

NHA NEWS

FEBRUARY 2008



2 Bedroom Apartments Available Soon!

Norwalk Housing Authority has **OPENED** the 2-bedroom waiting list! Tell everyone you know to come in on Tuesday's and Thursday's from 9:30am-4:30pm and bring the following information:

- Drivers License, State Identification Card, and/or Passport for anyone over 18 years of age
- Social Security Cards for each person in your household

- Birth Certificates for each person in your household

Ask for Raquel James, Housing Operations Secretary or give her a call at 203-838-8471 ext. 121.

Coming Soon to a NHA Learning Center Near You!

Youth development programs for middle and high school students!

Would you like your son or daughter to learn more about:

- Careers?
- Technology skills?
- Life Skills?
- Creative Arts?

Call Ken Greene, Director of Learning Center at 838-8471 ext. 187 for more exciting details!



Five Tips For A Healthier Baby

Do you know someone who is pregnant or plans to be- a friend, daughter or granddaughter? The March of Dimes recommends that all pregnant women follow these five key steps:

Get early and regular pre-natal care. It reduces your risk of having a low birth weight baby.

Eat nutritious foods. Make sure that you and your baby get all the protein and nutrients you need through a varied diet.

Don't smoke! Women who smoke increase their chances of having a miscarriage or a low birth weight baby.

Don't take drugs. Taking drugs, except those approved by a doctor who knows you're pregnant, can cause severe disabilities or even result in the death of your baby.

Don't drink. Hard liquor, wine and beer can all cause birth defects.

For current information about programs and services, March of Dimes news, and important health information, visit online anytime at marchofdimes.com.



Eviction Update!

As requested by **YOU** the residents of Norwalk Housing Authority in the 2007 Resident Assessment Survey, lease enforcement was enhanced. We are taking all necessary steps to keep you and your family safe. In 2007 Norwalk Housing Authority evicted **48** families due to the following:

- Drug Use
- Sale or possession of drug paraphernalia
- Guns possession
- Murder
- Loitering
- Unauthorized occupants
- Non-payment of rent

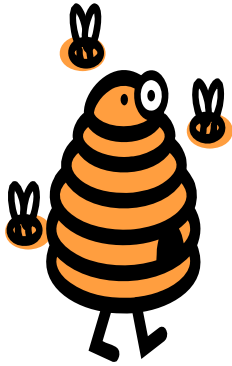
We are working closely with Norwalk Police Department. Your community needs your help to rid your complex of lease violators that threaten your children's safety. Call **854-3000, press 0 and tell them you want to remain anonymous and give as many details as possible.** There are many things that NPD does not know and your knowledge and your voice are the best resource. To those who do call; the children thank you.



Attention All Parents: Norwalk Reads! Will Distribute Free Children's Books At Stepping Stones Museum

Get-In-Free Night on Thursday, January 31st.

On Thursday evening, January 31st, Stepping Stones Museum For Children, will host a Get-In-Free evening for parents and children with a variety of events planned and a distribution of free children's books from Norwalk Reads! for all Norwalk children. This event will begin at 5:00 PM. It promises to be a great evening that parents and children can enjoy together. Call Stepping Stones Museum at 899-0606 for more details. The Museum is located at Lockwood-Mathews Park on West Avenue, across from the Norwalk YMCA. Call Dawn Drew for free transportation at 838-8471 ext. 187 by January 28, 2008.



Sweet Medicine for Little Patients!

If a child has a cough and cold a single dose of pure honey just before bedtime may relieve the cough and help him/her sleep better, compared to nothing or an OTC (over-the-counter) cough medicine, according to an article in Archives of Pediatrics & Adolescent Medicine (JAMA/Archives), December issue.

The authors explain "Cough is the reason for nearly 3 percent of all outpatient visits in the United States, more than any other

symptom, and it most commonly occurs in conjunction with an upper respiratory tract infection."

A cough can seriously disrupt a child's sleep. The researchers write that the most commonly used OTC medication for children's cough is dextromethorphan- a treatment which is **not** supported by the American Academy of Pediatrics, nor the American College of Chest Physicians. "In many cultures, alternative remedies such as honey are used to treat upper respiratory tract infection symptoms including cough."

Researchers found that unpasteurized Buckwheat honey helped children the most by far. Honey helped alleviate the following problems- cough frequency, cough severity, the child's sleep, and the parents' sleep. The writers concluded we have now provided evidence supporting honey, which is generally regarded as safe for children older than 1 year, as an alternative.

*** The information contained in NHA News is provided for your general information only. NHA does not give medical advice or engage in the practice of medicine. NHA under no circumstances recommends particular treatment for specific individuals and in all cases recommend that you consult your physician before pursuing any course of treatment.**

LifePack for NHA Seniors!

Norwalk Housing Authority in conjunction with Senior Umbrella are working together on a project called LifePack for all Norwalk Housing Authority seniors. This is how it works:

- A Resident Service Coordinator while on a home visit would fill out an Emergency Medical and Personal Information form with the resident.
- This form is then stored in their freezer.
- Emergency responders are alerted to the presence of the LifePack by a sign on the resident's apartment door, and the door of the freezer.

Norwalk Housing Authority contracts with the wonderful Senior Umbrella staff and would like to thank them for their many years of dedicated service to Norwalk Housing Authority seniors.

Can Your Neighbors Hear Your TV or Music? Do Your Guests Make Lots of Noise When They Come to Visit?

It is recognized by the City of Norwalk and by Norwalk Housing Authority that people have a right to and should be ensured an environment



free from excessive sound and vibration that may jeopardize their health, safety, welfare or degrade the quality of life. Please be mindful of your neighbors right to enjoy a peaceful environment. Continual complaints due to excessive noise are a serious lease violation, which can lead to eviction.



HUD wants you to know:

The answers you need are just a phone call away! Here are just a few of the reference and referral

services that the PIH Information and Resource Center provide to the General Public, Public Housing and Section 8 Residents, and Housing Agency Staff:

- Local Agency Contract Information
- PIH Guidebooks and Notices
- Public Housing, Section 8, Homeownership fact sheets and more
- Applicable References to CFR

Contact HUD at 1-800-955-2232, Monday thru Friday 9:00-5:00

Or e-mail: PIHIRC@nelrod.com

NHA Scholarships Now Available!

NHF College Scholarship Applications are now available for Norwalk Housing Authority residents. Scholarships may be obtained at the NHA main office front desk or by calling Carla Conway, NHF Scholarship Coordinator at 838-8471, ext. 176. Scholarships are for full time students only (12 credits per semester) and are due back April 25th. Any NHA tenant in good standing who has lived in NHA housing for a minimum of one year may apply. 23 scholarships were awarded last year ranging from \$500 to \$6,500 to high school seniors, college students and adults wishing to pursue a higher education. Additional guidance and help to obtain other scholarships is also available through contacting Carla Conway or Ken Greene, Director of the NHA Learning Centers: 838-8471, ext. 184.