

# Neighbor to Neighbor

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

September 2009  
Volume 9 Issue 7

## Your Opinion Counts! Notice of Public Hearing on VHA's 2010 Moving to Work Plan

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The VHA is requesting your comments on the 2010 Moving to Work Plan. New VHA policies being proposed in the Plan include the following:

- New waiting list preference for those not already receiving housing assistance
- New waiting list preference for elderly, disabled and families with children
- New community service and/or training requirements for adults who are under age 62 and are not disabled and are working less than 25 hours per week
- The transformation of Skyline Crest into a Campus of Learners

You can see a copy of the Plan on the VHA website at [www.vhausa.com](http://www.vhausa.com) and at the RISE & STARS Community Center (500 Omaha Way) or the VHA Main Street Office (2500 Main Street).

You can send written comments to David Overbay, Vancouver Housing Authority, 2500 Main Street, Vancouver, WA 98660. You can email your comments to [doverbay@vhausa.com](mailto:doverbay@vhausa.com).

To comment in person and to hear others, please come to the public hearing:  
**Thursday, September 3rd, 2009 at 6:00 pm**  
**Vancouver Housing Authority, 2500 Main Street**

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## Quit Smoking and Notice the Benefits Right Away

Your body begins to heal immediately after smoking your last cigarette.

- In 20 minutes your blood pressure drops and returns to normal. Your body temperature rises, especially in your hands and feet.
- In 8 hours your body's oxygen rises to normal levels and carbon dioxide levels drop to normal.
- In 48 hours your sense of taste and smell improve and your nerve endings begin to re-grow.
- In 2 weeks-3 months your circulation improves and lung function increases.
- In 1 year your risk of heart disease drops by 50%.
- In 5 years your stroke risk is reduced to that of a person who never smoked.
- In 10 years your risk of getting lung cancer drops by 50%. Your risk of heart disease is the same as a non-smoker.

Even if you've tried quitting several times, or quit and then relapsed, you can be successful. Quitting smoking is the single most important thing you can do for your health and your family's health.

For free help, call the Washington Tobacco Quit Line, **1.800.QUIT NOW (784.8669)**, or go to [www.QUITLINE.com](http://www.QUITLINE.com)

Vancouver Housing Authority  
694-2501

RISE & STARS Community Center  
737-2950

VHA Maintenance  
694-4506

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

## Stressed Out? Well, Get Un-stressed!

Stress can affect your body, thoughts, feelings, and behavior :

### Your body:

- Headache
- Back pain
- Chest pain
- Heart palpitations
- High blood pressure
- Stomach upset
- Sleep problems
- Frequent sickness

### Your thoughts & feelings:

- Anxiety
- Worrying
- Burnout
- Lack of focus
- Irritability
- Anger
- Depression

### Your behavior:

- Addictive behaviors
- Over/under eating
- Angry outbursts
- Crying spells
- Increased smoking
- Relationship conflicts

You can find ways to manage stress rather than letting it manage you.

Take a look at the list of possible stress symptoms. Can you relate? Stress can affect every area of our lives, but it doesn't have to. There are ways to manage it. You can find ways to manage stress rather than letting it manage you.

### Stress Management Class Starts September 16, 2009

If interested, contact Carol right away so she can order your personal work book. The group will meet every Wednesday from noon to 1:00 PM. Childcare is available. Call 992-0228 to learn more.

You **can** feel better about you!

## Washington Prescription Drug Program

**What is it?** WPDP is a new prescription drug discount program. It is similar to a grocery store club card where discounts are taken off at the point of sale.

### Who is eligible to join WPDP?

- All Washington State residents
- No age or income restrictions
- Each person must enroll individually

### Who can benefit from the WPDP discount card?

- Every Washington state resident
- People who have a high-deductible health plan can utilize the WPDP discount card when paying down the deductible
- People who have no insurance coverage
- People who have medical coverage but no prescription drug benefit
- People who have restrictive pharmacy benefits through their employer



**How much does it cost?** The WPDP is **FREE**; no annual fee and no hidden costs.

**How do I enroll in the program?** There are 3 ways to enroll in the program:

- Online at [www.rx.wa.gov](http://www.rx.wa.gov)
- Call toll-free number of 1-800-913-4146
- Mail in a postage-paid, self-addressed enrollment form

**Is it easy to enroll?** Yes! There are just six questions to answer:

- |               |                                     |
|---------------|-------------------------------------|
| Name          | Gender                              |
| Date of birth | How did you hear about the program? |
| Address       |                                     |
| Phone number  |                                     |

### Questions about the WPDP discount card?

**Call ODS Companies, the administrator of the WPDP, toll free: 1-800-913-4311**

## New HUD Rules Regarding Proof Of Citizenship

HUD has new rules that will begin September 30, 2009.

Everyone on housing assistance will have to prove that they are a US citizen or eligible non-citizen. They will have to show a US birth certificate or US passport if they are a citizen. They will have to show an Employment Authorization card, Temporary Resident card, or other appropriate Immigration and Customs Enforcement (ICE) documentation if they are an eligible non-citizen. Family members who choose not to declare their citizenship status will receive no housing assistance.

Everyone receiving assistance must also have a social security card. This includes children under six.

Starting September 30, everyone will be asked to provide these documents at their next eligibility review. Please plan ahead and get your documents now. You will not be able to continue receiving housing assistance without them.

**Parents: Register NOW**

**KIDS...**Are you in elementary school this year? How about a snack after school, time for crafts and games, and help finishing your homework?

**MIDDLE AND HIGH SCHOOLERS...**Would you like to hang out with your friends, use the computer, get homework done and relax in the evening?

**PARENTS...**Do you like the idea of your kids spending their after school hours in a supervised, structured environment, with lots of opportunities to get involved in interesting activities?

If you answered **YES** to any of these questions, the answer for you is the

## **RISE & STARS COMMUNITY CENTER YOUTH PROGRAM**

Beginning **September 9th**, there will be an excellent mix of activities for kids of all ages. We'll have homework help and prizes, snacks, field trips, arts and crafts, games, sports and more. The program is open to youth in grades K-12 living in VHA Section 8 and Low Rent housing. (Please make sure that children are listed on your lease.)

This year the Center will be open to different ages at specific times. Please pay attention to these changes!

**2:30-5:00 pm:** This time is for youth in **kindergarten through fifth grade**.

**6:00-8:00 pm:** If you are a **middle or high schooler**, the Center is yours in the evenings.

**NEW!**

**How parents can sign up:** Complete a registration form at the front desk. Without a form, we will not be able to serve your child!!

**Attendance:** Please remember- This is a drop-in program and children may come and go at will. Keep your children at home if they have any condition that would normally exclude them from school (i.e. fever, vomiting, diarrhea, rash, or head lice.)

**Behavior expectations:** We have three expectations at the Center:

1. Respect yourself, others and your environment,
2. Be safe and
3. Always reach for the stars (do your best.)

Staff will work with youth to help them succeed.

We will be going on occasional field trips! So, please note: State law requires that some children use booster seats or car seats with harnesses. We care about your children's safety, and will not take your child on a field trip without the appropriate seat. We have a limited number of available seats.

**Questions?**

**Call Prudence at 737-2950.** She will be happy to talk to you about it.



## **Activities for September**

### **Activities for Youth**

**Gym at Marshall Elementary**  
Tuesday & Thursdays, September 15th, 17th, 22nd & 29th, 6:00—8:00 PM.

Call Kurt @ 992-0214.

**“Winnie The Pooh”**, Northwest Children’s Theater. Wednesday, September 30th, 6:00—10:00 PM.  
Call Kurt @ 992-0214.

### **Activities for Adults**

**“Ragtime”**, Portland Center Stage. Wednesday, September 23rd, 6:30—10:00 PM.

Call Kurt @ 992-0214.

## **Resident Advisory Board**

This month the RAB’s meeting was mostly taken up with review of the VHA’s proposed 2010 plan. David Overbay, VHA’s Federal Program Policy Manager, was our speaker. We urge you to review the plan and attend the public hearing on September 3 (see page1).

August was the last meeting for Corinne Klosinski, the RAB president, who had to leave the board. We will begin the process of electing a new president over the next few months. We extend our thanks to Corinne for her hard work and the energy she devoted to the RAB.

The RAB is still looking for new members. We really need representatives from families with children in the home. Child care and refreshments are provided.

**If you ask good questions, listen well, and want to make VHA housing the best it can be, you are welcome to apply.** Call 737-2950 to ask questions or request an application.

# RISE & STARS Community Center Happenings

500 Omaha Way Vancouver  
For more information call 737-2950

## CCAPS

*(Community Center Adult Program Sponsors)*

1st & 3rd Tuesdays of each month, 11 AM. Call Sharon @ 992-0205 for more information.

## Adult Craft Day

3rd Wednesday of each month, 9—11 AM. Call Sharon @ 992-0205 for more information.

## CCRC Meeting

*(Clark County Resident Council)*

Meets quarterly. Next meeting is November 10th at 11 AM. Call Kathi @ 992-0203 for more information.

## Coffee Hour

4th Wednesday of each month, 10:30—11:30 AM. Call Kathi @ 992-0203 for more information.

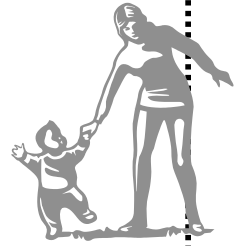
**VHA'S Offices and RISE & STARS Community Center will be CLOSED September 7th**

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

PRSRRT STD  
US POSTAGE  
PAID  
VANCOUVER WA  
PERMIT NO. 609

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

Vancouver Housing Authority  
RISE & STARS Community Center  
500 Omaha Way  
Vancouver, WA 98661