NHA’s Annual Senior Breakfast

NHA seniors enjoyed a festive breakfast prepared and served by staff and volunteers on December 20, 2018 at four locations throughout Norwalk! Special acknowledgements go out to David’s Soundview Catering, Russell Jones, Seaside Design, Statewide Painting, Stop & Shop of Wilton, Ed Swiecki, Scott Vezina, Villa Geselle Construction and the NHA staff for their generosity during this holiday season. We hope all residents had a joyful holiday and we wish everyone a very Happy and Healthy New Year!

HOLIDAY FREESTYLE!

NHA Learning Centers hosted their annual Holiday Freestyle in December. The event was held at the Norwalk Public Library on Belden Avenue and many families came out to support this event. Students from each learning center participated in this holiday competition and all students did a great job! Congratulations to all the students in each learning center.
Change in NHA Office Hours

In an effort to better serve residents, NHA will be changing its hours of operation effective March 1, 2019. Every Tuesday, NHA will be open from 11am to 7pm. The new office hours schedule is as follows:

- Monday: 9am – 5pm
- Tuesday: 11am – 7pm
- Wednesday: 9am – 5pm
- Thursday: 9am – 5pm
- Friday: 9am – 5pm

Conan Robinson Creates Cover Art for Washington Village Cookbook

Artist Conan Robinson, of Soundview Landing and formerly of Washington Village, drew the cover design for the Washington Village Cookbook. The Cookbook was created to celebrate Washington Village’s nearly eight decades as a community rich in cultural and ethnic diversity. As such, the recipes reflect the diverse heritage and culinary traditions of families who have called Norwalk home. Recipes were also contributed by staff members of Housing Opportunities Unlimited and the Norwalk Housing Authority. Thank you to all who shared their favorite recipes. A copy was printed for each Washington Village household as a lasting memory of their Washington Village family and community. Additional copies may be downloaded from the Choice Neighborhoods website at www.norwalkcni.org.

Are you interested in a career in carpentry?

The Carpenter’s Union can help pave the way to a well-paying and secure job with amazing benefits. Given all of the construction projects transforming South Norwalk, now is the time to join a field that can pay dividends the rest of your life. Please join us to learn more about the apprenticeship program from the Carpenter’s Union Career Connections representatives, as well as local construction managers who will share more of what they are looking for on their jobs.

Tuesday, January 22, 2019 at 5:00 p.m.
HOU/CNI offices,
149 Water St., 2nd floor
Norwalk, CT
Lisa T: 203 952 8308; Nadine 203 838 8471 x681

Career Resources Bus – on Site at NHA CNI Field Office

The Career Resources Career Coach Bus will be on site in the parking lot of 149 Water Street (CNI-HOU office location) on Thursday, February 28th from 1:00pm-3:00pm. The topic will be Job Search Assistance. If you are looking for ways to start, or reinvigorate, your search for a new job, then you won’t want to miss this.

The Career Resources representative will share the best job board sites and ways to navigate the search process. Save time and effort and avoid frustration while learning from an expert.

This One Thing You Use All the Time May be Covered with Flu Virus

With peak flu season approaching quickly, you know how important it is to constantly wash your hands and disinfect shared spaces, but there’s probably one thing you’ve been neglecting to disinfect: your cellphone. Researchers from the University of Arizona found that cellphones carried 10 times more bacteria than most toilet seats. And, what’s even more alarming is the fact that cellphones are the perfect vehicle for spreading germs to other people. That’s why it’s so important to take the proper steps, like disinfecting your phone daily, using hand sanitizer and practicing good hygiene habits, to keep your phone germ-free this flu season.

The NHF Scholarship Application is Available Until April 15th

<table>
<thead>
<tr>
<th>Image 7x450 to 218x732</th>
</tr>
</thead>
<tbody>
<tr>
<td>[Image 468x46 to 567x233]</td>
</tr>
<tr>
<td>[Image 369x291 to 559x394]</td>
</tr>
<tr>
<td>[Image 155x743 to 343x875]</td>
</tr>
<tr>
<td>[Image 44x260 to 330x352]</td>
</tr>
</tbody>
</table>
If you give a kid a Chromebook… they will play Sumdog!

Sumdog is designed to motivate children to work on math, reading and writing. As children play, they answer questions. Sumdog personalizes the questions for each one, and tracks their progress through the school standards. And the best bit? Our very own Delani Johnson is ranked number two in his class! For more details on Sumdog contact the NHA STEM Coordinator Sheiree Powell at 203-939-1018. Parents sign up is easy just use the link provided: http://www.sumdog.com/en/parent

NHA Students Working to Diligently To Publish Book of Poetry and Photography

In collaboration with Silvermine Arts Center, the children of NHA’s Learning Centers are working hard to publish a book of poetry and photography. Local Poet, Page McBrier has been guiding the students through different forms of poetry, giving them creative expression through words. Mr. German helped guide their eyes to see through the lens to give them something unique to write about. Their books can be found at the South Norwalk Library in the New Year. Happy 2019!

Learning Center student Nevaeh, and NHA Art Coordinator, Mr. German
BRIDGE TO COLLEGE & CAREER

Our next session is Wednesday, January 2nd from 6:30pm-8pm at 20 West Ave. Students will identify appropriate ways to study through index cards, online resources, study groups, and Cornell notes. This program is open to all NHA residents in high school. Call 203.852.1144 for more information and to request transportation to and from the program.

Reading Goals for 2019

Happy New Year! Now is a good time to set new Reading goals for 2019. Students may need to reset or reboot after being out of school for the winter break. It is important to give students a “hard reset,” kind of like when you call the IT person because your computer is malfunctioning. The IT person says, “Did you try turning it off and turning it back on again?” As we approach the “second half” of the year with students—the longer half. Students will be preparing to take State Tests. Here are some ways to help your child become more successful in school. Whether your child excels or struggles in language arts, learn about the school’s reading program and what to expect this year. Talk with your child’s teacher about Reading levels. How are reading skills assessed at school? What do levels mean? How can parents use them to help kids pick good books? How often is reading evaluated at school? When and how do parents receive results? How can you help your child make the most progress? Communicate with your child’s teacher.

THE NUTCRACKER!

NHA Learning Center students had an amazing time at The Nutcracker performance in New Canaan. It’s an annual event that NHA families look forward to every year!

5 ways to rebound from holiday overspending

Here are five ways to remedy a holiday spending hangover:

- First, keep in mind that you are not alone.
- Second, take an honest assessment of the damage and talk to a trusted family member, friend or debt counselor about your concern (we’re only as sick as our secrets).
- Third, if you are able, return any gifts you have bought or received for a refund or, at least, a store credit to be used at a better time.
- Fourth, immediately figure out a debt repayment plan, develop a budget for the coming months and stick to it.
- Fifth, don’t be too proud to ask for help emotionally or financially if you’re so tapped out you’re having trouble making ends meet. Although nobody should enable an overspender, you might find support if you are serious about owning up and breaking the cycle. This includes calling the credit card companies to negotiate a more favorable debt repayment plan, making serious changes to your habits and maybe selling things or dipping into savings.