

## Don't Let Spring Allergies Bring You Down

More than 50 million Americans suffer from allergies every year. In particular, springtime allergies are an annual nuisance for many people. As plants begin to bloom and neighbors start to cut their grass more frequently, allergy sufferers nationwide start sniffing and sneezing. What's more, mold growth blooms both indoors and outdoors, making it almost impossible to escape allergy triggers.

### Spring Allergy Alleviation Tips

To reduce your allergies, be sure to take the following steps:

- Wash your bedding every week in hot water to help keep pollen under control.
- Wash your hair before going to bed, since pollen can accumulate in your hair.
- Limit the number of throw rugs in your home to reduce dust and mold.
- Wear an inexpensive painter's mask and gloves when cleaning, vacuuming or painting to limit skin exposure and dust and chemical inhalation.
- Vacuum twice a week.
- Make sure the rugs you have are washable.
- Change air conditioning and heating air filters often.

### Treating Allergies

Treatment for most allergies is available both over-the-counter and by prescription. Talk to your doctor to find out what treatment method is right for you. If your allergy symptoms are severe or chronic, you may need a series of allergy shots. Contact your physician or allergist to determine which treatment option is best for you.



## Strengthen Your Financial Wellness Plan with These 3 Tips

Getting into the practice of saving will help you become more financially secure. Plan ahead so you have money waiting for you at retirement and can afford unexpected costs along the way. With the right preparation, you won't have to worry when life throws you a curveball.

1. Take advantage of an individual retirement account, 401(k) or other saving mechanisms.
2. Set money aside in accounts you can access prior to retirement.
3. Speak with a financial professional.

## If You See Something, Say Something

To report suspicious activity please contact Norwalk Police Department at 203-854-3000 and press 0 and tell them that you want to remain anonymous. Describe specifically what you observed, including:

**Who** or **what** you saw;

**When** you saw it;

**Where** it occurred; and

**Why** it's suspicious.

**If there is an emergency, call 9-1-1.**



**NHA has done something  
different?**

**In an effort to better serve you,  
NHA is OPEN for business every  
Tuesday from 11am to 7pm.**

## NATURALIZATION INFORMATION SESSION

Housing Opportunities Unlimited (HOU) will be holding a Naturalization Information Session that will focus on eligibility, the benefits of becoming a U.S. citizen, problematic situations, and fee waivers. *Space is limited. Pre-registration is required.*

**Wednesday, April 10, 2019**

**4:30PM-6:00 PM**

NHA CNI Field Office

149 Water Street 2<sup>ND</sup> Floor, Norwalk, CT 06854

Interested residents should call to register:

(203) 810-5675 (Maria) or 203-838-8471 X681 (Nadine)



## Race 4 Chase Triathlon Program Application FREE Summer Camp



**Race 4 Chase** is named for Chase Kowalski, an amazing little boy from Newtown, who loved to run. Race 4 Chase strives to empower kids to reach their full potential.

Registration is for children ages 6-12 years old wishing to participate in the Race 4 Chase Triathlon Program. This program provides youth with a fun, skill building, life-changing experience by introducing them to the sport of triathlon.

This free program runs for 6 weeks in Norwalk beginning Monday, June 24, 2019 and ending Saturday, August 3, 2019. Program times are 8:00 a.m. – 1:30 p.m. daily, Monday – Friday. Race day is the culmination of the program for the YMCA Race 4 Chase programs at YMCA Camp Sloper in Southington (1000 East Street, Southington CT) on Saturday, August 3, 2019. All participants must compete in a Youth Triathlon on this day and be accompanied by an adult.

This application needs to be completed by both parent/guardian and child wishing to participate in the program. Please answer all questions; if you have additional children, each child must have a separate application.

Due to limited enrollment, applications will be evaluated based on several factors. Selection priority will be given to first time registrations, a demonstration of need, and those indicating a sincere desire to participate for the complete duration of the program.

You will be notified if your child has been selected into the program. If selected, completion of a registration packet is required.

Applications can be picked up at NHA's CNI Office at 149 Water Street, 2<sup>nd</sup> floor; or downloaded from the website, [www.norwalkcni.org](http://www.norwalkcni.org)

Deadline for applications are due back to:

Lisa Roger, NHA CNI Office, 2<sup>nd</sup> floor, Norwalk CT 06854 no later than **April 16, 2019**.

### Maintenance

### 24 Hour Service Line

203-853-9091

## Norwalk Health Department Offers Free Hepatitis C Testing

Hepatitis C is a liver disease that results from infection with the Hepatitis C virus and can lead to liver damage and even liver cancer. According to the Center for Disease Control (CDC), people born from 1945 – 1965, sometimes referred to as baby boomers, are 5 times more likely to have hepatitis C than other adults. Most people with hepatitis C do not know they are infected and can live for decades without symptoms of feeling sick.

CDC recommends that **all** people born from 1945 – 1965 get tested for Hepatitis C. Call the Norwalk Health Department, 203-854-7776 to schedule your appointment or for further information.

## GET TESTED FOR HEPATITIS C

If you were born between  
1945-1965

You've injected  
drugs

You have tattoo  
or piercing

You had an organ  
transplant or blood  
transfusion before  
1992

You have HIV or  
liver disease

## St. Joseph Parenting Center Program Information Session



A representative from Saint Joseph Parenting Center will be on hand to discuss their parenting program on April 23, 2019, 5:30PM - 6:30PM, 149 Water Street, 2<sup>nd</sup> Floor., Norwalk. The discussion will be as follows:

- Increase your parenting and child development knowledge
- Parenting classes available in both English and Spanish
- Support Services include meals and attendance incentives

For further information or to register contact:

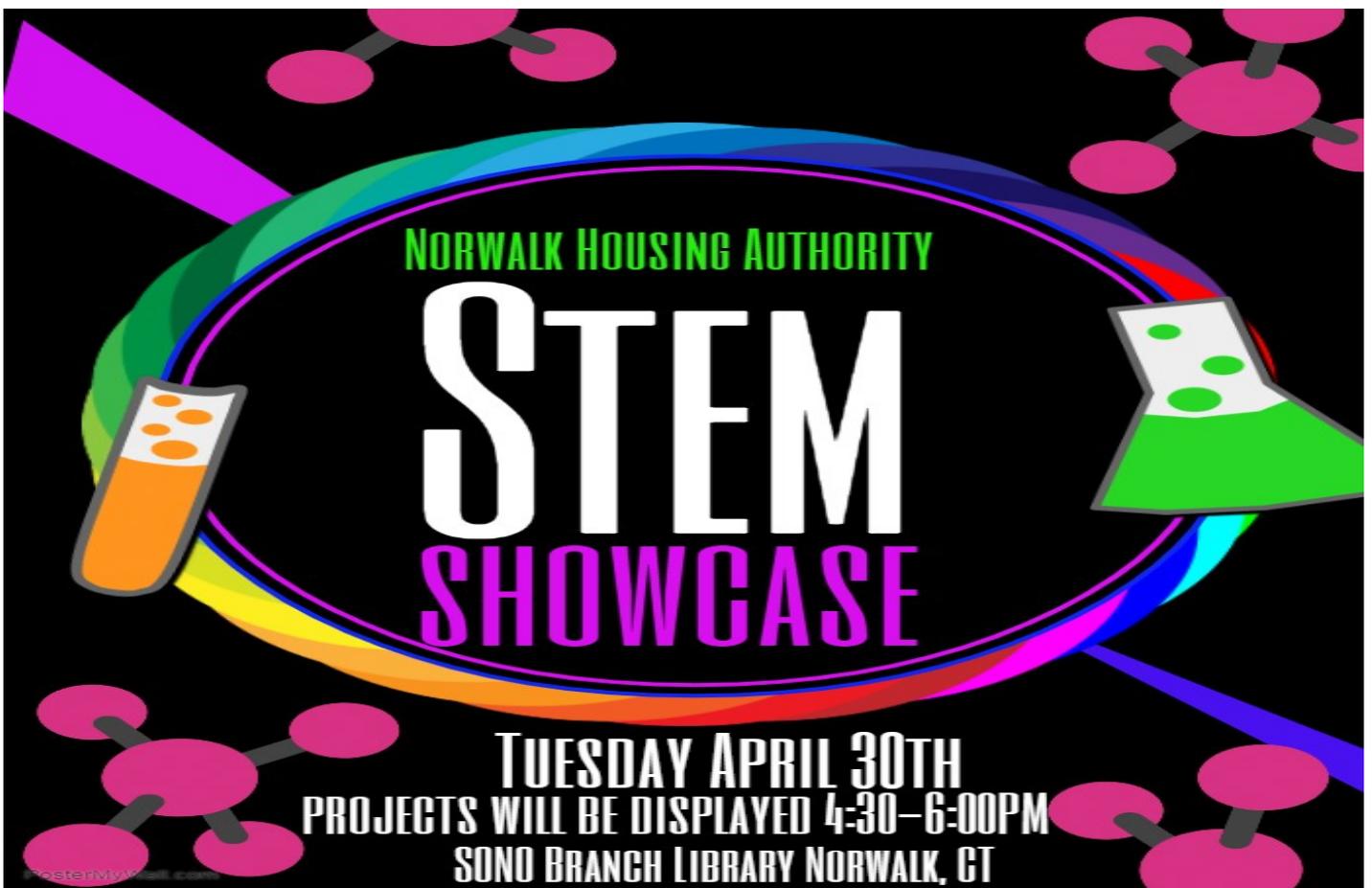
(203) 810-5675 (Maria) or 203-838-8471 X681 (Nadine)

## Career Resources Bus – New Location! On site at 13 Day Street Parking lot

**NEW LOCATION STARTING THURSDAY APRIL 25th** 13 Day Street Parking Lot (off of Hanford Place)

The Career Resources Career Coach Bus will be on site in the parking lot of 13 Day Street town houses on April 25th from 1:00pm-3:00pm. The topic will be Resume Development. A Career Resources representative will be on hand to assist with your resume. If you are looking for ways to start, or reinvigorate, your search for a new job, then you won't want to miss this.

Save time and effort and avoid frustration while learning from an expert. Make this your best year and find the job of your dreams in 2019!



## If you give a kid an idea....They will become inventors!

Students from the Colonial Village Learning Center showed off their ingenuity, creativity, and engineering skills during a Black History Month event that took place at the South Norwalk Library. The event focused on black inventors of the past that helped make the world a better place. The students were asked to create an invention that would help solve a problem in the world. Under the guidance of STEM Coordinator Sheiree Powell, students were able to leave a lasting impression on the library staff. They were able to create inventions that were not only amazing, but also left heart-warming smiles on every face in the room.



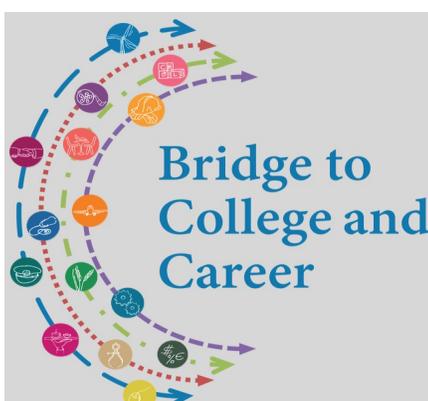
*Elena Garcia showing off her creative skills by showcasing her invention.*



*STEM Coordinator Sheiree Powell guiding the Colonial Village students on how to become an inventor.*



*Kassidy Lingrin posing in front of her invention.*



## BRIDGE TO COLLEGE & CAREER

On Wednesday, April 3<sup>rd</sup> from 6:30pm-8pm at 20 West Ave. students will practice effective public speaking skills with feedback and real-time coaching. This program is open to all NHA residents in high school at no cost. Call 203.852.1144 for more information and to request transportation to and from the program.



## Kindergarten Readiness: What Skills Your Child Should Have

Kindergarten is an exciting time of exploration. As your child's motor coordination increases, so too will his or her sense of independence, self-reliance, and self-confidence. As the year progresses, kindergarteners will be expected to complete assignments with less outside help, accept more responsibilities, and follow rules more closely. Help support your child's mental and educational growth at home with our kindergarten readiness guide.

### Skills Required at the Beginning of Kindergarten

You may want to review this list and see if there is anything else you would like to teach your child before those first days of school. (We've suggested some handy tools that can help.) Keep in mind that this list is simply a guideline; the exact expectations may vary from program to program.

- Identify some letters of the alphabet
- Grip a pencil, crayon, or marker correctly (with the thumb and forefinger supporting the tip)
- Write his first name using upper- and lowercase letters, if possible
- Count to 10
- Bounce a ball
- Classify objects according to their size, shape, and quantity
- Speak using complete sentences
- Recognize some common sight words, like “stop”
- Use scissors, glue, paint, and other art materials with relative ease
- Repeat his full name, address, phone number, and birthday
- Play independently or focus on one activity with a friend for up to ten minutes
- Manage bathroom needs
- Dress himself
- Follow directions
- Clean up after himself
- Listen to a story without interrupting
- Separate from parents easily

Don't panic if your child hasn't nailed everything on the list — she'll learn a lot in kindergarten. What's more important is to wean her from relying on you to do things she could do herself, such as zipping her jacket or tying her shoes. Give her the chance to show you what she can do — you might be in for a few surprises!