

# Neighbor to Neighbor

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

September 2011  
Volume 11 Issue 7

## Family Preparedness

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### Back To School Preparedness

If your child arrives home from school before adults, consider the following:

- Your child's age and maturity level.
- If this is the first experience, consider "dry runs" where you leave your child home alone for short periods of time.
- Leave a phone number where you and a trusted alternate can be reached. Schedule check in calls with your child.
- Be specific in discussing your expectations and how you would like your child to use his or her time. (What is an acceptable activity and what is not)
- Make sure your home is childproof. (Are there any accessible medications or firearms that could pose a danger?)
- Practice handling emergencies. Make sure your child knows how to respond.
- Ask your child if he or she feels confident and ready to stay home alone. If he or she is hesitant, hire a babysitter and reconsider this issue in six months.

### Bus and Traffic Safety for Children

- Familiarize yourself and your child with school bus drop-off and pick-up locations.
- Refrain from using your cell phone, iPad, or any other distraction while around school zones.
- Have a safe place to wait for your bus, away from traffic and the street.
- Have children stay away from the bus until it comes to a complete stop and the driver signals them to enter.



### Develop an Emergency Plan

- Discuss with your family what you will do in an emergency.
- Have an evacuation plan and practice it.
- Designate a location away from your home to meet after evacuation.
- Designate an out-of-state contact.

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)

## RISE & STARS Community Center on Facebook



Check out our FaceBook page, "RISE & STARS Community Center". It has the latest Community Center updates including previews of future activities, reviews of past activities, and announcements about upcoming events at the Center. Our "notes" section has volunteer and job opportunities around Vancouver. Come connect to our neighborhood, join us on FaceBook!

## Stand out from the Rest and be your Best: Attend VHA's Professional Job Seekers Group

Need a Job? You're not alone. To help bridge the gap between job seeking to employment, VHA's Goals Program is offering a newly created **Professional Job Seekers' Group**. Meeting every other Wednesday, from 1:00 to 2:15 PM, in Hough Conference room at the VHA's Main Office - 2500 Main Street. The group will provide participants with job leads and tips to make the job search process more effective and hopefully less stressful. Each week speakers will offer information and insight to improve your chances of finding the job you want. This group can be counted toward your VHA Volunteer/ Community Service Requirement, and is also recognized as a Goal Program class. The Professional Job Seekers Group is open to all VHA residents who would like support and assistance with their job search efforts. For more information, contact: Carol Van Atta at 360.992.0228. **The first class starts on Wednesday, September 14, 2011 and continue every other week through mid-November. Please Note: Snacks are provided and you have a chance to win awards!**



## 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 home-ownership 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 Karin LaValla at 993-5301 ext 110

## Walk Toward Success

This walking group will meet weekly on Tuesdays, beginning AUGUST 30TH, 8am - 9am. The group will meet at the new Vancouver Community Library, 901 C Street.

Wear comfortable walking clothes, and be sure to bring a water bottle!

Provided:

- Map of Walk
- Personal Pedometer
- Water
- Prizes for meeting goals
- We will be participating in the President's Challenge!!



RSVP with Karin at 360-993-5301 ext. 110 or email her at [klavalla@secondstephousing.org](mailto:klavalla@secondstephousing.org)

*This group satisfies the Health & Wellness GOALS elective*

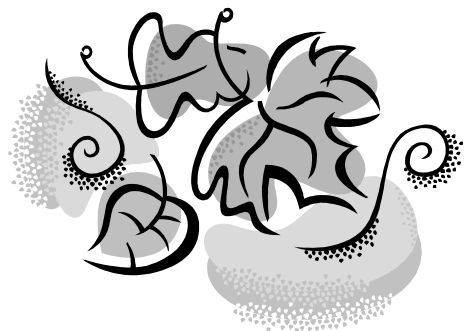
## Starting the third week of September: the NAMI Family-to- Family Education Program.

This a free, 12-week course for family caregivers of individuals with severe mental illnesses. The course is taught by trained family members. All instruction and course materials are free to class participants. This class will focus on the family, helping them cope with worry, stress and emotional overload. You will learn about handling crisis and solving problems together, including medication side-effects and helping loved ones in treatment. For more information, contact Erin at 992-0229 or [eadams@vhausa.com](mailto:eadams@vhausa.com).



## Introducing...

the Community Service 'Helping Hand!' Anywhere you see the Helping Hand on our newsletters, there's an opportunity for you to complete part of your Community Involvement requirement. If you have questions about your requirements, call 993-9521.



## Afterschool Youth Program

Are you excited for school? Great! But don't forget about AFTER school. Your Community Center is open every weekday from 3pm-5pm for Elementary Youth (grades K-6) and 6pm-8pm for Teens (grades 6-12).

We offer:

- Snacks
- Homework Time
- Crafts
- Games
- Field Trips
- Gym night
- Time with supportive, dedicated staff and volunteers!
- Technology Time



Call Prudence at 992-0232 to register for our afterschool program.

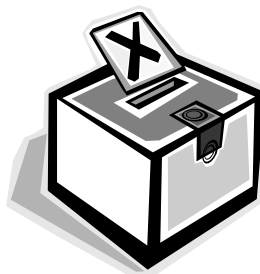
## Back to School ... Back to work! Have \$\$\$\$ for the holidays ...

Fall is near and the kids are heading back to school. What a perfect time to find the job you've been hoping for. As businesses gear up in advance for the holidays, more job openings will become available. **Make sure you have what you need to gain the job you want.** Do you want your resume to shine? Need job leads and other employment related services? Carol Van Atta can help! In addition, she can help you locate the resources you need in the community — resources to help improve your life. **Give Carol a call: 992.0228** and see how she can help you achieve your goals. **Please Note:** Carol Van Atta's services are available to all public housing residents (except those living in Skyline Crest). Skyline Crest residents can get help too by contacting **Michael Smith at: 360.992.9213** or **Mary Hopkins at 360.980.3797.**

## Are you registered to vote?

Make sure you are all set for the next election by registering or up dating your address.

- **Visit <http://clarkvotes.org>** and click the online registration button.
- **Or pick up a paper form** at city and town halls, public libraries, public schools, the Elections Department at 1408 Franklin St., PUD offices, Vancouver Housing Authority at 2500 Main St., and RISE & STARS Community Center at 500 Omaha Way.
- **Or call 360-397-2345** or ADA: Voice Relay Service 800-833-6384



**Pilot Health Tips**  
Brought to you by University of  
Portland Nursing Students

## Asthma and Your Environment

Asthma is a chronic respiratory disease that causes inflammation of the airways and lungs. During an asthma attack, the airways that carry air to the lungs narrow and become smaller. Less air is able to flow in and out of the lungs.

### Trends:

- Nearly 10 million children in the US have asthma.
- Asthma is highest in children and teens.

### What can I do?

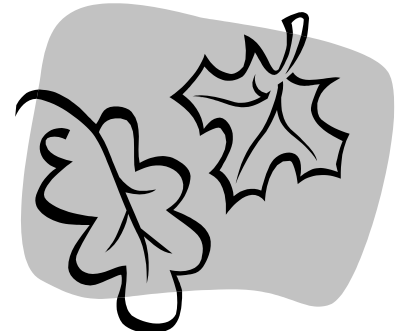
Most causes of asthma are unknown. Currently there is no cure for asthma. Reducing triggers that cause asthma attacks is one of best ways to treat the disease.

### Home Checklist:

Check your home and know what may cause asthma attack. Look for the following:

- Dust mites and pests
- Dust or pollen
- Mold or mildew
- Household pets
- Secondhand smoke

To learn more about asthma and how to reduce the triggers in your home go to: <http://www.epa.gov/epahome/children.htm> .



**Enjoy the good weather ...  
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.**

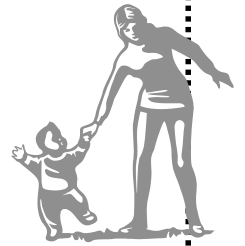
The *Clark County Walkaround Guide* is designed to make our walking trails easier to experience. Take your pick from many different walks that showcase regional parks, local lakes and rivers, wildlife refuges and urban settings. On foot, you can explore wetlands, the shoreline and other environmentally 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!**

**VHA Board Of Commissioners Meeting  
Wednesday, September 28th, 10:00 AM  
2500 Main Street, Vancouver  
*Meetings are open to the public***

**VHA'S Offices and RISE & STARS Community Center will be CLOSED September 5th**

**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.

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