



Health on Wheels Bus Arrives at Washington Village



The “HOW” (Health on Wheels) Bus began service on January 18th, bringing medical, dental and counseling services to Norwalkers, regardless of their ability to pay. The bus was introduced at the Norwalk Community Health Center on Thursday, January 10th, with Senator Richard Blumenthal, Mayor Richard Moccia and Health Center CEO Lawrence Cross to perform the official ribbon cutting. The state of the art bus features a staff of nine health professionals complete with two medical exam rooms, a dental examination room, and a laboratory area. The bus will operate five days a week, with stops at Washington Village on Tuesday and Thursday from 8:00 AM – 1:00 PM, and at the Open Door Shelter on Mondays, Wednesdays, and Fridays from 8:00 AM – 1:00 PM. After three to six months of working out the details, Roodner Court will be added, with the HOW bus running all day, five days a week.

NHA Resident Commissioner Bernadine Tatem

Bernadine Tatem has represented resident interests on NHA’s Board of Commissioners for fifteen (15) years and has been Treasurer and Secretary. She is also dedicated to the Norwalk Housing Foundation. Commissioner Tatem currently resides in housing and has done so for more than 30 years. She has seen a lot of change take place at Norwalk Housing Authority and remembers a time when affordable housing was not considered a priority in Norwalk. When speaking with Commissioner Tatem and reflecting on work done at NHA, here are some of the many accomplishments that give her much delight:

- Developing Learning Centers at the developments to ensure students get the help they need
- Developing the Norwalk Housing Foundation Scholarship Fund for residents who could not otherwise afford to go to college
- Advocating for kids in the Public School system when a problem arises
- Production of annual NHA Calendar which highlights the artwork of NHA kids
- Assisted Living at Ludlow Commons for seniors, where aide service is provided, a daily meal, 24 hour security coverage, and many recreational activities
- Planning the redevelopment of Washington Village through the Choice Neighborhood Initiative, ensuring residents will have first choice to return to the complex

Commissioner Tatem believes that everyone is entitled to safe and sanitary housing, no matter where you live. She believes everyone has a voice that needs to be heard. The inclusion of the resident’s children in the redesign of Washington Village is very important because every voice counts. Commissioner Tatem has enjoyed her time on the NHA Board of Commissioners and looks forward to continuing to serve NHA residents.

Free: Norwalk Has Heart Day at Norwalk Public Library

The Norwalk Public Library Children’s Library invites children of all ages to Norwalk Has Heart Day on Saturday, February 2, 2013 from 10:00am until 4:00pm in the main branch of the Library, 1 Belden Avenue, Norwalk. For more information please call Christine Bradley at 203-899-2780 ext. 15131 or visit www.norwalkpubliclibrary.org.

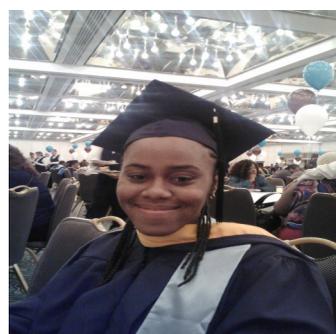
FREE Credit Counseling Workshop

Do you know your credit score? A good credit score is one of the first steps toward home ownership, lower insurance rates and needed for some jobs. At this *free* workshop, you’ll receive free credit counseling, learn the best financial practices and how to reduce your bills and pay off debt. Achieve financial stability with a better understanding of how to manage your money and credit. This FREE workshop will be held at Leroy Downs, 26 Monroe Street; Wednesday, March 5th, 6:00 PM – 8:00 PM. Preregistration is required. Transportation may be available with advance notice. For additional information or to register, please call 203-838-8471 X135 (Guillermo) or X187 (Emily).

Want to OWN Your Own HOME?

Come to this FREE program presented by Money Management International (a member of the National Foundation for Credit Counseling) to learn what’s involved in becoming a homeowner on Saturday, April 27th, 9:00AM – 5:00 PM, at LeRoy Downs, 26 Monroe Street. This workshop will take the confusion and uncertainty out of home-buying and guide you through the process, step by step. Topics include reviewing your finances, determining how much you can afford, reviewing your credit, shopping for a home, obtaining a mortgage, preparing for the closing, and more. Pre-registration is required, space is limited. For additional information or to register, call 203-838-8471 X187 (Emily) or X135 (Guillermo).

Taryn Davis Graduates with Master’s Degree



Taryn Davis was born and raised in Roodner Court, attended Norwalk Public Schools and graduated from Norwalk High School in 2002. Her college studies began with obtaining an Associate of Science in General Studies from Norwalk Community College in 2004 and between 2005 and 2007, Taryn worked for

NHA’s Learning Center at the Roodner Court. While working for NHA, Taryn began pursuing her Bachelor’s Degree from the University of Connecticut Stamford Campus. She received her Bachelor of Arts Degree in Psychology from the University of Connecticut in 2006. Throughout her undergraduate education she received funding through the Norwalk Housing Foundation, Ambler and Person to Person to help with her undergraduate education. In 2007, Taryn went on to work for Norwalk Hospital’s Inpatient Psychiatric Unit where she was employed for the last five years. In November 2012, Taryn graduated from Walden University with a Master of Science Degree in Forensic Psychology with a specialization in Psychology and Legal Systems. During her graduate education, she maintained a 4.0 G.P.A. Taryn is now looking to pursue a multitude of avenues related to both psychology and law within the government. *Taryn’s hope is to inspire the younger generation to be just as successful wherever they come from.*



WBDC Exploring Entrepreneurship

Starting your own business requires more than just a good idea. The WBDC's free "Exploring Entrepreneurship" seminar will provide aspiring business owners with insight into what is needed to get started. Learn how to take your business ideas, dreams and visions into a reality! This *FREE* workshop will be held Tuesday, February 20th, 5:30 PM – 8:30 PM, at Leroy Downs Community Room, 26 Monroe St. Contact 203-838-8471 ext. 188 (Lisa) or ext. 135 (Guillermo) for further information and to register.

Families — Get the Tax Credits You Deserve!

Did you know that many families are eligible for valuable tax credits every year? Whether or not you owe any income tax, you could get thousands of dollars in tax benefits. To get these credits, you **MUST** file a tax return.

WHERE: Norwalk Community College West Campus, Rooms 135/138;

WHEN: Saturdays, 10:00 AM – 3:30PM, February 2, 9, 16, 23; March 2, 9, 16, 23; April 6 and 13. Walk-ins only; appointments will *not* be taken.

In addition, VITA Volunteers will be on site:

Saturday February 16th, 10AM – 3:30PM Washington Village Learning Center

Saturday February 23rd, 10AM – 3:30PM Roodner Court Learning Center

By appointment only for Washington Village and Roodner Court Learning Centers. Call Lisa Roger to reserve your appointment, 203-838-8471 X188.

Individuals taking advantage of the e-file program will receive their refunds in half the time compared to returns filed on paper – and even faster when tax refunds are deposited directly into the bank accounts.

Visit www.irs.gov for further information.

Check out the Goodwill Career Center

Goodwill Career center is open at the Norwalk Goodwill Store on 15 Cross Street. The center, located inside the store, offers use of computers, a fax machine and telephone as well as career counseling. Hours of operation are Monday, Tuesday, Thursday and Friday from noon until 8:00 PM, and Saturday from 11:00 AM to 7:00 PM. **FREE** classes including Resume Writing, Interview Skills, Job Search/Internet/Email Basics. Also **FREE** classes in computer basics, Excel, PowerPoint. All workshops are offered free of charge. To register, please contact (203) 854-9847.



REGISTER YOUR VEHICLES

NHA Residents living at the following developments are required in their leases to register their cars in order to park in the on-site parking lots: 20 West Avenue; Chapel Street; Fairfield Avenue; Irving Freese; John Shostak; King Kennedy; Leroy Downs; Ludlow Village; Main Avenue; Meadow Gardens; Roodner Court; Seaview/Fort Point; School Street; Senior Court; Washington Village. If you do not register your car, your car may get towed. To register your car, you must bring to the NHA front desk the following 3 documents: 1) your driver's license; 2) vehicle registration; 3) insurance. All documents must be current and in your name.

At the front desk you must fill out the vehicle registration application form. Partial applications will no longer be accepted and placed on hold. You must bring all 3 proper documents at the same time.



Upcoming Career Fairs – Find the right job!

Meet companies looking to hire in Fairfield County and attend free seminars to help you navigate this changing job market successfully. **Admission is FREE!** Bring copies of your resume and dress for success. **FRIDAY FEBRUARY 15th** in DANBURY at the Ethan Allen Hotel, 21 Lake Avenue Extension, 10AM – 2PM; and **TUESDAY MARCH 19th** in NORWALK at the Norwalk Inn and Conference Center, 99 East Avenue, 10:00am– 2:00pm.

Employment Tip of the Month-Follow Directions

Employers are getting more and more particular about how applicants apply for work. Follow directions and do *exactly* as you're directed in an ad or on a company's Web site. If they ask for a cover letter, provide one. If they say, "No PDFs," do not send one. If it states that you must include your salary requirements, do so. If you're apprehensive about specifying a salary, include a salary range and note that it's based on what the rest of the compensation package would include and the specifics of the position.

Are You On Track With Your New Year's Resolutions?

The month of January is well-known to be the month of New Year's resolutions. Many of us make promises to ourselves that we will exercise more, eat better, or break a bad habit. Some of these changes are harder than others, especially those that involve food. At the Day Street Community Health Center, our registered dietician can help you look at the choices you make in your diet and lead you down a healthy path for 2013. All Community Health Center medical patients can meet with the dietician on an individual basis or in a group workshop that features a cooking demonstrating, menu planning, portion control and cooking on a budget. Eating healthy can be fun, delicious and economical. Let us help you keep your 2013 resolution and feel great! Please come visit us at 49 Day Street in South Norwalk, where our staff will be glad to address all of your health care needs. You can reach us by phone at (203) 854-9292, on the internet at www.chc1.com, or by dropping by our office."

Healthy Minds, Healthy Bodies

You come to the library to exercise your mind but what about exercising your body? Learn to get fit with the Norwalk Public Library's great variety of Zumba and Yoga Classes. Zumba and Yoga are held at 1 Belden Avenue, Norwalk, CT. No registration is necessary but program is limited to the first 80 people who arrive.

Zumba Mondays– BRING WATER!

5pm Zumba for Kids/Parents

6pm Zumba for Teens/Adults

Yoga Wednesdays – BRING WATER & A YOGA MAT!

5pm Yoga for Kids/Parents (Ages 3-12)

6pm Yoga for Teens/Adults

Ruby Spencer Earns Personal Care

Technician Certification

Congratulations go to Ruby Spencer of Colonial Village who just completed her Personal Care Technician Certification which included national exams in Phlebotomy, Electro Cardiogram (EKG), Certified Nursing Assistant and CPR AD. She aced all her national exams and is now beginning her job quest.

Rent Payments at Webster Bank

RENT statements **cannot** be altered or changed at Webster Bank. Partial rent payments will not be accepted at the bank. All corrections, deletions or any changes must be made by the Accounts Receivable Specialist on Monday's, Wednesday's and Friday's from 3:00pm-5:00pm or call 203-838-8471 ext. 144.



College Corner

The 2013 NHF Scholarship Application is available at NHA office and on NHA website or by email. Contact Carla Conway to get on the application list so you can learn of other scholarships. Phone: 203-838-8471, ext. 176. Free help with applications and essays is available by contacting Sara Sullivan at 203-852-1144 ext. 100 at NHA's 20 West Learning Center. Dates to remember...

◆ **STATE FAFSA Deadline is February 15, 2013.** *The State awards up to \$2,000 on a first come basis until the funds run out that is income based.*

◆ **SCHOLARSHIP DEADLINE FOR MANY IN-STATE COLLEGES is February 15.** *You may need additional applications for various colleges so check with the college financial aid department. This date is the deadline for UCONN.*

◆ **FEDERAL FAFSA Deadline is by Midnight Central Time June 30th, 2013.** *The Federal Award is up to \$5,550 and is income based. If you get the State Award, that will be deducted from the Federal Award. The most is \$5,550.*

FREE FAFSA HELP on COLLEGE GOAL SUNDAY!

DATE: January 27, 2013 at Norwalk Community College

PLACE: NCC, East Campus. Hands on help with filling out your student's FAFSA Application. You must bring your 2011 & 2012 tax returns and student's ID. **FAFSA must be filled out by both student & parent.** Parents of college-bound students: file your 2012 Income Taxes early so your students can apply for FAFSA early.

High school students in all grades should prepare early for college. Contact Carla Conway to start preparing for college in lower grades through great free college prep programs. Get your College Toolkit for Scholarships and a list of "tuition free" colleges for low-income students.

NHA has College Information and Support Programs for Middle School & High School Students who want to go to College and their Families. Call 203-852-1144 and speak to Wendy Gerbier.

College Scholarships Available

High school seniors should contact Carla Conway, NHA College Scholarship Coordinator, at 203-838-8471, ext. 176. Confused about colleges, Ms. Conway has information on majors and colleges that will fit you. Also, you should contact the NAACP and go online to: 100bmos.com for scholarships. Community service is important. So contact 100 Black Men of Stamford and other organizations with scholarships about what community service activities are acceptable and contact Carla Conway, NHA's Scholarship Coordinator: 203-838-8471, ext. 176; cconwa@norwalkhou.org; NHA has at the front desk an instructional guide *Toolkit for Scholarships* listing all the essays and documentation you should keep on hand for scholarships and how to prepare it.

Drumming Madness with John Stuart

John is teaching students the art and technique of Latin Drumming. The students absolutely love Latin Drumming! John works really well with all of the students and they have an awesome time working together. In this picture, you can see Kiara Garcia and Adrianna Richardson shaking it up with the maracas. Next, John is showing Jalen Elliott how to properly beat the drums, while Anthony Feliciano is examining his instrument before the group fun begins. Once everyone has their instrument, they are then ready to create some cool fun tunes together. Latin Drumming Rocks!!



The Snow is Alive at the Washington Village Learning Center

Even though there has not been much snow this winter; winter is very much "alive" at the Washington Village Learning Center. Little snowboys/snowgirls were created by the children of Washington Village. As most know, traditional snow angels are made from snow; but, hands and wonderfully outrageous imaginations were used for this assignment. With directions from Mrs. Linda students created their own snowboys/snowgirls with the five senses in mind. For example, James Gross (a 2nd grader wrote), "*Hi my name is Jack. I see three heart buttons on Jack's belly. I see a red nose on his face. I see a candy cane in his hand. Jack hears the wind blowing. He also hears snow balls hitting kids. He also hears kids making snow angels in the snow. Jack tasted a chocolate snow flake coming from the sky*"

It was a fun and imaginative project for the kids and Mr. and Mrs. Frost are alive even without snow.



Thoughts on SANDY HOOK by Marco Flores

When I arrived home from school, my mother told me about a major shooting at Sandy Hook Elementary school in Newtown CT. We couldn't believe that 20 kids and 7 adults died. This greatly affected me because my parents were sad after they heard the news. They were so upset, they thought of moving out of CT. My mom was worried, her eyes were watery and her face was red. She hugged me tight, relieved because I was okay. My mom thought that one of our cousins attended that school. She rushed to the television to hear the names and to see the picture of the students and adults, but luckily none of them were my relatives. I thought if any of them were my family members it was going to be an even gloomier day full of tears. I thought the teacher who protected her students by shielding them with her body was brave and it was the truest act of courage. If I were there I would have done the same thing.

Artists Needed Now for August Festival

Attention middle and high school students...whether you like to paint, sew, create masks, play music or work with different materials in creating costumes, we are recruiting interested students to participate in an exciting program with the Silvermine Art Center.



The program will involve six workshops that will be led by artist from the Silvermine Arts Center, which will allow students to indulge their creativity and have the work shown during the Art Festival in August. The project is associated with the Maracatu Band and is an all-day festival where students will be part of the program. Please contact either Patricia Marsden-Kish at 203- 838-8471 ext.184 or Sara Sullivan at 203-852-1144 ext.100.

Youth Mentoring Available!!

Check and Connect will partner youth with a caring mentor to improve their school attendance and grades. This program is nationally recognized to improve a family's life!! All mentors carefully evaluated. For information contact Mark Covello at 203-838-8471 x 186.

"Have a Friend and Be a Friend"

Seminar for Parents

Does your child struggle to make and retain friends? Many children with Learning Disabilities (LD) and Attention Deficit-Hyperactivity Disorder (ADHD) have difficulty managing the complicated world of social communication. But like most challenges, these can be overcome with the right kind of support. Please join us for our free program on Tuesday, February 5th at 10:00am, "Have a Friend and Be a Friend: Building Social Communication Skills" at Royle Elementary School, Darien CT. The program is presented by Dr. Lydia Soifer, the nationally acclaimed language pathologist and child development expert. Dr. Soifer will discuss the skills involved in communicating effectively and provide critical pointers for building your child's social skill set. By understanding, teaching, and reinforcing these skills, your child can improve his or her relationships with both children and adults. If your child struggles to make friends, this is a program you should not miss. Register for this free program at <http://learningtomakefriends.eventbrite.com>.



FREE Preschool Activities at South Norwalk Library

Mostly Mother Goose Story Time for Two-Year-Olds Mondays, 10:00am-10:45am

An ongoing, weekly story time designed for two-year-old children, 24 – 35 months old.

Bouncy, Bouncy Babies, Wednesdays, 10:00am-10:30am

For babies 5-23 months Story Time designed with stories, music and activities to get babies bouncing to books.

Short Film & A Craft, Thursdays, 10:00am-11:00am

Children ages 3-5 see a short film based on picture book and create artwork based on the film. Registration is required. Registration is available [online](#) or by calling 203.899.2790 x 15903.

Mini Musicians, Thursdays, 11:00am-12:00pm

Children age 3-5 are invited to make music at the South Norwalk Branch Library! Registration is available [online](#) or by calling 203.899.2790 x 15903.

Timeless Tales Story Time, Fridays, 11:00am-12:00pm

For children ages 3-5, full of classic, contemporary and interactive stories, music and movement.



Syreeta Wheeler & son Cowan Pace share a Mommy & Me moment at Beadworks in SoNo.

Private Schools are now holding tours & interviews for 2013-14 applicants. Transportation is provided.

Teen Emotion Management Program

We have an opportunity to provide through the Norwalk Youth Services an aggression reduction training program (ART) for middle and high school students. The program emphasizes conflict resolution, decision making and peer refusal skills and anger management as some of the skill enhancement sessions. If you think your son or daughter could benefit from this program please contact Wendy Gerbier at 203-852-1144. ext 103.

New Canaan Country School!

Congratulations to Jevrick Jonathan Ortiz-Dela-Cruz for being accepted into the New Canaan Country School. Jevrick is the son of Maria Ortiz and he is a graduate of the Early Childhood Program that is overseen by Autier Allen-Craft, Early Childhood Program Coordinator.

Got College Dreams?

We can help!

Call Carla, 203-838-8471, ext. 176.



Easton Pace is creating masterpieces on Tuesdays, at ECP Art Class at Roodner Court Learning Center.

FEBRUARY 2013 MOMMY & ME

Tuesdays, 12:00pm-1:00pm

ART/Storytime at Roodner Court Learning Center Bilingual Spanish & French; (Weekly Snack/Raffle/Prizes)

Wednesdays

February 27, 11:00am-12:30pm

Stepping Stones Museum at 303 West Avenue

Thursdays

(Trips/Activities)

February 14, 10:00am-1:00pm

JAM at 140 Water Street in Norwalk and

Friendly's Valentine's Day Lunch at 275 Post Road in Darien

February 21, 10:30am-1:00pm

IKEA at 450 Sargent Drive in New Haven CT

(Free Lunch & Small Land playtime for kids who are - potty trained/37 inches tall).

February 28, 10:30am-1:00pm

Pump It Up at 145 Main Street in Norwalk, 10:30-1:00pm

(Pizza/Snacks provided)

Snacks provided during all programs/trips. Contact Ms. Autier the Early Childhood Program Coordinator at (203) 644-4720 or acraft@norwalkha.org, to schedule transportation. Space is limited & RSVP is needed for trips. Parents/Guardians who are residents of NHA, or Section 8 are encouraged to attend. Children must be 0-4 years old, and accompanied by an adult to participate, in all activities. NHA MOMMY & ME graduates will be eligible for Free Preschool Program in September 2013. Referrals based on consistent participation.