

## Community Action Commission of Santa Barbara County

CAC: *Creating opportunities for Santa Barbara County families to achieve stability.*



# Newsletter

Fall 2016

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### Cal-SOAP



The new school year has started and Cal-SOAP is in full swing, offering college application workshops, financial aid presentations, and SAT classes to high school students and their families. CAC's Cal-SOAP (California Student Opportunity and Access Program) increases the accessibility for low-income, first generation college bound students in Santa Barbara, Goleta and Carpinteria. Cal-SOAP is committed to advising, informing and exposing students and their parents to post-secondary opportunities and resources.

### Featured Sponsor

## Meet CAC Board Chair Bob Freeman

As CAC Board Chair, Bob Freeman focuses on supporting Executive Director, Fran Forman.

Driven by the adage, "No margin, no mission," Freeman works to ensure CAC's revenue continues to exceed its expenses, help the agency maintain stability, and to keep CAC from spreading itself too thin. Bob has complete confidence in CAC's abilities to change people's lives. "Whether it's a step up in education through Head Start, resources for at-risk teens and families, helping senior's remain living independently, or providing



families with assistance to keep their homes safe and warm, every program is unique and provides a good service." Bob Freeman has been on CAC's Board of Directors since 2013, and has served as Board Chair since 2014. Freeman is the CEO of CenCal Health. Freeman's current role at CenCal Health and his former positions working in State government have made him a tremendous asset to CAC. CenCal Health provides access to high quality health services, and education and outreach for low-income families in Santa Barbara and San Luis Obispo Counties.

## Food Day is coming! October 24, 2016



For the sixth year since its inception, CAC and the Santa Barbara County Public Health Department are joining together to celebrate Food Day.

This is a day to highlight local farmers, assess our own diet, and take action to be active and healthy. The day will be celebrated with free food samples, raffle prizes, information on healthier diets, and more! We are hosting the event on Monday October 24, 2016 from 11 am to 1 pm at CAC's Back Door Deli (315 Camino Del Remedio, Santa Barbara).



(Click [here](#) to see all CAC sponsors.)

Join Our Mailing List!

Join us for this FREE event!

## Las Comadres and Los Compadres



This summer Las Comadres and Los Compadres held two separate weekend retreats. The weekends were filled with activities that encouraged the youth to grow personally, assisted them in identifying their strengths and fostered prosocial behavior. The young men and women built strong relationships and supported each other in making positive changes to their lives. The Las Comadres and Los Compadres programs help youth focus on their strengths, understand the consequences of their choices, prevent teen pregnancy, and avoid substance abuse and violence.



Community  
Action  
Commission  
OF SANTA BARBARA COUNTY

ENERGY SERVICES

### Santa Maria Residents Stop flushing money down the toilet!

Let CAC Energy Services  
replace your inefficient  
toilet with a brand new  
one for free!



**You may also qualify for:**

- Utility Payment Assistance up to \$1,000 (even if utilities are included in rent)
- Home Safety Testing
- Energy Star Appliance Upgrades
- Insulation
- Lighting Upgrades
- Weather Stripping
- Water Conservation Measures

\* Income Restrictions do Apply

**Renters and homeowners**

Call today to see if you qualify 805-617-2897  
or

Email us at [EnergyInfo@cacsb.com](mailto:EnergyInfo@cacsb.com)

\*special program available for landlords  
License # 621241

## Energy Services

CAC Energy Services is currently running a program to replace inefficient toilets for free in homes throughout Santa Barbara County. This program is open to both renters and homeowners. A new efficient toilet can help families save money on their water bill. There is no cost to applicants who qualify to have their toilets replaced. CAC will also be offering additional energy

saving services to households that qualify based on income. Call 805-617-2897 to learn more!

## Thank you Enterprise Volunteers

A team of volunteers from Enterprise Fleet Management spent their morning preparing CAC's Carpinteria Head Start center for the upcoming school year. Five Enterprise employees volunteered for several hours sanding and staining picnic tables and a playhouse. The outdoor



classroom looks great and is ready for another year with the children. We are very thankful for the hard work Enterprise put into helping at Carpinteria's Head Start center.

[Volunteer with us!](#)

Thank you for your support of CAC. Together, we are making a difference in our community.

**Sincerely,**

**Fran Forman, Executive Director  
Community Action Commission of Santa Barbara  
County**