

# Neighbor to Neighbor

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

March 2011  
Volume 11 Issue 1

## Your Brain at Work

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Developing a healthy brain attitude and lifestyle has benefits at every stage of life, in every aspect of our lives. The sooner we begin, the better, but we can reap the benefits regardless of when we start.

### Physical Activity – Move Your Body!

No time in your workday for working out? Be creative. Fit in a little exercise whenever you can, even while at work. For example:

- Use work breaks or lunch times to go for a walk.
- Stand up and walk around while talking on the phone; you can also do leg lifts, extensions, or arm curls to work your muscles.
- Visit co-workers in person instead of phoning or emailing.
- Use the restroom that is farthest from your desk.
- Park your car a distance from your workplace and hoof it.
- If you work at home, walk around the block.
- Skip the elevator and take the stairs.
- Use commuting time to practice deep breathing and good posture.

### Social Interactions – Meet, Greet & Be Social

- Volunteer with a local charity, school, or social organization. You'll meet new people and feel good about helping fulfill a need in your community.
- Take a course or workshop that puts you in touch with other like-minded people.

- Join a book club, garden club, professional association, or some other kind of group to pursue professional affiliations or an activity you enjoy.
- Stay in touch! Look up friends you'd like to reconnect with.
- Plan regular visits with your extended family or your circle of friends – say, Sunday night potluck dinners.
- Engage people – even if it's the deli worker who serves you coffee each day.
- Greet the mail carrier or delivery person, and get to know each other.
- Find out who else in your neighborhood works from home and plan regular get-togethers for coffee or lunch and celebrations, such as holidays or birthdays.
- Do your work at a local library or community workspace a few times a week. Chances are you will meet other regulars and get to know the librarians, too.

### Mental Stimulation – Work Your Brain

- Find ways to put your brain to work every day, such as balancing your checkbook without a calculator or using a map to figure out directions, rather than getting them online.
- At work, learn a new software program or volunteer for a new assignment.
- The brain loves novelty, so seek out something new: a new hobby or craft, a new language, or a subject you're never been

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)

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## It's Time to File Your Taxes

Have you done your taxes yet? Do you need help filing them?

We're here to help! Call us to schedule a FREE tax filing appointment.

**Community Housing Resource Center**  
**103 East 29<sup>th</sup> Street**  
**360-690-4496 x103**

The Community Housing Resource Center is the only free tax preparation site in Clark County that schedules appointments (walk-ins are also welcomed). Appointments are available from **10 am – 2 pm Mondays and Fridays**



Volunteers are certified tax preparers and will be on site to assist with this free service. If these times and days don't work for you, we can refer you to other free sites in the area. So call us!

Your return can be filled electronically AND you may have your refund electronically deposited into your checking or savings account **free of charge**.

**VHA Board Of Commissioners Meeting**  
**Wednesday, March 23rd, 10:00 AM**  
**2500 Main Street, Vancouver**  
*Meetings are open to the public*

## ATTENTION JOB SEEKERS

A new **JOB CLUB** open to all VHA Residents. From 10:00 to 11:00 AM on Wednesdays, starting January 12, 2011. Join



other job seekers for support in an encouraging and uplifting environment. Each meeting will include a variety of job leads and job search tips. Special speakers and industry representatives may attend to provide useful information and job opportunities.

## Need some Community Involvement Hours?

Come and volunteers for the 2011 National Urban League/Walgreens Wellness Tour on March 24th. Call Bridgette at 993-9556 for more information.

### Pilot Health Tips

Brought to by University of Portland Nursing Students

## Wash Your Hands the Right Way

Correct hand washing is the best way to prevent the spread of germs and illness.



Wash hands with soap and water. That is the **best** way to reduce the number of germs on them. Alcohol-based hand sanitizers can quickly reduce the number of germs on hands, but they do **not** kill all types of germs. **Hand sanitizers are not useful when hands are visibly dirty.**

For more facts please go to <http://www.cdc.gov/Features/Handwashing>



# Play: It's your Baby's Work

## Play makes kids smarter and more competent!

- Play help social development
- Play helps develop impulse control
- Play reduces stress
- Play improves concentration, attention span and memory
- Play aids in physical development
- Play helps children understand the way things work
- Play helps develop mathematical thinking
- Play promotes language and literacy
- Play allows children to voice difficult feelings

## Cheap toys do the trick!

Playthings don't have to be expensive or new and shouldn't be electronic because that means the toy is likely doing the work for the baby. Here are some simple and inexpensive toys and their developmental benefits:

- Blocks: promote fine and gross motor skills
- Bubbles: promote eye development and visual tracking
- Dolls: promote socio dramatic and pretend play
- Boxes: promote imagination and creativity
- Bowls: promote auditory stimulation and cause and effect

*For more information see [10 reasons play makes babies smarter](#)*



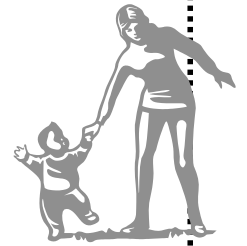
Moms, Dads and other family caregivers:

**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, WA 98661

500 Omaha Way

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Vancouver Housing Authority

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