NHF $225,000 in Scholarships Awarded

The Norwalk Housing Foundation has awarded more than $1 million dollars in scholarships to 202 students since 1998. June 22nd, Norwalk Housing Foundation presented 49 scholarships at the Stepping Stones Museum for Children ranging from $1,000 to $20,000 and totaling an astonishing $225,000. The evening was magical and filled with excitement. Teen Iron Chef students passed decadent appetizers and deserts, to parents, supporting family members and donors. Chairman Harry Carey offered a warm welcome to guests and Berdine Joseph’s vocals stunned the audience with her performance of the National Anthem. Mayor Rilling was introduced by Commissioner Cesar Ramirez and Tiahna Spencer gave an insightful view of her NHA experience from the Colonial Village Learning Center to UCONN Medical School. Her mom, Ruby Spencer followed up her daughter’s speech, with a parent perspective, discussing Tiahna’s start at both Colonial Village and 20 West Learning Centers. Evelyn Soberal shadowed with an expressive thank you to the committee for giving her daughter the opportunity to be the first in her family to go to college. 2016 recipients are as follows:

- Marcus Adgerson
- Rosalie Armatis
- Sandy Armatis
- Feligina Arrivant
- Tiffany Baker
- Kenley Bien-Aime
- Aniya Brown
- Alyssa Cardenas
- Kevin Cardona
- Valeria Carvajal
- Jonathan Ceja
- Anchise Cherival
- Luz Cruz
- Alyah Fresnel
- Isiah Gaddy
- Kevin Garcia
- Brianna Green
- Genesis Hernandez
- Edna Hilaire
- Clarentz Jean
- Joane Jean Baptiste
- Mejelly Jean Baptiste
- Sharina Jimenez
- James Joseph
- Pauldine Joseph
- Clara Labaze
- Syndie Lauture
- Wilson Lauture
- Anne-Marie Lezeau
- Sehvrine Lezeau
- Amy Luviano
- Mireiya Mayorga
- Jackslyne Myrtil
- Annie Paul
- Jean Paul
- Guimps Pierre
- Rose Poteau
- Rachel Prime
- Erick Rivera-Ponce
- Jericha Robinson
- Ezequiel Romero
- Jonathan Sanchez
- Mariah Smalls
- Ashley Walker
- Javed Wright
- Yianiellie Zuniga

**NHF Graduate Scholarship Recipients**

- Rose Pierre
- Jasmine Prezzie
- Tiahna Spencer
Free English Conversation Class at Person-to-Person starting July 5th

Practice your English conversation skills in a group setting at Person-to-Person, 76 South Main Street, Norwalk CT 06854. TUESDAYS and THURSDAYS, 10AM – 12PM, beginning Tuesday July 5th. Registration not required! This class is for students who already speak basic English. Only English will be spoken in the class. Please contact Christian at 203-621-0691 for questions and further information.

Summer Reading - How can you prevent the “Summer Slide”? 

Kids can’t wait for summer time. However, during the summer, it’s easy for students to become less proficient in subjects that were taught during the school year. This is called the "summer slide”. Reading is one of those subjects that is particularly vulnerable to the "summer slide" and requires students to engage in regular practice to prevent such a loss. You can help your kids with the “summer slide” by enjoying reading with them. At the beginning of summer, have your child pick fun books that they would be interested in reading.

Depending on your child’s grade level you can have them read to you for 15-30 minutes a day. It is also important for your child to keep track of what they read so they can feel a sense of accomplishment. In an effort to keep children reading, Norwalk Public Schools has created a reading list that is both age and grade level appropriate. Please check with your NHA Learning Center if you would like a copy. Another way to prevent the “summer slide” is to enroll your child in a summer reading program.

NHA is offering the Summer Literacy Program that runs June 27th-August 5th. It is for students entering first, second or third grade in the fall. In addition to reading, kids get to play games, use computers and go on field trips. NHA believes that summer vacations are supposed to be fun, and reading can and should be part of that fun.

Save the Date: NICE Festival

The Norwalk International Cultural Exchange (NICE) is a Norwalk organization that seeks to promote and increase awareness of the diversity of peoples from around the world art and culture. The 2016 NICE Series will celebrate the rich global heritage and culture so evident in music, food and art. NICE will host dancers, musicians, vendors and local international restaurants, and encourage the community to spend the day together. NICE endeavors to support global and local charitable organizations in the fight against the problems facing the modern world including poverty, hunger, sparse economic/educational opportunities, and slavery. The Festival will be held on July 9, 2016 from 12:00pm-9:00pm at Oyster Shell Park, North Water St., Norwalk, CT.

Monthly Employment Tip: 

Come to the Job Club!

Unemployed? Underemployed?
Looking to make a career move?
YOU'RE INVITED!!
NHA/HOU CNI OFFICE
149 Water Street, 2nd Floor
Norwalk, CT 06854
Weekly on Wednesdays 3:00pm.
Call 203-810-5673 for more information

FREE Training for New Careers 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 unemployment. 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 Nadine Delcin at 203-838-8471 extension 681.

A FREE training from the WorkPlace Southwestern CT HealthCareRx Academy.
September 14, 2015 from 5:30pm–7:00pm at NHA Choice Neighborhood Office, 149 Water St., 2nd floor, Norwalk, CT 06854.

NHA to reserve your spot today, 203-838-8471 ext. 186 or Nadine (x681).

Join these fun, informative events!

Financial and budgeting sessions to educate teens on the essential steps needed to achieve financial independence. Whether it’s learning the basics on opening up and maintaining a bank account, managing money while at school or preparing for life after college, if your teen has questions, these workshops are the right place to start! This Teen Financial Seminar will be held on Wednesday August 3rd 10:00am – 12:00pm and Tuesday August 9, 4:30PM – 6:30PM.

Investing in yourself – Build wealth and savings to meet your life goals. Learn how investment accounts work. Identify what’s needed to plan, accumulate, protect, and enjoy wealth for a sound and secure financial life. This seminar will be held on Wednesday August 11, 2016 from 5:30PM – 7:30PM.

All events will be held at NHA’s Choice Neighborhood Office, 149 Water Street, 2nd floor, Norwalk, CT 06854. Call NHA to reserve your spot today, 203-838-8471 Marie (x186) or Nadine (x681).
Be An Animal About Health & Nutrition
Washington Village students have been studying health and nutrition and what better way to play with your food than to build healthy food animals!

Healthy Weight and Your Child
Obesity effects 17% of all children and adolescents in the United States, triple the rate of one generation ago. Today one in six children are living with obesity, and one in three are overweight. Healthy Weight and Your Child (HWYC) is an evidenced based program that aims to empower children and families through education, healthy eating and physical activity to help families learn skills and behaviors to live a healthier lifestyle. This year-long program is for youth ages 7 – 13 years old with a body mass index of the 95th percentile or higher. Children must have clearance from a health care provider or school nurse to participate. Classes begin in the fall. For further information contact Mary Ann Genuario, Director of Health & Fitness, Riverbrook YMCA at 203-762-8384 X282, or email magenuario@riverbrookymca.org.

Public Forum Scheduled to Review Ryan Park Plans July 19th
The Norwalk Redevelopment Agency through the Choice Neighborhoods Initiative will be hosting the third Outreach Forum to seek public input into design concepts for the future Ryan Park. Landscape architecture firm Stantec presented new potential designs for the park to the Mayor’s Ryan Park Advisory Committee on June 1st. They have since incorporated the Committee suggestions into a revised plan and the Washington Village/South Norwalk community is invited to a presentation of the plans and a forum to provide comments and suggestions. The meeting is scheduled for Tuesday, July 19th at 6:30 PM and will be held at the Choice Neighborhoods field office at 149 Water Street (second floor). For information call Nadine at (203) 838-8471, ext. 681 or visit www.norwalkcni.org.

Zika Virus Warning
Zika is a virus spread mostly by mosquitoes. For most people it is a mild infection with few or no symptoms. But it has been linked to health problems in some people, and it is a serious concern for pregnant women and their partners because it can cause serious birth defects. Zika virus can be passed from one person to another through sexual contact or blood. Zika is not spread from person to person by casual contact. In an effort to prevent the Zika virus, DO NOT LEAVE standing water in anything outside! Mosquitoes can breed in less than a week. Get more information by calling the Norwalk Health Department at 203-854-7776.

Annual Health and Wellness Day: July 23rd at Ryan Park
The day will be filled with free family fun activities, health education information, exercise demonstrations, basketball tournaments, raffles, kids activities, bounce house, food, and much, much more. Norwalk Community Health Center is hosting its annual Health and Wellness Day on Saturday July 23rd at Ryan Park, Day Street, Norwalk CT.

High Blood Pressure? Unsure? FREE Blood Pressure Screening!
Struggling to keep your blood pressure under control? Looking to live a healthier lifestyle? In partnership with the Riverbrook Regional YMCA, NHA is hosting a Blood Pressure Pre-Screening to start off our Self-Monitoring Program which will include the following:

- Personalized assistance from a Healthy Heart Ambassador
- Tips for maintaining cardiovascular health
- Learn how to better manage your blood pressure
- Heart Healthy Nutrition Education, so much more...

Stop by July 16th and July 28th anytime between 4pm and 6pm at NHA Choice Neighborhood Office, 149 Water Street, 2nd floor, Norwalk, CT 06854. Call NHA to reserve your spot today, 203-838-8471 Nadine(x681) or Marie (x186). All first timers will receive a FREE pedometer!

FREE MONTHLY NUTRITION CLASSES - Be Healthy from the Inside Out
The Regional Riverbrook YMCA in collaboration with Norwalk Housing Authority is offering free nutrition classes for all those interested in learning how to achieve a healthier lifestyle, including: how to manage weight, food choices, cholesterol, high blood pressure, diabetes, motivation and more. Join us Tuesdays 5PM – 6PM, July 19th AND August 16th. Call NHA to reserve your spot today, 203-838-8471 Nadine(x681) or Marie (x186).
Parents Can Support Home Reading and Writing

- Let your children see you read for pleasure. Share vocabulary, quotes, characters, and the story with them. Compare similarities and differences between your book and the books your children are reading.
- Talk to your children about how your parents read to you or told you stories.
- When you’re riding in the car, tell your children a story about when you were little or tell them a story about something that happened at work that day. Leave off the ending and let them provide an ending.
- Have your children select three things they want to include in a story. Make up a story that includes those three things. For example, the selections might be a princess, a race car, and an ice cream cone.
- Read aloud daily to your child. Talk about the pictures. Make predictions about a story and see if they come true. Read aloud a chapter-book before bed.
- Play word games such as Scrabble Junior, Boggle, ABC Bingo, Word Concentration, etc.
- Encourage your child to read aloud to younger siblings, cousins, neighbors, even stuffed animals.
- Tell lots of family stories. Ask lots of questions when your child tells you a story. Ask them to identify the beginning, middle, and end or climax of the story.

For more tips contact Parent Coordinator, Josiane Charlot @ 203.644.4720 or jcharlot@norwalkha.org

Center Staff “Invaluable”
Often the Learning Center staff do not see the impression that they have made on the children they meet over the years. Well, one teacher thinks that the NHA Learning Centers and the Roodner Court Learning Center (RCLC) staff are invaluable to the children and to the community. In an article entitled A Minute Matters, second grader Christie Michel faithfully took 1 minute each day to read to a RCLC staff. When her second grade teacher Mrs. Coleman heard this, she responded with a thank you letter to the staff of the Roodner Court Learning Center. In this letter she stated “Your help has been invaluable to Christie and the community is lucky to have you.”

Father’s Day Gifts Made!
20 West students worked on Father’s Day gifts by rotating between three different stations. They designed their own bracelets, created cards, and painted picture frames for their Father’s Day gifts.

Parent Appreciation Night
Meadow Garden students and parents had a blast at Parent Appreciation Night. Ulyses Flores presented his mom, Auris Garcia with the “World’s Greatest Mom Award” and a beautiful pink rose as his token of love and appreciation for his mother. This Family Night was a wonderful celebration of love and family unity, which showcased wonderful parents as the stars!

Norwalk Arts Festival
Kamora Prince, 7th grade, and Kimberly Castillo, 7th grade, both of 20 West Learning Center, proudly display their handmade magnets which they sold at this year’s annual Norwalk Arts Festival on June 26th in collaboration with the Norwalk Arts Commission.

You’re invited to join the Raising Readers Club
Don’t miss out on this opportunity to learn new ways to help your child become a motivated, successful reader! This event will take place on-Thursday evenings for six weeks from 6pm-7pm beginning July 7th-August 11th at the a King Kennedy Literacy Center, 43 Chestnut St., Norwalk, CT.

Dinner and Childcare will be provided. If you have questions, call 203-644-4720 or email jcharlot@norwalkha.org. Space is limited to the first 20 families.