

Independent Living

 Franklin County DSS

Special points of interest:

* Please check out our website for all kinds of information that could be useful to you. There are links, training materials, and IL applications. www.franklincountyva.org/independent_living.htm

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How to Wash Clothes (wikiHow)

1. Collect all your dirty clothes from the bathroom floor, or wherever you keep them. Keep in mind that your socks may be in the living room or under your bed. Make sure you find everything.
2. Sort the clothes into piles. There are two important considerations here: what material your clothes are, and what color.
3. Read all the labels, and pick out the clothes that (a) cannot be washed (need to be taken to a dry cleaner), (b) all clothes that say delicate, or have other restrictions. These are commonly materials such as silk, wool, and certain synthetic fibers.
4. Remember delicates may have to be washed by hand. This means using a sink or a bucket, and adding water (read labels to verify the temperature) and detergent. The water should feel slippery. Warning: remember to sort the colors (see point five below).
5. Sort the remaining clothes (generally materials such as cotton, linen, synthetic fibers) according to color. All whites should go with only whites (or very light colors if the item has been washed many times). Then put all the reds, pinks, and oranges in a separate pile (never keep this close to the white pile as you will be wearing pink shirts for a long time). Then, depending on how much more you have left, put the other colors together, possibly into a lighter (e.g. greys, yellows, light blues) and a darker pile (blacks, dark blues, browns, greens, purples).
6. Know that, each pile is its own load. It is recommended to start with the highest priority pile, usually the one with socks and underwear.
7. Put the first pile into the washer. Add detergent (the bottle/box should say how much you need).
8. Read all instructions on the washer carefully, and examine all the knobs to make sure you are washing the clothes the way you are planning to. Whites and underwear usually go on hot temperatures. Colored clothes and sheets usually go on warm or cold temperatures.
9. Close the door and push the on button.
10. Come back when the washer is done and take the clothes out. Shake them gently, and either put into a dryer (remember to read the label) or hang them up to dry.



How to Inflate Car Tires (ehow.com)

Full-service gas stations are a thing of the past. You can't tell whether your tires need air by looking at them or even by kicking them. It's up to you to check and add air to your tires monthly.

1. Go to a gas station or garage that has pressurized air with a gauge.
2. Park your car so you can reach all four tires with the air hose.
3. Find the air-pressure specifications for your car's tires. Look for a sticker located on



Have you checked your tires lately?

- the driver's side doorjamb or in the glove box or trunk.
4. Unscrew the plastic cap on the air valve. Put it in your pocket so you don't lose it.
5. Check the air pressure using either your own tire-pressure gauge or the one on the gas station air pump. Press the gauge against the valve and hold it down firmly. If you hear a hissing noise, you are letting air out. Press down harder.
6. Add air as necessary. Press the air pump hose on the valve while squeezing the lever

on the end of the hose.

7. Check the air pressure with your gauge, or use the one on the air pump hose.
8. Deflate the tires if you accidentally overfill them. Press down on the small needle in the center of the valve to let air out. Most tire-pressure gauges have a small knob for this purpose, but a fingernail or a pen will do the trick.

Ideas for how to improve the independent living program?

Contact Patti at 540-483-6853!

How to Grill Hamburgers and Hotdogs (ehow.com)

1. Purchase high-quality hot dogs, ground beef, buns and condiments. Remember that the leaner the ground beef you buy, the drier your burgers will be, so avoid [meat](#) labeled "lean" or "extra lean".
2. Season the ground beef with plenty of salt and pepper.
3. Form ground beef into patties using hands or a mold: Grab a tennis ball-sized piece of beef and flatten it into a patty. Be sure the patty is the same thickness on the edges as it is in the middle. Each patty should be about 3/4 inch thick. To account for shrinkage during [cooking](#), make the patties at least 1/2-inch larger in diameter than the buns you'll be putting them on.
4. Stack the ground beef patties on a plate, separating them with

pieces of waxed paper. Refrigerate the patties until it's time to [cook](#).

5. Prepare a charcoal or gas grill for cooking over high heat. (See related eHow's for grilling instructions.)
6. Place the hamburger patties on the clean, well-oiled grill grate. Grill the burgers over high heat for about 5 minutes per side. Hamburgers are cooked to medium when a thermometer inserted into the middle reads 160 degrees F.
7. Turn hot dogs often until slightly blistered on all sides.
8. Transfer the grilled hamburgers and hot dogs to a clean plate or platter. Never put cooked meat back on the same plate that held raw meat.

9. Brush the hamburger and hot dog buns with melted butter and toast them briefly on the grill, if desired.

Tips and Warnings:

- Keep a spray bottle of water near the barbecue in case of flare-ups.
- The more fat there is in your ground beef, the more the patties will shrink.
- Hot dogs are usually precooked, so you only need to heat them up on the barbecue; plan cooking times accordingly.

Be sure hamburgers are cooked all the way through to avoid e. coli poisoning.

Annualcreditreport.com

Fight identity theft by monitoring and reviewing your credit report. You may request your free credit report online, [request your report by phone](#) or [request your report through the mail](#). Free credit reports requested online are viewable immediately upon authentication of identity. Free credit reports requested by phone or mail will be processed within 15 days of receiving your request.

Online: www.annualcreditreport.com

Phone: 1-877-322-8228

To Request your Credit Report by Mail:

1. Download the [request form](#) (from www.annualcreditreport.com)

2. Print and complete the form
Mail the completed form to: Annual Credit Report Request Service P.O. Box 105281 Atlanta, GA 30348-5281

You are entitled to receive one free credit report every 12 months from each of the nationwide consumer credit reporting companies – Equifax, Experian and TransUnion. This free credit report can be requested

through this website, by phone or by mail.



Check your credit report annually!

Apartment Definitions

Efficiency: a one-room apartment with its own bathroom, but not necessarily a complete kitchen. You might share a kitchen with others.

Studio: a one-room apartment with its own kitchen and bathroom. Basically you live and sleep in one room.

Broker's Fee: the amount of money you pay an apartment broker or realtor for finding you an apartment. Remember: if you don't use a broker,

you don't pay a broker fee.

Credit Check Fee: the landlord may check your credit rating and charge you a credit check fee of about \$25.

First Month's Rent: Just that—the first month's rent you pay the landlord when you move in.

Security Deposit: This is usually equal to one month's rent, but some landlords require more. The deposit

money is returned to you after you move out, unless the landlord keeps the deposit to pay for unpaid rent or damage to the apartment.

Lease: A written contract that you and the landlord sign, requiring you to live in the apartment for a specific period of time for a set amount of rent and other rules and regulations.

How to Pass Virginia SOL's (www.wikihow.com)

What does it matter if you pass with a 500 or more? It matters a lot, when you get high scores you will get high recognition. If you want to go to college they probably look back at your records and they will be impressed with high scores. It Really does matter. It is always best to try your best at everything you do. By you doing this you will most likely be very successful.

1. Pay attention in class when the teacher is talking.

2. Do your class work and participate in class. Do homework.
3. Participate and ask questions you'll understand more.
4. Know that if you don't understand don't be afraid to ask.
Study your work and notes whenever you get a chance.

Get 7-9 hours of sleep the night before the test.
Eat a healthy breakfast or just have a

snack to get something in your stomach.
Study your work whenever you get the right chance(if you don't have enough time to sit and study don't panic, a good way to review is to think of all the things you do remember while your doing something else).

Do not rush through it
Take your time and read carefully
Do not panic

Dress for Success—
Wear professional clothes, use your best speaking voice, be on time, have a positive attitude, have ID and other information handy when searching for an apartment.

May 3, 2008 Time 10-2: WAID RECREATION PARK, Recreation and Leisure

Franklin County DSS

THE FOLLOWING TRAININGS WILL BE HELD AT THE FRANKLIN CENTER AT 50 CLAIBORNE AV., ROCKY MT:

453 South Main St.
Rocky Mount, VA 24151
Phone: 540-483-6850
Fax: 540-483-6851
E-mail: pav067@piedmont.dss.state.va.us

FRIDAY June 27, 2008 from 11-2: Personal Care and Stress Relief

July YAC in Radford—Information to Follow

FRIDAY July 25, 2008 from 11 to 2: Employment and Careers

August 23, 2008 from 11 to 2: Relationships

September 20, 2008 from 11 to 2: Internet Safety

October 18, 2008 from 11 to 2: Money Management

November 15, 2008 from 11 to 2: Finding a Car and Car Maintenance

www.franklincountyva.org/independent_living.htm

Wear Sunscreen by March Schmich

Wear sunscreen.

If I could offer you only one tip for the future, sunscreen would be it. The long-term benefits of sunscreen have been proved by scientists, whereas the rest of my advice has no basis more reliable than my own meandering experience. I will dispense this advice now.

Enjoy the power and beauty of your youth. Oh, never mind. You will not understand the power and beauty of your youth until they've faded. But trust me, in 20 years, you'll look back at photos of yourself and recall in a way you can't grasp now how much possibility lay before you and how fabulous you really looked. You are not as fat as you imagine.

Don't worry about the future. Or worry, but know that worrying is as effective as trying to solve an algebra equation by chewing bubble gum. The real troubles in your life are apt to be things that never crossed your worried mind, the kind that blindsides you at 4pm on some idle Tuesday.

Do one thing every day that scares you. Sing. Don't be reckless with other people's hearts. Don't put up with people who are reckless with yours. Floss. Don't waste your time on jealousy. Sometimes you're ahead, sometimes you're behind. The race is long and, in the end, it's only with yourself. Remember compliments you receive. Forget the insults. If you succeed in doing this, tell me how.

Keep your old love letters. Throw away your old bank statements. Stretch. Don't feel guilty if you don't know what you want to do with your life. The most interesting people I know didn't know at 22 what they wanted to do with their lives. Some of the most interesting 40-year-olds I know still don't.

Get plenty of calcium. Be kind to your knees. You'll miss them when they're gone. Maybe you'll marry, maybe you won't. Maybe you'll have children, maybe you won't. Maybe you'll divorce at 40, maybe you'll dance the funky chicken on your 75th wedding anniversary. Whatever you do, don't congratulate yourself too much, or berate yourself either. Your choices are half chance. So are everybody else's.

Enjoy your body. Use it every way you can. Don't be afraid of it or of what other people think of it. It's the greatest instrument you'll ever own.

Dance, even if you have nowhere to do it but your living room.

Read the directions, even if you don't follow them.

Do not read beauty magazines. They will only make you feel ugly. Get to know your parents. You never know when they'll be gone for good. Be nice to your siblings. They're your best link to your past and the people most likely to stick with you in the future.

Understand that friends come and go, but with a precious few you should hold on. Work hard to bridge the gaps in geography and lifestyle, because the older you get, the more you need the people who knew you when you were young.

Live in New York City once, but leave before it makes you hard.

Live in Northern California once, but leave before it makes you soft. Travel. Accept certain inalienable truths: Prices will rise. Politicians will philander. You, too, will get old. And when you do, you'll fantasize that when you were young, prices were reasonable, politicians were noble and children respected their elders. Respect your elders.

Don't expect anyone else to support you. Maybe you have a trust fund. Maybe you'll have a wealthy spouse. But you never know when either one might run out.

Don't mess too much with your hair or by the time you're 40 it will look 85.

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it's worth.

But trust me on the sunscreen.