

# Neighbor to Neighbor

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

February 2012  
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## Inside this Issue

- 2 Love the New Year and a New Start!
- 2 Looking for a job?  
Looking for a better job?
- 2 Claim All Your Tax Credits
- 2 Have you made a New Year's Resolution?
- 3 Campus of Learners Corner
- 3 Are you a working parent in need of help with transportation?
- 3 Put Your Heart Into Art
- 4 Diabetes Workshop
- 4 Play & Learn

Vancouver Housing Authority  
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737-2950

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

## Join us for Russian language basic computer classes at the Vancouver Community Library!

Are you a Russian speaker and new to computers, and want to learn in a friendly environment? Starting in January, the Vancouver Community Library will be offering basic computer classes in the Russian language.

We will present information on getting started on the computer, the basics of using the internet, and how to create documents using Microsoft Word.

Join us for the first class on Wednesday, January 18th, 2012, and every week after that. Classes will be held from 5:45pm until 7:00pm in the computer classroom on floor 1 of the Vancouver Community Library, located at 901 C Street in downtown Vancouver. All library classes are free, and no pre-registration is required. We hope to see you there!



### **Присоединитесь к нам на первоначальны подготовительны компьютерный класс при библиотеке**

Вы русскоговорящий и новый человек по компьютерам , и хотите учиться в дружеской обстановке? Начиная с января , Ванкуверская библиотека будет предлагать первоначальные подготовительные компьютерные классы на русском языке. Мы будем предоставлять информацию , как начинать работу с компьютером, основам использования интернета и как создавать документы исползуя Microsoft Word.

Присоединитесь к нам на первый класс в среду 18 января 2012, и каждую неделю после этого. Классы будут проводится с 5:45 вечера до 7:00 в компьютерном классе на первом этаже библиотеки расположенном по адресу: 901 C Street в центре города. Все классы бесплатные при библиотеке и регистрация не требуется. Мы надеемся увидеть вас там.

## Love the New Year and a New Start!

Feeling Stuck? Like you've tried everything and still don't have the job or career you want ...

**THEN MARK YOUR CALENDAR:** In February we are offering a compelling class for the unemployed, under-employed, and employed-but-unsatisfied. A class where barriers to obtaining the career, cash, or company you're interested in will be addressed.

### **The Monstrous Get-a-Job Meeting and Manual**

*Super (natural) Strategies for Surviving Slumps and Savoring Success* isn't your typical employment class. You can expect a highly interactive environment that helps you overcome those terrifying traits (real or imagined) blocking you from the career or job you want. We will shake things up and step away from the typical find-a-job-groups by studying an assortment of rather unsavory ghouls. Vampires, Werewolves, Ghosts, and a host of other supernatural sidekicks have plenty to show us about snagging success.

**Sign up soon! Class size is limited.**

**When:** Horribly Helpful Classes will start on Thursday, February 16, 2012 and will continue on Thursdays for the next six weeks.

**Where:** At Aurora Place Apartments (part of Second Step Housing) 8105 Fourth Plain Road

**Time:** 10:30 AM to 12:30 PM (some classes may be shorter)

**Contact:** Carol Van Atta to reserve your spot. 992.0228

## Looking for a job? Looking for a better job?

The Going Places Network Dress for Success Oregon is free of charge and open to women who are seeking employment.

Through 12 weekly meetings you will learn how to present your personal "brand" in interviews, customize your résumé for different positions, navigate LinkedIn and other social media for job leads and much more.

You will also have the chance to work one-on-one with career coaches and build your personal network in a small, supportive environment with other women.

Over 1/2 of the participants in our last class are now employed!

You must register (space is limited) for this program by calling 360-993-9556 or via email to

[bfahnbulleh@vhausa.com](mailto:bfahnbulleh@vhausa.com)

## Claim All Your Tax Credits

**You may be eligible for the Earned Income Credit (EIC) and the Child Tax Credit (CTC) on your 2011 Tax return.**

Did your family earn less than \$43,998 and have three or more qualifying children? **You can get an EIC up to \$5,751.**

Did your family earn less than \$40,964 and have two qualifying children? **You can get an EIC up to \$5,112.**

Did your family earn less than \$36,052 and have one qualifying child? **You can get an EIC up to \$3,094.**

Did your family earn less than \$13,660, have no qualifying child and are between the ages of 25 and 64? **You can get an EIC up to \$464.**

Many families that earned more than \$3,000 may qualify for the Child Tax Credit refund – up to \$1,000 for each qualifying child under age 17.

**Want more information?**

**Call the IRS toll-free at 1-800-829-1040.**



## Have you made a New Year's Resolution?

The VHA has loads of workshops that can help you reach those goals, whatever they are. Check out our calendar, we have ways to help you:

- Lose weight & eat better
- Get a job
- Quit smoking
- Gain confidence
- Learn a new hobby

### **Coming in March:**

- Getting organized
- "Green" cleaning

If you have a goal we haven't mentioned, we'd love to hear your suggestions.

Call 992-0229.

## Campus of Learners Corner

Halloween has come and gone, but I have a frightful subject to discuss this month. **MATH HOMEWORK!** (Did I scare you?)

First, second and third graders start learning and practicing basic math facts right away. By the time kids elementary school (grades 4 and up), they are expected to know them well.

The basic math facts are:

+ Addition   - Subtraction   x Multiplication   ÷ Division

Your kids are more likely to be frustrated by math when they don't have their basic math facts memorized. We can relate to that feeling, but it doesn't have to be that way. You can help!



- Practice math with your kids early and often

When you are at the grocery store ask “How many apples are in the cart?” “What about if I add one or take one away?”

In traffic ask “How many more green cars than blue cars do you see?”

While watching TV ask “if we see 4 commercials during each break, and there are 3 commercial breaks, how many commercials did we see during this show?”

- Use flashcards while your kids are folding the laundry or as you wait in line at the bank. Make it a game by rewarding them for every 10 cards they learn, or challenging them to see who can shout out the answer first.
- Use objects to help younger kids count, add and subtract; buttons, coins, and game pieces all work well, but anything small will work, be creative!
- Ask older kids how their math homework is going, be sure to give them plenty of praise for their hard work. Rewards are great incentives, no matter how old we are!

**And remember, homework help is available at the Community Center as part of our afterschool program.**

**To learn more, call Prudence at 992-0232.**

## Are you a working parent in need of help with transportation?

The Ways to Work Family Loan Program helps working parents to get a low-interest loan to purchase a used car or repair an existing vehicle. They are a non-profit program through Family Answers, Inc. that provides affordable loans to low-income families who lack access to fairly priced loans from traditional lenders because they have poor credit or no credit history. To be eligible for a loan you must be employed for at least 20 hours a week for 3 months continuously, have sufficient disposable income available to repay the loan, be an involved parent living in Clark county, have a household income less than 80% of the Portland median income and have a valid Oregon driver's license Next meeting will be held

**You will receive.....**

**Community Involvement hours for attending this class**

Date: February TBA

Time: 6-8 P.M.

Place: Rise & Stars Community Center 500 Omaha Way

RSVP: Bridgette 360 993-9556



## Put Your Heart Into Art



Do you draw sculpture or do performance art? This meeting is for you! This open forum is for VHA Residents who have creative energy to share! We will talk about the possibilities!! For those who come you will receive an original Valentine for your sweetheart or materials will be provided to make your own... **You can receive Community Involvement hours for attending this event.** Starting Valentine Day February 14, 2012 1:00 PM, meetings will be held each week at the Vancouver Housing Authority, 2500 Main Street, Vancouver, WA 98660.

# Diabetes Workshop

What is it? How can I prevent getting it? How do I stay healthy if I have it?

Around one in ten Americans have diabetes and experts predict that one out of every three kids today will develop diabetes in their lifetime! How can you help to prevent diabetes or stay healthy if you already have it? In a relaxed group setting learn about what happens in your body with diabetes, what foods and habits cause diabetes, and what changes you can make in your diet and lifestyle that will help you to keep from getting diabetes or to stay healthy if you have already have it. Starting February 21, 2012 1:30-3:30 PM, meetings will be held at the Vancouver Housing Authority, 2500 Main Street, Vancouver, WA 98660.

**You will receive Community Involvement hours for this class.....**

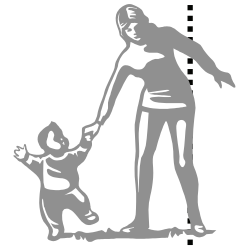
## Fast Facts on Diabetes:

- Diabetes is the leading cause of kidney failure, non traumatic lower-limb amputations, and new cases of Leading blindness among adults in the United States.
- Diabetes is a major cause of heart disease and stroke.
- Diabetes is the seventh leading cause of death in the United States.
- Can I prevent getting it?
- If you have it you can stay healthy

**VHA'S Offices and RISE & STARS  
Community Center will be CLOSED &  
February 16th.**

**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.

360-737-2950

Return Service Requested

Vancouver Housing Authority  
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