



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. Norwalk VITA sites include: **Mondays** from 5:00pm – 8:00pm at the Nathaniel Ely Gym, 11 Ingalls Avenue, Norwalk CT 06854; Family & Children's Agency, 140 Water St. open from February 2 through April 12, **Tuesdays** 5PM – 9PM *by appointment only call 203-523-5336*; South Norwalk Community Center, 98 South Main St. open from February 2 through April 12 *walk-ins only*, **Tuesdays** 10AM – 5PM, and **Saturdays** 9AM – 2PM; and Norwalk Community College, 188 Richards Ave. open January 23 through April 15, *walk-ins only*, **Tuesdays** and **Thursdays** 7PM – 9:30PM, at the East Campus Student Success Center; and **Saturdays** 10AM – 3:30PM at West Campus Rooms 138 and 140. **** PLEASE NOTE: Free income tax preparation will not be available at Norwalk Libraries this year ****

CNI Field Office Now Open

The Choice Neighborhoods field office is now open for business at 149 Water Street. Washington Village residents are welcome to visit during normal business hours. Best to contact your Case Manager or a NHA staff member to make an appointment. The office is on the second floor. A reception and open house will be scheduled in the coming weeks to formally dedicate the facility and update residents on the redevelopment plans.

Residents 60 & Up Eligible for FREE Food Box

NHA is proud to work in conjunction with the Commodity Supplemental Food Program to offer a food box which contains items such as rice, sugar, soup, beans and cheese. Persons over sixty years old who have an annual income of \$15,301 for 1 person are eligible to participate. **You must call Anabell Delacruz at 203-838-8471 ext. 140 to sign up by March 3, 2016. You can not just show up, YOU must sign up! In case of bad weather, the pick up day will be the next business day.**



NHA Learning Center Internship Program

The NHA Learning Center Internship Program is a new program we are excited to implement in Spring 2016. This is a paid internship for current college students who, once they graduate, would like to work with children in some capacity. Under the supervision of graduate level staff and certified teachers, interns will work with K-5 students in the Colonial Village Learning Center.

Responsibilities:

Create and execute hands-on learning experiences that guide students in meeting proficiency-based learning expectations in reading, math and writing

Develop and implement lesson plans for student groups

Time Commitment:

The internship program runs from January to May with the possibility to continue during the summer. Interns are required to work 8-12 hours/week, during after school program hours. During the school year (through June), the after school program runs Monday-Friday, 3PM to 6PM. We understand that college students have varying class schedules and are willing to work with each intern to develop a regular work schedule that complements their class schedule.

*Interns can speak to an administrator at their college or university to determine if they are able to receive college credit for this internship. **For more information please contact Wendy Gerbier, Learning Center Director at 203-852-1144 ext. 103 or wgerbi@norwalkha.org**



Financial Management Tip of the Month: Simplify Your Digital Life

If you're often tempted by emails promising amazing deals and killer savings, then you might want to consider *unsubscribing* from the dozens of retailer email lists you may have unknowingly signed up for.

Are You Interested in a New Career in the Growing Health Care Field?



Learn about FREE training at Southwestern CT HealthCareRx Academy. April 5th, 11:00 AM– 12:30

PM at NHA Choice Neighborhood Office, 149 Water St., 2nd floor, Norwalk, CT 06854. Offered through the WorkPlace, training opportunities include C.N.A., Phlebotomy, E.M.T., Pharmacy Tech, Radiation Therapist, Dental Hygienist 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. Some starting salaries are \$16 per hour after 8 days of training. For additional information or to register, call Marie Juleau at 203-838-8471 ext. 186 or Raquel Taveras at extension 187.

March is Women's History Month!

March is Women's History month, which is a great time for women (and men) to get their annual health screenings. The Community Health Center located on Day St. recommends women schedule gynecology exams annually. The appointment includes a



breast exam and full physical, which involves heart, lung, abdomen and pelvic exams. STD testing is also available at the appointment. Cervical cancer screenings (more commonly known as a Pap smear) are recommended every three years starting at age 21, and once every five years beginning at age 30. A Pap smear is an integral part of detecting cervical cancer at an early stage and can be completed during your annual gynecology exam. Both men and women should have blood pressure and cholesterol checks at least once every five years or yearly if you have been diagnosed with hypertension or high cholesterol. Annual retinopathy screenings are also very important for patients who are diabetic. All of these check-ups can be done by seeing a care provider at the Community Health Center, Inc. Make an appointment by calling 203-854-9292 to get your spring health screenings under way!

FREE Homeownership Workshop March 9th, 6PM – 8PM

Come to this FREE program, "Home Ownership Step One: Getting your Credit Report Ready" presented by Money Management International (a member of the National Foundation for Credit Counseling) on Wednesday, March 9th, 6:00PM – 8:00PM, at LeRoy Downs, 26 Monroe Street. Do you really want to be a homeowner? What new expenses will you have? Can you afford to purchase a home? What factors impact my credit score and what do lenders want to see? How can you improve your credit score? Come and find out for yourself! Pre-registration is required, space is limited. Contact NHA at 203-838-8471 X186 (Marie) X187(Raquel) and learn the steps you can take TODAY.



Employment Tip of the Month: Summer Employment for Youth – Get Ready!

The Mayor's Summer Youth Employment Program prepares youth ages 14-18 for job via pre-employment workshops and matches them with employment opportunities where they can explore a profession, learn a skill, learn to navigate in a business environment, contribute to the community, and earn money. The program operates for six weeks in July and August. Youth workers work 25 hours per week and can earn \$9.00/hour. Before youth are assigned to a worksite, they spend one week in intensive workshops learning appropriate business behavior, business dress and employer expectations. They also participate in financial literacy workshops so that they learn to manage the money they earn.

20th Annual Community Career Fair
Fairfield County's LARGEST Career Fair!
On April 7, 2016 from 10:00AM
- 2:00PM
CAREER RESOURCES
Webster Bank Arena Concourse
600 Main Street, Bridgeport, CT
06604
Preparing Workers for Life

FREE Van transportation is available for this event by calling 203-852-1144 ext. 100.

Why Wait in A Busy Emergency Room? Doctors Express is OPEN!

Doctors Express provides high-quality, urgent care at a low cost! When you come to Doctors Express you'll be seen by a physician every time. Our professional staff of physicians, x-ray technicians and medical assistants are here to not only provide you with high-quality care but a positive experience. We have a comfortable lounge to wait in, a very friendly and professional staff and state of the art equipment (including digital x-ray and a full lab) to take care of all your urgent care needs. Doctors Express Urgent Care, 607 Main Avenue, Norwalk, CT 06851. Most insurance's are accepted.

Anyone For A Swim?

The students at Washington Village Learning Center are splashing their way into a new adventure. They are having a blast at swimming lessons at the Wilton YMCA with swim instructor, Miss Sarah. The students are learning to float on their stomachs and backs, as well as how to freestyle stroke. They diligently work through the lesson, so they can all have free swim. Free swim is when they are allowed to jump and/or cannon ball into the pool while playing.



Students Pictured: Isiaha McCrae, Jeverick Ortiz, James Gross, Stephanie Velasquez, Brooklyn Kendrick, Sanai McCoy, Thaddius Bullock, Xiomara Davis.



"The Nose"

20 West students participated in a unique class at the Center for Contemporary Print-making. They created different prints of noses, inspired by the Russian opera "The Nose." On February 11, 2016, Wendy Gerbier performed operatic selections at the Center to culminate the series.

Court Hearing Held for Ryan Park Appeal

The Washington Village Choice Neighborhoods Initiative has been delayed for over a year due to legal challenges made by the Friends of Ryan Park. At issue is a certification issued by the CT Dept. of Energy & Environmental Protection (DEEP) that is needed for State grant funding to be awarded for development proposed within a floodplain. The funding was awarded by the CT Dept. of Housing and was to be used for flood protection improvements. The initial challenge was made by the Friends of Ryan Park in November 2014. An attorney appointed as a Hearing Officer rendered a Final Decision in April 2015 that the DEEP acted appropriately when the certification was granted. That Decision was appealed in June 2015 by the Friends of Ryan Park and the case was sent to the New Britain Superior Court. In November 2015 the attorney representing the Friends submitted Briefs (the reason for their appeal) to the court. In December 2015 the CT Attorney General, the Housing Authority and the Second Taxing District submitted Briefs defending against the appeal. The court hearing was held February 23, 2016 to determine if the friends of Ryan Park will be permitted to continue with the appeal. A decision is expected within 30 days. If they are permitted to continue with the appeal, a hearing will be scheduled to discuss the arguments related to the appeal.

Norwalk Housing Foundation Scholarship Application is now available!



Go to <https://nha-application.fluidreview.com> to complete the online application.

Scholarships are available for Undergraduate students (High School Seniors, Current College Students, Recent High School Graduates, Returning Adults) and Graduate Students.

You must be a tenant in good standing with the NHA and must have lived in a NHA development in Norwalk for a minimum of one year.

Undergraduate students: online application is due April 13th

Graduate Students: online application is due May 4th

If you want more information about this scholarship as well as other college scholarships, contact Kim Hein at khein@norwalkha.org or 203-838-8471 x190.

Soaring Into The Sky

The Roodner Court learning center students are soaring in 2016. The staff would like to congratulate a few students who are excelling in school; Angie Aguilar who has been recognized for outstanding achievement and student of the month; Kevin Soto received an award for his continual academic participation, and Tamariah and Tyrese Peterson both received awards for turning in all homework for the month of January. We are so proud to acknowledge their accomplishments. Good Job!

The sound of music in my ears...

Music is something that really appeals to NHA students. It allows them to express themselves, have fun or even just get their mind off of themselves. We love to see students succeed in their academics as well as in their other interests. The music program is truly one of the most popular programs we have in our learning centers, especially at Colonial Village learning center!



John Stuart and Shanyrah Singleton practice the art of drumming at Colonial Village.

Encouraging Positive Behavior



BEGIN WITH THE GREETING: As kids come home buzzing with excitement through the door with backpacks and coats, greet them with high-fives and “hellos.”

PROVIDE INDIVIDUAL ATTENTION: Make time to sit with young children—chair to chair, knee to knee. The message to each child is that they matter, they mean something, and they deserve your personal attention. In these intimate moments, kids let their guard down and share what matters most to them.

HOLD THEM ACCOUNTABLE: Children rise to expectations when they are encouraged by supportive parents and/or adults. Kids are expected to make mistakes and parents are expected to guide them through that process. As parents you are responsible for teaching your children desired behaviors .

DAILY CHECK-INS: As a parent, discuss specific areas of concern with your children. Do you need homework help? What’s going on at school? How was school today? By shifting the conversation to the emotional care of young people, you will know what to look for and how to work around the obstacles that can prevent your child from being their best.

LEARN TOGETHER: Build a home that promotes knowledge. Make mini action plans that focus on your interactions with your child and allot time to spend with your child with no interruptions or distractions.

RINSE, REPEAT, AND REFLECT: When you think you have arrived at a place of positive relationships between you and your child, ask, “What else could I learn about my child?” The work never ends and the deeper you go into these connections, the higher parents can raise the expectations for their child’s behavior. So, if you are struggling with behavior, before replacing your rules, implement these strategies. Positive behavior begins and ends with relationships not with the rules. While systems and guidelines can provide structure for young people, cultivating an environment of meaningful connections you and your child creates a culture where positive behavior is part of the ongoing learning and development of youth.

Free Gentle YOGA Classes For Seniors Every Thursday



Yoga is a *great* way to help seniors manage stress. 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.

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.

Job Readiness Workshops

The South Norwalk Branch Library continues its series of FREE MONTHLY job readiness workshops, co-sponsored and led by Xerox Corporation. **All workshops are held on TUESDAYS 6PM – 8PM at the South Norwalk Library.** “Tips for Performing a Job Search” will be presented on March 29th. Come learn and discuss different ways to go about finding a job including existing networks/contacts, online, and walk-ins. Workshop participants will be allowed a follow-up session in the week, based on interest. Save the dates for the remaining “Go to work” workshops: April 26, Market Yourself Well to Get a Seat at the Table; May 31, Getting to the next level: Career Development; and June 28, Basic Computer Skills: Excel, Word and Powerpoint. **Registration is required and is available online or by calling 203-899-2790 X15903.**



Are You An Outstanding High School Junior?

You can be selected to go England this summer for 2-3 weeks!
All Expenses Paid

You Will Need To:

Complete an application
Get a Recommendation
Have a valid passport to travel outside the country

(we can help you with this if you don't have one already)

Contact Wendy Gerbier at 203-852-1144 ext. 103 or



wgerbi@norwalkha.org