixed well. Cover and chill until ready to serve

Sources: BLT Recipes



Family Resources Programs: Highlights from the previous quarter

Texas A&M AgriLife Extension hosted their 4-H Hidalgo County Fashion Show on January 30, 2016 at Hidalgo County. The MCVs helped the 4-Hers by organizing sewing workshops prior to the Fashion Show and assisted as judges.

Texas A&M AgriLife Extension organized a Healthy South Texas event on February 20, 2016. Healthy South Texas initiative is a regional effort to transform health education and outcomes in 27-county areas in south Texas, Hidalgo happens to be one of them! Through this initiative we will educate families and promote change in diabetes, asthma, and infectious diseases through nutrition and cooking classes, physical activity programs, worksite wellness, food safety, farmer's markets, and community gardens.

I also educated and conducted a graduation ceremony for a group of people at San Juan ISD Parental Involvement (San Juan, TX) Robert E. Lee Elementary (Edinburg, TX), de la Vina Elementary (Edinburg, TX), Rowe High School (McAllen, TX), and Zavala Elementary (McAllen, TX). This group attended a program called Money Smart that I presented through the FDIC. It is a financial education curriculum designed to help adults enhance their money skills and create positive banking relationships.

Also, the Master Clothing Volunteers hosted a sewing class on March 17, 2016. There were 17 youth who attended this event. It was an eventful quarter, but I have to say that I love every moment of it! See you soon!



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Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating. Individuals with a disability needing an accommodation should contact 956-383-1026 at least two weeks in advance to program date