

## Himes, Rilling Visit Nathaniel Ely Head Start Program in Norwalk



Congressman Jim Himes and Norwalk Mayor Harry Rilling visited the Head Start program at the Nathaniel Ely Elementary School to highlight the importance of investing in early childhood education. The Head Start program at Nathaniel Ely provides critical educational, nutritional and health services to more than 270 children in the Norwalk community. “Early childhood education programs are some of the best investments we can make as a nation,” Himes said. *“Head Start is critical to helping prepare children for school and their futures. It also ensures that parents aren’t forced to choose between going to work and leaving their children home alone. I applaud the Norwalk Housing Authority on their work in education and on continuing these much-needed Head Start programs in South Norwalk. I will keep working to protect investments in Head Start and make sure that early childhood health and education remains a priority.”* Congressman Himes has been a strong supporter of the Head Start program and an advocate for early education. Earlier this year, he introduced two bills to expand access to and improve the quality of early education programs. The Total Learning Act provides assistance to community partnerships focused on implementing advanced early education curricula, modeled after the Total Learning program utilized by Action for Community Development in Bridgeport. The Supporting Early Learning Act establishes two competitive grant programs to help states implement or improve early learning systems, particularly for children in low-income areas. *“I join Congressman Himes in applauding the vital importance of early childhood education in Norwalk,”* Norwalk Mayor Harry Rilling said. *“Our city government worked hard to continue this program through a bumpy road in 2014 and we continue our support of education for our youngest citizens. It was a cooperative effort between City and State officials with the tremendous contributions of Congressman Himes’ office. Seeing these youngsters learning and thriving gives us all hope for this new generation of students.”*

## Wait List Closing

Please be advised effective October 17, 2014 the 2 and 3 bedroom waitlist will be closed for Colonial Village and the 2 bedroom and 4 bedroom waitlist for Public Housing will be closed. These lists are closed to everyone except the elderly and the disabled, the lists are closed because the number of applicants on the waitlist is many and the wait will be excessive.

## NHA Receives Excellence Award for Large Housing Authority

Nan McKay has awarded NHA the prestigious Excellence in Housing Award for Large Housing Authorities. The Award was based on five exceptional accomplishments NHA has achieved this year, making it a visionary Authority and a model for other authorities to strive to follow. These accomplishments include: 1) Receiving a \$30,000,000 Choice Neighborhood Grant with Norwalk Redevelopment Agency to revitalize and redevelop Washington Village and the surrounding community; 2) The award of the Head Start License for the Greater City of Norwalk; 3) The Award of 35 College Scholarships for last year (*this year it is 50!*); 4) Securing funds to launch a Graduate Scholarship Program (*Watch for more information*); Asked by HUD to take over management of the New Canaan Housing Authority Millport Development. This is the second award received this summer. NHA Executive Director, Curtis Law, received the *Norman Leeds Award For Excellence in Furthering United Way’s FAMILY FINANCIAL STABILITY Work* from the United Way of Coastal Fairfield County in June.



## Parish Court Accepting Applications for Efficiency Units!

Parish Court is located at 175 Warde Terrace, Fairfield, CT

Income Limits: \$45,500 for one person  
\$52,000 for two people

ONE MEMBER OF THE HOUSEHOLD MUST BE 62 OR OLDER

Funding Source: U.S. Dept. of HUD and CT Department of Housing

For more details: Email [parishcourt@ehmchm.org](mailto:parishcourt@ehmchm.org)  
Phone: 203- 333-4912

## Free Health Care in Fairfield County

Need to see a doctor but don't have health insurance? If you are low income and live in Fairfield county, you can get free primary health care at one of the AmeriCares free clinics. Visit [www.americaresfreeclinics.org/clinics/](http://www.americaresfreeclinics.org/clinics/) or go to Norwalk Clinic at 98 South Main St 203-899-2493

- Tues 12:30 pm - 7 pm (Adult patients only)
- Wed 1 pm – 3 pm (Children through age 16)
- Sat 8:30 am – 12 pm (Adult patients only)



### FREE FINANCIAL CLASSES

- **Budgeting For Life:** How to Create and Maintain a Spending Plan on September 30, 2014
- **The ABCs of Credit:** Everything you need to know about applying for Credit & Loans on October 21, 2014
- **Financial Resiliency:** The Steps to Financial Recovery on November 18, 2014

All classes will be held at the Washington Village Learning Center at 10:00AM Pre-Registration is required: Call NOW!! 203-838-8471 X135

### FREE CUMULUS MEDIA JOB FAIR at STEPPING STONES MUSEUM

**Date:** Monday, October 6, 2014

**Time:** 10:00 AM – 2:00 PM

**Location:** Stepping Stones Museum for Children, 303 West Ave., Norwalk CT 06850

Dozens of local area employers will be on hand with a variety of job openings!

Sponsored by Cumulus Broadcasting / WEBE 108 / WICC600, and Goodwill Western and Northern CT

**No registration required – Dress for success and bring your great attitude and resume!**

### Free Money Conference for Women on October 25, 2014

Get practical advice and tools to help you create and begin an effective money management plan at the Money Conference for Women. This free program is for women of all ages, economic backgrounds and levels of financial knowledge. Workshops include: investing (getting started & advanced), developing your small business, planning for retirement or homeownership, and more. The conference is from 7:30am – 2:00pm at the CT Convention Center, Hartford. Visit online: [www.ctmoneyconferenceforwomen.com](http://www.ctmoneyconferenceforwomen.com)

## Laurel House Offers Free Family Seminars:

Eli R. Lebowitz, Ph.D.

Childhood and Adolescent Anxiety

**October 2, 2014**

Carol Monroe, NP, APRN

Medication and Symptomology

**October 16, 2014**

Stephanie Raia, MSW, LCSW

Family Coping Skills

**October 30, 2014**

Doors open and light refreshments served at 6:00 pm.

Seminars begin at 6:30 pm. Free of charge and open to all aged 18 and older, but donations are welcome. Seminars will be held at Laurel House, Inc.

1616 Washington Blvd., 3rd Floor, Stamford, CT



### Financial Management Tip of the Month: Guard Your Health

So, you think meeting monthly health insurance premiums are impossible?

Open enrollment for Access health CT,

Connecticut's official health insurance marketplace for the Affordable Care Act, begins on November 15, 2014. Enrollment in Medicaid (HUSKY) and the Children's Health Insurance Plan (CHIP) is open year round for eligible persons and families. To quickly see if you qualify for Medicaid, go to [www.accesshealthct.com](http://www.accesshealthct.com) and click on "GET HEALTH COVERAGE". All you need are the ages of your household members and the total household annual income. Contact the Day Street Community Center at 203-854-9292 or the Norwalk Community Health Center at 203-899-1770 for help with applying for Medicaid.

### Employment Management Tip of the Month: Try a Career Tracks Exercise

Don't know what you want to do? Explore job openings that excite you with the Career Tracks Exercise, developed by the office of Career Services at NYU Robert F. Wagner Graduate School of Public Services. Collect 50 or more job descriptions that appeal to you, either because of the employer or the job itself. Don't limit the job descriptions because of salary, location, or qualifications. This is strictly an exercise to explore what excites you. After collecting at least 50 job descriptions, review them to look for common themes. What kind of work or businesses are you drawn to? Next construct up to five career tracks for yourself. What kind of work and organizations are you drawn to?



### Apply Now for Energy Assistance

**DIAL 2-1-1**



**Summer Program helps with electric and gas utilities.** You might get a cash grant of up to \$500 to help pay your electric or gas bill. Applications will be taken until November 7 or until funds run out (whichever comes first).

**Winter Program helps with oil, gas, electric, propane, wood, coal and kerosene utilities.** Applications for the CT Energy Assistance Program (CEAP) are also being accepted. Dial 211 to find where to apply.



## NORWALK READS! BOOK DISTRIBUTION IS NOV. 1<sup>ST</sup>

A Norwalk Reads! FREE Book distribution will be held at Colonial Village and Washington Village Learning Centers from 10:00am until 1:00pm on November 1st. Books will also be distributed at the Main Library, South Norwalk Library and East Norwalk Library. Special Prizes for children who bring in their Norwalk Reads! Book Mark Passport with the books read by children or with parents filled out. Mark your calendars for these great children's book distributions.



From left to right: Fedjanaika Estime, Karl Gregory, Brianna Green, Ashley Virgil, Dejanah Lorthie

20 West Learning Center students volunteered at Norwalk ACTS' *Back To School Night* at Stepping Stones Museum for Children, September 4, 2014.



### We're Back in Session!

Colonial Village staff members welcome students back! It's time to put away the beach balls and get back to the books. Colonial Village is transitioning from the summer program to school year program, which emphasizes academic support, enrichment programs and activities. The staff is very eager to share what it has in store for students. With combined efforts from both parents and staff, this school year will be one that will not be forgotten.

### Blakes Is An Inspiration!



Torianh Blakes, an 11-year-old member of Norwalk Grassroots Tennis, was one of 10 winners selected nationwide by the National Junior Tennis League for an essay he wrote. This marks the third time a NGT player has won the national prize. In 2011, two NGT player essays were selected as national winners and NGT has had nine New England Section winners. Winners are honored with a luncheon at the U.S. Open hosted by former mayor David Dinkins as part of an action-packed, all-expense-paid, three-day trip to NYC with a parent.

### PRIVATE SCHOOL SCHOLARSHIPS

Private Schools are now holding tours and interviews for 2015-2016 applicants. Now is the time to visit private schools if you want your child to attend one next year. Contact Carla Conway at 203-838-8471, ext. 176 for more information. Scholarships are competitive and students applying must have excellent grades. There is only a small window – September through October or



November for some schools. Others interview through January. But if you want to get in to a school it is best to do the tours early and set up interviews. Call Carla now!

### Saying Thank You Can Change Your Life!

Did you know....

- It's good for your grades. Higher measures of gratitude were significantly associated with better academic performance, greater interest in school and more involvement in extra-curricular activities, as well as lower chance of high-risk behaviors like drug use and sexual activity, in a recent Nova Southeastern University survey of African-American youth ages 12 to 14.
- It's a depression fighter. One study found that the simple act of writing down three things that made participants feel grateful was as effective at increasing a sense of well-being as spending an hour in therapy.
- It helps you achieve your goals. Grateful people report higher levels of positive emotions, life satisfaction, vitality, optimism and lower levels of depression and stress.



### Norwalk Early College Academy Held at Norwalk High School

Norwalk Early College Academy is a collaboration between Norwalk Public Schools, the CT State Dept. of Education, NCC and IBM. 8<sup>th</sup> graders interested in computers, science and math applied last school year in May and admission was done through a lottery system. 100 students were admitted and NHA's very own Christiana Joyner and Shamar Askew from the Learning Centers were among those selected. Students begin the program in the 9<sup>th</sup> grade and complete high school, earn a college degree and are ready to begin a career when they graduate. Students will begin taking college level courses while still in high school and earn college credit. Christiana and Shamar will also participate in real work experiences where they will learn teamwork, and develop the skills they'll need both professionally and personally. We are delighted and look forward to continuing to support these students in their path towards success. Congratulations Christiana and Shamar!



## PHADA Scholarship Applications



PHADA Scholarship Applications will be available by the end of the month. They offer \$5,000 and \$7,000 PHADA College Scholarships for Senior High School Students. Public Housing and Section 8 high school seniors with a B average or better (3.0) overall GPA for all high school years should apply for the 3

PHADA (Public Housing Authorities Directors Association) Scholarships worth \$5,000 to \$7,000. Check online at [www.phada.org](http://www.phada.org) to download the application or come to NHA's front desk for a hard copy of the application once they are out at the end of the month. Applications must be signed and submitted by NHA. NHA can only submit 2 applications. Applicants must submit their applications to NHA by January 21 for selection. No handwritten applications will be accepted. For further information contact Carla Conway: 203-838-8471, ext. 176.

## Go Back to Get Ahead

A new program offers up to three free 3-credit college courses for eligible residents who enroll at one of the 17 institutions in the Connecticut State Colleges & Universities system. Connecticut residents who last attended college prior to December 1, 2012 and were enrolled in an associate or bachelor's degree program (or completed an associate's degree), are eligible. The Go Back to Get Ahead program has admissions counselors available to help determine eligibility and find the right college and program for each person's needs. To learn more about this limited time program, visit the [Go Back to Get Ahead website](#), or call toll-free 1-844-GBTGA-CT.



## A COLLEGE CHECKLIST...

High school seniors should be applying to colleges and looking for college scholarships and organizing their scholarship portfolio packet because Scholarship Season has begun! Take this month to do these steps:

- Solidify your list of colleges and check due dates for applications several times. Scholarship deadlines may be different from standard deadline at some colleges!!! Make certain what the deadlines for scholarship and financial aid. Many colleges have rolling or later general deadlines but earlier cut off for scholarship aid award deadlines. Apply earlier rather than later.
- Re-edit your essay and update it! Keep it relevant to the colleges and fields you want to major in and make it reflect you – don't be generic. Research the college and reflect that research in your essay. If you have a special program you are interested in be sure to include this in your supplemental submission attachments.
- Collect support letters from your teachers, counselors, volunteer work. Then rewrite one that mentions the others so that if you can only submit one or two letters, you can let the college know you have other supporters. If you use your Guidance Counselor's letter but have a great quote from your Language Arts Teacher, retype the Guidance Counselor's letter on a Flash Stick with the mention that "This student is respected by many teachers. Ms. Blank said in a letter not submitted due to your recommendation letter submission limitations..." Put in the quote or multiple quotes from different teachers, volunteer or work supervisors and when you hand your counselor the reedited letter, also give that person copies of the originals you quoted from. The recommending letter writer needs these letters to verify what they are writing. By retyping and doing the work for the letter writer, you will get your signed letter back sooner and impress your recommender with your organization, thoroughness and consideration.
- Make certain your parents/guardians have all the financial information your application needs. Colleges vary on what financial information they need and when they need it. Since you will want financial aid support, you must be ready early with all information you need.
- Apply at your high school for fee waivers for your college applications. Norwalk high schools give fee waivers to qualifying students for their college applications. But you must apply through your counselor.
- Contact Carla Conway to be put on all scholarship mailing lists and for additional college support at 203-838-8471 ext. 176.



## Is your child currently enrolled in pre-school?

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 to 4 years old.

The Program has two different options:

- 6 hrs classrooms (9:00am – 3:00pm) – No fee involved
- 10hrs 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 their 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.**



Come down to the NHA Head Start/School Readiness Program at 11 Ingalls Ave. ( 203-956-6216) or at 165 Flax Hill Rd ( 203-939-9712) to pick up an application, or call for more details!!!