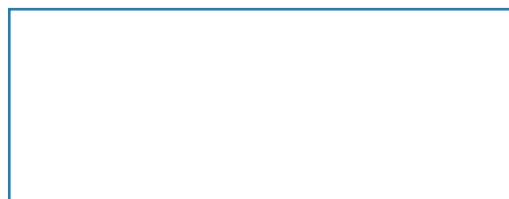


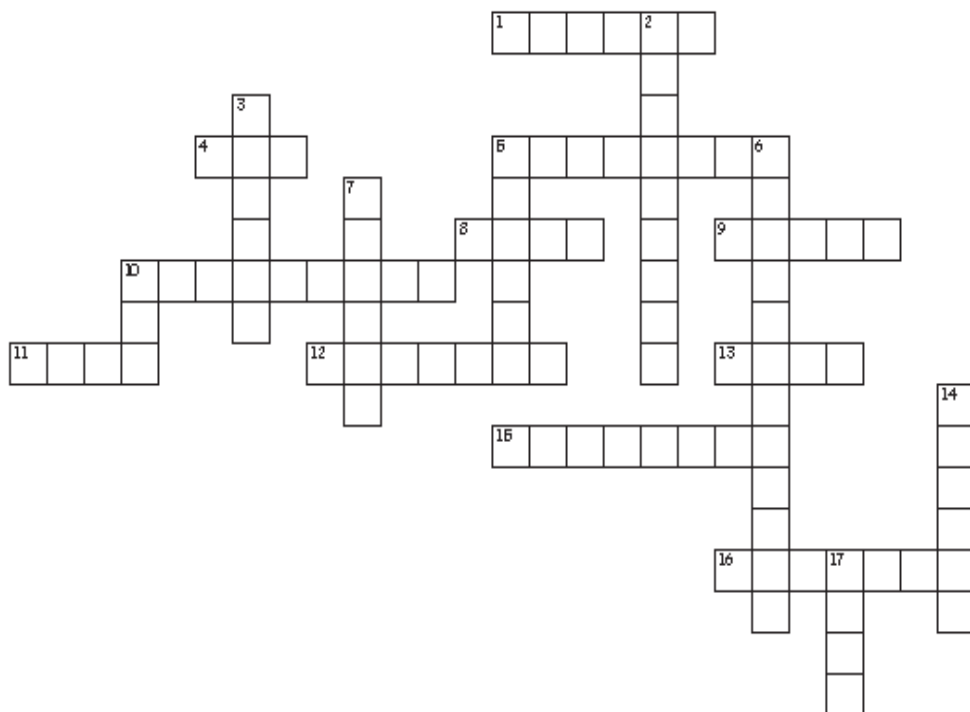
Community & Supportive Services (CSS) Program Newsletter



Lafayette Gardens & Morris Canal / Lafayette Park HOPE VI Revitalization Program



8 Kids' Playground: Winter Crossword



Across

1. title of puzzle
4. common seasonal illness
5. how snow falls
8. what the weather is like
9. what we wear on our feet
10. what bears do
11. often made of fur or wool
12. what some plants are
13. keeps you warm
15. a month
16. made of snow

Down

2. tree
3. for your hands
5. lake or pond
6. seasonal sport
7. certain time of year
10. for your head
14. sport with poles
17. what blows

9 JCHA HOPE VI Program Services & Hours

We have various job postings and many local job applications right on site. Call for an appointment or just stop in! We are open Monday - Friday, from 9:00 AM to 5:00 PM, and Wednesdays until 7:00 PM (by appointment). We are located **IN FRONT OF BUILDING #6-ON GRAND STREET**. If you have any questions or need assistance please feel free to contact the program at (201) 547-3720. Is it too difficult to visit us? We can meet you at your home instead!

10 Announcement for Residents

Ms. Josefina Vidal is no longer with the CSS Program. All residents working with Ms. Vidal can contact the CSS Program staff for assistance with employment related or other social service needs.



A Development & Design Production



400 US Highway #1 (Marion Gradens)
Jersey City, NJ 07306

1 Make Reading Fun With Activities At Home

Educators agree that when parents read to children at home, children will perform better at school. There are several steps parents can take to strengthen their children's reading skills, including [starting] a family reading night. In addition to reading with children on a daily basis, PTO Today has teamed up with Target to help families create their own special reading night:

- Make family reading night a special event by setting aside a designated time each week or month. Bring books to life by creating a theme and choosing books and snacks based on the theme. Add costumes to make it livelier and even have the family act out the book.
- Invite guest readers to read books to your children; this could be a neighbor, a member of the community or a family friend.
- Choose books that are fun and age appropriate for your children. Have the books relate to your child's current life experiences. Your child's teacher can help you select books that are most relevant and timely.
- Encourage your children to actively participate by asking them to do the reading, turn the pages as you read, or point to and name characters or objects on the pages.
- Include a fun activity, such as family poetry, where family members answer questions and the answers are turned into a poem.
- Look for community events that support reading. For example, Target and PTO Today offer Family Reading Night events, held at your child's school, which include both the joy of reading and parental involvement. At these events parents and children listen to guest readers, participate in activities, enjoy refreshments and take home a deeper appreciation for reading.

Family Reading Night is just one of several ways in which Target demonstrates a commitment to families, reading and education through its Ready. Sit. Read! program. The program is designed to foster a love of reading among children at an early age, with an emphasis on children from birth through age 9. "It is our mission to provide school parent groups with the resources they need to build parental involvement in schools. When parents are involved, test scores rise, children build more self-esteem, and their overall attitude toward learning improves," said John Driscoll, vice president, PTO Today. "We're proud then to be able to offer the Family Reading Night program with Target because it reaches kids at a critical age and further spreads the message about the importance of reading to both parents and children."

To learn more about Target's commitment to reading and additional reading resources and activities, visit www.Target.com/readysitread. To encourage your school to set up a Family Reading Night event log on to www.schoolfamilynights.com.

Source: The Jersey City Reporter, April 17, 2005

2 Dear HOPE VI Residents

In an effort to keep HOPE VI residents residing off site as informed as possible, we have enclosed Community & Supportive Services (CSS) Program materials. CSS services are open to all HOPE VI residents (on-site off-site, Section 8 and private sector). Included in this month's newsletter is information distributed at Lafayette Gardens' Meetings and activities for the whole household!

Joan Cargill, LSW, LCADC

VOL. III ISSUE 10

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3 Job Postings

Contact CSS for Job Lead

House person/Banquets (Jersey City, New Jersey)

Full-time. The Convention Services house person is responsible for setting up and breaking down all meeting spaces with tables/chairs/water, etc. Must have good communication skills as well as the ability to lift moderate weight. High School diploma or GED required. Benefits include holiday, sick and vacation time, along with 401k plan

Contact CSS for Job Lead

Suite keeper

Full-time position available for experienced housekeeping staff. Maintain the cleanliness of 15 suites per day, in accordance with established quality and standards. Must have good communications skills and be able to assist guests in a friendly manner. HSD or GED is required.

Contact CSS for Job Lead

Clerical (Secaucus, New Jersey)

Full-time. Person needed to assist busy Credit/Collections department in all areas; filing and processing applications, data entry and phone work experience needed. Some experience is helpful, but will train the right applicant. HSD or GED preferred.

Would you like to update your current resume, or get started on a new one today? Stop by the CSS Program trailer for information and / or applications or call 201.547.3720.

4 Did You Know? Visiting Homemaker Services of Hudson County (VHS)

Did you know that the **Visiting Homemaker Services of Hudson County (VHS)** offers other services besides homemaking and chore services? In addition to those needed services, the **VHS** also provides **Respite**, **Prenatal** and **Extra Hands Cleaning services** for qualifying families.

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Prenatal services are available to expecting mothers who feel overwhelmed with their pregnancy and are not able to keep up with household chores and running errands. In addition, prenatal assistance helps with accompanying individuals to their doctor's appointments and picking up children from school. The program is available to low-income families and can last up to three months, depending upon eligibility.

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Extra Hands Cleaning service offers dependable housecleaning assistance for elderly and the disabled who, for one reason or another, want help keeping their homes safe, clean and healthy. **Extra Hands Cleaning** customizes a work schedule to provide routine house cleaning of the kitchen, bathroom, bedroom and living area. Service can be tailored to the needs of the household and additional tasks such as washing dishes, cleaning the oven, vacuuming the drapes and washing baseboards are also provided. The **Extra**

Contact CSS for Job Lead

Room Attendant

(Newark, New Jersey).

Hilton hotel now hiring for full-time room attendant position. A flexible work schedule and benefits is available for qualified applicants with some prior experience. Applicants must have a HSD or GED. Applications are being accepted in person or online. Ideal candidates should have good communications and customer skills. Candidates must be able to pass a drug test and criminal background check.

Contact CSS for Job Lead

Custodian

(Jersey City, New Jersey)

Part-time custodial position. Applicants should have knowledge of repairs. Ideal candidates will be self-motivated and possess either a High School diploma or a GED. Resumes must be faxed or mailed to the employer

Contact CSS for Job Lead

Office Help

(Ridgefield, New Jersey)

Full-time office position. Responsibilities include answering office phones, handling customer queries and data entry. Must be organized and reliable and have knowledge of Excel program. Candidates must have a HSD or GED for this position. A benefits package may be available.

Hands Cleaning services program is also temporary and can last as long as three months.

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Respite services are designed to help families and caregivers take a break from the daily responsibility of caring for an elderly or disabled family member or friend. It helps the caregiver maintain their own health and well-being by giving them time to rest and attend to their own needs. The program has been set up to help those families that feel burdened or isolated and need some relief from the constant responsibilities of caring for the chronically ill or disabled relative. You may use the respite services on an as-needed basis, meaning that you determine how long and when you need the assistance. The New Jersey Department of Health and senior services, Division of Senior affairs and wellness and family support is a sponsor of the Respite Care and Caregiver programs. Medicare and private insurance, in most cases, covers the costs of the programs.

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If you need additional information on any of these programs, you can call or stop by the HOPE VI Community and Supportive Services (CSS) Program located at the trailer in front of building #6 on Grand Street. Phone the office at 201. 547.3720.

5 Credit Tips: Utility Credit

Of all the many different types of credit - for example, retail credit, loans, charge cards, and mortgages - utility credit may be the one that most people cannot do without. Utility credit is the credit extended to users of gas, electricity, and water services. Phone service also can be considered a utility.

Having an account with a utility provider is a lot like having any other credit account: You get service now and pay for it later. And, like other creditors, utility companies keep a record of your payment patterns. This record becomes your utility credit history. It's important to have a good utility credit history because it becomes part of your entire credit history, which often is a determining factor in your ability to get credit -

6 Seniors' Corner: Inexpensive & Healthy Gift Ideas

Gifts for a Healthy Diet

Cooking healthy can be easy and fun. Especially with the right tools! Consider some of the following ideas as Christmas gifts or stocking stuffers:

- **Egg Separator:** Egg white omelets are delicious and easy to make when you have an egg separator to divide the white from the yolk.
- **Grill Pan:** A grill pan makes it easy to prepare healthy recipes with little or no fat. You can use it to grill steaks, lamb chops, chicken or fish and as your food grills, the excess fat collects at the bottom of the pan away from your food.
- **Juicer:** For orange juice lovers, a juicer can be a great choice. It can a fun and fresh way to get a daily dose of vitamin C.
- **Meat Thermometer:** Cooking meat properly is important for your health and safety. A meat thermometer is a great tool that tells the chef when the meat is done.
- **Vegetable Steamer:** Did you know that steaming vegetables can make them even healthier? With a steamer, preparing tasty vegetables has never been easier.

Gifts for the Mind & Soul

A sharp mind and peaceful soul is one of the keys to healthy living. Here are some gifts to ease stress, improve mood, and challenge the mind.

- Yoga videotape or yoga book
- Aromatherapy candles, soaps, bath beads and lotions
- Massage roller and massage oils
- Books of puzzles or crosswords
- Books of inspirational quotes and positive thoughts

Source : www.aarp.org 10/31/05

including utility services - and sometimes even a job, in the future.

To ensure fairness, federal law prohibits utility and other companies from engaging in discriminatory practices. Specifically, under the Equal Credit Opportunity Act (ECOA), these companies cannot discriminate against consumers on the basis of sex, marital status, race, national origin, religion, or age. They also cannot discriminate against people who receive public assistance.

For more information or the complete brochure, stop by the CSS Program trailer or call 201.547.8960.

Source: <http://www.ftc.gov/bcp/online/puzs/credit/utility.htm>

7 HOPE VI Development Update

Pacific Court Applications

To date, 171 Lafayette Gardens households have returned applications for Pacific Court. Lafayette Gardens households who have relocated off the site and have not moved into a new HOPE VI apartment have first preference for the 41 Public Housing apartments at Pacific Court. Interstate Realty Management Co., will begin contacting Lafayette Gardens applicants shortly to come in for interviews. If you have any questions regarding the application process, please call CSS staff.

A goal of HOPE VI is to create public housing within attractive, safe, mixed-income communities that are seen as a neighborhood asset. We have succeeded, as over 3000 applications were distributed to the general public, many of whom waited in long lines for an opportunity to live in this beautiful new development!

Homeownership Opportunities

HOPE VI is not just about new rental housing but about affordable homeownership too. The JCHA will be developing new for-sale homes on-site and at its Dwight Street Homes development. Again, Lafayette Gardens households will have first preference for these new homes. To be eligible for public housing homeownership, a household needs steady income, good credit, and some savings. If you are interested in learning about how to qualify to buy a home, the JCHA's Homeownership Officer, Patricia Price, is ready to assist you. Call Pat Price at 201.547.6724.

HOPE VI Meetings - At Lafayette Gardens Community Center

■■■■HOPE VI Task Force Meeting

■■■■Thursday, December 8, 6:00 PM

■■■■Lafayette Community Meeting

■■■■Wednesday, December 21, 6:00 PM

ALL ARE WELCOME!