

2019

The Year in Review



NHA LEARNING CENTER'S HOLIDAY FUN



Congratulations to Wesley Mayo Money Matter\$ Frequent Rewards Grand Prize Winner!



Starting in June 2019, NHA and CAHS (Connecticut Association for Human Services) partnered to host a financial Asset Management Program designed to help individuals establish best financial practices over a five-month period. Through the Money Matter\$ Frequent Rewards Program, participants earned points for attending financial workshops, completing financial exercises,

and consistent savings. Through CAHS' CT Money School, three workshops were presented on managing your credit, healthy banking, and savings made easy. Participants were encouraged to join ALICE Saves, a program sponsored by Connecticut's United Ways. By saving at least \$20 per month for six months through ALICE Saves, participants will receive an additional \$60 at the end of the six months. CAHS also provided free individual financial coaching sessions for interested Frequent Rewards Program participants.

Congratulations to Wesley Mayo, the Grand Champion of NHA's Money Matter\$ Frequent Rewards Program and winner of a Google Chromebook, generously donated by United Way. Wesley earned a perfect score by attending all three workshops, obtaining his credit history and score, completing ALICE Saves, establishing and tracking a budget, and working with a financial coach. Through the knowledge he gained from the financial sessions, he was able to improve his credit score, establish and follow a budget, handle unexpected expenses and increase his retirement savings. Wesley is grateful for the program looks forward to attending more financial programs to help him manage his finances. In addition, Wesley is enrolled in NHA's Family Self-Sufficiency program, a HUD-sponsored program that allows eligible participants to save a portion of their rent as their earned income increases, while working on long-term goals over a five-year period.

Health Career_x Academy

Are you interested in a new career in the growing health care field? Learn about FREE training at Southwestern CT Health Career_x 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.**

Dates/Times: March 16th, 2020 -- 10AM **OR** 2PM
OR March 23rd, 2020 -- 10AM

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

Call 203-838-8471 X681 (Nadine) or Lisa(X188) to register for the information session.

FREE TAX PREPARATION IN YOUR NEIGHBORHOOD

It's your money. You earned it. Now claim it. 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. IRS-certified trained volunteers at Volunteer Income Tax Assistance (VITA) sites offer FREE Tax preparation and e-filing services for low-to-moderate-income from mid-January through mid-April. Dates and times vary by site. *This alone represents a savings for each filer an average of \$200.* Visit a VITA (Volunteer Income Tax Assistance) site at one of the upcoming 2020 Norwalk locations starting end-January 2020 through mid-April 2020:

Walk-in sites:

South Norwalk Library, 100 Washington St., Fridays 12PM – 4PM & Saturdays 9AM – 2PM

Norwalk Main Library, 1 Belden Ave., Thursdays 9AM – 8PM

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

NCC, 188 Richards Ave. Rm. W138 and Rm. W140, Tuesdays & Thursdays 7PM – 9:30PM; Saturdays 10AM – 3:30PM

By appointment only sites:

Family & Children's Agency, 140 Water St., Call for appointment 203-523-5336, Tuesdays 5:30PM – 9PM

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

Please Note:

Be sure to check the website www.211ct.org/taxhelp or dial 2-1-1 (available 24/7) after January 7th, 2020 for updates on tax site hours and locations.

You will need to bring these documents:

- Valid photo ID
- Copy of last year's Federal & State returns
- Social Security numbers or ITIN (Individual Taxpayer identification) numbers for you and anyone else on our tax return
- Documentation for ALL income, Social Security or pensions, including forms W-2, 1099-R
- Education Expenses and student loan payments, 1098T
- Payments for childcare. Bring day care provider's address and tax ID number
- Bank routing and accounting numbers to direct deposit your refund
- Mortgage 1098 form and receipts of property and car taxes paid, mortgage expenses and/or interest paid
- Access Health CT forms, 1095A, copy of health insurance
- Identity theft PIN # if applicable

Washington Village Phase 3 Construction Job Information Session

Date/Time: January 30, 2020 at 4PM – 6PM

Location: Soundview
Landing / 20 Day Street
Community Room, Norwalk

Want to learn a trade and get paid while you learn? The final phase of Washington Village construction will soon be underway! New construction employment opportunities will be available. *All skill levels welcome!* Join Dimeo Construction learn to more about upcoming opportunities. Representatives from pre-apprenticeship programs and union trades will also be available. Don't delay! Norwalk Housing Authority residents, please pre-register by calling Lisa 203-838-8471 X188, or Nadine 203-838-8471 X681.



SNAP Employment & Training

If you are receiving SNAP benefits and not receiving money from Temporary Family Assistance (TANF), you may be eligible to receive a *scholarship to participate* in SNAP Employment & Training for certain credit and non-credit programs offered



Norwalk Community College

at Norwalk Community College. Some non-credit programs include computer repair, group exercise instructor, security officer, homemaker companion and many more. Some credit certificates include Culinary Arts, Early Childhood education, Medical Office Specialist and more. A representative from NCC will be available to discuss opportunities and the application process:

Date: January 14th 5:30PM – 7PM

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

Call 203-838-8471 X681 (Nadine) or Lisa(X188) to register for the information session.

It's That Time of the Year Again: Flu Season Is Here

Flu Symptoms

Seasonal influenza can cause serious complications for people of any age, but children and the elderly are more vulnerable. The flu is most often associated with the sudden onset of fever, headache, fatigue, muscle aches, congestion, cough and sore throat. Most people recover within a few days to less than two weeks. Occasionally, complications such as pneumonia, bronchitis or other infections can occur.

Flu Prevention

The flu vaccine is your best chance of preventing the illness. Currently, the CDC recommends that anyone over 6 months of age receive an annual flu vaccine. While there are many different types of flu viruses, the vaccine protects you against the viruses that experts believe will be most common that year.

In addition to getting your annual vaccine, here are some other tips to stay healthy this season:

- Avoid close contact with people who are sick, and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs.
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.



Connecticut Food Bank Mobile Pantry

4th Saturday of each month
(January 25th, February 22nd, March 28, ...)

10:30AM to 11:30AM

Ben Franklin Center, 66 Bayview Avenue, Norwalk

Connecticut Food Bank in partnership with Filling in the Blanks of Norwalk and Family & Children's Agency, will be distributing a variety of FREE, fresh and nutritious food to families in Norwalk on the fourth Saturday of each month. No sign-ups, documentation or income eligibility requirements. Bring your own reusable grocery bags!

