



# Charleston~Kanawha Housing Highlights

February 2010

## Section 8 FSS Graduate



Ceateetra Booker began the Family Self-Sufficiency, FSS, program in 2004. She attended Garnet Career Center and received her phlebotomy license. Ceateetra has been employed by CAMC for two years and intends to further her education and become a registered nurse. She says she entered the program to provide a better life for her and her two children. "I do feel that this program was beneficial to my family. It gives you the incentive to do better, work hard and achieve your goals, which will help you in the future."

Pictured above: Ceateetra receives her FSS escrow check and completion certificate at the Board of Commissioners meeting on January 25, 2010.

## PH FSS Grant Receives Funding

Charleston-Kanawha Housing Authority received notification from the Honorable Senator Robert Byrd that the public housing Family Self-Sufficiency program has received funding for 2010.

Funding under this program is made only to PHAs to hire a program coordinator who links residents with training opportunities, job placement organizations, and local employers.

Residents enter into a contract of participation which outlines their responsibilities towards completion of training and employment objectives over a five year period or less. The contract of participation also stipulates PHA responsibilities towards helping residents achieve their goals.

For each participating family that is a recipient of welfare assistance, the PHA must establish an interim goal that the family become independent from welfare assistance and remain independent for at least one year prior to the expiration of the contract.

## Scholarship Applications Available

The West Virginia Association of Housing Agencies is offering a one-year \$1,000 scholarship to a resident of a public housing authority.

To be eligible, scholarship applicants must have been a resident of a public housing authority for at least one year by March 12, 2010. Applicants also must be a High School graduate, recipient of General Education Development Certificate (GED), or expect to receive a GED Certificate or graduate by the spring of 2009. Applicants must submit the following materials:

- Complete the application, including all attachments
- High school transcript and any college credit transcript
- Copy of SAT or ACT score (if completed and available)
- Two (2) letters of reference supporting your character achievements, and potential for education and career advancement. One letter must be from a school official. Other letter may be from employer, ministers or others you know well.
- A sponsorship letter from the Executive Director or designee of the housing authority that must be a member of the WVAHA at the time of the application, and the letter must include a commitment from the agency to support travel expenses for the applicant if an interview is necessary in the selection of scholarship awards.
- Source and amount of other scholarship awards and grants.

The Scholarship Award will be administered by the WVAHA to the winners. The Scholarship funds must be used in one academic year, longer if approved by the scholarship committee of the WVAHA and the recipient remains a student in good standing. Grantees failure to continue the required course of study will cause the unused portion of the award to revert to the WVAHA Scholarship Fund. Applications are available through your housing manager.

*All items must be submitted with the application, or the scholarship selection committee WILL NOT consider the application* Completed applications are due by 4:30 pm., March 12, 2010 to:

WVAHA Scholarship Committee  
Madelyn Dotson, Chair  
South Charleston Housing Authority  
520 Goshorn Street  
South Charleston, WV 25309

## Resident Council Quarterly Meeting

Charleston-Kanawha Housing staff and resident council officers held their quarterly meeting on January 28, 2010. Mark Taylor, Executive Director, was the moderator and explained that this is the opportunity for council representatives to meet directly with staff and let them know about their activities and discuss any concerns or needs of the residents they serve.

Each housing manager and council representative gave a report on their community. Teresa White, manager for Littlepage Terrace and Oakhurst Village reported that residents at Littlepage were excited about the old buildings being demolished in preparation for the new townhouses to be constructed. She reported that residents at Oakhurst were questioning the upcoming kitchen renovations and that forming a tenant council at this site has been difficult.

Ed Schoettker, manager for Lee Terrace and Hillcrest, reported on the conversion of units at Lee Terrace into one-bedroom units and on recent activities at the site such as church services, rummage sales and bingo.

Ed Wiles, newly elected President of the Littlepage Terrace council reported on recent activities such as an open house of the community room, flower planting in the spring and their monthly food giveaway.

Debbie Knox, President of Carroll Terrace, reported on council activities including bingo, and a weight loss walk-a-thon that will give gift certificates to the resident that loses the most weight.

Pam McDaniel, manager for Rand, Dunbar and Jarrett reported that Jarrett has a great council and that she helped organize a Thanksgiving dinner for residents and they will have a bake-off contest in February.

Karen Simons, President of Jarrett's council reported on their activities which included hot dog and bake sales, church services and their new community room.

Shanda Brandon, manager of Washington Manor, reported on changes going on at the site with the redevelopment. Mark Taylor reported that seven buildings have been demolished and new construction is taking place which should be completed and occupied in August. Ron Willis, President of the Washington Manor Council reported on activities such as an orange juice and milk giveaway and a news spot with children caroling in the neighborhood.

Eric Howard, manager at Lippert Terrace reported on the renovated community room and the many activities of this active council.

Virginia Nesmith, President at Orchard Manor reported on activities in the community such as the playground and Thanksgiving dinner and participation in the Christmas parade.

## Women's Heart Awareness Month



February is “Go Red For Women Month,” sponsored by the American Red Cross. The following is a list of facts about heart disease and women:

- Diseases of the heart and stroke are the No. 1 and No. 3 killers of women over age 25.
- Coronary heart disease is the No. 1 killer of women over age 20. Cardiovascular disease (CVD) kills about 460,000 women a year.
- While 1 in 30 American women die of breast cancer, almost 1 in 3 will die from CVD.
- CVD causes approximately 1 death per minute among females in the U.S.
- 43 million American women are living with CVD.
- Sixty-four percent of women who died suddenly of coronary heart disease had no previous symptoms.
- African-American and Mexican-American women have higher heart disease and stroke risk factors than white women of comparable socioeconomic status.
- Heart disease rates in post-menopausal women are two to three times higher than in pre-menopausal women of the same age.

**1. CHOOSE TO CELEBRATE WITH A CHECKUP.** Let each birthday remind you that it's time for your yearly checkup and a talk with your doctor about how you can reduce your risk for heart disease.

**2. CHOOSE TO GET OFF THE COUCH.** Step, march or jog in place for at least 30 minutes most days of the week — you can even do it while watching TV.

**3. CHOOSE TO AVOID SMOKING.** Can't go cold turkey? Cut the number of cigarettes you smoke each day in half; then cut that number in half; cut in half again; finally, cut down to zero!

**4. CHOOSE TO DROP A FEW POUNDS.** Want to reach a heart-healthy weight? To lose 1–2 pounds per week, cut 500–1,000 calories per day through either diet and/or physical activity.

**5. CHOOSE TO USE LESS SALT.** Check out the Nutrition Facts panel on packaged foods to see how much sodium they contain. For average Americans, limit your salt intake to 2,300 mg (about a teaspoon full) of sodium a day.