Spring is here and that means more sunshine, budding flowers and trees, and the start of the last stretch of the school year. Despite some challenges along the way, we have persevered together and now we embark on a season of preparing to celebrate accomplishments. Whatever accomplishments you are looking forward to celebrating the coming days, take a moment to reflect on the hard work and even the challenging days that you endured to get to this point. It’s important to remember to celebrate the everyday accomplishments and not just the big things!

In this newsletter you'll learn some practical ways you can connect with the people who are important to you including some ways you can celebrate the everyday accomplishments. Additionally, you'll find lots of community resources to help meet your family's needs. Thank you for taking time to read and learn more!

OK Homeowner Assistance Fund to Provide Help for Families
The Oklahoma Homeowner Assistance Fund (HAF) is now available to provide financial assistance for homeowners who have experienced a significant reduction or loss of income due to COVID-19 and whose mortgage payments have become delinquent.

Eligible applicants must complete an online application at [https://www.ohfa.org/haf/](https://www.ohfa.org/haf/) and meet all of the following criteria:
- Oklahoma homeowners who occupy the property as their primary residence
- Experienced a COVID-19 qualified financial hardship after January 21, 2020
- United States citizens or those who can show proof of a green card
- Homeowners who are at or below 100% of the Area Median Income

Contact the Homeowner Assistance Fund Team:
- Toll Free: 833-208-2535
- Local: 405-419-8202
- Fraud Hotline: 405-419-8209
- Email: haf@ohfa.org

Human beings are social beings. Connection is necessary to our survival. With all that is happening in the world today, making time for one another is more important than ever to keep us grounded in day-to-day life. Check out the resources below for more information and ideas about the importance of connection.

(*All bolded titles and CLICK HERE phrases are hyperlinks.)

**Connection Seeking Not Attention Seeking**
"The phrase “attention seeking” gets a bad rap. We hear “attention seeking” and think of vindictive or manipulative behaviors, particularly in children. We think that this means that the behavior the person is doing should be ignored or minimized. But what if we shifted our perspectives to look at behaviors as “connection seeking?” We all need connection. This feels normalized. This feels like part of the human experience." CLICK HERE to read the full article by Alejandra Rose, LMFT.

**Offering Comfort**
"During tough times—both everyday challenges and more serious experiences—support from caring adults can offer children comfort and reassurance.” CLICK HERE for lots of great suggestions from Sesame Street in Communities. These resources are especially helpful for the younger ones in your family.

**Accomplishment Box Starter Kit, Printable Lunchbox Notes, and More!**
It's the small things like celebrating accomplishments or finding a funny note in their lunchbox or backpack that can help kids connected to the adults in their lives. CLICK HERE to check out these ideas and more from Understood.org!

**30 Ways to Stay Connected with Your Teen**
CLICK HERE for 30 ways to build trust, understanding appreciation and affection with your teen from Aha! Parenting.com.
SNAP Benefits Accepted at the BA Farmer's Market

“When the Rose District Farmers Market opens its 19th season on Saturday, April 2, it will be the first-time eligible shoppers can use the Supplemental Nutrition Assistance Program (SNAP) and the Senior Farmers Market Nutrition Program (SFMNP) to purchase fresh, locally grown fruits and vegetables at the market.”

CLICK HERE for more information and be sure to check out the video below!

Free Tax Preparation

It’s tax season. Need help?

NSU-BA is partnering with the Volunteer Income Tax Assistance (VITA) Program to bring tax preparation to the Broken Arrow community. For those individuals who qualify as having low-to-moderate income ($58,000 and below), certified, trained volunteers will be available by appointment to prepare basic tax returns on both the state and federal level.

The tax preparation services began February 7th and will conclude on April 11th with the exception of Spring Break, March 12 - 20. The VITA Lab at NSUBA is open on Mondays from 5:30pm – 8:30pm and Saturdays from 1:00pm – 4:00pm in room 109 of the Education building. Appointments can be made by calling 918-449-6560.

CLICK HERE for more information.

A Note about Hotspots from the Tulsa City-County Library System

You can now browse the internet directly on the hotspot and still connect other devices to the hotspot for internet access.

If you have an old hotspot checked out, please return it to your nearest TCCL location in exchange for a new one. The old student hotspots will be deactivated and stop working as of March 25.

The hotspots are available on a first-come-first-serve basis for students in kindergarten through college. They may be checked out for 14 days.

Have questions? Call our AskUs hotline at 918-549-7323 or visit www.tulsalibrary.org/hotspot for more information.