

Neighbor to Neighbor

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

October 2011
Volume 11 Issue 8

Reading Tips for Parents

Make reading with your children part of your daily routine.

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Below are some reading tips for parents with young children.

- Make reading part of every day. Read at bedtime or on the bus.
- Have fun. Children who love books learn to read. Books can be part of special time with your child.
- A few minutes is okay. Young children can only sit for a few minutes for a story, but as they grow, they will sit longer.
- Talk about the pictures. You do not have to read the book to tell a story.
- Let your child turn the pages. Babies need board books and help to turn pages, but your 3-year-old can do it alone.
- Show your child the cover page. Explain what the story is about.
- Show your child the words. Run your finger along the words as you read them.
- Silly sounds are fun to make. Grab an animal book and practice making animal noises together.
- Choose books that your child can relate to. Select books that relate to what is happening in your child's world - starting preschool, going to the dentist, getting a new pet, or moving to a new home.
- Make the story come alive. Create voices for the story characters and use your body to tell the story.
- Ask questions about the story. What do think will happen next? What is this?
- Let your child ask questions about the story. Use the story as an opportunity to engage in conversation and to talk about familiar activities and objects.
- Let your child tell the story. Children as young as 3 years old can memorize a story, and many children love an opportunity to express their creativity.
- Take advantage of your local library. Sign your child up for a library card and expose her to thousands more (free!) children's books. Check to see if the library offers story hours or special events!



Vancouver Housing Authority
694-2501

RISE & STARS Community Center
737-2950

VHA Maintenance
694-4506

Visit VHA on the web @
www.vhousa.com

Information from Reach Out and Read

Back by Popular Demand ... Biting Back

Tired of people or bad habits sucking the life out of you? Learn how to “bite back” and find relief from toxic relationships and behaviors.

Are you tired of the vampires in your life feasting on your fun, finances, even your freedom? If so, you'll want discover how to bite back. Join VHA's Relationship Recovery class: Biting Back.

Based on the book by the same name, *Biting Back* is a no-nonsense, (no-garlic) guide to facing the personal vampires in your life.

Practical vampire slaying is founded on the principle (and well-documented vampire rule) that a vampire may not cross the threshold without first receiving an invitation from its host. Whether our vampires come in the shape of controlling ex-spouses or prying relatives, obnoxious coworkers or just our habitually critical friends, not one of them got into our lives without our permission, our say-so, or our invitation.

After completing this course you will be better equipped to defeat the Draculas you encounter.

Class size is limited. **Contact Carol Van Atta 360.992.0228 for more information and to reserve your spot today.** Class starts Friday, October 14, 2011 at the VHA's Main Office from 11:00 AM to 12:45 PM. Each participant will receive the book *Biting Back* by Claudia Cunningham and can earn Community Service Hours and GOALS Program credits for attending. This is an 8-week course with an optional “movie event” celebration upon completion. (No class scheduled for October 21 or November 25).

Community Involvement and Education Program (CIAEP) General Meeting

Come and have snacks, meet other residents in CIAEP and mingle with each other as well as to hear presentations from a variety of guest speakers from organizations that need volunteers to schools offering training. Do you have questions about your community service hours? Bridgett will be at this meeting to answer any questions.

RSVP: your name will be put in a drawing to win one of two gift certificates.

Date: Monday, October 3, 2011

Time: 1:00 PM—2:00 PM

Location: Vancouver Housing Authority, 2500 Main Street, Community Room

If you can dream it, you can achieve it!

Are you tired of the same-old routine? Have you ever dreamed of having a career that you were inspired, encouraged, and rewarded for? Would it be nice to have a savings, an education, and money to provide you eternal happiness?

OK, we know money doesn't provide happiness, but it DOES provide opportunities.

Come learn about the opportunities that VHA's Family Self-Sufficiency (FSS) program has for you. Workshops to inspire, education to learn and grow, access to jobs, mentors to encourage, homeownership opportunities, and much more.

**Family Self-Sufficiency Orientation
Thursday, October 6, 2011 from
5:00 to 7:00pm at the VHA Main
Street Building
2500 Main St, Vancouver, WA
98660
Call Hilaree to RSVP (360) 993-
9540
Sorry, no childcare**

Starting A Business - What It Takes

Thinking about starting a business? SCORE Vancouver presents a half day workshop designed just for you. This workshop will help you understand what it takes so you can decide whether to proceed or not. It will help to examine your reasons for considering starting a business. We will also review :

- understand your target market
- assess what business management experience the target market requires
- calculate the money you'll need and where you might get it

SCORE counselors will be on hand to respond to specific questions or schedule free one-on-one counseling sessions.

Date: Saturday, October 15, 2011

Time: 8:30 AM—12:30 PM

Location: Vancouver Housing Authority, 2500 Main Street

Fee: \$35 (free for 3 VHA residents call Bridgette 993-9556 RSVP: Seating is limited.

The Youth Program is back for the school year!

Check out our Daily Schedule for elementary youth (K-6):

3:00 –Snacks and games

3:25 –Homework Time.

4:00 –Activity Time (see our weekly activity schedule below.)

4:30 –Technology Time (youth will earn “screen time” by working on their homework)

Weekly Activity Schedule (elementary youth):

Monday –Crafts

Tuesday –Science Club

Wednesday –Cooking Club

Thursday –Kid’s Club

Friday –Fun Day!



Teen Schedule (grades 6-12): Teen activities begin at 6pm!

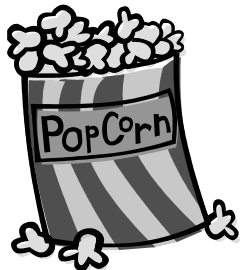
Monday –Teen night with Michael. Food and activities at the Community Center

Tuesday –Boys and Girl’s Club

Wednesday –Teen Activities at the Community Center

Thursday –Teen Activities at the Community Center

Friday –Teen Movie Night at the Community Center



New this year! Family Movie Nights at the Community Center. Bring your family and friends to see a movie and have snacks. Family Movie Nights are the Last Friday of the month, starting at 6pm. **The first Family Movie Night will be on September 30th.**

Always wanted to find out about becoming an Assistant Apartment Manager? You Can!

Assistant Manager Training Orientation

An informational session is being held for those interested in becoming an “Assistant Apartment Manager”. Come, hear more about this opportunity. Classes begin November 2011

Date: Wednesday, October 12, 2011

Time 2:30 PM—3:30 PM

Location: Vancouver Housing Authority, 2500 Main Street, Community Room

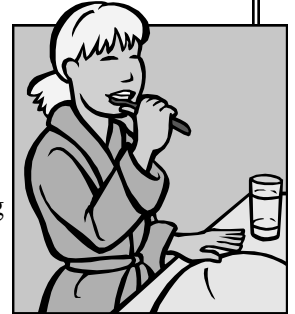
Pilot Health Tips

Brought to you by University of Portland Nursing Students

Brush Your Teeth the Right Way

Correct teeth brushing is the best way to prevent cavities.

1. Place your toothbrush at a 45-degree angle to your gums.
2. Brush gently in a circular motion.
3. Brush the outer, inner and chewing surfaces of each tooth.
4. Use the tip of your brush for the inner surface of your front teeth.



Taking care of your teeth helps prevent plaque which is a clear film of bacteria that sticks to your teeth. After you eat, bacteria go crazy over the sugar on your teeth, like ants at a picnic. The bacteria break it down into acids that eat away tooth enamel, causing holes called cavities. Plaque also causes gingivitis which is gum disease that can make your gums red, swollen, and sore.

For more information go to: http://kidshealth.org/teen/your_body/take_care/teeh.html

On **November 2nd**, from 10-12 at the Main St. VHA Office, we will be having **SHIBA (State Health Insurance Benefits Advisors)** come to talk about the changes to Medicare and Medicaid for 2012. Bring your questions. Light refreshments provided.

Online High School: Is it a Good Fit for Your Teen?

Just as many of our adult work lives have changed with advanced technology, we now have the power to bring that flexibility to education. Imagine your teen attending classes and completing high school all from a computer. Sounds like a dream for many of today's teenagers whose lives revolve around all things electronic. Top Reasons to choose Insight Schools Online High School:

- Provides one-on-one time, for students who may need extra guidance for continued success.
- Provides a safe learning environment.
- Prepares students for jobs and/or college by getting them used to working more independently.
- Provides students with a free laptop to do school work .

This Washington State online school is free. Insight School grants regular diplomas which are accepted by colleges and universities across the country. Come hear Jeff Bush talk about this great program.

Date: Monday, October 3, 2011 Time: 3:00 PM—4:00 PM

Location: Vancouver Housing Authority, 2500 Main Street, Vancouver

**Don't forget to turn in your
Community Involvement
Tracking Form by October 15th**

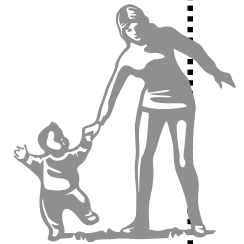
**Moms, Dads and other
family caregivers:**

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
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RISE & STARS Community Center
Vancouver Housing Authority

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