



## Free Tax Returns

**KEEP YOUR HARD-EARNED INCOME!**

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 by IRS-certified volunteers are available. **PLEASE NOTE:** You MUST bring last year's tax returns with you!

**NORWALK WALK-IN ONLY SITES INCLUDE:**

**South Norwalk Community Center**, 98 S. Main St.,  
Thursdays 10AM–5PM and Saturdays 9AM–2PM

**Norwalk Community College**, 188 Richards Ave., Rm. W138  
Tuesdays and Thursdays 7PM–9:30PM; Saturdays 10AM–3:30PM  
Call for location information: 203-857-7144

**Norwalk City Hall**, 125 East Ave. · Tuesdays 1:30PM–8PM

**NORWALK APPOINTMENT SITES INCLUDE:**

**Family & Children's Agency**, 140 Water St. · Tuesdays 5PM–7PM  
Call for appointment: 203-523-5336

**Norwalk Senior Center**, 11 Allen Rd. · Fridays 9AM–4PM  
Call for appointment: 203-847-3115

## You CAN Own Your Own Home!

**First-Time Homebuyers Certification Program  
Now Re-Opened For NHA Federal Public Housing Households**

Come to this FREE program presented by Bridgeport Neighborhood Trust, to learn what's involved in becoming a homeowner on Saturday April 22, 9AM–5PM, at NHA Choice Neighborhood Office, 149 Water St., 2nd floor, Norwalk. This workshop will take the confusion and uncertainty out of home-buying and guide you through the process, step by step. Topics include reviewing your finances, determining how much you can afford, reviewing your credit, shopping for a home, obtaining a mortgage, preparing for the closing, and more. **Pre-registration is required, space is limited.** Contact 203-838-8471 Marie (x186) or Nadine (x681) and to learn the steps you can take TODAY to become a homeowner!

## Don't Get Towed!

**DO YOU HAVE \$160 FOR CAR TOWING?**

**ALL RESIDENTS MUST REGISTER THEIR CAR AND GET THE NEW WHITE PARKING STICKER**

Blue stickers are INVALID.

All residents who own a car must have an NHA Parking Sticker. If you do not have a sticker your car will be towed. Sticker must be displayed on the front windshield, bottom lefthand side. Towing enforced for vehicles parked in the fire lane. You must have an NHA parking sticker and a state handicap tag to park in a handicap space. Stickers are available at NHA, 24½ Monroe Street. Please see Raquel James or Martha Rodriguez.

You must provide the following information:

- Current Registration · Current Insurance ·
- Driver's License ·



## MOTHER & CHILD RESEARCH STUDY

**ARE YOU THE MOTHER OF A 2 1/2 - 4 1/2 YEAR OLD?**

**ARE YOU CONCERNED ABOUT YOUR CHILD'S BEHAVIOR?**

**Eligible participants may receive up to \$800**

Please call Katherine at 646-618-2975  
Se habla Español.

**Columbia University IRB**  
IRB-AAAQ9547

IRB Approval Date: 12/29/2016 for use until 8/9/2017

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# CONSTRUCTION JOBS AVAILABLE

## CEDAR COURT

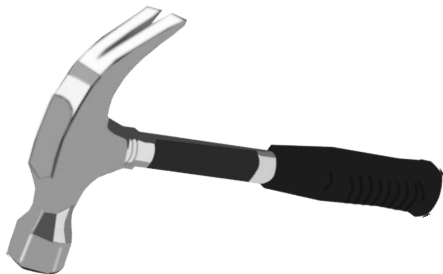
Construction laborers are needed for a major rehabilitation project that will begin at the Cedar Court housing complex in Norwalk.

Qualified NHA residents will be provided priority consideration for new hires. Meet the general contractor, Marous Brothers Construction, and the hiring subcontractors. Construction is scheduled to start in February and laborers in several trades will be needed immediately. **Training will be provided.**

Forms and additional information can be obtained at [www.norwalkcni.org/services/employment.html](http://www.norwalkcni.org/services/employment.html)

## WASHINGTON VILLAGE

Construction has commenced on Day Street across from Washington Village. Sitework followed by the construction of the foundations will be undertaken in the next several weeks followed by framing and roofing work. Several subcontractors have been selected and most are seeking public housing residents to add to their workforce. Applications for employment will soon be available at the job site and weekly recruitment meetings will be scheduled for interested individuals. Applications are presently available on the Choice neighborhoods website, [www.norwalkcni.org](http://www.norwalkcni.org), then click Services, then Employment. The forms can be submitted electronically or delivered to the CNI field office at 149 Water Street.



## Become a Health Care Professional!

Are you interested in a new career in the growing health care field? Here's your chance to learn about FREE training with Southwestern CT HealthCareRx Academy!

Offered through the WorkPlace, training opportunities include C.N.A., Patient Care Tech, Pharmacy Tech, Dental Assistant and more. Eligibility requirements are based on family income or those that have been unemployed (27 weeks or longer).

**WHEN:** Tuesday, March 14th, 10-11:30AM

**WHERE:** NHA Choice Neighborhood Office  
149 Water Street, 2nd Floor, Norwalk

Call NHA to reserve your spot today, 203-838-8471 Nadine (x681) or Jamie (x180). Transportation available upon request for NHA residents with at least one week's advance notice.

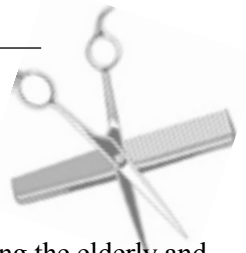
## Relocation Specialist Hired to Assist Washington Village Residents

Over the past three months, several workshops have been conducted with the residents of Washington Village to discuss the options and procedures that will be followed when relocation begins. Once the first phase of construction is completed on the Day Street properties, Washington Village residents will need to move off-site so the old existing buildings can be demolished.

To assist residents with the process, the NHA and Housing Opportunities Unlimited (HOU) have designated **Yolanda Ecton** as a Relocation Specialist. She will be available to assist with choosing the best relocation option and also coordinating the logistics of finding a new apartment, arranging the lease, and arranging for the actual move.

Yolanda will keep office hours Tuesday through Thursday. If you would like to discuss your options for relocation, please make an appointment by calling (203) 838-8471, ext. 673 or ext. 681 during normal office hours.

## FREE HAIRCUTS to NHA Senior Residents



Zack's Barbershop believes in serving the elderly and the community and offers cuts for both men and women.

March 7	<b>Leroy Downs</b>	9am-12pm
March 21	<b>Senior Court</b>	9am-12pm
April 4	<b>Freese/Shostak</b>	9am-12pm
April 18	<b>20 West</b>	9am-12pm
May 2	<b>Ludlow Village</b>	9am-12pm

**A reservation is required. Please call  
Anabell De La Cruz at (203) 838-8471 ext. 140**



## Credit Workshop IN ENGLISH & SPANISH

**Do you feel lost when it comes to credit?  
No worries, NHA can help!**

Join us for a FREE workshop on credit basics on Thursday, March 16, 5:30—7:30PM, at our Choice Neighborhood Office, 149 Water Street, 2ND floor, Norwalk. Presented by Bridgeport Neighborhood Trust. Topics include easy and simple ways to understand credit reports, FICO scoring, Credit Repair, how to obtain a free copy of your credit report, credit regulations, identity theft, and what lenders look for in a "credit-worthy borrower." Habla Espanol? Nosotros Tambien! El taller sera bilingue. To register, call 203-838-8471 X681 (Nadine) or X187 (Raquel). Transportation available upon request for NHA residents with at least one week's advance notice.

## NHA Learning Centers Welcome New Faces



### JARED BARDUGONE

The Meadow Gardens Learning Center is happy to welcome Jared Bardugone as a new Education Coordinator. Jared has worked for several organizations that benefit children in the past, including The Trevor Project and Free Arts NYC. He holds a Master's degree in School Counseling from Fordham University, and believes whole-heartedly in

nurturing a safe environment for students to both explore their creativity and thrive academically.



### KAREN CONNELLY

Karen Connelly joins the Norwalk Housing Authority Learning Centers as the Media Coordinator and Videography Educator. She was born and raised in Fairfield and has lived in Stratford for the past 26 years with her husband and three children. Karen graduated from Simmons College, with a B.A. in English and Communications, after which she worked in Children's Books Marketing at William Morrow Publishers

and magazine publishing at Wenner Media, Condé Nast, and Time Warner. For more than twenty years she has been a freelance copywriter, copy editor, and graphic designer and, most recently, a Specialist for Apple. Karen is honored to be part of the team at Norwalk and looks forward to bringing her creative talents to the NHA and creating great work with the children.



### GERMAN YANEZ

We would like to welcome German Yanez to the Creative Arts team at NHA as our new photography educator. German received his BFA at Pratt Institute where he majored in film/video production. He also studied painting, print-making, photography, ceramics, drawing, and more. German premiered his own short film at the Brooklyn Academy of Music (BAM).

German has worked many years in the media arts in NYC as a photographer and on sets for movies and commercials. He also love trying new foods from all around the world, exploring museums, and going to rock concerts.

## Charter School Enrollment Applications

**Side by Side Charter School** is accepting enrollment applications for the Fall 2017 to fill open pre-kindergarten through eighth grade seats. Lottery applications will only be made available during a scheduled open house. To attend an open house, make a reservation by calling 203-857-0306.

### Open House Schedule

**5:00PM — Wednesday, March 22**

**5:00PM — Wednesday, April 5**

Applications must be submitted by 4PM, Friday April 7, and the lottery will be held at 5PM, Wednesday, April 26, in the school gym. For more information, go to [www.sbscharter.org](http://www.sbscharter.org). The school accepts students from a number of different communities including Bridgeport.

## ATTENTION SENIORS Lunch at the Senior Center and Discussing Membership

There will be a meeting on 3/16/17, 10am at Irving Freese to talk about the lunch program and the benefits of being a member of the Norwalk Senior Center

All seniors all welcome!

If you need a ride, please call  
Anabell at 203 838 8471 x140  
by 3/14.

Coffee and donuts will be provided!



## Programs Build Healthy Eating Habits

Understanding the reality of life for low-income families is key to helping their kids get to a healthy weight, said Melissa Santos, a pediatric psychologist at the Connecticut Children's Medical Center and assistant professor at the University of Connecticut School of Medicine.

Helping these families eat healthier is a process, according to Santos, because their lives are already overwhelming. "We always start small because we never want to overwhelm families in terms of making changes," Santos said. At Children's Medical Center, Patricia Esposito, clinical nutrition manager, shows working parents how to pull together easy meals for busy days. She steers them to items like pre-washed salad greens and pre-cooked chicken—and stresses that though these may be among the pricier items in the grocery store, they end up being cheaper than fast food.

But even if there is access to vegetables and healthier food options, children living in poverty often don't get the chance to try them. "If you're not sure your kid's going to eat it, you're not going to put some expensive vegetable in front of your kid," said Marlene Schwartz, director of the UConn Rudd Center for Food Policy. "For a low-income parent, that's a huge deal."

—Taken in part from *The Norwalk Hour* · By Colleen Shaddox, Conn. Health I-Team Writer

## Apply for an NHF College Scholarship

The Norwalk Housing Foundation (NHF) has been providing scholarships to public housing residents since 1998. Since its inception, the NHF has awarded over \$1.5 million to 202 students.



NORWALK HOUSING AUTHORITY  
**Learning Centers**

### SCHOLARSHIPS ARE AVAILABLE FOR:

High School Seniors · College Students  
Recent High School Graduates · Graduate Students  
Returning Adult Students

### WHO QUALIFIES? YOU MUST:

- Be an NHA resident in good standing
- Currently live in an NHA Development for minimum of one year. (Section 8 residents not eligible.)
- Be one of the following:
  - A high school senior or recent high school graduate, having graduated within the past 2 years
  - A college student or adult with some college experience planning to return
  - A graduate student attending or planning to attend a university to obtain a graduate degree
- Attend or plan to attend an accredited two-year, four-year, or technical school full time (12 or more credits/sem.)
- Be in good academic standing (2.0 GPA or higher)
- Attend full time (at least 12 credits per semester)

### Undergraduate applications available

Now and are due April 19<sup>TH</sup>

### Graduate Applications Available

March 8<sup>TH</sup> and due May 10<sup>TH</sup>

Please contact Kim at [khein@norwalkha.org](mailto:khein@norwalkha.org) or 203-838-8471 x190 to be added to our mailing list.

You will receive information about the NHF Scholarship as well as other college scholarships available to housing residents.

## Bridge To College & Career Program

### 20 WEST MONTHLY GUEST SPEAKER

Career professionals from varied backgrounds speak to middle and high school students about their careers and the different steps they took to acquire them. March guest speaker is Jermaine Nash, Police Officer, Norwalk Police Department.



### 20 WEST MONTHLY HIGH SCHOOL TRACK

High school students meet with 20 West Staff to identify their goals for high school in order to prepare for college. Next meeting will be March 23<sup>rd</sup> from 6:15-7:15pm.

## Helping Children Develop a Love for Reading!

Get each family member a library card. Library cards are free. Make a date with your child/children once or twice a month to visit libraries in your area. Check on story times, author visits, and book fairs that your library promotes in the community.

### Attention High School Juniors!

## FREE SAT PREP CLASSES

(VALUE: \$1,200)

Wednesdays 6-7:30pm & Saturdays 9:30am-12:30pm at 20 West Avenue, Norwalk

CALL OR EMAIL TO REGISTER

203-842-8158

[admin@literacy-pros.com](mailto:admin@literacy-pros.com)

TRANSPORTATION TO AND FROM CLASS PROVIDED.

## PARENT'S CORNER

### 10 WAYS YOU CAN HELP YOUR CHILDREN SUCCEED AT SCHOOL

As a parent, you are your child's first and most important teacher. When parents and families are involved in their children's schools, the children do better and have better feelings about going to school. In fact, many studies show that what the family does is more important to a child's school success than how much money the family makes or how much education the parents have. There are many ways that parents can support their children's learning at home and throughout the school year. You can start with one.

1. Meet your child's teacher.
2. Attend conferences and keep in touch with the teacher.
3. Apply for special services if you think your child needs it.
4. Make sure homework is done.
5. Find homework help for your child if needed.
6. Learn what the school offers.
7. Demonstrate to your children a positive attitude about education.
8. Monitor your child's television, video game, and Internet use.
9. Talk with your child.
10. Encourage your child to work independently.

For more information, please contact:

Josiane Charlot, NHA Parent Coordinator  
203.644.4720 or [jcharlot@norwalkha.org](mailto:jcharlot@norwalkha.org)

## Norwalk Learning Centers Win Second Prize in "Envision Kindness" Video Contest!

Congratulations to the creative Middle School students at the Learning Centers for doing an incredible job of showing what kindness looks like!

Their video, entitled "Being Kind is a Way of Life," won second prize in the 2016 Student Film Contest, sponsored by the Envision Kindness organization. The video was written, directed, and performed by the students and illustrates individual moments in which we have the opportunity to be nice to one another. Well done!



A scene from NHA Learning Centers' "Being Kind is a Way of Life."