

# Neighbor to Neighbor

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

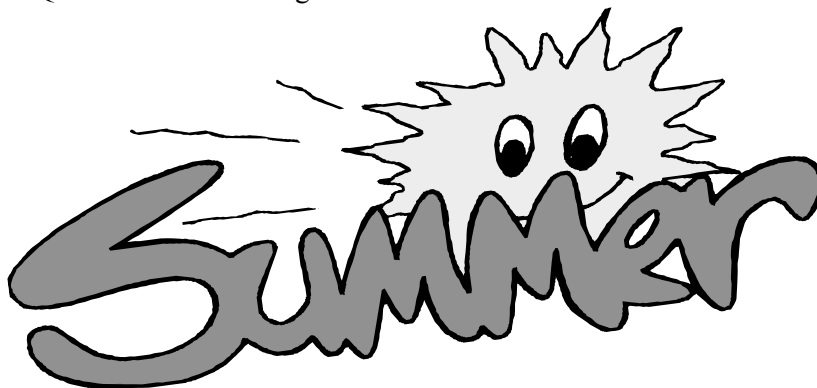
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Volume 11 Issue 4

## Inside this Issue

- 2 Public Housing Goes Smoke Free
- 2 Thinking about purchasing a home but don't know where to start?
- 2 Tobacco Quit Line
- 2 Family Self-Sufficiency Openings in Section 8 and Public Housing!
- 3 RISE & STARS COMMUNITY CENTER YOUTH PROGRAM
- 3 Do you need a job? Need to do community service hours?
- 3 Importance of Hydration
- 4 Take a Walk!
- 4 Play & Learn

## Summer Youth Program at the Community Center

- USDA Lunch Program Monday-Friday 12-1 No need to call ahead.
- Summer Youth Program July 5<sup>th</sup>-August 12<sup>th</sup>. 1pm-5pm. Ages: K-6<sup>th</sup> 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 afternoon.
- We're interrupting our regularly scheduled programming for Friday Lunch and a Movie. After lunch we will be showing a big screen movie at the Center every Friday. Open to families. **Please note that there are no youth programs on Friday, however youth are welcome to join us for the movie. The Center will be closed after the movie.**
- Teen Programs-Ages: 6<sup>th</sup>-12<sup>th</sup> grade. Teens are welcome at the Center each evening from 5:00-6:00. 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.



Calling all teens! Are you interested in being a teen helper for the summer youth program?  
Call 737-2950 and let us know. Training will be provided.

### We Have a Winner!

Natalia Mendoza, a resident of the Fruit Valley neighborhood, was awarded a \$4,000 Continuing Education Scholarship by the Pacific Northwest Regional Conference of the National Association of Housing and Redevelopment Officers (PNRC-NAHRO) May 3 at their annual conference in Tacoma. Mendoza, currently a student at Clark College, will begin classes at Washington State University-Vancouver this fall with a major in Electrical Engineering.

Vancouver Housing Authority  
694-2501

RISE & STARS Community Center  
737-2950

VHA Maintenance  
694-4506

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

## Public Housing Goes Smoke Free

As of July 1, 2011 all Public Housing and Cougar home properties will go “smoke free”. This means that residents will no longer be allowed to smoke inside their units or within 10 feet of the building. Since January 1, 2011 the senior housing complexes have been smoke free. These residents are not allowed to smoke inside the units, in common areas, or within 25 feet of the building.

We will be mailing the policy to all residents. It is also available for review on our website at [www.vhousa.com](http://www.vhousa.com).

Supporting this policy benefits our entire community. It protects the health of smokers and non-smokers. Inhaling tobacco smoke is hazardous to everyone’s health. Children and babies exposed to secondhand smoke have more ear infections and breathing problems like asthma and bronchitis. They also miss more days of school every year than those not exposed. Even pets are harmed by secondhand smoke.

The this policy also protects your home. House fires are often caused by smoking. Also, cigarette smoke stains the walls and other surfaces, which costs a lot to fix.

This does not mean you cannot smoke if you live in housing. It just means you may only smoke in designated areas. People who violate this policy may put their—and their families’—tenancy in jeopardy.

Information from Clark County Public Health and Smoke Free Housing Project NW

## Thinking about purchasing a home but don't know where to start?

To see if you're ready for homeownership, take the following steps:

- Attend “get the Facts Orientation” at the Community Housing Resource Center (CHRC).  
103 E 29<sup>th</sup> Street, Vancouver, WA 98663  
First or third Wednesday of the month, 6:00 to 7:30 PM.  
No appointment necessary.
- After the orientation, schedule an appointment. They will look at your credit history and income to see how ready you are to buy a home. They will put together a detailed plan to get you ready.

Your ability to buy a home is based on several factors such as:

- Income
- Ability to make a down payment. The VHA can connect you with resources to help you save for a down payment.
- Satisfactory credit or the ability to clean up your credit.

If you are receiving Section 8 or Public Housing assistance, other assistance may be available to you. If you are participating in the Family Self Sufficiency Program (FSS), please contact your case worker before you attend the “Get the Facts Orientation”.

Questions? Contact Don Adams, Homeownership Program Manager at 360-993-9511.

## Stop Smoking Now! Tobacco Quit Line

**Toll-free at 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 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 homeownership 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 Kevin LaValla at 993-5301 ext 110

## VHA RISE & STARS COMMUNITY CENTER YOUTH PROGRAM

500 OMAHA WAY, VANCOUVER, WA 98661 737-2950

### Activities for Youth in grades K - 12

Open to youth living in VHA Section 8 and Low Rent housing. Parents must come in and complete a registration form before their child can attend activities. For information and to register call 737-2950 between noon and 5:00 PM. Permission slips required for all field trips.

*Please note: In compliance with state law, some children will be required to use booster seats or car seats with harnesses when on field trips in our van. Due to the limited number of seats available, children may not be able to go on every trip they want to.*

**Monday—Friday**

**Grade K - 5, 3:00—5:30 PM**

**Grade 6 - 12, 6:00—8:00 PM**

**Homework help, crafts, games, snacks, classes, clubs, computers and more!**

**Call Prudence at 992-0232 or come by and fill out a registration form today!**

## Do you need a job? Need to do community service hours?

**No problem! We can help.** If you're seeking employment, you won't want to miss the added support, job leads, and networking connections found at a weekly job club. VHA's Work Opportunity Program is offering a Job Club for all VHA residents. **It meets every Wednesday from 10:00 AM to 11:00 AM at the RISE & STARS Community Center,**

**500 Omaha Way.** Your attendance counts toward your required Community Service hour requirement, making Job Club a double winner. A light breakfast (usually bagels, juice, and coffee) is provided. Should you need childcare, **contact Carol Van Atta - 360.992.0228** to arrange for this service, or call to learn more about Job Club. In addition, discover how you can obtain your very own employment advocate, someone who will help you meet your personal goals. **Please note: Childcare is only available if you've registered in advance. Again, contact Carol for more details: 360.992.0228**



### Pilot Health Tips

Brought to by University of Portland  
Nursing Students

## Importance of Hydration



Hydration is important! Your body needs water to perform day to day activities.

### Severe dehydration means:

- Your mouth and eyes are extremely dry
- You pass little or no urine for 12 or more hours
- You do not feel alert, or you cannot think clearly
- You are too weak or dizzy to stand
- You may pass out
- Severe dehydration is a medical emergency

### Call 911 immediately

### Moderate dehydration means:

- You are a lot more thirsty than usual
- Dry mouth and eyes
- Your urine is much darker than usual
- You pass little or no urine for 8 or more hours
- You feel dizzy when you stand or sit up

DRINK water/sports drinks

### Mild dehydration means:

- You are more thirsty than usual
  - Your urine is darker than usual
- DRINK water/sports drinks

For more information go to: <http://www.webmd.com/fitness-exercise/tc/dehydration-topic-overview>

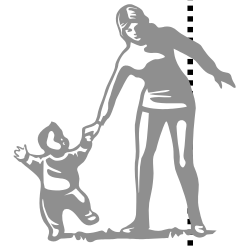
**Good weather is coming...  
Take a Walk!**

**Get your copy of the FREE Clark County Walkaround Guide!  
Ten safe, easy walks in Clark County at your fingertips in one handy  
little book.**

The *Clark County Walkaround Guide* is designed to make our walking trails easier to experience. Take your pick from many different walks that showcase regional parks, local lakes and rivers, wildlife refuges and urban settings. On foot, you can explore wetlands, the shoreline and other environmentally sensitive areas that can be reached in no other way. Some trails bring you face-to-face with local history. Whichever walk you choose, the guide provides directions to get you there and details about fees, hours and special considerations. There is a lot to explore and you will feel great for the experience.

**Guides are available from the RISE & STARS Community Center, 500  
Omaha Way, Vancouver. Just walk in and get one!**

**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 July 4th**

PRRST 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