



StraightTalk Association for Financial Empowerment

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AFFORDABLE SELF CARE

Keep up with your mental health without breaking your budget.

Self Care is an important step in maintaining your mental health, and doing so on a budget may seem like a challenge. We have a few self care tips to share that are both affordable, and healthy.

Exercise Online

Maintaining a regular exercise routine has huge benefits for your mental and physical well being. Sometimes having a gym membership can feel like a barrier to health, so we encourage our members to look into exercise programs that are hosted online. You can find many free programs for yoga, cardio, or strength building on sites like YouTube.

Use your Employee Assistance Program

If you're interested in seeking out a therapist, a great resource may actually be your employer's Employee Assistance Program (EAP). This is a program through your employment benefits that will help cover the cost of several sessions with a partnering mental health practice.

Find Time for Yourself

Sometimes self care doesn't need to be a large commitment either. A great habit to build includes finding a few minutes each day that you can really focus on yourself and something that you enjoy. This might mean meditating everyday, taking a short walk, or setting aside time to enjoy your favorite coffee before starting your day.

However you practice your self care, we want you to do it in a way that benefits your mental, physical, and fiscal health and well being.

CONGRATS SCHOLARSHIP WINNERS!

2021 SCHOLARSHIP

SAFE 2021 Scholarship

This year's field of applicants for the SAFE Scholarship was truly outstanding. The applicants represented a fantastic mix of individuals from many backgrounds with a variety of outstanding stories to tell. From high school seniors to PhD students and those entering the ROTC, our applicants were impressive in their commitment to helping others.

Selecting winners from this year's pool of applicants was an uplifting journey with dozens of examples of individuals who consistently put the needs of others before their own. This year, the scholarship committee selected twelve applicants who demonstrated an impressive drive for helping people, serving the underserved, and making an impact in and giving back to our communities. A total of **\$40,000** was awarded to this group of deserving applicants.

Adam Zaborsky

Adam displays an amazing drive to give back and has been involved with his local VA medical center for several years. He intends to enroll in a dentistry program and hopes to continue volunteering in his local VA and underserved communities upon entering the workforce.

Ashleigh Woodcock

Ashleigh shows terrific self-motivation through her volunteering with Ronald McDonald House Charities each year since grade 2. Over the past 9 years, she's collected over 12,000 pounds of tabs and donated over \$7,800. She intends to enroll in a mechanical engineering program and will continue volunteering while attending college.

Brooke Yorio

Brooke has proven her desire to help her local community by raising over \$26,000 for various school clubs and charitable organizations over the last four years. She will be majoring in Bio-Medical Engineering.

Emma Brown

Emma has lived out her desire to help her local community by coordinating volunteer events through a local club for the past several years. She's volunteered with well over a dozen other volunteer events over the last 3 years. She will be pursuing a degree in pediatrics.

Samantha Lewis

Samantha exemplifies her desire is to advocate for those in her community and ensure that they have access to the medical care they need. She has held a number of leadership positions and has been involved with local organizations for over a decade. She will be pursuing a degree in health policy and management.

Tara Simmon

Tara's perseverance towards pursuing her goals is evidenced in her successful appointment to a position she initially expressed interest in several years ago. Additionally, she has volunteered at several local charitable organizations for over a decade. She is currently pursuing an environmental science degree.

Alison Klee

Alison has been heavily involved in her local community for several years including volunteer work at several charities and non-profits. She has a passion for helping others and showing those around her to stand up for what they believe in. She intends to pursue a degree in English and education in order to become a teacher.

Ashley Johnson

Ashley aims to help her local community have access to affordable healthcare as a clinical pharmacist. She's been involved in multiple charities in her area for the last several years while holding leadership positions in school. She is currently pursuing an Associate's degree in math and science and will be pursuing a degree in biology.

Christine McDow

Christine has proven her desire to help those around her through her actions as a certified hospice volunteer. She is actively working to provide further grief and bereavement support to Chinese American communities during the pandemic. She is currently studying Mandarin to aid in this endeavor.

Fayth Jenkins

Fayth lives out her desire to help those around her reach their full potential in her role as Dean of Students at a Title 1 public charter school. Whether creating new processes to keep her students safe, or assisting with grant writing, Fayth has a long-lasting impact on all around her. She is currently working full-time while pursuing her Master's in Educational Leadership.

Sophie Kartzman

Sophie embodies the desire to make a positive difference in the lives of those in her community and around the world. Whether by organizing her own website to help others learn how to volunteer, or building homes in El Salvador, Sophie's goal is to aid in the lives of those in need. She will be pursuing a degree in nursing starting this autumn.

Congratulations to all our winners!