



Scholarship recipients *Berdine & Pauldine Joseph* pose with *Curtis Law*, NHA Executive Director at Stepping Stones Museum for Children.

## Norwalk Housing Foundation College Scholarship Awards \$165,000!

With 50 scholarships totaling \$165,000, the Norwalk Housing Foundation College Scholarship program awarded the most college scholarships in its 16-year history on July 18, 2014.

The awards were presented in a ceremony at Stepping Stones

Museum for Children's Multimedia Gallery. "It's a fantastic opportunity," said 20 year-old Tiahna Spencer, a senior at University of Connecticut in Storrs. "The Norwalk Housing Foundation has been very helpful in funding my education for the past four years." Spencer, who is majoring in physiology and neurobiology, has dreams of becoming a doctor and has conducted research on Parkinson's disease this summer. "To know someone believes in me and is helping me on my goal to become a physician is amazing." The Norwalk Housing Foundation started in 1998 with two scholarships. Through 2013, the program awarded more than 270 scholarships totaling more than \$675,000. It has become one of the largest scholarship programs for a public housing authority in New England. "The journey you're embarking on and already succeeding in is a critical one," said Rep. Jim Himes, who gave the keynote address at Friday's event. "We're putting the weight of expectation on your shoulders. Not only are your parents and teachers expecting a little more from you but you're now accept-

ing the generosity of some people you never met that have the confidence in you." This year's recipients attend a number of colleges and universities including Norwalk Community College, Sacred Heart University and St John's University. In addition to providing funding, the Norwalk Housing Foundation also maintains contact with its recipients throughout the year and offers support.

Sponsors of the awards include AT&T, Cablevision and Wilton-based philanthropists Carol and George Bauer. The Bauers were

honored Friday with the presentation of the Norwalk Housing Foundation's Dreamer Award. The Norwalk Housing Foundation College Scholarship was created by Curtis Law, Executive Director of Norwalk Housing Authority. State Rep. Bruce Morris said he remembers when Law developed the concept 16 years ago. "He (Law) laid out his vision," said Morris. "He said, 'Sure, it's our task to provide housing to those that need it but there's got to be a bigger vision than that. There has to be a way to break this cycle of poverty and need.'" Other dignitaries at this year's presentation included Mayor Harry Rilling, State Sen. Bob Duff, State Rep. Chris Perone and Probate Judge Anthony DePanfilis. Norwalk Housing Foundation would like to thank the 20 West Ave. Teen Iron Chef's who prepared and passed the delicious appetizers.



*Chinari Campbell and Jason Iverson* NHA's Teen Iron Chefs prepared delicacies for the celebration!

### Section 8 List Opens!

The State of Connecticut Department of Housing and its Contractor, J.D' Amelia & Associates will open the Section 8 Housing Choice Voucher (HCV) Program and State Rental Assistance Program (RAP) waiting lists statewide on August 4, 2014. Pre-applications will be accepted by mail and must be postmarked between the dates of August 4, 2014 and August 18, 2014. Online applications will also be accepted until 5:00 p.m. on August 18, 2014. Filling out the pre-application form will put a household in a lottery for possible inclusion on the waiting lists for both programs. Five Thousand (5,000) applications will be chosen by lottery for the Section 8 waiting list. Three Thousand (3,000) applications will be chosen for RAP. The pre-application form and notice announcing the opening of the Section 8 HCV Program and Rental Assistance Program waiting lists will appear in area newspapers for three consecutive days starting August 4, 2014. Pre-applications will also be available at the Connecticut Department of Housing Website, [www.ct.gov/doh](http://www.ct.gov/doh).

### Ludlow Commons Will Be

### Accepting Applications Beginning 8/11/14!

11 Roger Square

Norwalk, Connecticut 06855

**Income Limits:** \$52,150 for one person  
\$59,600 for two people

ONE MEMBER OF THE HOUSEHOLD MUST BE 62 OR OLDER

**Funding Source:** CT Department of Housing

**Open House:** Aug. 29, 2014 from 1:00pm -3:00pm.  
Tour will begin at 2:00pm or call for a tour on September 12, 2014

**For Details:** Catherine Saunders at 203-899-8534

**OR:** Elderly Housing Management  
Phone: (203) 230-4809





## Heat Can Be Hard On Seniors

90 degree weather can be hard for seniors to cope with during the summer months, especially when they have to deal with other chronic conditions. This adds a greater risk for heat stroke which is a life threatening. Heat stroke occurs when the bodies' temperature is above or equal to 103 degrees. Symptoms are:

- red hot dry skin
- confusion
- headache
- dizziness



Resolve this by either dialing 911 or by going to find shade or a source of cool water. Seniors who take water pills are at a greater risk of having

a heat stroke as well as those seniors who suffer with memory loss. Memory loss makes it harder for seniors to remember that they need to be hydrated, and know when their body temperature is rising. When the temperature is racing HOT and you need to COOL down; the community room/center is OPEN and COOL. So sit and rest yourself from the heat and enjoy the atmosphere.

## Financial Management Tip of the Month: Have a list when grocery shopping!

Shop for food with a list and stick to it. You'll spend less money than those who decide what to buy when they get to the food market. The average savings could easily be hundreds of dollars a year. And don't go grocery shopping when you're hungry! Shop the edges of the store for food with lowest cost and highest nutrition.

## Employment Tip of the Month: Do it Daily

Do something *every day* that is about looking for a job. Incorporate your search for work in every aspect of your daily life. Share your job search with a friend or neighbor; learn about different opportunities; expand your networking circle. Tell your friends and family to keep their eyes and ears open for employment opportunities for you.

## Debt Management

Are you tired of living pay check to pay check? Debt management is a great way to help organize your debt. Here are 3 steps to help manage debt:

1. List your debts, outstanding balances, interest rates and minimum payments in a spread sheet or on a sheet of paper.
2. Write up your monthly budget income and expenses; this is a great way to help you stay on top of your payments, identify high areas of spending and locate extra money to put towards your debt. Also pay off higher interest loans first to save money over time.
3. Depending on how much and the type of debt you have, refinancing and consolidating or even filing for bankruptcy may be beneficial. Contact a financial professional for help.

## Norwalk Farmers' Markets

Eat fresh and healthy, and support your local farmers, too! Some farmers' markets in Norwalk include:

Norwalk Health Department, 137 East Ave., Wednesdays 10AM – 2PM, through November 5<sup>th</sup>.

Norwalk Rainbow Plaza, 205 Main St., Wednesdays 11AM – 3PM; and

Norwalk Community Health Center, 120 Connecticut Ave., Wednesdays 9:00AM – 2:00PM.

In addition, all Norwalk Community Health Center patients can receive a "free" \$6.00 voucher *each week* toward their purchase of fruits and vegetables at the Norwalk Community Health Center's Farmers Market. Clients can get vouchers at the front desk of Norwalk Community Health Center. Colonial Village and 16 School Street residents are eligible to receive farmers' market vouchers at the front desk of Norwalk Housing Authority. Call 203-838-8471 ext. 120 and speak with Cathy Hopkins. For a listing of other farmers' markets in Connecticut, visit [www.ctgrown.gov/farmersmarkets](http://www.ctgrown.gov/farmersmarkets).

## Come to the Norwalk Community Health Center for FREE Festivities!



NATIONAL HEALTH CENTER WEEK: August 10-16, 2014

"Celebrating America's Health Centers: Local Engines for Healthier Communities"

MONDAY August 11th, WEDNESDAY August 13th, & FRIDAY August 15th, 10AM – 2PM, ACTIVITIES INCLUDE: Farmers Market (Wednesday), nutrition tips, dental information, free health screenings, children's jump house, hula hoop contest, Community Vendors (including NHA on Wednesday!), and cookout. Come for the fun and for your health!

## Are You Looking For A New Career?

Are you interested in a new career in the growing health care field? Learn about FREE training at Southwestern CT Health Career<sub>x</sub> Academy. MONDAY SEPTEMBER 8th, 10:30 AM – 12:30 PM, at Leroy Downs Community Room, 26 Monroe St. Offered through the WorkPlace, training opportunities include C.N.A., Phlebotomy, E.M.T., Pharmacy Tech, Radiation Therapist and more. Eligibility requirements are based on family income or those that have been unemployed (27 weeks or longer) and have a high school or GED Diploma. For additional information or to register, call Lisa Roger at 203-838-8471 ext. 188 or Guillermo Bendana at ext. 135.

## Health Career<sub>x</sub> Academy

## Job Fair At Goodwill Industries

Explore employment opportunities with employers who are now hiring. Dress to impress, bring copies of your resume and be ready to make great connections:

Monday, August 4, 2014 11:00 AM – 2:00 PM

Goodwill Headquarters, 165 Ocean Terrace, Bridgeport, CT 06605

Register TODAY! Visit [www.gwct.org](http://www.gwct.org); or visit <http://tiny.cc/gwcareers>; or call (203) 581-5040. Some employers include: Abilis, Big Y Foods, Companions and Homemakers, Engage Staffing – The Workplace, JC Penny, Sodexo, and others will be there looking to hire!





## Apply NOW!

### NHA Seeks Laborer!

On-site work includes cleaning common areas & grounds. \$17.79/hr. Some overtime required. Driver's license, high school diploma or equivalent.

### NHA Head Start Janitors Needed!

Driver's license, high school diploma or equivalent and **MUST HAVE** one year of janitorial service experience. \$13.00/hr.

Pick up an application at Norwalk Housing Authority, 24 1/2 Monroe St., Norwalk, CT 06856 by August 30, 2014. **NO PHONE CALLS.**

### Fall Construction Jobs

Washington Village Phase 1 Construction of 80 apartments will begin in October. If you are interested in laborer or trade jobs, contact Lisa Roger at 203-838-8471 ext. 188 to submit a pre-application.

## Meadow Garden Students Clean Up

Students at the Meadow Gardens Learning Center are learning about the importance of keeping their neighborhood clean! The students took giant first steps by working in their home community.

Students worked together as a team to clean up the nearby playground, basketball court and surrounding areas. They were excited to offer a helping hand and to make a difference that they could see. Cleanup Day created a sense of community pride among Meadow Gardens students.



## Be Ready For Back to School!



It's almost that time of year again. Yes, in a few weeks school will be back in session. Is your child ready to succeed? Are you ready to help? It's a fact: Parents who play an active role in their children's education make a huge difference in

their child's success. Here are some things you can do to help your child prepare for the upcoming school year:

- **Get the children to bed on time.** During the summer, children aren't always on a schedule. But, proper rest is essential for a healthy and productive school year. Help your child get used to the back-to-school routine: start the transition now to earlier wake-up times and bedtimes.
- **Communicate with teachers and the school.** Contact your child's teachers at the start of the school year. Get acquainted with them and let them know you want to be an active partner in helping your student to learn and grow. Plan to keep track of your child's subjects, homework, activities and progress throughout the school year.
- **Provide for healthy meals.** Hungry kids can't concentrate on learning, so good nutrition plays an important role in your child's school performance. Fix nutritious meals at home, and, if you need extra help, find out if your family qualifies for any Child Nutrition Programs.
- **Take your child to the doctor, and make sure your child has health insurance coverage.** It's a good idea to take your child in for a physical and an eye exam before school starts. Most schools require up-to-date immunizations, and you may be asked to provide paperwork showing that your child has all the necessary shots and vaccines.
- **Prepare a study area.** Set up a special quiet place at home to do school work. Remove distractions. Make it clear that education is a top priority in your family: show interest and praise your child's work.
- **Read Together.** Take the pledge to read with your child for 20 minutes every day. Your example reinforces the importance of literacy, and reading lets you and your child explore new worlds of fun and adventure together. Make it a special time you share!

## Family Fun Day/ Back to School Event! FOOD, FUN & EXCITEMENT FOR ALL!

**Meadow Gardens** Aug. 2nd from 2:00-7:00pm  
Rain date: August 9th from 2:00pm-7:00pm

**Roodner Court** Aug. 2, 2014 from 12:00pm-5:00pm in the park!. For further information contact: Dee Davis, Vice President 203-919-3100

**Washington Village** Aug. 22nd, Time to Be Determined



## NHA Goes Green!

Thank you GE for allowing NHA to be a part of the **GREEN TEAM** with saving energy products. GE was gracious enough to add furnishings for the new and improved toddler rooms. Our toddler rooms are going to be filled with toddlers ages 15 months to 3 years old! NHA has 4 rooms and 36 spaces at Nathaniel Ely with your child's name on them! If you want to register your child for either **Preschool** or the **Toddler program** please call (203) 956-6216 Nathaniel Ely or (203)-939-9712 at Ben Franklin.

## FREE Child Identification Kit Available Online!



Keep your child's identification information ready and available in the event of an emergency. **FREE Child Identification Kits**, available through the Connecticut State Police, can be downloaded

at the following link:

[http://www.ct.gov/despp/lib/despp/amber\\_alerts/child\\_id\\_kit.pdf](http://www.ct.gov/despp/lib/despp/amber_alerts/child_id_kit.pdf)

The packet includes pages to fill out with the most up to date emergency identification for your children, space for the identification photographs and more. Filling out the child's personal information can be a tremendous time-saver in the event your child is missing. The kit also includes some basic safety measures for parents to discuss with their children.



## Summer Fun at Meadow Gardens Learning Center!



*Kamora Prince, Jacob Davis, Kyle Briceno, Tremaal Metellus (Youth Worker), Jahzaiah Simms, Samuel Bosquet, Mike Avila, Samantha Garcia and Emely De La Cruz are all smiles as they get creative!*



*Benita Moono and Francisco Segura enjoy an afternoon of reading.*



*Kamora Prince is pleased with her computer work.*



## Is Your Child Currently Enrolled in Preschool?

The Norwalk Housing Authority (NHA) Head Start /School Readiness Program is a State and Federal Funded Program which offers pre-school services to children ages 15 months through 4 years old.

The Program has two different options:

- 6 hrs classrooms (9:00am – 3:00pm) – No fee involved.
- 10 hrs classrooms (7:30am – 5:30pm) –Sliding fee scale involved

The goal for the children enrolled at the NHA Head Start/School Readiness Program is to enable them to master social, emotional, cognitive, and physical skills, so that they can be better prepared when entering Kindergarten. The program also offers comprehensive services to the entire family based on the families' needs while encouraging parent participation in their children's education and encouraging them to become advocates for their children. All applications need to be complete prior to submitting in order for your child to be placed on the waitlist, **Incomplete applications will not be accepted.** A parent check off list is attached to the application. Come down to the NHA Head Start/School Readiness Program, 11 Ingalls Ave. (203-956-6216) or at 165 Flax Hill Rd (203-939-9712) to pick up an application or call for details!!!

## The Norwalk Police Department Invites You to SoNo Day Out!

Join the Fun at Ryan Park, Norwalk, CT on August 9<sup>th</sup> from 11am-3pm, Norwalk, CT

### Awesome Activities include:

- Volleyball, basketball and kickball
- Zumba
- Hula hoop contest
- Bouncy house
- Face painting
- Puppet show
- Arts and crafts
- Car crash/ seat belt safety simulator
- House fire simulator
- Blood pressure screenings
- Substance abuse prevention
- Peace Awareness
- Nutrition education
- Lead poisoning information
- Free food for all
- Giveaways

