

Neighbor to Neighbor

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

May 2011
Volume 11 Issue 3

The Positive of Praise

Praise is healthy for everyone. For children, it creates healthy emotions. Praise is a motivator and builds self-esteem.

Focus on as many positive things as you can. Your kids will feel better about themselves. The positive attention makes them feel cared for and loved.

Effective praise involves three steps:

1. Show your approval
Use words and actions to show you are pleased. For example, saying "Great job!" while giving your child a thumbs-up or a hug adds excitement to the moment.
2. Describe the positive
Make sure your child understands what he or she did to deserve your praise. Praise what you saw or heard. This will motivate your child to repeat the behavior.
3. Give a reason
Make a connection between the child's behavior and the consequences or outcomes.



Pilot Health Tips brought to you by University of Portland Nursing Students
Article from Parenting.org by Boys Town. For more info please visit: <http://www.parenting.org/>

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Vancouver Housing Authority
694-2501

RISE & STARS Community Center
737-2950

VHA Maintenance
694-4506

Visit VHA on the web @
www.vhousa.com

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!**

Public Housing Goes Smoke Free

**PARENTS:
DON'T MISS
THIS!!**

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 residents in the near future. It is also available for review on our website at 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 other reason for this policy is to protect 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

Safe Communities Task Force presents the
3rd Annual Parent Conference

“What Kids Know and Parents Wish They Did”

A FREE workshop for parents and guardians

Saturday, May 21, 2011 9:00 AM—4:30 PM
Boys & Girls Clubs of Southwest Washington—
OK Clubhouse and Teen Center
4040 Plomondon Road
Vancouver, WA 98661

Workshops offered:

Drugs/Alcohol: What are kids using and seeing
Child Exploitation
Talking with Your Kids
Gang Involvement: What to look for
Internet Safety/Bullying

Interpreters available in Spanish and Russian
Complimentary lunch provided

**To register call Paula Deans at Clark County Juvenile Court at
360-397-2201 x 5826
between 8:00 AM and 5:00 PM Monday—Friday**
Hosted by: Safe Communities Task Force

Tobacco Cessation Support Group

Are you thinking of curbing or quitting your habit?

Quitting tobacco is hard, but You CAN do it! We can help you get started! Join others who are motivated to quit smoking for group support meetings that can help you reach your goal. Tackle all sides of the addiction with information about medical treatment along with behavioral and social support.

Every Thursday at 5:30 PM
RISE & STARS Community Center, 500 Omaha Way
For more information call Eric Scott @ 360-566-4425.

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.

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!

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 Cydney Velez at 993-9577.

Useful Information for Your Brain at Work

Diet and Nutrition – Feed Your Brain

- Vegetables – Eating more green leafy and cruciferous vegetables (cauliflower, broccoli, or cabbage) may help save your memory.
- Fatty fish – Certain fish contain omega-3 fatty acids, which have been shown to have beneficial brain effects. Best sources are salmon, tuna, and mackerel.
- Whole grains – A diet rich in whole grains, such as brown rice and whole wheat bread or pasta, supports overall cardiovascular health, which is closely linked to brain health.
- Blueberries – This fruit is potent source of antioxidants, which counteract cell-damaging “free radicals” throughout the body. Other sources of antioxidants are most berries, walnuts, sunflower

seeds, pomegranates, ginger, legumes, and colorful vegetables. Antioxidant supplements have not been proven to offer the same health benefits as antioxidants-rich foods.

- Red wine – Many studies have shown that alcohol, used in moderation, may be beneficial to the brain.

Stress Management

None of us can expect to entirely do away with stress in our lives. But we can manage it and take positive steps to reduce its impact. Here are some stress management techniques:

- Deal with situations directly. Instead of complaining, focus on finding a solution.
- During stressful moments like work deadlines or commuter

traffic jams, take a series of deep breathes. With regular practice, this technique may help you relax during stressful situations.

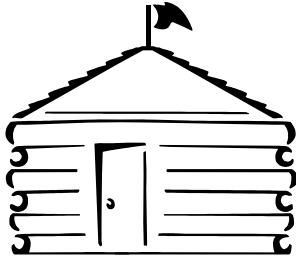
- Take a break from stress. Walk around the block or have lunch away from work. Whether you are alone or with a friend, that time may help reduce the tension you're feeling.
- Listen to calming music.
- Avoid caffeine – coffee, tea, chocolate, etc. Caffeine can make you jittery and increase your stressful feelings.
- Control what you can in your work environment. Start each day by making a plan. Set up systems to stay on top of email and voice mail. Reduce noise with headphones. Get rid of desk clutter. Make a to-do list. Getting organized may make you feel more in control at work.

Summer Camp— Camp Rosenbaum July 24th—29th

Camp for Housing Authority resident youth ages 9 1/2 to 11. A free weeklong sleep-away camp at Camp Rilea in Warrenton, Oregon.

Space is limited. Apply early: fill out an application at the RISE & STARS Community Center at 500 Omaha Way. Applications are due May 13th.

Call Prudence at 992-0232 for more information



VHA Board Of
Commissioners Meeting
Wednesday, May 25th,
10:00 AM
2500 Main Street,
Vancouver
*Meetings are open to the
public*

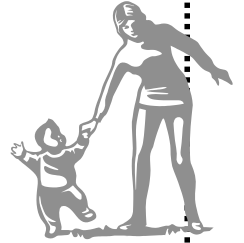
Plant & Flower Sale

A beautiful variety of
houseplants, herbs,
vegetables and flowers
for your garden.

500 Omaha Way
Saturday, May 7th
10:00 AM—3:00 PM

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 May 30th

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