

NHA Youth Participate in the 2018 YMCA Race 4 Chase Triathlon



For the third year in a row, NHA public housing and Section 8 youth competed in the Race 4 Chase Triathlon, an annual event held to honor Chase Kowalski, a victim of Sandy Hook who loved to swim, bike and run. 24 NHA youth between the ages of 6 and 13 attended six weeks of free summer camp organized by the Riverbrook Regional YMCA. YMCAs across Connecticut participate in the event. In addition to swimming, biking and running, youth also take part in STEM programs, arts and crafts, library visits and more.

This summer, three NHA teens obtained their first employment as a summer camp counselor: Narold Champagne, Ahsaiah Millien, and Naomi Santana. When asked what they learned the most as a camp counselor, Narold stated, "What I learned was that it's OK to not be the best as long as you do your best." Ahsaiah replied, "I learned how to be a mentor to children and to show them to keep trying and never give up."

The Riverbrook YMCA held its own Race 4 Chase at its

facilities in Wilton. With the enthusiastic help of the Wilton Police Department, and a great team of camp counselors, the triathlon took place on August 4th. Chase's parents came to cheer on the team triathletes. They were thrilled to have so many NHA youth triathletes.

Congratulations to returning triathletes: Christina Antoine, Leonardo Marin, Matthew Millien, Diaziel Massey and Angel Espinal. Congratulations to the first-time triathletes: Kwaku Agyeman, Kwame T. Agyeman, Naisha Bien-Aime, Saige Brown, Rashel Valladares, Ronald Valladares, Jeremy Montas, Josiah Montas, Briana Avilez Degro, Keirrah Garner, Briana Alzate, Benita Moono, Mark Moono, Priseis Massey, Shawn Silva, Simone Silva, Aiden Andre, Amir Andre, and Ava Andre.



Attention Parents of Children K-12th Grade!

NHA Learning Center's after school program starts August 29th
Monday -Friday, 3:30-6:30pm.

Children will receive help with homework and benefit from the literacy program, the math program, STEM club, art club, fieldtrips, healthy snacks and SO much more. Expose your kids to new experiences and activities by sending them to the learning center in *your* neighborhood:

Colonial Village - 128 Scribner Ave. ~ 203-857-0432

Meadow Gardens - 49 Meadow Street ~ 203-899-0729

Roodner Court - 261 Ely Ave. ~ 203-957-3288

Washington Village @ King Kennedy - 43 Chestnut Street ~ 203-899-1739

20 West Learning Center [middle/high school] - 20 West Ave. ~ 203-852-1144

CONTACT THE LEARNING CENTER OFFICE FOR MORE INFO: 203-852-1144

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WE WANT YOU! (RAB)
HAPPY CHILDREN
EARLY EDGE PROGRAM
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FIRST ANNUAL STEM FAIR
FIRST ANNUAL ART SHOW



HOUSING & YOUTH INFORMATION



To Become a Member of the Resident Advisory Board (RAB)! RAB members meet with NHA management about 4 times a year to discuss a variety of pertinent policy issues such as capital improvements and the Annual Plan. Meetings take place at 5:30pm in the central office at 24 ½ Monroe St. Transportation is available and a light dinner is also served. If you are interested in becoming a member or have any questions, please call Alison at 203-838-8471 x140.

Attention: All 9th & 10th graders

FREE to attend REGISTER NOW!
10 sessions only
September-June, First Wednesday of every month
6:30-8pm
(Family Orientation Aug. 29th)

NHA EARLY EDGE PROGRAM

WANT TO GO TO COLLEGE?
 You have to start early! Let us help you prepare. Learn about study habits, course selection, GPA, choosing clubs/teams, summer opportunities, PSAT prep, building a resume, community service...and much more!

20 WEST AVE. NORWALK
***COME EARLY TO HAVE DINNER**

TO REGISTER AND TO REQUEST TRANSPORTATION:
(203) 852-1144
JPOWELL@NORWALKHA.ORG

*In partnership with H.E.L.P. - Higher Education Literacy Professionals
 PosterMyWall.com

Dress For Success – Free New Clothes for Your Professional Life

Could your work wardrobe use an upgrade? Are you interested in new, stylish attire for interviewing and your work week? Would new accessories and style statements take your look from ho-hum to fabulous?

If so, join us on **Tuesday, October 9 at 5:30 p.m. at NHA CNI Field Office (149 Water Street, 2nd flr.)** for an exciting presentation by Dress For Success. Dress For Success has been helping women transform their professional lives for many years through FREE employment services, including providing wardrobes for interviews and work days. Wardrobes

include accessories, shoes and handbags as well as flattering suits and dresses.

A Dress For Success representative will share advice and techniques on how to present your best image on the job and how to let your clothes speak for you.

To register, or for more information, contact Lisa T. at 203-952-8308, or Nadine at 203-838-8471 X681



Happy Children Do Chores

Children should do chores. A few parents will declare outright that their children are “too busy for chores” or that “their job is school.” Many more of us assign chores, or say we believe in them, but the chores just don’t get done. That’s a problem. For starters, chores are good for kids. Being a part of the routine work of running a household helps children develop an awareness of the needs of others, while at the same time contributing to their emotional well-being. Children who consider themselves necessary to the family are less likely to feel adrift in a world where everyone wants to feel needed. Children who help more at home feel a larger sense of obligation and connectedness to their parents, and that connection helps them weather life’s stressful moments — in other words, it helps them be happier. Their help, even when it’s less than gracious, helps their parents be happier, too. In a survey of 1,001 American adults, 75 percent said they believed regular chores made kids “more responsible” and 63 percent said chores teach kids “important life lessons.” Yet while 82 percent reported having had regular chores growing up, only 56 percent of those with children said they required them to do chores. Accept no excuses. Don’t worry if you must repeat yourself again and again. If you’re spending more time getting the child to do this job than it would take to do it yourself, then you’re doing it right. The good news is that children whose families have established an expectation that they will contribute to the workings of the household do just that. And in another 20 years, they might even thank you for it.

NORWALK HOUSING AUTHORITY LEARNING CENTERS

AFTER SCHOOL PROGRAM

K TO 8TH GRADE

Starts August 29th Monday-Friday 3:30-6:30pm

This fall, students residing at Washington Village will attend the learning center space at King Kennedy

- COLONIAL VILLAGE LEARNING CENTER**
128 Scribner Ave. ~ 203.857.0432
- MEADOW GARDENS LEARNING CENTER**
49 Meadow Street ~ 203.899.0729
- ROODNER COURT LEARNING CENTER**
261 Ely Ave. ~ 203.957.3288
- WASHINGTON VILLAGE LEARNING CENTER**
King Kennedy 43 Chestnut Street ~ 203.899.1739
- 20 WEST LEARNING CENTER**
(middle/high school) 20 West Ave ~ 203.852.1144

3 HOURS OF FUN LEARNING

NEW EXPERIENCES & ACTIVITIES

ART CLUB	STEM CLUB
HOMEWORK HELP	DRAMA/MUSIC
LITERACY PROGRAM	SWIMMING
HEALTHY SNACKS	PHOTOGRAPHY
MATH PROGRAM	FIELDTrips

& MUCH MORE!

Bridge to College & Career monthly track for high school students

CONTACT THE LEARNING CENTER OFFICE FOR MORE INFO (203) 852-1144

PosterMyWall.com

JOB TRAINING & EDUCATION

ABCD Information Session Your Community Action Agency

ABCD is Greater Norwalk's Community Action Agency offering services including emergency rental/utility assistance, DSS food stamp applications, clothing and food referrals, case management, job search assistance and so much more. Learn about these programs and more from a representative from ABCD.



Date: Wednesday, September 19th, 2018

Time: 5 p.m. to 7 p.m.

Place: NHA CNI Field Office, 149 Water Street, 2nd Floor, Norwalk

Call 203-838-8471 X681 (Nadine) or X180 (Jamie) to register for the information session.

2018 Small Business Development Academy Information Session

Learn how to start and sustain your own business!



Brian Griffen, President and CEO, Norwalk Chamber of Commerce, will be available to discuss this FREE 7-session program, presented by experienced professionals, addressing topics essential to running a successful business. Sessions will be held weekly this Fall. The information session will be held:

Date: Wednesday, September 5th, 2018

Time: 5:30 p.m. to 7:00 p.m.

Place: NHA CNI Field Office, 149 Water Street, 2nd Floor, Norwalk

Call 203-838-8471 X681 (Nadine) or X180 (Jamie) to register for the information session.

Health Care Career Info Session Thursday, September 13th

Are you interested in a new career in the growing health care field?

Learn about FREE training at Southwestern CT Health CareRx Academy. Offered



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

Pre-registration is required

Date: THURSDAY, September 13th, 2018

Times: 10AM – 11AM OR 2PM – 3PM

Place: NHA CNI Field Office, 149 Water Street, 2nd Floor, Norwalk

For additional information or to register, call 203-838-8471 (ext. 180, for Jamie) or (ext. 681 for Nadine).

Healthy Living Workshop Series

Want to know how to keep up with your health? Join Community Health Workers, Ella Dunlap and Nadine Delcin for the last of the Healthy Living Workshop series:

Sept. 26th "Knowing Your Health Care Team"

Time: 6PM – 7PM

Place: NHA CNI Field Office, 149 Water Street, 2nd floor

Join us for this informative information session to maintain your health. Handouts will be provided. Some topics include:

- Identifying your primary care doctor and specialists
- Knowing your rights as a patient
- Where and how to obtain health care and health insurance
- The importance of having good communication with your health care team.

Light refreshments will be served; all participants are eligible for a giveaway raffle!

This program is FREE and open to the public.

Spaces are limited, registration is required.

Call (203) 838-8471 ext. 681 (Nadine and Ella) or ext. 671 (Emendya)



Want to Land a New Career?

Get started today and become OSHA certified! All construction jobs require workers to have their OSHA 10 certification (10 hours of safety training).

Norwalk residents may qualify for free training (Some restrictions apply).

OSHA 10 Class Schedule:

Tuesday & Wednesday Sept. 12-13, 4PM-9PM

Monday & Tuesday Sept. 24-25, 9AM-2PM

On-time attendance is required at both sessions.

Call us and reserve your spot today! 203-838-8471 X681 (Nadine) or X188 (Lisa R.).

PRE-REGISTRATION IS REQUIRED

Fill out a survey and application and enclose your resume.

<http://www.norwalkcni.org/services/employment.html>

Return it to the NHA CNI Field office at:

149 Water Street, Norwalk CT 06854

Attention: Lisa Roger; or email to lroger@norwalkha.org



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, September 27 from 1:00PM-3:00PM. The topic will be Job Searching. 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.

LEARNING CENTERS

The First Annual STEM Fair is a Great Success!

NHA's 20 West learning center was transformed into a veritable laboratory August 9th as students from each of Norwalk Housing Authority's Learning Center's summer program participants gathered for the first annual STEM Fair.

Balloon Rockets, hands on experiments, intensely detailed models of staggering structures and imaginative creations from students of all ages, from grade K to high school, lined every inch of the Learning Center as a part of the event hosted by STEM Coordinator Sheiree Powell.

The fair, which

supplanted the more traditional science fair model for the first time this year, pitted elementary, middle and high schools against one another in a STEM Challenge competition built to emphasize STEM (science, technology, engineering and math) skills.

One of the highlights that sparked interest in our youthful scientists was the EGG DROP CHALLENGE. Students had to devise, test and discover the best possible way to preserve an egg's integrity when experiencing a drop from a great height. While the students learned

a lot about force and physics, they also learned important lessons about teamwork! "STEM teaches us to be creative and work together, that's what I like most! We all contribute different ideas and that's how we got this," said Halley Chavarria, as she pointed proudly to her groups project.

For more information on NHA STEM

programming contact STEM Coordinator Sheiree Powell at spowel@norwalkha.org or 203-939-0481.



Karizma and Kayla concentrate on their experiment.



Mr. Shane and Colonial Village kids test their contraptions for the egg drop challenge.



Shaina and Christina from Washington Village play with slime.

First Annual Summer Art Show

Norwalk Housing Authority's Art Department for the Learning Centers hosted a summer art show featuring the work of kids from each of our five Learning Centers. During the Summer Program, they studied artists like Jackson Pollock, Georgia O'Keeffe, and several others. Here are some highlights from the event which took place at the South Norwalk Library on Monday,

August 6th, 2018. We are so proud of all their hard work and creativity.



Kimberly Castillo poses next to her photography



STEM Fair participants Johan Santana, Jeremiah Segura, Chndoson Verus and Samuel Jean-Pierre.



Lorie Ann, Tatyanna, and Miss Hallie enjoy snacks and refreshments.



Tatyanna and Lorie Ann show off their Georgia O'Keeffe projects.



Colonial Village artists sit proudly under their masterpiece.