



## **"A Day in the Life..." Activity**

Adapted from the Cordova Community Collaborative



### **Instructions**

You will be taking on the character of the person in each of the following five scenarios. Each of these characters provides you with an example of the lives of many people in the Tahoe/Colonial community.

You will take on the character of that person act out each scenario – if you are asked to use public transportation, you must physically ride the bus to the named destination(s). Use the provided “Resources for Families in the Tahoe/Colonial Community” sheet given to you (a partial listing of resources in the community) to navigate your way through “the system” and take care of your family. *Please be sure to keep notes and information on each resource provided on this sheet; and ensure that you can answer all questions asked in each scenario.* Please remember that this is only ONE day in your life... but this is just another day in the life of many families in our community!

### **Scenario One**

Put yourself in the shoes of a mom/dad with a sick toddler, no insurance and very little money. How would you seek out services for your child and where? And oh yes, you have no car. Since you do not have transportation, you must walk or ride the bus. How much does this cost? What types of health services are available in the Tahoe/Colonial community? If there are no accessible services in Tahoe/Colonial, what are your options in Greater Sacramento County area?

### **Scenario Two**

You would like to improve your life by getting more training. If you would like to access job training skills, where could you go? What types of job training skills are offered? Who can you contact for low-cost classes that you could either attend while your children are in school or in the evenings? Also, there are a few barriers: you are not an American citizen so where would you go to get information on citizenship/a working permit/a visa?

### **Scenario Three**

So while you're receiving job training during the afternoon, what are some school-based programs you could access for your children aged 3, 8, 12 and 16? Please talk about those programs and the services they offer as well as if there are any fees.

### **Scenario Four**

You have just moved to the Tahoe/Colonial Community and would like to enroll your child in school, but the school nurse tells you that your child cannot come to school until his/her immunizations are up to date. Your Medi-Cal has not been transferred yet, where can you go for shots?

### **Scenario Five**

You have only \$80.00 left to feed yourself, your toddler and your infant. You will not be getting another aid check for a week and a half. The toddler and infant are still in diapers; the infant is still on formula. Where are the cheapest places to shop and what agencies will help you out? What important items would you get for the amount of money you have available until your next check?



## Resources for Families in the Tahoe/Colonial Community

Agency Information	Food	Health Care	Jobs	Parenting Classes / Support	Youth / Family Activities	Other Services
<b>Dunlap House Family Resource Center</b> 4322 4 <sup>th</sup> Avenue Sacramento, CA 95820 916.244.5800				★	★	
<b>La Familia Counseling Center</b> 5523 34 <sup>th</sup> Street Sacramento, CA 95820 916.452.3601			★	★	★	★
<b>Oak Park Food Locker – Sacramento Food Bank Services</b> 3333 Third Avenue Sacramento, CA 95817 916.456.1980	★					
<b>Oak Park Neighborhood Multi-service Center</b> 3415 Martin Luther King, Jr. Boulevard Sacramento, CA 95817 916.875.2999		★	★		★	★
<b>Sacramento County Primary Care Center</b> 4600 Broadway Sacramento, CA 98520 916.874.9238		★				
<b>Sacramento Employment and Training Agency</b> 2901 50 <sup>th</sup> Street Sacramento, CA 95817 916.277.1395			★			
<b>Tahoe/Colonial Community &amp; Family Resource Center</b> 5959 8 <sup>th</sup> Avenue Sacramento, CA 95820 916.277.7001					★	★