

# Neighbor to Neighbor

Useful News from the Vancouver Housing Authority  
and the Clark County Resident Council

August 2011  
Volume 11 Issue 6

## Your Opinion Counts! Notice of Public Hearing on VHA's 2012 Moving to Work Plan

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The VHA is requesting your comments on the 2012 Moving to Work Plan. New VHA policies being proposed in the Plan include the following:

- A 90 day waiting period for an interim review for tenants who choose to quit their job or reduce their working hours
- A new Housing Program for the Frail Elderly
- A new Pilot Program using up to 16 Housing Choice Vouchers

Changes to Current MTW Activities that are planned include:

- End the landlord/tenant certification of HQS on alternate years when the unit is not inspected
- End the shorter time limit on assistance in the HCV Homeownership program
- End the assisted living waiting list and just have program administrator select tenants
- Revise the Project-Based Voucher commitment to a higher but still allowable number and clarify that PBV in disposed public housing are outside the cap

There will also be information about planned new development and the disposition of Public Housing and transition to the Section 8 Voucher program.

Beginning August 1st, 2011, you can see a copy of the Plan on the VHA website at [www.vhausea.com](http://www.vhausea.com) and at the RISE & STARS Community Center (500 Omaha Way) or the VHA Main Street Office (2500 Main Street).

You can send written comments to David Overbay, Vancouver Housing Authority, 2500 Main Street, Vancouver, WA 98660. You can email your comments to [doverbay@vhausa.com](mailto:doverbay@vhausa.com).

To comment in person and to hear others, please come to the public hearing: Thursday, September 1st, 2011 at 6:00 pm  
Vancouver Housing Authority, 2500 Main Street

Vancouver Housing Authority  
694-2501

RISE & STARS Community Center  
737-2950

VHA Maintenance  
694-4506

Visit VHA on the web @  
[www.vhausea.com](http://www.vhausea.com)

## RISE & STARS Community Center on Facebook



Check out our FaceBook page, "RISE & STARS Community Center". It has the latest Community Center updates including previews of future activities, reviews of past activities, and announcements about upcoming events at the Center. Our "notes" section has volunteer and job opportunities around Vancouver. Come connect to our neighborhood, join us on FaceBook!

## Nutrition Class Recipe for Success

**Thursdays, September 1st, 8th, 15th & 22nd  
6:00-7:30 PM**

**RISE & STARS Community Center**

In this cooking class for adults & mature teens, we'll be sampling yummy food while we:

- plan menus, share some smart grocery shopping secrets, decode those tricky food labels.
- look at how recipes can be changed for better health.
- bring favorite recipes from home, and talk about how we can make them more healthful meals.
- explore healthier choices when we're eating out or away from home.



This class will fill fast. Let us know if you'll need childcare or if you have any dietary restrictions, like allergies. **Call 992-0229 to sign up.**

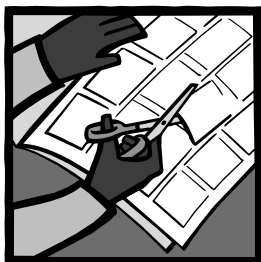
## How Low Can You Go?

Think generic brands save money? What if you could buy name brand products cheaper than generic?

It can happen! Come to a couponing class:

**Friday August 19th, 12-1**  
at the VHA at 2500 Main Street

Learn the basics of couponing and matching sales and how to use name brands to meet your family's needs. This may be an ongoing group



depending on the community's response. Save money and have fun at the same time. We hope you'll join us!



## Stop Smoking Now! Tobacco Quit Line

**Toll-free 1-800-784-8669  
QUITLINE.COM**

The Washington State Tobacco Quit Line can provide you with the support you need to be successful. You'll talk with a trained quit coach who will help you assess your situation and help you develop your own plan to quit. When you call the Tobacco Quit Line, a tobacco cessation specialist has the information and help you need to give up tobacco. The Quit Line is open 7 days a week, 24 hours a day.

## Family Self-Sufficiency Openings in Section 8 and Public Housing!

Get training and education for the job of your dreams!

Even if you don't know what the job of your dreams is...the VHA's Family Self-Sufficiency (FSS) program can help you! Receive a personal case manager to help you explore your interests and skills, set goals for your future, help with education and training, job search, savings, even home-ownership if you want to pursue it. Your FSS Case Manager will help you every step of the way! The VHA even has a special savings account for you while you're working!

Don't hesitate...give us a call for details, questions, and to sign up! Public Housing residents contact Mary Hopkins at 993-5301 ext 126 Section 8 residents contact Kavin LaValla at 993-5301 ext 110



## Introducing...

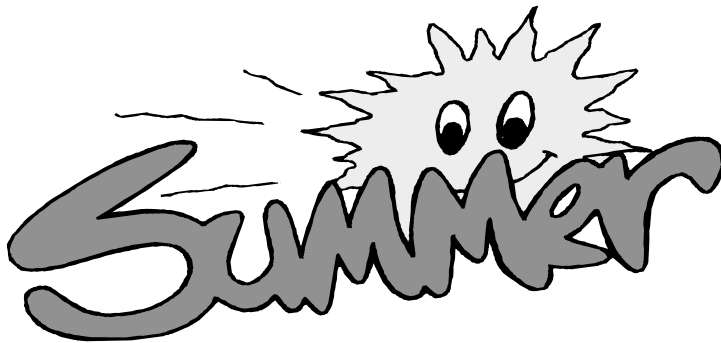
the Community Service 'Helping Hand!' Anywhere you see the Helping Hand on our newsletters, there's an opportunity for you to complete part of your Community Involvement requirement. If you have questions about your requirements, call 993-9521.

**VHA Board Of  
Commissioners Meeting  
Wednesday, August 24th,  
10:00 AM  
2500 Main Street  
Vancouver  
Meetings are open to the  
public**

## Summer Youth Program at the Community Center

- USDA Lunch Program Monday-Friday 12-1 No need to call ahead.
- Summer Youth Program July 5th-August 12th. 1pm-5pm. Ages: 1st-6th grade. Staff will be available for games, crafts, sports, snacks and more. New this year, Wednesday Adventures! Get ready to take a field trip to an exciting place every Wednesday morning.
- We're interrupting our regularly scheduled programming for Friday USDA Lunch and a Movie. After lunch we will show a big screen movie at the Center every Friday. Open to families. **Please note there are no youth programs on Friday, however youth are welcome to join us for the movie. The Youth Program will be closed after the movie.**
- Teen Programs-Ages: 7th-12th grade. Teens are welcome at the Center each evening from 5:30 -7:00. The computer lab will be open, and staff will be on hand for a chat or to play a game. Also, don't forget to look for **Teen Nights** during the week. Teen Nights will be filled with food, fun and even a field trip or two!

Questions? Want to register? Call 360-737-2950.



### Free Summer Concerts

Concerts are held at Esther Short Park on 8th Street and Columbia Street in downtown Vancouver.

#### Six to Sunset Concerts

**August 4** – The Antics  
**August 12** – Hit Machine  
 Concerts start at 6:00 PM and conclude at approximately 8:00 PM.

#### Noon Concerts

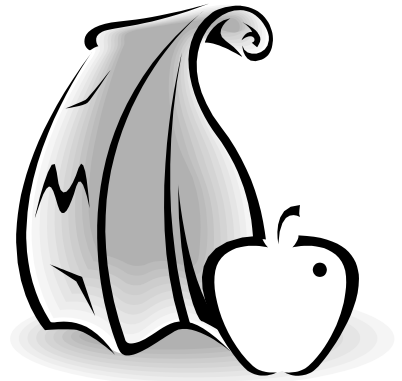
**August 3** – Tom May  
**August 10** – Misty Mamas  
 Concerts start at noon and conclude at approximately 1:00 PM

### Science in the Park

Join Water Resources Education Center staff for fun hands-on science and nature activities before and during the Noon Concert Series at Esther Short Park on 8th Street and Columbia Street in Vancouver.

**August 3**—How well do you know Washington?  
**August 10**—Fur, Skin, Scales, Shells and other Animal Coverings

## Summer Lunch Program



The Vancouver-Clark Parks and Recreation Department is again sponsoring the Summer Food Service Program for children. Meals are available at no charge to children less than 19 years of age. Meals are provided at the following sites.

All meals are available without regard to race, color, national origin, sex, age, or disability.

For details, please contact Teresa Williamson at 360-487-7060.

#### **Evergreen Park**

3500 E 4th Plain Blvd

#### **Firstenburg Community Center**

700 NE 136th Ave

#### **Hough Elementary School**

1900 Daniels Street

#### **Image Elementary School**

4400 NE 122<sup>nd</sup> Ave.

#### **Marshall Community Center**

1009 E McLoughlin Blvd

#### **Minnehaha Elementary School**

2800 NE 54<sup>th</sup> Street

#### **Vancouver Housing Authority RISE & STARS Community Ctr.**

500 Omaha Way

#### **Washington Elementary School**

2908 S Street

## Importance of Sunscreen

Sunscreen is important to reduce the risk of skin cancer and sunburn.

1. Apply sunscreen approximately 30 minutes before being in the sun (for best results) so it can be absorbed by the skin and less likely to wash off when you perspire.
2. Shake well before use to mix particles that might be clumped up in the container. Consider using the new spray-on or stick types of sunscreen.
3. Be sure to apply enough sunscreen. As a rule of thumb, use an ounce (a handful) to cover your entire body.
4. Use on all parts of your skin exposed to the sun, including the ears, back, shoulders, and the back of the knees and legs.
5. Apply thickly and thoroughly.



Pilot Health Tips brought to you by University of Portland Nursing Students  
For more information go to: <http://www.fitsugar.com/5-Tips-Applying-Sunscreen-1771683>

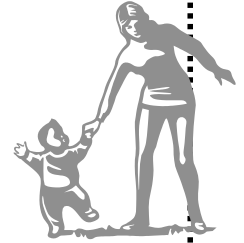
Moms, Dads and other family caregivers:

**DROP IN and**

**PLAY...**

**SHARE...**

**DISCOVER!**



## Play & Learn

A fun, interactive way to spend time with your 0-5 year old.

Thursday mornings,  
10 AM to Noon  
VHA RISE & STARS  
Community Center  
500 Omaha Way

For more information  
call Sharon @ 992-0205.

**VHA'S Offices and RISE & STARS Community Center will be CLOSED September 5th**

PRSR STD  
US POSTAGE  
PAID  
VANCOUVER WA  
PERMIT NO. 609

Vancouver Housing Authority  
RISE & STARS Community Center  
500 Omaha Way  
Vancouver, WA 98661  
Return Service Requested  
360-737-2950