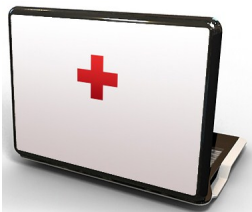




## Graduate Scholarship Spotlights! Tiahna Spencer's Research Published!



Tiahna Spencer a first year medical student at UConn recently advised NHA that her research was published in the journal of Pharmacology Biochemistry and Behavior. The highlights of the article

were:

- The tremulous jaw movement (TJM) model of tremor was developed in rats
- Galantamine-induced TJMs occur in the parkinsonian tremor frequency range.
- This mouse model offers new approaches for modeling drug induced tremor.

The staff at NHA does not know what this means in the world of medicine, but we are still very proud of Tiahna! Woohoo!

## Hervens Jeannis Works on Ph. D in Rehabilitation Engineering

Hervens Jeannis (scholarship recipient from 2005-2007) is currently working on his Ph.D. in Rehabilitation Science with a focus on technology (Rehabilitation Engineering) at the University of Pittsburgh.

## Free Gentle YOGA Classes For Seniors Every Thursday

Yoga is a *great* way to help seniors manage stress especially during the holiday season. You're invited to attend FREE yoga classes at Irving Freese, 57 Ward Street, Norwalk, in the community room. Classes begin at 10:30AM to 11:30AM. Yoga mats are provided.



## NOTICE OF PUBLIC HEARING

The Norwalk Housing Authority will be conducting a Public Hearing regarding its 2016 Public Housing Agency Plan on December 9, 2015 at 5:30PM in the community room at Leroy Downs Apartments, 26 Monroe St., Norwalk, CT. The proposed documents are available for public review from 9:00 a.m. to 5:00 p.m. at the Central Office, 24½ Monroe St., Norwalk or at [www.norwalkha.org/news](http://www.norwalkha.org/news)

## Annual Holiday Breakfast

Seniors are cordially invited to attend a Holiday Breakfast hosted by Norwalk Housing Authority staff! This FREE event will take place on December 21, 2015 from 9:30am-11:30am.

Breakfast will include:

Breakfast Sausage, Scrambled Eggs, Fresh Fruit, Muffins/Danish, Coffee, and Orange Juice

You MUST RSVP with Nicole Ruffin at 838-8471 ext. 140 for this event by Friday, Dec. 18, 2015.

Breakfast will be served at the following sites:

- 20 West Avenue Community Room
- Leroy Downs Community Room
- Senior Court Community Center
- Ludlow Village residents go to Ludlow Commons dining room
- Irving Freese Community Center

If you need a ride to the Community Centers, call Enajasha Samuel at 203-852-1144 ext.100. Santa will bring holiday gifts!

## Creative Culinary Creates A Buzz For Irving Freese Dinners

As the seasons change so too do the culinary delights being offered at the meal site at Irving Freese. Since October 1<sup>st</sup>, the residents' have been indulging in savory, delicious and nutritious meals thanks to the new caterer that is now providing dinner. Many of the regular participants have commented on the vast improvement of the quality and taste of the food. Additionally, thanks to the generosity of the Housing Authority, there have been numerous improvements to the site itself. For example, a new dishwasher was installed allowing the meal to be served on china plates, the kitchen was steam cleaned to allow for a cleaner, friendlier environment for the kitchen staff and volunteers to operate out of and linen table cloths are on the way! There will be a special Thanksgiving meal served on Thursday, November 19<sup>th</sup>. The meal is served Monday through Friday at 5pm. If you would like to preview the menu and/or make reservations, please speak to the Site Manager between 3:30 pm and 6:30 pm Monday through Friday. Bon Appetit!!

## Financial Management Tip of the Month: Do NOT risk financial penalties for not having health insurance!



Those who go without health care coverage for a few months or those who just don't get coverage at all need to know that there may be a **TAX PENALTY** for not getting healthcare coverage. This tax penalty applies to all U.S. citizens and those lawfully present in the U.S. who do not have health care coverage or who have a gap in coverage for three months or longer during the span of a year. There is a monthly penalty for each month you fail to be covered, you may have to pay 1/12 as the annual penalty. The easiest way to avoid the tax penalty is to get covered! For more information, visit [www.accesshealthct.org](http://www.accesshealthct.org). You can also contact Norwalk Community Health Center at 203-899-1770 to schedule an appointment.

## 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. 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. **FREE** Tax preparation and e-filing services for low-to-moderate-income residents are available. For more information, <http://uwc.211ct.org/free-income-tax-assistance/>

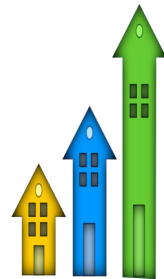
## 55 & Alive Work Opportunities Available

A Senior Community Service Employment Program funded under Title V of the Older Americans Act through the U.S. Department of Labor enables them to provide job skills training to low-income individuals, age 55 and older in Connecticut. Ready to Work participants are placed in temporary training assignments where they gain valuable on-the-job work experience and training needed to gain meaningful employment. Participants will work 20 hours a week at the training sites for which they will be paid minimum wage. For additional information about Ready to Work, please contact Ilene Locker at 203-921-4161.



## Rent v. Own

Is Now A Good Time to Buy?  
December 3<sup>rd</sup>, 2015 from 5:30 pm -7pm  
26 Monroe St., Norwalk, CT 06854  
(Leroy Downs Community Room)  
To register Contact: Margarete Williams-Kelly  
(203) 981-3734  
[MWilliams@HousingOpportunities.com](mailto:MWilliams@HousingOpportunities.com)



## Employment Tip of the Month: Simplify the format of your resume

If your resume includes several different types of fonts, a border, and several walls of text you should definitely revise it. Keep your resume design simple by limiting the number of fonts and steering away from using too many design details. Your focus should be on conveying your professional skill set.

## The Workplace Platform to Employment Program Now Accepting Applications

Platform to Employment (P2E) is specially designed to help those who have exhausted their unemployment benefits break the cycle of joblessness and get back to work. A trained team of professionals works in a classroom setting and in one-on-one sessions to help each individual regain confidence and obtain the tools necessary to compete in today's job market. To learn more about this nationally acclaimed program call 203-610-8492. To obtain a program application visit: <http://p2eapplication.com/p2e>

## Looking For a Job? ConnCAN is Hiring!

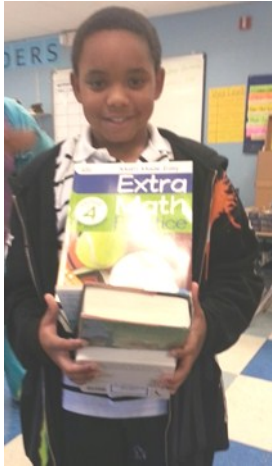
Part-time Community Canvassers positions are available. A Community Canvasser canvasses residential neighborhoods in Norwalk, conducting brief surveys regarding residents' opinions and attitudes towards their local school and district. The information obtained will be used to engage law makers on ways to improve educational opportunities for students. To get further information and to apply please visit: <http://www.conncan.org/careers>

## What and Who Are Hearing Officers?



A "Hearing Officer" is an unbiased person selected by Norwalk Housing Authority to hear a Grievance Hearing requested by residents.

The Hearing Officer renders a decision with respect to lease violations. Persons selected to be hearing officers for NHA: Jay Skelton, Wayne Baker, Marc Grenier, Curtis Law, Candace Mayer, Kras Carlucci and Thomas Hickey.



## Book Drive Draws Future Leaders!

Staff members from the Math & Science Department for the Norwalk Housing Learning Centers were extremely delighted to hear about Emmanuel Hilliard taking the initiative to feed his mind with educational math and science books at the annual *NorwalkReads!* book drive.

Emmanuel Hilliard, who is a 3<sup>rd</sup> grader at the Washington Village Learning Center, is a bright, charismatic student who seeks books to empower himself with knowledge that will aid him throughout his young academic career. As education takes a shift towards S.T.E.M. (Science, Technology, Engineering, and Mathematics), the Math & Science Department at NHA has been preparing students for careers that will allow them to have a bright future. Dr. Seuss states, *“The more that you read, the more things you will know. The more that you learn, the more places you’ll go.”* With this idea in mind, NHA strives to empower all students to develop a passion for reading that will lead them to a world of endless opportunities.

## 20 West Students Visit Metropolitan Museum of Art



In October, select 20 West Learning Center students were given the unique opportunity to participate in the “Turkish Rug Project.” This project, lead by Metropolitan

Museum of Art artist-in-residence, Peter Hristoff, introduced students to the history, culture, and art of traditional Turkish rugs. Turkish rugs historically have an array of uses, including room designations, seating, and prayer.

Peter Hristoff taught students about all of these traditions, and shared actual Turkish rugs with them. Once the students were educated, he then invited them to create their own designs to be made into actual rugs in Turkey by local rug weavers. Peter Hristoff, a painter, has had an ongoing relationship with a village in Turkey and the women who hand-craft these rugs. He has opened up venues for many students through different organizations and institutions to participate in this unique collaborative.

To celebrate the completion of the student's rug designs, Peter Hristoff invited the participating students to join him at the Metropolitan Museum of Art on Friday, November 6<sup>th</sup>, to tour several exhibits. Besides visiting the section of the museum where student's explored the beauty of larger-than-life Turkish rugs, they also toured the Mummy exhibit and the Congo exhibit. Each exhibit explored the culture and art of the region, inspiring the students.

## Teaching the Next Generation to Quilt!



NHA and Peace by Piece have worked together for years cultivating a relationship between seniors and students. With this union of youth and wisdom, a fabulous work of art is created, a quilt. Under the direction of Lizzy Rockwell, the program continues to soar and the students enjoy spending the quiet time with the seniors. Pictured above are various moments capturing this phenomenal relationship.

## Open Enrollment For Access Health CT Is Here!

Access Health CT is the only place in Connecticut where you can shop for quality, affordable health plans and see if you may also qualify for help to pay for the cost of health care coverage!

November 1, 2015- January 31, 2016  
Health care coverage may cost less than you think!

Call 1-855-910-2428

Call Center Hours are Monday – Friday, 8 a.m. - 6 p.m. and Saturday's from 11 a.m. - 3

  
access health CT

## Youth iPad Academy

Are you...

- between the ages of 18 and 24
- currently out-of-school
- ready for a challenging & fun training program
- interested in getting a *FREE* iPad



...then the Youth iPad Academy is for YOU!!  
Class size is limited to 12 participants! You must register by 11/27/15 for the orientation on Monday, November 30, 2015 at 9:00am. The orientation and trainings will be held at:  
**Norwalk Housing Authority Computer Learning Center**  
**20 West Avenue**  
**Norwalk, Connecticut**

To register for the orientation, contact BJ at 203-610-8677, Ext. 203 or via email at thomas@careerresources.org.



## Adult Student Open House December 1<sup>st</sup>

The Division of Extended Studies and Workforce Development, in collaboration with the Office of Adult Learning at Norwalk Community College will be hosting an Adult Student Open House on Tuesday, December 1 from 4 to 7 p.m. in the East Campus Main Lobby. The focus of this event will be on non-credit, certificate offerings that are geared towards workforce training and career pathways. Additional representation from credit bearing programs will also be available. Representatives from various departments, along with community partners who offer financial support to offset tuition costs for students will be on-hand to assist individuals in starting and/or completing their education and training. On-site registration for eligible students will be available until 6:30 p.m. For additional information, please contact Lauren McGuire Broggy, Office of Adult Learning at (203) 857-3307 or lbroggy@norwalk.edu.

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### Literacy Corner



Every day, the Reading Coaches stress the importance of making connections. All good readers make connections, and it is a skill that will help our students in every part of their lives. There are basically three types of connections a student can make when reading a book.

There are basically three types of connections a student can make when reading a book.

- A student can make a text-to-text connection; something in this book reminded me of something that I read in another book.
- Text-to-self connections are also important; something that I read reminded me of an event or time in my life.
- The text-to-world connection is a very rich connection; something that I am reading is causing me to reflect on current events.

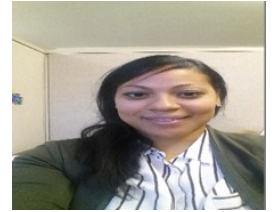
Our ability to make connections as children, and later as adults, helps us to deepen our understanding of the world around us. The deeper our understanding, the more impactful we can be. Have you made a connection today?



### Roodner Court Hosts Christmas Party

Roodner Court Resident Counsel will be hosting their annual Christmas Party on December 20, 2015 from 3:30pm until 8:30pm at the Nathaniel Ely Gym, 11 Ingalls Ave., Norwalk. Gifts will only be distributed at the Holiday Party and children must be present in order to receive a gift and must be accompanied by a parent or guardian! (NO EXCEPTIONS) For more information, please contact Dee Davis @ (203) 919-3100.

## Have You Met the NEWEST Washington Village HOU Team Member?



Title: Case Manager

Contact information: 203-621-8092

[KAlvarez@housingopportunities.com](mailto:KAlvarez@housingopportunities.com)

Keidy Alvarez joined Housing Opportunities Unlimited as case manager. Mrs. Alvarez was most recently employed with Ct Renaissance as a Bilingual Case Manager. Her experience includes working with homelessness, substance abuse, teen pregnancy and domestic violence, running groups and life skills workshops. Keidy holds a Bachelor's Degree in Human Service with a minor in Psychology from the University of Bridgeport. She is pursuing a Masters in Social work from Fordham University. She is fluent in Spanish.

### Are you in middle or high school and want to learn more about college?

Come hear from our current scholarship program recipients about their college experiences! Our students attend a variety of different schools and will be sharing their story as well as answer any questions you have about the process. Lunch will be served.

**Tuesday, December 29<sup>th</sup>**

**1:00-2:00PM**

**20 West Avenue Learning Center (20 West Avenue, Norwalk)**

**RSVP by 12/28 to Kim Hein at [khein@norwalkha.org](mailto:khein@norwalkha.org)**

### Ludlow Commons Is Accepting Applications

**Owner:** Norwalk Housing Authority

**Located At:** Ludlow Commons

11 Roger Square

Norwalk, CT 06855

**Managed By:** Elderly Housing Management, Inc.

**INCOME LIMITS:** \$55,250 for one person  
\$63,150 for one people

**Funded By:** CT Department of Housing through its Elderly Congregate Housing Program Regulatory guidelines require: All applicants MUST be 62 years and over to qualify. Eligible households must also have a need for the congregate services offered at the facility.

**FOR INFORMATION CONTACT:**  
**Catherine Saunders, Administrator**  
**Ludlow Commons**  
**203-899-8534 • TRS: 800-842-9710**