

## FREE Food Box for Seniors

NHA is proud to work in conjunction with the Commodity Supplemental Food Program to offer a food box with rice, sugar, soup, beans, cheese and more. Persons sixty years and older with an annual income of \$15,301 for 1 person are eligible to participate. **You must register by calling Anabell Delacruz at 203-838-8471 ext. 140 to sign up by April 4, 2016.**

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

Training opportunities include C.N.A., Phlebotomy, E.M.T., Pharmacy Tech, Radiation Therapist, and more. Eligibility requirements include family income or unemployed. Must have a high school or GED Diploma. Starting salaries \$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.

**A FREE training from the WorkPlace 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.**

## Senior Health Fair

Saturday, April 23, 2016  
10:00am-2:00pm

120 Connecticut Avenue, Norwalk, CT

Community Organizations Represented:

- AARP
- Center for Vein Restoration
- Dr. Best Podiatry
- Family & Children's Agency
- Norwalk Senior Center
- Norwalk Hospital
- Senior Corps
- Veteran's Affairs

Giveaways and more!!!

**Refreshments served!  
For more information,  
call (203) 899 1770 ext.  
1206.**



## Apply Now for the Norwalk Housing Foundation Scholarship

- Scholarships are available for undergraduate students (high school seniors, current college students, recent high school graduates, returning adults all eligible) and graduate students.
- You must be a tenant in good standing for a minimum of one year.
- Undergraduate students application due April 13<sup>th</sup>
- Graduate students application due May 4th

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

For more information about scholarships, contact Kim Hein at [khein@norwalkha.org](mailto:khein@norwalkha.org) or 203-838-8471 x190.

## 20th Annual Community Career Fair

April 7, 2016, 10:00am - 2:00pm

Webster Bank Arena Concourse

600 Main Street, Bridgeport, CT 06604



## Take Control of Your Finances! Budgeting for Life Seminar

- Take control of your financial life!
- Manage your money with confidence.
- Establish and prioritize your financial goals.
- Create a spending plan to help you stay on track.
- Learn how to better manage your income and expenses through budgeting.
- Commit to a savings plan for the future and emergencies.

April 21, 2016 from 5:30PM – 7:30PM at NHA Choice Neighborhood Office, 149 Water Street, 2nd floor, Norwalk, CT 06854. Pre-registration required, call 203-838-8471 X186(Marie) or X187(Raquel).

## WELLFEST 2016

The United Way of Coastal Fairfield County has developed a program for maintaining and supporting healthy development for young families.

April 2, 2016 from 10AM- 1PM at St Thomas Gym, 208 East Ave., Norwalk

## Employment Tip of the Month: Watch Your Body Language

In a recent CareerBuilders Employer survey, many recruiters noted that while a good resume and cover letter are important, appropriate body language rates high as well. Here are the top 10 body language mistakes noted in order of frequency:

1. Failing to make eye contact
2. Failing to smile
3. Playing with something on the table
4. Having bad posture
5. Fidgeting too much
6. Crossing arms over their chests
7. Playing with hair or touching their faces
8. Having a weak handshake
9. Using too many hand gestures
10. Having a handshake that was too strong



### Financial Management Tip: Beware of Phone Scams

Never give access to your computer to anyone who contacts you unsolicited, and if you are feeling pressured on the phone, simply hang up.

**Technical Support Scam** – a fraudster will contact you claiming they work for a well-known software company and indicate they detected a virus or malicious software (malware) on your computer. They will attempt to access your computer, sell you unnecessary software or have you download a virus.

**Internal Revenue Service (IRS) Scam** – a fraudster will contact you claiming they work for the IRS and that you owe money and need to pay them immediately or you will be arrested. They may have some or all of your personal information (home address or Social Security number). The IRS does *not* contact people by phone.

### There is Still Time!

April 15<sup>th</sup> will be here before you know it! 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 now through April 12, Tuesdays 5PM – 9PM *by appointment only call 203-523-5336*; South Norwalk Community Center, 98 South Main St. open now through April 12 *walk-ins only*, Tuesdays 10AM – 5PM, and Saturdays 9AM – 2PM; and Norwalk Community College, 188 Richards Ave. now 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.



## Spring into Healthy Choices

April is the first full month of spring, making it a great time to make healthy changes in your own life. Because of the warmer weather, now is the time to get outside to start exercising. You can reach the recommended amount of daily aerobic activity by simply adding 20 minutes of moderate exercise to your daily routine. That activity can include walking or riding a bike. Spring is the perfect time to start adding more healthy foods to your diet! Fruits and vegetables can also help lower your risk of developing heart disease, diabetes and even cancer. Eat 5 cups of fruits and vegetables daily. Get outside, get moving and include delicious, nutritious fruits and vegetables in your diet. Make this spring a healthy season for you and your family!

### NHA Maintenance Number



When calling in a **Work Order** please ONLY call the service's 24 hour line, 7 days a week at (203) 853-9091. They also have service in Spanish. Thank you in advance for your immediate cooperation.

### Upcoming Workshops and Seminars

#### Credit Workshop /Taller de crédito

Learn about credit history and scores, building and maintaining a strong credit report, credit scams and more. Aprender acerca de la historia de crédito y cuentas, la construcción y el mantenimiento de un fuerte informe de crédito, estafas de crédito y mucho más Thursday May 5, IN SPANISH, 12:30pm-2:30pm

#### Extreme Couponing Workshop

Basic couponing principles to make saving fun. Learn how to save more money by using coupons while not stocking up on unnecessary items. Thursday May 9, 5:30pm-7:00pm.

#### Self-Empowerment Seminar

Where do you see yourself in five years? What are your goals and dreams? Identify your goals and create your own path to success. Learn resources whether your dream is to own a home, save money, go back to school or obtain (better) employment. This seminar is your first step in the right direction! Wednesday May 18, 5:00PM – 7:00PM

All events will be held at a NEW WORKSHOP LOCATION, at NHA Choice Neighborhood Office, 149 Water Street, 2nd floor, Norwalk, CT 06854. Call NHA to reserve your spot today, 203-838-8471 Marie (x186) or Raquel(x187).



## Olivia Dardy Leads 20 West

Olivia Dardy has joined the 20 West Learning Center team as the Lead Education Coordinator.

Olivia has worked at Norwalk Community College as the Recruitment and Placement Coordinator. She brings a wealth of knowledge about cultivating relationships with students in order to counsel them on their career initiatives. We are happy to have her on the NHA team!

## Meadow Gardens Welcomes Rebecca Gabriel

Rebecca Gabriel recently joined the Meadows Garden Learning Center. She is currently an MSW candidate at Fordham University and holds a Bachelors of Social Work degree. Rebecca is compassionate and has a professional approach enabling her to contribute effectively. Also, she is fluent in French Creole.



## Apply Now for Summer Youth Employment

Applicants must have a valid social security number. Online applications only. Both programs begin in July and run through August.

### **Mayor's Summer Youth Employment Program is accepting applications until March 31<sup>st</sup>**

All Norwalk youth ages 14 through 18 are invited to apply to the Summer Youth Employment Program, administered by the Mayor's Office. EARN WHILE YOU LEARN, 25 hours per week! Online applications may be obtained and filed at: <http://agency.governmentjobs.com/norwalk> and *must be received by March 31<sup>st</sup>*. Interviews will take place in May. *Must be a Norwalk resident.*

### **Youthworks, a WorkPlace opportunity accepting applications until April 8<sup>th</sup>**

Fairfield County youth and young adults ages 14 through 24 are invited to apply for the 2016 Summer Youth Earn and Learn Employment Program offered through the Workplace. Online applications are available by visiting [www.workplace.org](http://www.workplace.org) and *must be received by April 8<sup>th</sup>*. Contact YouthWorks at 203-416-8487 if you have any questions.

## NHA Learning Center Paid Internship Program

The NHA Learning Center Internship Program is a paid internship for current college students who would like to work with children. Under the supervision of certified teachers, interns will work with K-5 students at the Colonial Village Learning Center.

### **Responsibilities:**

- Create and execute hands-on learning experiences
- Guide students in meeting proficiency-based learning in reading, math and writing
- Develop and implement lesson plans

### **Hours:**

8-12 hours/week, during after school program hours and the summer.

**Contact Wendy Gerbier, Learning Center Director at 203-852-1144 ext. 103 or [wgerbi@norwalkha.org](mailto:wgerbi@norwalkha.org).**

## New Early Childhood Parent Coordinator



Josiane Charlot joins the NHA Learning Center as the Early Childhood Parent Coordinator. She received her Master's Degree in Health Care Administration and Human Resource Management.

Josiane is a mother of two and has experience working with families in the community. You can get information regarding:

- \* Early childhood services
- \* Developmental assessment for your child birth to age 5
- \* Preschool placement for your 3 or 4 year old
- \* Kindergarten registration
- \* Raising Readers Parent Club
- \* FREE Stepping Stones passes
- \* Much more...

You can reach Josiane at 203.644.4720 or [jcharlot@norwalkha.org](mailto:jcharlot@norwalkha.org)

## Be A Guest Reader



Will you be a guest reader at a preschool in Norwalk during the week of April 4-8, 2016? Celebrity readers (that's you) are the highlight of the week for the children and a great way for you to share your love of reading. Please let us know which

day and time is convenient for you and we will schedule you to read at a preschool in Norwalk. Available time slots for reading are between the hours of 8:30am and 11:30am and 3:00pm and 4:00pm. Guest readers should plan to be at the school for 30-45 minutes. We hope that you will be able to join us! RSVP to [moster@norwalkct.org](mailto:moster@norwalkct.org) or 203-854-4148.



*"Think left and think right and think low and think high. Oh, the things you can think up if only you try!"*

# Literacy Corner

## What is reading?

Reading is the ability to hear sounds and decode words in order to understand what is written. As a parent, what should you know about reading comprehension to help your child improve their skills? The first thing to know is that there are five important areas of reading: Phonemic Awareness, Phonics, Fluency, Vocabulary and Comprehension. These five skills are what every child needs to understand what they read. In this edition of the Literacy Corner, we will be focusing on the first skill Phonemic Awareness. Following are some ways you can help your child in this area.

What is Phonemic Awareness? Phonemic awareness is the ability to hear sounds. It is the foundation for word recognition skills.

## How You Can Help

- Help your child hear the sounds by asking them to think of a number of words that start with a specific sound, *such as the "ssss..." sound in sock.*
- Help your child hear the sounds at the end of words by asking them what sound they hear at the end, *such as the "ggg..." sound in dog.*
- Make up silly sentences in which all the words start with the same sound. *"Mom made me many meatballs."*
- Ask your child to clap or stand up whenever he/she hears a word that begins or ends with a specific sound.

Reading and saying nursery rhymes together is also a great way to help your child learn. Have fun reading, learning and growing.

## Fast Food Linked to Lower Test Scores in Kids

The more often children eat fast food, the more likely he or she is to do worse in school, according to the journal *Clinical Pediatrics*. Researchers from Ohio State University found that higher consumption of fast food in the fifth grade was linked to lower scores on reading, math and science exams in eighth grade. The researchers analyzed data on 11,470 kids who completed a questionnaire on their food habits, and they found that kids who consumed fast food four to six times per week scored 20 percent lower on tests than kids who didn't eat any fast food. "There's a lot of evidence that fast-food consumption is linked to childhood obesity, but the problems don't end there," said study author Katy Purtell, an assistant professor of human sciences. She continued to say "Relying too much on fast food could hurt how well children do in the classroom. We're not saying that parents should never feed their children fast food, but these results suggest fast-food consumption should be limited as much as possible."

## How many licks *does* it take to get to the Tootsie Roll center of a Tootsie Pop?



Since Mr. Owl first dared to unravel one of the confectionary world's most puzzling secrets in the classic 1970 TV commercial,

dedicated Tootsie Pop fans everywhere have tried to provide a definitive answer. So, to kick off spring, NHA STEM students took on the challenge of how many licks does it take to get to the center of a Tootsie Roll Pop! Students were given paper, pencils, Crayons and Tootsie Roll Pops. Since the students would be counting their licks, they were asked to make a guess (hypothesis) about how many licks it would take them to reach the chewy Tootsie Roll center before beginning the experiment. Students were grouped in pairs to aid each other in the counting process. Next, they recorded the number of licks in the form of a bar graph. To further expand the experiment, students talked about which flavors were chosen the most, which



were chosen the least and which (if any) weren't chosen at all. After counting and devouring their Tootsie Pops, students recorded their outcomes and discussed their results. This lesson was a delightful success! For more ideas on family friendly STEM experiments that can be done

Students taking the challenge

at home contact NHA STEM Coordinator: Sheeree Powell at [spowel@norwalkha.org](mailto:spowel@norwalkha.org) or 203-939-1018.

## NICE Festival

The Norwalk International Cultural Exchange (NICE) is a new Norwalk non for profit organization that seeks to promote and increase awareness of the diversity of peoples from around the world through arts and culture. The 2016 NICE Series will celebrate the rich global heritage and culture so evident in the music, food, art and talent of which Norwalk is so proud. The NICE Festival Series 2016 will launch with a large multi-cultural festival July 9 at Oyster Shell Park, Norwalk. It will include dancers, musicians, vendors and local international restaurants, and will encourage the community to spend the day together. NICE was born out of the desire to celebrate the varied cultural backgrounds of Norwalk residents and showcase the talents and leading organizations that make up the community. Check out The NICE Festival at <http://www.norwalknice.com/>

