



Welcome to

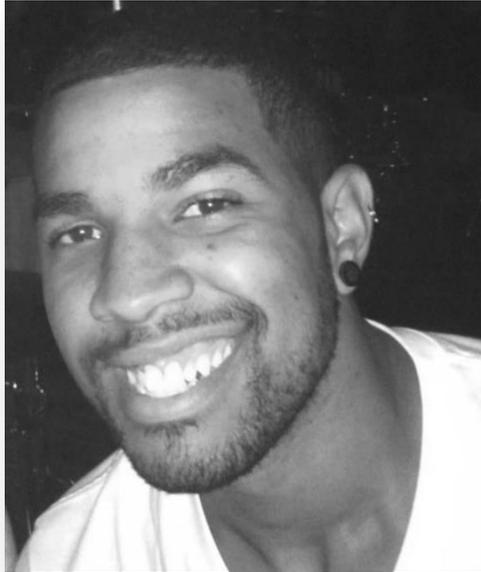
Stories from Service: Living Allowance



Dial:

Passcode:

Today's Speakers



Calvin Landrum
VISTA Training
Coordinator



Eugenia Hannon
National Growth VISTA
Washington, D.C.



Marii Stratter
Outreach and Education
Coordinator VISTA
Salmon, ID

The Living Allowance



- Everyone has a very unique experience
- What we hear from VISTAs:
 - Would like to hear from other VISTAs
 - Would like some tangible tips and tools

Agenda

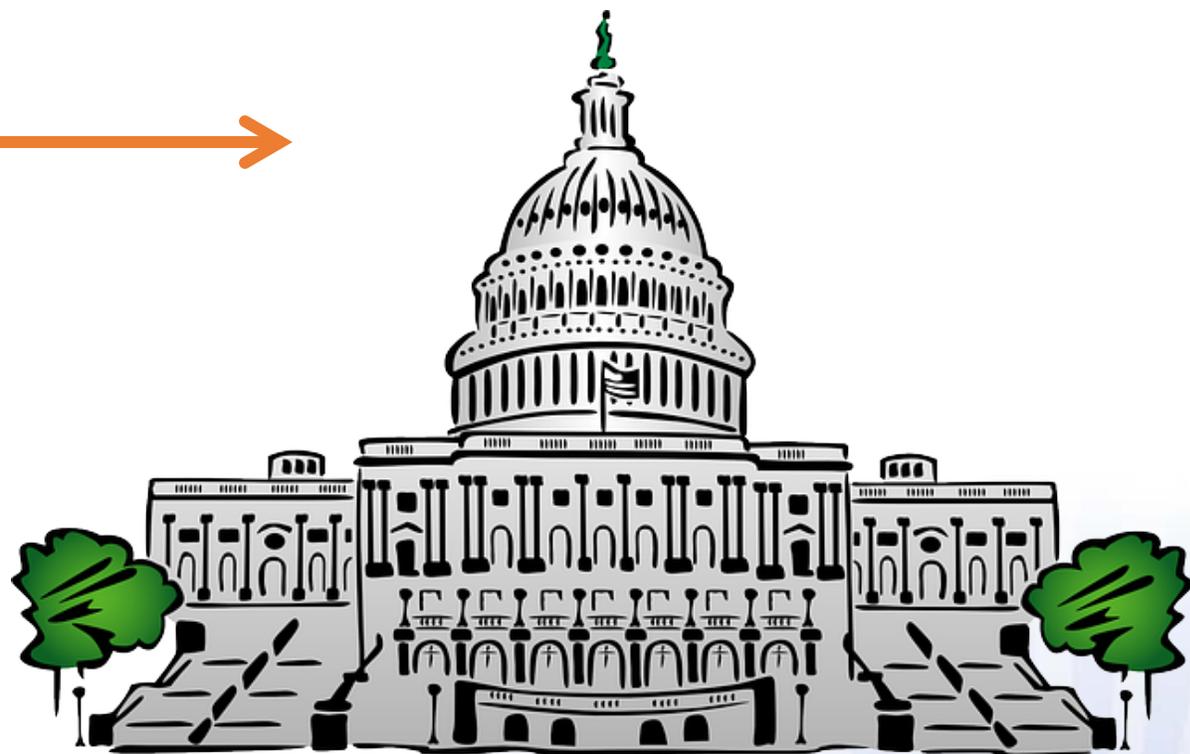
- Common questions about the Living Allowance
- Member experiences: rural and urban
- Identifying resources
- Q&A

Why can't you raise the allowance?

Literally an act of Congress



- Based on the poverty rate for the county where you are serving
- The living allowance is law
 - Domestic Volunteer Service Act of 1973



How do my taxes work?



- Federal taxes are already deducted
 - VISTAs are responsible for *State* tax liability
- “Taxes are complicated!”
 - IRS.gov
 - Local tax office

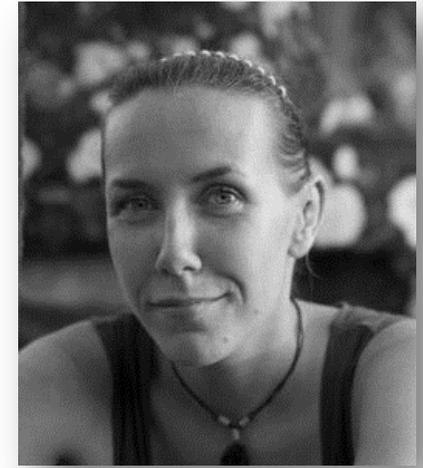
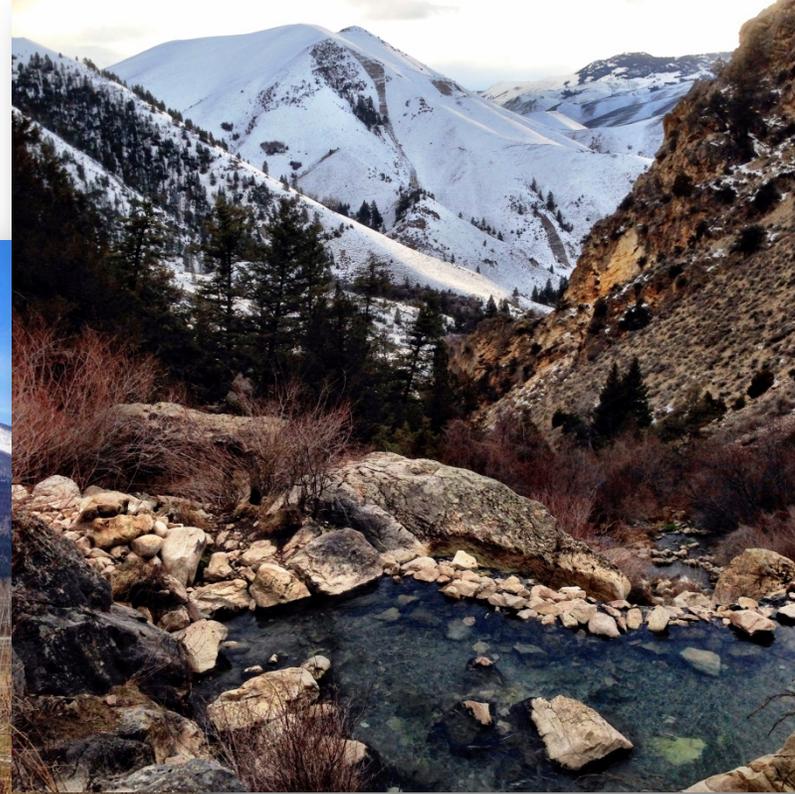
We'd like to know more about you!



What type of community are you serving in?

When you started, were you new to the community?

Serves in Salmon, Idaho



Marii Stratter
Outreach and
Education
Coordinator

Salmon Valley Stewardship

Adjusting & Adapting



- *Finding resources from within the community*
 - *Borrows equipment & supplies*
 - *Organizes potlucks*
 - *“Cow-share”*
 - *Farmers markets*
 - *“Bartering”*



**Marii
Stratter**

Exploring Food Options



Marii Stratter

- *Grows produce*
- *Freezes meals*
- *Buys dry goods in bulk*

Tips for resources in the community

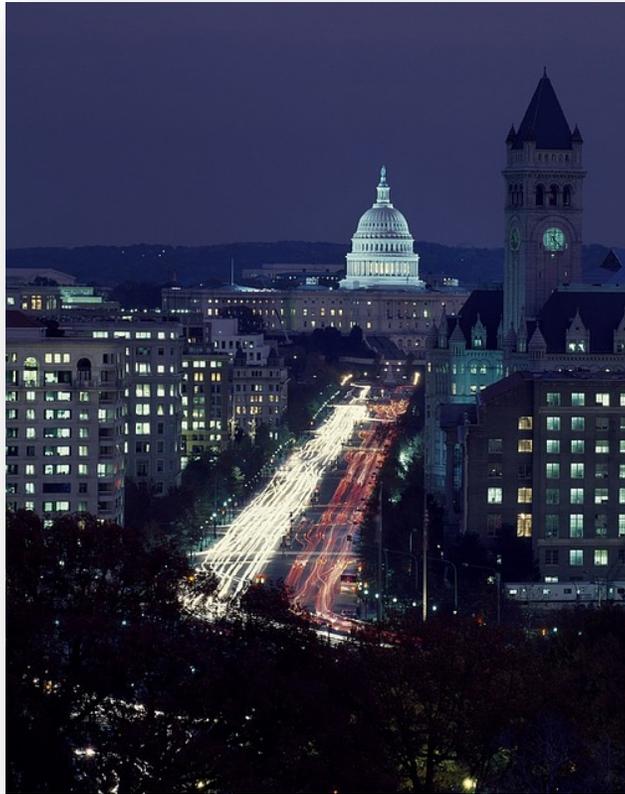
- *Farmers Markets*
 - *Explore end of day specials*
- *Find a local CSA (Localharvest.org)*
- *Volunteer in exchange for goods and services*
- *Plant a garden*
 - *“Four Season Harvest” by Eliot Coleman*
 - *Find a local garden “mentor”*
 - *Seeds with SNAP*



**Marii
Stratter**

**What resources have you
found *within* your
community?**

Serves in Washington, D.C.



**Eugenia
Hannon**



Supplementing the stipend



**Eugenia
Hannon**

- *Seeking SNAP benefits*
- *Remote, freelance film archival job*



Outside Employment



- VISTAs are allowed to have outside employment as long as it is....[check all that apply]
 - Legal
 - Part Time
 - Does not interfere with VISTA assignment
 - Not at the sponsoring organization
 - Approved by the supervisor
 - ~~■ Within 5 miles of your site~~

Outside Employment Ideas

- Uber/Lyft
- Postmates
- Freelance work
 - Fiverr
 - Upwork.com
- Babysit/ housesit

Other ideas for outside employment opportunities?

Figuring out your budget



**Eugenia
Hannon**

Monthly Budget \$\$\$

Stipend (after taxes).....	\$1100	
Rent & Utilities.....	\$939	/ 85%
Grocery.....	\$100	/ 9%
Transportation.....	\$81	/ 7.4%
Leftover.....	-\$20	/ -1.8%

Supplemented by: Savings + 2nd Job

Budgeting Tools

Online & Mobile	
	Track savings goals
Levelmoney	Track spendable income (daily, weekly, monthly)

- *Budgeting only works if you stick to your system!*

Tips for resources online

- *Finding free, local events on community forums*
 - *Reddit (/r/AmeriCorps)*
 - *Free tapings of shows*
 - *Free days at museums*



Smithsonian
National Museum of Natural History

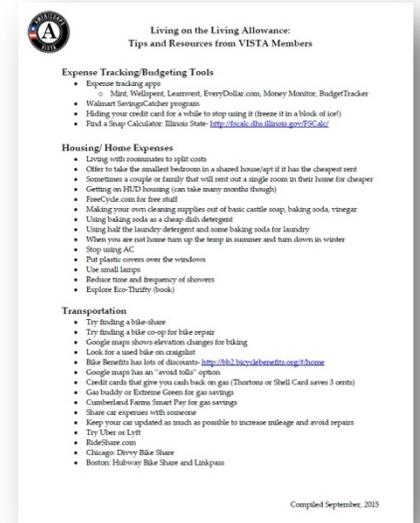
A few more ideas

■ Community Resources

- Ask about sliding scale fees
- Some farmers markets match SNAP
- Volunteer for events/festivals
- Bikeshare or Rideshare
- Clothing swaps

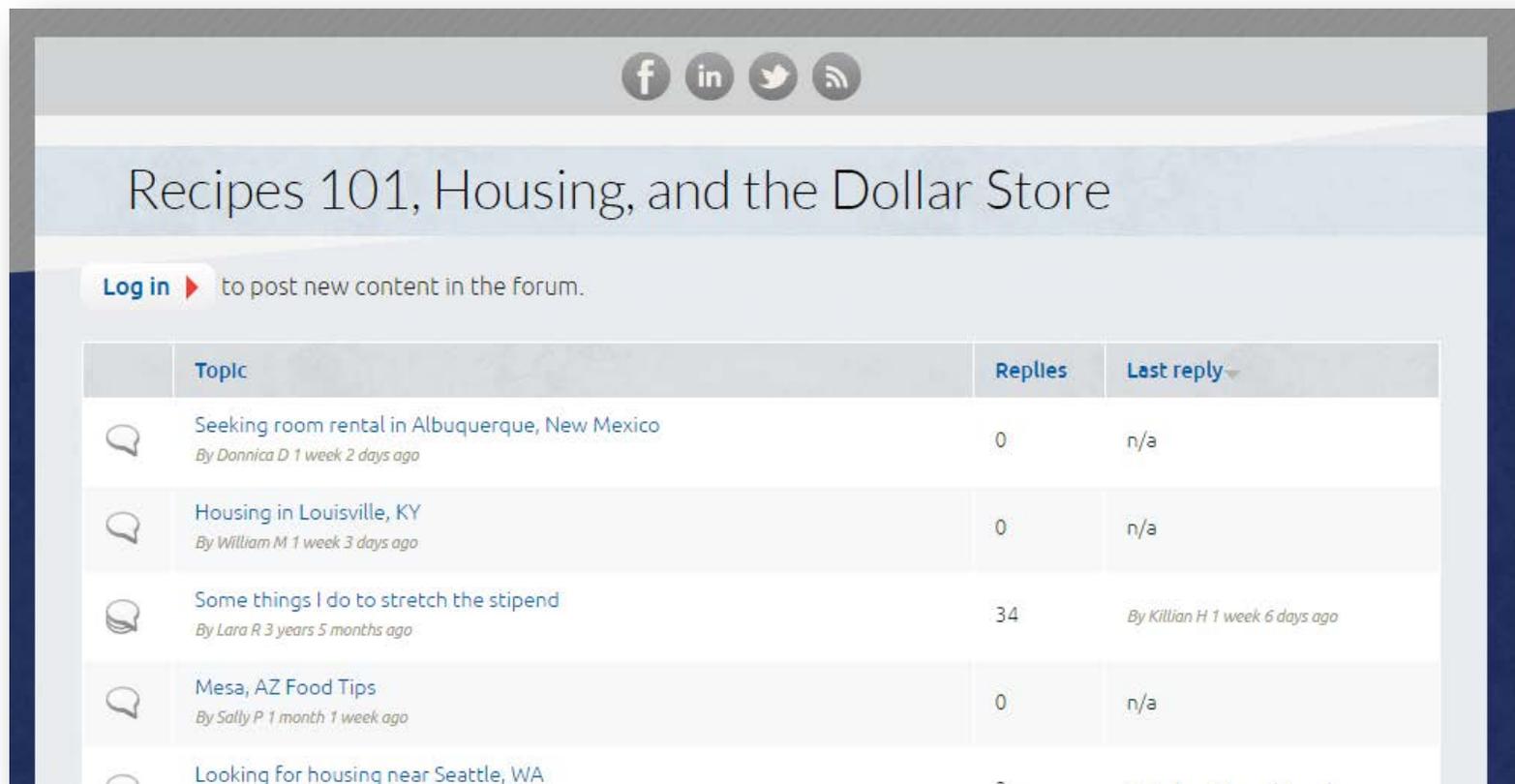
■ Online

- Freecycle.com
- Make your own cleaning supplies
- Explore coupon and rebate apps
- Good and Cheap online cookbook



What other resources or tips would you share?

Support from peers

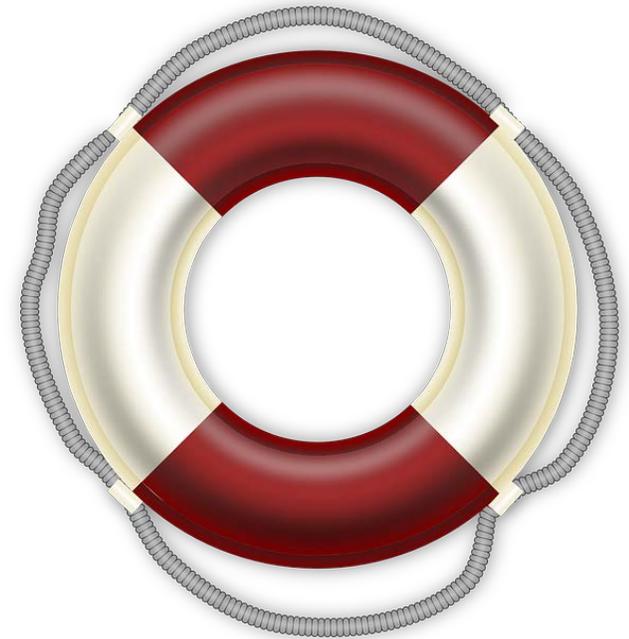


	Topic	Replies	Last reply
	Seeking room rental in Albuquerque, New Mexico <i>By Donnica D 1 week 2 days ago</i>	0	n/a
	Housing in Louisville, KY <i>By William M 1 week 3 days ago</i>	0	n/a
	Some things I do to stretch the stipend <i>By Lara R 3 years 5 months ago</i>	34	<i>By Killian H 1 week 6 days ago</i>
	Mesa, AZ Food Tips <i>By Sally P 1 month 1 week ago</i>	0	n/a
	Looking for housing near Seattle, WA	0	n/a

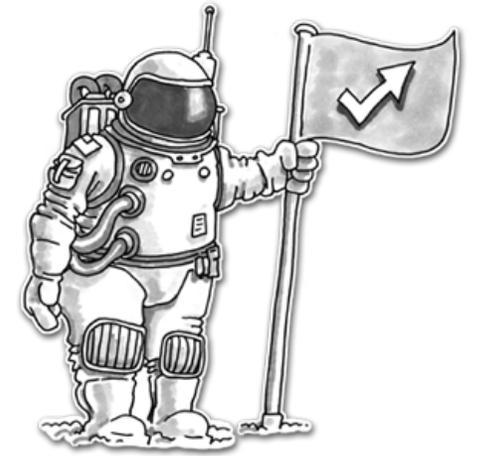
- *VISTA Campus Forum posts*

Support from CNCS

- Find your Corporation State Office:
 - <http://www.nationalservice.gov/stateoffices>
- Email your State Office
 - “State Abbreviation”@cns.gov
 - Tennessee = TN@cns.gov



Next Steps



- ✓ Network and explore community resources
- ✓ Start or review your personal budget system
- ✓ Connect with VISTA peers online
 - ✓ “Recipes 101, Housing and Dollar Store” Campus forum
 - ✓ “Managing Your Living Allowance” site

Evaluation

- Please take a few moments to share your feedback through the quick poll on the right side of the screen.
- How can we improve these sessions? What topics should we include in future webinars?
- Thank you very much for your time and participation!

Questions ?

- To ask a question verbally, call in using the number on this slide and press *1
- To ask a question electronically, use the Q&A feature located in the bottom right corner of the screen. Please ask “All Panelists”

The screenshot shows a Q&A interface. At the top, there are three expandable sections: 'Participants (2)', 'Chat', and 'Q&A'. The 'Q&A' section is expanded, showing a dropdown menu with 'All (0)'. Below this, there is a text input field with a 'Send' button. The 'Ask:' label and the dropdown menu are circled in red.

Thank You for Your Participation!

If you have further questions or for more information, contact us:
VISTAwebinars@cns.gov

Our next webinar:

Managing Up:

Navigating the VISTA-Supervisor Relationship

May 12, 2016

2:00pm Eastern

*Visit the Webinars for VISTAs page on the VISTA Campus
for a complete schedule of VISTA webinars*