

Norwalk Reads

SUPPORTING LITERACY FOR ALL OF NORWALK'S CHILDREN

FREE BOOKS FOR NORWALK CHILDREN

SATURDAY, NOVEMBER 4TH
10:00AM-1:00PM

THOUSANDS
OF BOOKS
TO CHOOSE
FROM!



Norwalk Public Library, Belden Avenue
South Norwalk Branch Library, 10 Washington Street
East Norwalk Association Library, 51 Van Zant Street
Colonial Village Learning Center, 164 West Cedar Street
Washington Village Learning Center, Day Street
Roodner Court Learning Center, 261 Ely Avenue
Meadow Gardens Learning Center, 49 Meadow Street

CHILDREN MUST
BE ACCOMPANIED
BY A PARENT
OR GUARDIAN



Jennie Reul, NHA's new Scholarship Director, settles into her new role.

NHA Welcomes New Scholarship Director, Jennifer Reul

We are very pleased to announce NHA's new Scholarship Director, Jennie Reul.

Jennie brings with her a strong background in Higher Education and Student Development. She has a Bachelor's Degree in Communication Arts from the University of Wisconsin-Madison and a Master's in Education in Higher Education/Student Development from George Washington University. Jennie is a "Dream Scholarship" mentor through the Norwalk Community College Foundation and actively works with her mentee around successful transition from community college to a four-year institution. Her mentoring has required an in-depth understanding of the challenges faced by first generation students. Her past work experience with the Student Loan Marketing Association has given her the insight into student debt and financial aid. In addition, Jennie is a scholarship evaluator for the Kappa Alpha Theta Foundation and UW-Madison Alumni Club of Connecticut. This experience allows Jennie the opportunity to evaluate essays and score all other sections of scholarship applications objectively using established criteria, ensuring all student work is fairly assessed. Jennie's other area of experience and skill is in planning and executing programs and events. She also has strong technology skills and able to use a variety of tools such as, Mail Chimp email, Doodle, and Sign-Up Genius to name a few.

She will be an asset to the team. Welcome!

In the Spotlight

WASHINGTON VILLAGE RESIDENT SPOTLIGHT

Jessica Davis

Jessica Davis is a single parent who has come a long way in her life. Ms Davis graduated from Sacred Heart University with a Bachelor's Degree and is now pursuing a Master's Degree in Social Work. In addition, Ms Davis recently started a new career as a Case Manager at Saint Joseph's Parent Center.

By following her educational goals, Ms Davis is a role model for many residents. We wish her continued success and commend her for her motivation as well as being a great example to follow as a great inspirational single mom.

SENIORS ARE INVITED!



Eat, Drink, and Give Thanks!

Nicole would like to invite you for an EARLY Thanksgiving dinner! We'd like to express our gratitude this Thanksgiving by having Seniors join us for a delicious holiday meal.

November 18TH—1PM
Irving Freese Community Center
57 Ward Street, Norwalk

You MUST call Nicole to RSVP by November 16TH
203-838-8471 ext. 137

HEALTH &
INFORMATION
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MAMOGRAMS
ORCHESTRA
CAREER FAIR
FREE LUNCHEON

JOBS &
EDUCATION
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ENTREPRENEURS
HEALTH CARE TRAINING
SEASONAL JOBS
DRESS FOR SUCCESS

LEARNING
CENTERS
PAGE 4

STEM PROJECTS
MUSIC CLUB
PARENT CAREER DAY
PARENT'S CORNER





Breast Health

The Witness Project is scheduling appointments for the Mobile Van at Norwalk Community Health Center, 120 Connecticut Avenue, on **November 16TH, between 10AM and 2PM**. By appointment only, please contact The Witness Project at 203-367-4432.

REQUIREMENTS: Women must be 40 years or older, no known breast symptoms, not had a mammogram within the past year; have identification and insurance. Women need a doctor to send results to/medical home. Not insured? You may qualify for a free mammogram! Most insurances are accepted. Financial assistance is available for those who are not insured and have financial limitations.



Do You Know the Signs of Opioid Addiction?

Opioid addiction is a growing epidemic in the United States, with opioid overdoses killing 91 Americans every day. Common opioids include heroin, synthetic opioids like fentanyl, and prescription painkillers like oxycodone (OxyContin), hydrocodone (Vicodin), and morphine. Continued use of opioids can lead to physical dependence on and addiction to these types of drugs. Here are ways to recognize signs of opioid addiction:

**Noticable euphoria
Drowsiness, confusion, or intermittent nodding off
Constricted pupils
Slowed breathing**

THIRD FRIDAY OF EVERY MONTH!

LGBTQ YOUTH DINNERS

This monthly community dinner brings together lesbian, gay, bisexual, transgender, and queer youth, ages 13-17.

FREE! FRIENDS WELCOME!



For more information, contact Claude at claudc@ctpridecenter.org or 203-853-0600 ext. 106



Free Community Thanksgiving Luncheon

Cornerstone Community Church
718 West Avenue, Norwalk
(across the street from the main library)
Sunday, November 19
Serving between 12– 2PM

Cornerstone Community Church invites everyone to join them for a free traditional Thanksgiving meal at the church on Sunday, November 19TH.
ALL ARE WELCOME – NO RESERVATIONS NECESSARY!

Please stop by on November 19th for dinner and enjoy live music and entertainment, arts and crafts, karaoke, kids activities, and more.

Time Changes on November 5TH Don't Forget to Set Your Clocks!

2017 MUNICIPAL GENERAL ELECTION NOVEMBER 7TH

For the November 7th Election, the last day to register to vote is October 31, 2017. Mail to the Registrar's Office (Room 122, Norwalk City Hall, Norwalk CT, 06851), or Register In Person by hand-delivery to the Registrars office, the DMV, or voter-registration agency, or register on-line, based on your Connecticut Drivers' License, using the Secretary of the State's website. The Registrar's office will be open until 8:00 P.M. on Tuesday



One Big Family: Orchestra!

Friday, October 27 · 4:00PM
Norwalk City Hall, Mary McCarthy Room

One Big Family includes Norwalk Symphony Orchestra musicians sharing how, like in human families, the instruments in a particular family are related. They are often made of the same types of materials, look similar, and produce sound in comparable ways. Some are larger and some are smaller, just as parents and children are different sizes with higher and lower voices. Each of the four families (Horns, Strings, Winds, and Percussion) have members with specific traits.

The hour-long program ends with youngsters given the chance to try out instruments and make their own music. Louis Pietig NSO's Executive Director is enthusiastic, "This is a great way to introduce music from the Norwalk Symphony into the surrounding communities, and reach a new and appreciative audience."

NSO is excited that *Not Just for Kids* will begin a special Afterschool Program at Norwalk City Hall on Friday October 27, at 4PM for students from the Carver Center and Norwalk Housing Authority. If you would like to attend on Friday please call 203-956-6771 as space is limited.



Emergency Preparedness Plans

Since 2004, the Federal Emergency Management Agency (FEMA) and the national Ready Campaign have promoted emergency readiness in the event of all types of emergencies. Although no one can plan when a disaster might occur, here are some easy steps that you can take so that you and your family are better prepared:

1. Create a family emergency plan
2. Stock an emergency supply and first-aid kit, including water, non-perishable food, flashlight and batteries, first aid kit, radio, and cellphone.
3. Train in basic first aid

Take time to learn more about preparedness at www.ready.gov





WBDC

Women's Business Development Council Presentation On Entrepreneurship

Learn how to open and grow your own business · Explore business plans, sales, and marketing · Up to \$50,000 in loans available!

Wednesday, November 8TH · 5:30-7:00PM

NHA Choice Neighborhoods Office — 149 Water Street, 2ND Floor, Norwalk

Call 203-838-8471, Nadine (x681) or Lisa Tella (x678). Transportation available upon request for NHA residents with at least one week's advanced notice.



Interested in a Career in the Growing Health Care Field?

Apply for **FREE** training at Southwestern CT Health CareerRx Academy

Thursday, December 7TH, 10-11:30AM

NHA Choice Neighborhoods Office, 149 Water Street, 2ND Floor, Norwalk

Study to be a C.N.A., Pharmacy Tech, Patient Care Tech, Dental Assistant and more...

OTHER BENEFITS OF THE PROGRAM INCLUDE

Skills Assessment, Occupational Training, Distance Learning and Job Placement Services
Eligibility requirements are based on family income or those who have been unemployed (27 weeks or longer)

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

Learn How to Run Your Own Business

All sessions will be 6:00 - 8:00pm (with a break midway) at the Norwalk Inn & Conference Center, 99 East Avenue

Tuesday, November 7

"Spreading the Word" Learn about marketing, advertising, and communications

Tuesday, November 14

Graduation Reception. Program certificates are presented to graduates

TO ENROLL IN THIS FREE PROGRAM, CONTACT:
Greater Norwalk Chamber of Commerce
101 East Avenue, Norwalk 203-866-2521
info@norwalkchamberofcommerce.com



DRESS FOR SUCCESS PRESENTATION

Interested in Free Professional Clothing?

A Beautiful Work Wardrobe is Yours!

Learn How to Look Great for Any Interview

Make Your Wardrobe Reflect Success

Join job developer Lisa Tella and *Dress For Success* for an instructive workshop and learn how you can get a fabulous free interview outfit—plus shoes and accessories—even a week's worth of work clothes too!

Dress for Success of Bridgeport will help connect you with a look that flatters, hides flaws, and helps you put your best foot forward. Don't miss this chance to feel prepared and confident in the job market, and ready for any interview.

Self-Confidence is the Best Outfit! Wear It!

Wednesday, December 6TH, 2-4PM

NHA Choice Neighborhoods Office
149 Water Street, 2ND Floor, Norwalk

Call 203-838-8471, Nadine (x681) or Lisa Tella (x678). Transportation available upon request for NHA residents with at least one week's advance notice.



Seasonal Help Wanted!

Need to earn some extra spending money for the upcoming holidays? There is plenty of opportunity for seasonal employment at many local retailers such as Kohl's, Old Navy, 5 Below, TJ Max, and so many more!

Stop in to any location and complete an application on site. Take advantage of these awesome opportunities to splurge on the ones you love!



WEDNESDAY, NOVEMBER 15
3:30—6:00PM

Norwalk Inn & Conference Center
99 East Avenue, Norwalk

Visit www.fairfieldcountyjobs.com for additional information. When you register for the November 15th Career Fair, you are instantly entered to win a FREE resume makeover.



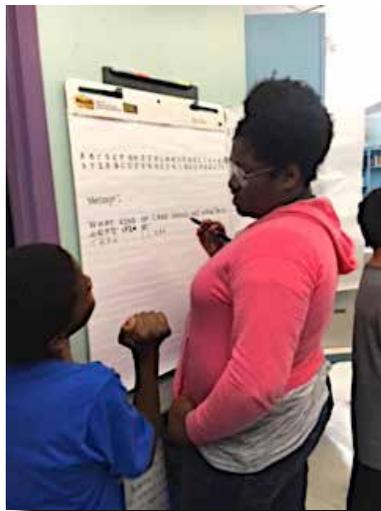
Time Management Tips for Finding the Perfect Job!

SPEND 70% OF YOUR TIME NETWORKING
Many jobs are filled by word-of-mouth.

SPEND 20% OF YOUR TIME WITH ONLINE RESEARCH
Target companies and contacts, as well as interview preparation.

SPEND 10% OF YOUR TIME RESPONDING
Connect with recruiters, published ads, and job boards.

STEM Teaches Encryption to Learning Center Students



20 West Learning Center students Talishka Antoine and Shatiq Prescod work on their encryption project.

“Split up into groups of three,” directed Sheiree Powell, NHA STEM Coordinator and creator of *Cipher Kidz*, a cryptography club newly initiated at NHA Learning Centers. “Within each group, the person sitting on the left is Alice, the person on the right is Bob, and the person in the middle is Eve. Alice must write a secret message in a notebook and pass it to Bob. Eve must figure out Alice’s message and intercept everything that Alice and Bob pass to each other. Alice and Bob each have a lock and matching key, however, they cannot exchange their keys. How can Alice pass her secret message to Bob so that Eve is unable to unlock and view the secret, and only Bob can read it?”

This began the first of many hands-on challenges that students will tackle during the club. *Cipher Kidz* is a program that introduces students to modern cryptography, a theoretical approach to securing data such as “Alice’s Secret Message.”

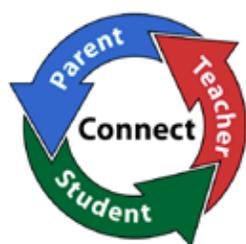
The program begins with lessons in abstract algebra and number theory that students use to understand theoretical cryptography during lessons to come. For more information on this club or any other component of the NHA STEM program, contact STEM Coordinator Sheiree Powell at 203-939-0481 or spowel@norwalkha.org.



Winners of Meadow Gardens’ *Star Student Awards* for reaching 15 stars are Beverly Collado and India Richards. We are proud of all your hard work!

Envision Kindness Photography Contest

The students at the NHA Learning Centers are currently working on creating photos for the “Envision Kindness Photo Contest.” The mission of the contest is to promote and show inspiring acts of kindness and compassion in the pursuit of a happier and healthier world for all. The children are excited to share the different examples of what they consider kindness to be with photos of friendship, fun, and helpfulness.



The Norwalk High School Guidance Department Invites You to Participate in Annual Parent Career Day

FOCUS GRADES 10 & 11

Consider sharing your professional experiences at our Annual Parent Career Day!

Friday, December 1st · 9:05–10:35AM · NHS Cafeteria
Presenters arrive at 8:45AM. Refreshments provided.

For information and to volunteer, please contact Lisa Rivieccio
College & Career Readiness/Guidance Department
Norwalk High School, 23 Calvin Murphy Drive
203-838-4481 x13234 or Fax: 203-854-0444

PARENT’S CORNER

Tips for Encouraging Early Literacy

Encourage your child’s literacy skills early to create a lifelong love of reading!

FORM A CLOSE BOND

Having a close, loving relationship with your child is very important in nurturing his ability to learn.

TELL TALES

Build narrative skills by gathering family members and having them tell the story of their day and their lives.

PLAY RHYMING GAMES

This helps build phonemic awareness . . . and it’s fun!

BRING READING AND WRITING INTO EVERYDAY LIFE

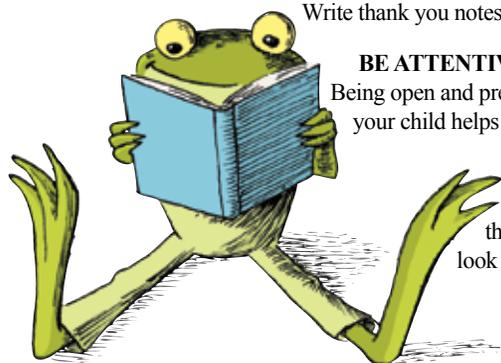
Write thank you notes and make shopping lists together.

BE ATTENTIVE AND ENGAGED

Being open and present when you communicate with your child helps them learn.

READ TOGETHER

Make story time a daily ritual that your child can count on and look forward to.



Students at Washington Village Learning Center hard at work on creating images of kindness for the photo contest.



Get Your Public Library Card!

The Norwalk Public Library and the Norwalk Public Schools Early Childhood department have partnered to offer every kindergarten student in Norwalk a library card.

Norwalk Public Schools central office will be handing out Norwalk Public Library card applications, along with the book “Lola at the Library.” Parents can bring the completed applications to either Norwalk Public Library location: the Main Library at 1 Belden Avenue, or the South Norwalk branch at 10 Washington Street. They can also return the applications to their child’s teacher and a library staff member will pick the cards up.

All elementary schools now have applications and books to give out to their students. Public Library cards open up new worlds for children and are an extension of the education they’re receiving in school!