

BTS ECONOMIE SOCIALE FAMILIALE

EXPRESSION ORALE EN CONTINU ET EN INTERACTION EN LANGUE ANGLAISE

SESSION 2017

1. View the Available Units...



2. See Unit Requirements...

Unit Size	Monthly Rent*	Units Available		Household Size**	Annual Household Earning***
Studio	\$868	70	→	1 person	\$31,132 - \$36,300
1 bedroom	\$931	120	→	1 person	\$33,326 - \$36,300
				2 people	\$33,326 - \$41,460
2 bedroom	\$1,124	45	→	2 people	\$39,978 - \$41,460
				3 people	\$39,978 - \$46,620
				4 people	\$39,978 - \$51,780

<http://www.pe.com/2017/04/15/we-must-work-together-to-heal-nation-through-housing/>

THE PRESS-ENTERPRISE

OPINION — We must work together to heal nation through housing

Steve Pontell — April 15, 2017

History has demonstrated that when it comes to the health and well-being of our communities, where and how we live is a critically important determinant.

As we have seen time and time again, individuals, families and children able to afford quality shelter live better, healthier lives.

Unfortunately, it is well documented that too many cannot.

In 46 New York City schools this past year, one in every three students was homeless, according to the New York Times, prompting Mayor Bill de Blasio to pledge \$30 million to address the problem.

In Los Angeles, a two-year study of 140 low-income housing residents found that 75 percent reported cockroaches in their units, 45 percent reported mold and 40 percent reported rats or mice.

The same study showed that 50 percent had chronic allergic symptoms and 15 percent reported that family members had suffered lead* toxicity.

In Chicago this past December, more than 100 seniors living in public housing reported that they had been without heat for more than a month, and were forced to sleep in winter jackets or, in some cases, use ovens to keep warm.

Today, chronic illnesses such as asthma, diabetes and heart disease — so prevalent in low-income neighborhoods with substandard housing — account for as much as 70 percent of U.S. health care costs.

*lead : *plomb*

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<http://philadelphia.cbslocal.com/2017/04/14/safety-first-when-dealing-with-dementia-at-home/>



Safety First When Dealing With Dementia At Home

April 14, 2017

Caring for loved ones who have dementia at home comes with safety concerns. In addition to other health challenges, they may have visual-perceptual and physical coordination problems, as well as difficulty understanding instructions and accurately interpreting the world around them or making reasonable decisions. That means they need help to make their daily life safe.

Where to begin

The first step is to take an objective look at your loved one's abilities and how they might change in the future. Remember to consider the common safety concerns as we all age or deal with health problems, but with the added layer of cognitive impairment*.

[...]

3. General mobility.

Evaluate your loved one's balance; coordination; strength; and ability to walk, sit and stand by herself or with assistance. Is she able to get in and out of a chair unassisted, or would a lift chair help? Is it time to stop using chairs that swivel* or have wheels? If you consider a small home elevator or a stair lift with a seat, determine whether your loved one can understand how to safely use them and if you can help.

4. Fall prevention.

Check for all fall hazards, including loose rugs, poor lighting, stairs, clutter, no handrails, or uneven flooring or pavement. If you have animals, keep their food, water dishes, leashes and doggie doors away from areas where your loved one might walk and potentially trip.

*cognitive impairment : *trouble cognitif*

*to swivel : *pivoter*

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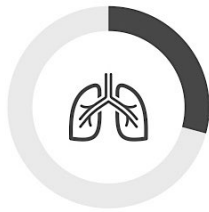
Adults who died from diabetes, HIV/AIDS, tuberculosis, and malaria



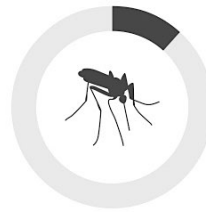
5.0 million
from diabetes
2015
IDF



1.5 million
from HIV/AIDS
2013
WHO Global Health
Observatory Data
Repository 2013



1.5 million
from tuberculosis
2013
WHO Global Health
Observatory Data
Repository 2013



0.6 million
from malaria
2013
WHO Global Health
Observatory Data
Repository 2013

<http://www.ocala.com/news/20170417/diabetes-more-common-in-tweens-and-teens>

Diabetes more common in tweens and teens

Type 2 diabetes once was considered as a disease for adults

By Karen Kaplan / Los Angeles Time — April 17th 2017

For years, health experts have bemoaned* the rise of childhood obesity in the United States. About 17 percent of kids and teens in the U.S. are now considered obese, a figure that has more than tripled since the 1970s, according to data from the Centers for Disease Control and Prevention.

A report in the New England Journal of Medicine lays out one of the consequences of all this excess weight: a corresponding increase in childhood cases of Type 2 diabetes.

Type 2 diabetes used to be called adult-onset diabetes, because it would take years to develop. (That's in contrast to Type 1 diabetes, formerly known as juvenile diabetes, which occurs when the immune system destroys the cells that make insulin.) But these days, doctors are diagnosing Type 2 in school-age kids, and occasionally even in toddlers*.

Type 2 diabetes is increasing for youth

Although the difference between nine cases and 12.5 cases per 100,000 people might not sound like much, it means that about 1,500 more kids and teens were being diagnosed with Type 2 diabetes each year at the end of the study period compared with the beginning.

The incidence of Type 2 diabetes rose pretty much across the board for 10- to 19-year-olds, regardless of age, gender, race or ethnicity. The two exceptions were white kids in Ohio.

*to bemoan : *déplorer*

*toddler : a young child who is just beginning to walk.

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<http://wtop.com/health-fitness/2017/04/your-kitchen-also-needs-spring-cleaning-for-food-safety/>



Your kitchen also needs spring cleaning ... for food safety

By Kristi King • April 13, 2017

WASHINGTON — As the region slides into spring, it's time to take a look at what's really in your fridge and cupboards*.

While it's good to make sure you're not using food that's no longer palatable, most old food is not likely to make you sick.

"Food-poisoning bacteria don't grow in the freezer. So, no matter how long a food is frozen, it will be safe to eat," said Marianne Gravely, technical information specialist with the U.S. Department of Agriculture's Meat and Poultry Hotline.

In the refrigerator, most foods that will spoil won't make you sick, but according to Gravely, you still wouldn't want to eat it.

"If you see mold or something slimy or there's a bad smell, that's a sign of spoilage," Gravely said. "It probably won't make you sick. But everyone's different — you might have a more sensitive stomach."

Bacteria that can make you sick can grow slowly in the refrigerator. Listeria is found in processed foods such as lunch meats, hot dogs and prepared salads from the deli.

"If you've bought lunch meat from the deli*, you want to use it within three to five days.

Gravely recommends paying special attention to "sell by" and "best by" dates for those items.

*cupboard : *placard*

*deli : *traiteur*

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Do you qualify? Free disability evaluation:

Is applicant currently receiving Social Security benefits? *
 Yes No


Does applicant expect to be out of work for at least 12 months? *
 Yes No

Does applicant have an attorney helping them with this case? *
 Yes No

Is applicant receiving treatment from a doctor? *
 Yes No

Next

STEP 1: CASE INFO > STEP 2: CONTACT INFO >



<http://www.disability-benefits-help.org/cpc/about-ssdi>



About Social Security Disability Insurance (SSDI)

Welcome to Disability Benefits Help, an organization committed to helping claimants across the United States receive approval for disability benefits.

Since applying for Social Security disability benefits can be a difficult process, a disability attorney or advocate may increase your chances of being awarded benefits by helping accurately and favorably complete the complex paperwork, ensuring that all deadlines are met, and providing you with representation at a hearing*. After submitting our web form, you will receive a 100% FREE evaluation of your disability claim. Disability attorneys and advocates receive compensation if you are awarded back benefits. We have no affiliation with the Social Security Administration, the agency at which you can apply for Social Security disability at no cost.

Do You Qualify for SSDI?

In order to qualify for SSDI, you must suffer from a permanent condition that prevents you from working. In other words, your disability must have lasted, or be expected to last, a minimum of twelve months. [...]

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*attorney : *avocat*

*hearing : *audition d'une demande*

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Shauna Walker's little girl Avannah has Quadriplegia Cerebral Palsy and requires a wheelchair

<http://www.independent.ie/irish-news/news/mum-embarrassed-and-devastated-after-dublin-bus-refused-to-let-her-daughter-3-who-was-in-a-wheelchair-on-because-of-a-pram-35628625.html>



Mum 'embarrassed and devastated' after Dublin Bus refused to let her daughter (3) who was in a wheelchair on because of a pram*

Kathy Armstrong • April 17 2017

A devoted mum has said she will never use Dublin Bus again after they refused to let her and her disabled daughter on as there was a buggy* in the wheelchair spot.

Shauna Walker (23) is a full-time mum to her little girl Avannah (3), who has Quadriplegia Cerebral Palsy and has needed to use a wheelchair for the past year.

Shauna, Avannah and a friend were getting on the 46A bus on Dublin's North Circular Road on Thursday afternoon when they claim they were refused by the driver because a buggy was in the wheelchair-designated spot.

Shauna, who lives on Blackhorse Avenue, said: "The bus pulled in and my friend went ahead of me and paid, I have free travel so I was walking on and when I got to the wheelchair space there was a pram there.

"I asked the driver if he could ask them to fold it and he straight away said no and told me to get off the bus.

"I asked him why could he not just ask them to fold the pram but he said no because the baby in it was sleeping and he made me get off. [...]"

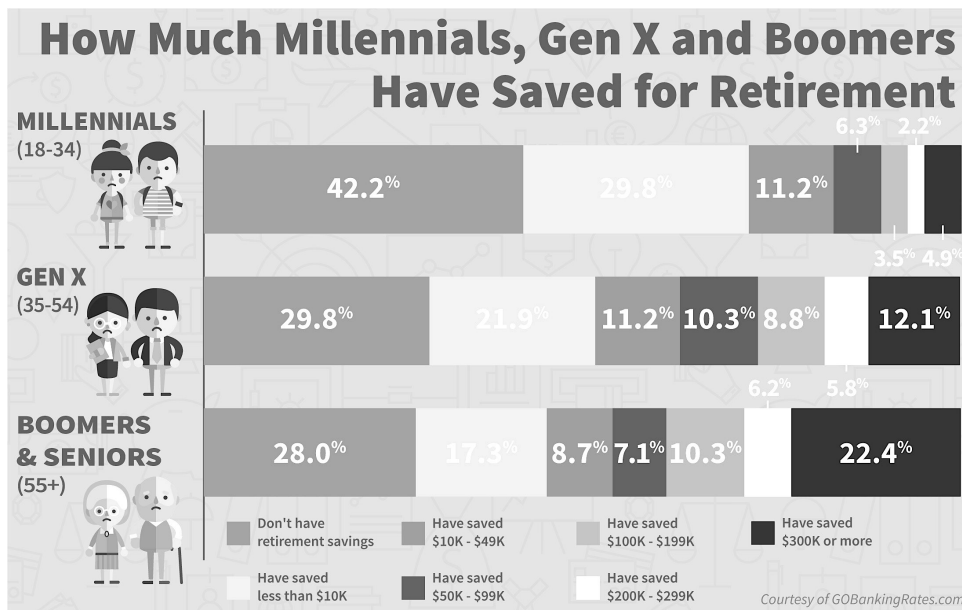
*pram : *landau*

*buggy : *poussette*

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<http://www.cnbc.com/2017/04/10/couple-that-retired-in-their-30s-share-their-no-1-money-saving-tip.html>



MONEY

Couple that saved \$1 million to retire in their 30s share their No. 1 money saving tip

Kathleen Elkins | Monday, 10 Apr 2017

Justin and Kaisorn McCurry fast-tracked their retirement by saving up to 70% of their income and putting that money to work.

You don't have to win the lottery or even earn a huge paycheck to retire early, Justin tells CNBC: "It really just comes down to saving some of your income, setting it aside and letting it grow."

The key to saving more than half your income, he says, is to keep the "big three expenses" — housing, transportation and food — as low as possible: "Look at those top expenses and see if there's any negotiating room."

By cutting back on "the big three," the McCurry's can keep their annual expenses incredibly low for a family of five: at about \$40,000.

They stayed in the starter home they bought out of grad school and paid off their mortgage in 2015, meaning they only cover utilities and maintenance. In terms of transportation, "we kept the cars that we bought brand-new in college for 16 years and just replaced them last year," says Justin.

As for food, they budget \$500 a month for groceries. You can read more about how they feed a family of five for \$500 a month on their blog, Root of Good.

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*millennial : a person reaching young adulthood in the early 21st century

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<https://www.fool.com/credit-cards/2017/04/16/theres-more-than-3000-in-credit-card-debt-for-ever.aspx>



The Motley Fool

There's More Than \$3,000 in Credit-Card Debt for Every Man, Woman, and Child in America

Aggregate credit-card debt recently topped \$1 trillion.

Sean Williams • Apr 16, 2017

It's pretty much no secret that we Americans love our credit cards. Like really, really love our credit cards. Multiple studies have found that approximately 70% of all Americans have at least one credit card. Utilizing census population data from 2015, that means that roughly 174 million adults in the U.S. have credit cards.

And it's not just that people like having shiny plastic credit cards in their wallets. They like to use them... a lot!

According to recently released data from the Federal Reserve, aggregate credit card debt topped the \$1 trillion mark for the first time since 2008. Credit-card debt now joins auto loans and student loan debt, which both previously topped the \$1 trillion mark, respectively. If we use Worldometers.com's U.S. population count as our unofficial 2017 reading, this means more than \$3,000 in credit card debt for every man, woman, and child in the United States. That's a staggering* figure if you think about it.

Among those who actually have a credit card and carry a balance, the typical cardholder owes \$16,601. That's a terrifyingly high number with credit card interest rates hitting an all-time high. Plus, if you're in the habit of just paying the minimum on your credit cards, a \$16,600 balance would net lenders more than \$11,000 in interest before it's paid off.

*staggering : *stupéfiant, étourdissant*

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TOP 3 PHYSICAL CONCERNS AROUND AGING

Average across 17 countries



<https://www.cnet.com/news/how-to-have-the-tech-talk-with-your-aging-parents/>



CNET — SMART HOME

Persuading your older parents to take the smart home leap

Smart home devices can help aging adults live independently and give caregivers peace of mind -- as long as you know how to start the conversation.

by Ashlee Clark Thompson • April 11, 2017

First, Sophie Godek tried to read books with a magnifying glass*. Then, she turned to a tablet to make the words on her e-books larger. Eventually, she couldn't even see that. The 95-year-old was losing her sight, and with it, one of her favorite hobbies.

"She wasn't able to read anymore, and that was a big loss," said her son Jim Godek.

Last year, the younger Godek had an idea: What if he could get his mom a device that could read books to her without the need to navigate a control screen that she had a hard time seeing?

That device turned out to be the Amazon Echo, an internet-connected smart speaker that responds to voice commands. Jim Godek figured that he could buy his mother audiobooks from Audible, then teach her to use voice prompts to have the Echo play the audiobook.

At first, Sophie Godek was a little wary.

"It took a little while to convince her of it," Jim Godek said. "Her thought was that we're going to have wires* everywhere."

Eventually, she agreed to try it. It's been nearly a year, and she's listened to 178 books.

*magnifying glass : *une loupe*

*wire : *fil ou câble électrique*

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<http://abc7.com/health/a-few-simple-exercises-can-help-make-aging-over-70-easier/1865273/>



A FEW SIMPLE EXERCISES CAN HELP MAKE AGING OVER 70 EASIER

By Lori Corbin — Wednesday, April 12, 2017

VENTURA, Calif. (KABC) — At Alignment Beach in Ventura these woman are moving away from pain, heading toward fitter days.

Joan Virginia Allen climbs trees at 79. Lora Woods hikes the Sierras with a large backpack in rugged terrain at 75, while Shelah Wilgus is willingly without a car, walking everywhere without a struggle*.

"The more you move the better you'll feel," said "nutritious movement" instructor Allen.

True, but easier said than done when you hurt. Author of eight nutritious movement books, Katy Bowman teamed up with these gals to write "Dynamic Aging." They are sharing their tools that help people move better and more often.

"For many people simply learning how to shift their weight off that painful toe they've been dealing with, that's instant. Figuring out a way to move in a way that doesn't overload that particular area," said Bowman.

The longer the inactivity the more muscles atrophy and joints and tendons stiffen.

If you find yourself sedentary, have foot problems, balance problems, maybe a weak lower body, you are at greater risk for injury and age does not have to come into that equation.

Here are simple moves you can take: Stepping on a half foam roller not only stretches the calf, but strengthens the ankle and mimics an uphill climb for the foot.

*struggle : (ici) effort

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Schuyler Central High School student Veronica Ardon hurries to finish changing her "baby's" diaper between classes. Family and consumer sciences students used the infant simulators to learn about parenthood.

<http://columbustelegram.com/news/local/schuyler-students-learn-demands-of-parenthood/>

Telegram The Columbus Telegram

Schuyler students learn demands of parenthood

CHRISTINA LIEFFRING — Apr 4, 2017

SCHUYLER — Yareth Chavez and Veronica Ardon didn't get much sleep on a recent Wednesday night.

The 17-year-old Schuyler Central High School students had their turns taking home a RealCare Baby, an infant simulator that cries when it needs to be rocked, burped*, fed or changed.

"The hardest part is figuring out what they want," said Chavez.

Ardon was awakened three times by her baby — at 2, 4 and finally 6:15 a.m.

"It's just exhausting* for one night," she said. "Now imagine how exhausting it would be for the rest of your life."

Like many students in the family and consumer sciences class, Ardon and Chavez learned a valuable lesson.

"Not to have a baby until you're mentally ready," Chavez said.

Students picked up their electronic babies at the start of the school day and cared for them through classes, after school, overnight and into the next school day. The high-tech dolls track how quickly students respond to their cries and how gently they're handled.

Jaqueline Ciriaco, 16, had previous experience with child care while helping with her little sister.

"I thought that it'd be easier since it's a doll," she said.

Then at lunch, she didn't support the simulator's head properly.

"The baby started screaming," said Ciriaco.

*burped : *faire son rot*

*exhausting : *épuisant*

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<http://www.dailyindependent.com/news/summits-to-focus-on-teen-addiction/>

The DAILY Independent
The DAILY Independent

Summits to focus on teen addiction

By MIKE JAMES — Apr 15, 2017

ASHLAND — The drugs change, but the issue remains the same: addiction.

That will be the focus of two community gatherings, one for teens and the other for adults, a spokeswoman for a local drug prevention center said.

A youth summit on April 27, and a community summit the following day will work on finding solutions to the illicit drug epidemic that has been the bane of* Appalachia for most of a generation.

“The message is that we have an addiction problem and we need to be solution focused,” said Veronica Nunley, director of organizational development for the Pathways Regional Prevention Center.

The youth summit will lead into the adult event by pulling together the knowledge and opinions of interested teens and presenting their findings to the grownups*. Pathways will review the presentation and award mini-grants to youths to implement prevention efforts in their schools and communities, Nunley said.

The youth summit will bring together teen leaders to discuss addiction, gateway drugs and perceptions of drug use. The summit targets students from grades nine through 12 [...] and registration is still open, Nunley said.

The summit will be moderated by youth leader Mara Haney, a sophomore* at Paul G. Blazer High School, who will present the findings at the community summit. “In Ashland there is a big drug problem, and I don’t want people to hurt themselves, so educating people is my contribution to the community,” Haney said.

.....
*the bane of : chose qui empoisonne la vie de

*grownups : adults

*sophomore : étudiant/-e en deuxième année de lycée