

Seniors On The Move



The Seniors Got Their Traveling Shoes On

Our journey begun as we started out at the Martin Luther King Site, on February 8th. It was there that we had a Heart vs Heart event. Our speaker for that occasion was Mrs. Betty Cunningham, a Registered Nurse from Baptist Memorial Hospital. She informed us of how the heart works and what we should do to take care of it, for example what foods to eat and what foods not to eat. She also highlighted on the importance of exercising. Ms. O'Neal came to address the origin of Valentine and the importance of maintaining a healthy relationship with family and loved ones. How to not jeopardize ourselves with our family and friends. **The overall theme was, how to take care of your heart in order to enjoy our Valentine sweethearts.**

Moving on down the road we drove up to the Jesse Carter Center on February 22nd the Seniors hosted a Mardi Gras informative event. We had a guest group (Townsend Center). The speaker was Mrs. El Wilson, from Love, Live, Christ. She highlighted on the representation of the colors (purple, green and gold) and their meaning. We of course had our mind exercise, a game of Mardi Gras word search, then we had a friendly round of Mardi Gras Family Feud, (Townsend vs CHA), hosted by our very own Deputy Director, Robert Greathree. We ended with a Carry Out Lunch.

We hopped on the van once again on February 23rd arriving at the Soul Food Event, sponsored by The Townsend Center. The speaker was Minister James Samuel, there was a variety of home cooking served. There was no way one plate could hold a sampling of each dish that was prepared.

Our February journey ended as our travels landed us out to the Concord Center, on February 27th. There we had the pleasure of viewing many different displays of items used by families back in the day, also Mrs. Susie Shelton was the speaker for the occasion. We were also served many different home cooked dishes prepared by the Concord Seniors Group themselves..

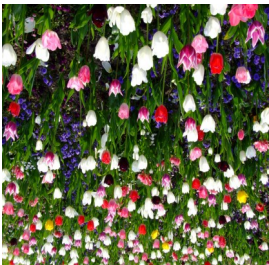
March Travels:

For the month of March, CHA Seniors hosted an AETNA informative Session at each Site. On the 8th it began at the William Roberts Site, the 22nd at the Martin Luther King Site, and on the 29th AETNA travels will stop at the William Washington Site. The AETNA representatives comes out to share valuable information concerning Insurance, medical prescriptions and over the counter medication, free groceries and many other offerings that are provided through their services.



Upcoming Events:

- *Tennis Shoe Turnout
- *Tennis Shoe Turnout Exquisite
- *Joggers Jam
- *Exercise Classes
- *Hair and Nails Session (EMCC)



Columbus Housing Authority CHA Neighborhood News

Spring Edition

April 2023

Change is in the Air

Over the course of fifty (50) plus years, public housing has been providing low income housing to individuals and families. When it was constructed, it was built to last and it certainly has stood the test of time and storms as well.



The time has come for us to begin making changes to sustain the housing units. To do so, we are having to allow some apartments to remain vacant so that major repairs can be made. We are aware that there are residents who have lived in the same apartment they raised their children in. Unfortunately, we will not be able to guarantee the same apartment or same size apartment due to HUD required occupancy standards which requires the number of bed-

rooms a family or individual has must be used for sleeping or reasonable purposes. accommodation purposes. Also, during the process, we will be transferring and moving tenants around. We will do all we can to accommodate requests, but there will be situations where residents will have to move to different neighborhoods and into different size units. We apologize for any inconveniences this may cause

Renovations to be completed

There have been a lot of issues that involve plumbing and stop-ups inside units. As a result, outside service lines have been dug up to repair the original clay pipes. To resolve this problem, a major project of contractual work will be underway repairing and replacing old sewer lines.

Other planned renovations that will take place in the near future includes: new flooring, cabinetry, door frames, painting, fixtures and lighting. Due to the long

process and extent of these projects, we will have resident meetings to keep you all informed and to get feedback, We are also asking residents to please attend. We will do what we can to help ease the process.



YOUTH SERVICES

January 12-15, 2023- our Cheer-Dance Team traveled to Goldsboro, North Carolina to compete in the SERCMLK Basketball and Cheer Tournament. Cheer-dance teams from Housing Authorities across the southern region competed in this event. CHA Cheer-dance team “Diamond Dolls” came in 2nd place in the cheer-dance tournament.



Back row: Dexter “Love Boat” Williams, Christy Kyles, Madison Johnson, Mariah Johnson, Vanessa Walker, Debra Taylor (ED), Front Row: Taylor Leech, Baily Kyles, J’Kaleigh Kelley

MARCH 13-16- SPRING BREAK FUNDAYS- Youth Services provided activities for children residing in all 5 areas as well as Girls Scouts Day Camp. Activities included arts & crafts, word searches, coloring sheeting, making jewelry, table games, outside activities, scavenger hunt, wrote letters to Marines, and refreshments.



While many species of cockroaches spend their days hiding in the dark, a few flying roaches—like smoky browns and wood roaches—are strongly attracted to lights. Neglect a torn window screen or forget about the gap under your old front door and roaches can crawl—or fly—right in.

Understanding the causes of cockroaches helps you wrap your head around a new or established infestation. The next step is getting rid of roaches for good.

An effective way to do that is with a method we call “CIAO” based on an Integrated Pest Management (IPM) approach.” CIAO stands for **Clean, Inspect, Attack and Outsmart**—the four components of long-term roach control.

Here’s how it works:

Clean

Clean your home of everything that roaches need to survive. Deep cleaning leaves your home less attractive to roaches and harder to infest.

Inspect

Inspect for roach activity inside and outside. A thorough inspection provides intelligence you can use in the next stage of Attack.

Attack

Attack cockroaches by targeting them where they congregate and travel. You’re going to use some of the best pest control products to eliminate them or significantly reduce their numbers.

Outsmart

Outsmart roaches that try re-infesting in the future. By taking steps now to keep them out, you’ll save yourself loads of future grief.

Take Away the Things Roaches Want

You’ve already cleaned out cupboards and closets. As you put things back, be careful not to recreate that clutter. Take this starting-fresh opportunity to organize and reduce. You’ll make things less attractive to roaches and better for you.

A quick way to eliminate roach hiding places is to swap cardboard boxes for plastic bins with lids. Stack them neatly and leave room for occasional cleaning around them.

Just as you did outside, address the moisture in your house. Use fans to ventilate rooms that become especially humid. In the bathroom, hang the shower mat wet towels and crack windows and doors after use to reduce humidity.

As you restock your pantry and open new food items, **seal them in hard containers** instead of trying to fold or clip things closed. Try to organize things neatly so you can clean around them on a regular basis.

Make sure you wash the dishes daily and replace your garbage bag as soon as it’s full. After you’ve cooked, wipe down countertops to **remove crumbs and grease**. Don’t leave any food or dirty pots and pans out in the open. Empty pet water bowls and discard their food each night.

Also, **damp clothing and not cleaning up dead bugs after being treated or sprayed makes the problem worse.**

Please keep in mind that if your unit is being treated for roaches or bedbugs, you are expected to have the unit clean and decent before the contractor arrives. If the unit is unclean- especially the kitchen and floors, services may not be provided.

Maintenance Corner

Listed below are common lease violations to keep in mind:

- ♦ Maintenance can refuse to make repairs or complete service calls in unclean units that are in violation of housekeeping requirements.
- ♦ Failure to keep your unit clean both on the inside and the outside.
- ♦ Trash or items in the yard or on the porch other than outside furniture can lead to a \$25.00 fine.
- ♦ Working on vehicles
- ♦ Excessive damages to units and not reporting them.
- ♦ Using abusive/disrespectful language towards housing employees, representatives, or contractors
- ♦ Tampering with smoke alarms will lead to fines
- ♦ Smoking inside units or within 25 feet of buildings
- ♦ Refusing to allow employees to enter to inspect or complete repairs.
- ♦ Placing furniture or items on side of the road and not properly disposing of it
- ♦ Not placing wheeled trash carts behind units after trash pickups
- ♦ Having pets that are not approved and not cleaning up behind them.

The Truth About Roaches

Usually, a person accidentally brings roaches or roach eggs into their home. That might sound unlikely, but it's easier than you'd think for a roach to hide in your purse or bag. Roaches sometimes hide in grocery bags and packages, too. They might even come from a neighbor when the weather changes they start looking for a place to go. This is why roaches have move into your home. They can crawl in through the gaps around wiring, doors, windows or entered your home through the dryer vent. Roaches will feed on just about anything organic, including paper, glue, pet waste and garbage. Once they've found something to eat and moisture, they're going to stick around. Most cockroaches are very sensitive to dehydration and need water to survive. That's why they live in humid places and why you'll often find them under the kitchen sink or in the bathroom. American roaches, especially, love damp locations, like sewers and gutters. Indoors, Oriental roaches often get caught in bathtubs and toilet bowls. Just a few drops of water from a leaky pipe, dripping faucet or wet shower mat are enough. If there's a room in your house that traps humidity, that's where roaches will go to breed. Shelter is more than just a hiding place for roaches—it's a safe location to lay eggs. When they find the right place, they reproduce *quickly*.

Clutter only makes a room attract cockroaches more. They love a closet filled with photos and books, where they can hide their egg sacs undisturbed.



COLUMBUS HOUSING AUTHORITY

SUMMER CAMP

> JULY 5-21
> 8:00AM-2:00PM
> OPEN TO AGES 5 TO 15

OUR ACTIVITIES
VBS, FIRE CAMP, CRAFTS, GAMES, KARATE, 4-H, DANCE, FOOD, FREE PLAY AND MORE

PALMER HOME GYM
912 11TH ST. SOUTH COLUMBUS, MS 39701

CONTACT MRS. WALKER AT (662) 386-4736 OR (662) 328-1236

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CHA YOUTH SERVICES

Arts Competition

ARE YOU 5-17 YEARS OF AGE? DO YOU LOVE TO DRAW? WELL, THIS COMPETITION IS FOR YOU! NAHRO'S 2023 WHAT HOME MEANS TO ME POSTER CONTEST IS HERE! ONLY INTERESTED YOUTH APPLY! PRIZES WILL BE GIVEN TO THE TOP THREE WINNERS! CONTACT VANESSA WALKER @ 662-386-4736 FOR MORE INFO.

APRIL 29



SEASONS OF SUCCESS SUMMER PROGRAM

GRADES
2-5

June 6 - 30, 2023
Monday - Friday
9:00 - 2:00

Schools
Served:
Cook, Fairview, Franklin
Sale, Stokes Beard

WHAT WE OFFER

FOCUS ON READING AND MATH
HELP WITH HOMEWORK
INTENSIVE LEARNING
GREAT TEACHERS
PE AND OUTDOOR ACTIVITIES
CHARACTER EDUCATION
SOCIAL AND EMOTIONAL LEARNING



IN MOST CASES, TRANSPORTATION WILL BE PROVIDED

REGISTRATION:
CALL OR STOP BY:

ALL SERVICES ARE FREE
PRIORITY WILL BE GIVEN TO RESIDENTS OF
COLUMBUS HOUSING AUTHORITY

GRIEF & LOSS SUPPORT GROUP

GRIEF CAN LEAVE YOU FEELING LOST AND ALONE

*This group is an opportunity to meet others
who may be grieving, share experiences,
and coping strategies*

EVERY 2nd THURSDAY

12:15 pm

Shields Sims Center
1515 4th Street South

For more information contact Jacklyn Weir
662-251-7426

Sponsored by Legacy Hospice & ROSS Service Coordinator Program

**ROSS Program
SPRING
2023**

UPCOMING CLASSES & EVENTS

APRIL & MAY

ACTNow Computer Classes

Tuesdays 11:00 AM -1:00 PM Sponsored by CLW,
CHA & FCRC ROSS Program- TVA funded
Shields Sims Center

APRIL & MAY

Matter of Balance

Fall Prevention Class Mondays 10:00 AM -12:00 Noon
Sponsored by MSDH, ROSS Program & JTW Family Services
Seasons of Columbus

**April 13, May 11,
June 8**

GRIEF SUPPORT GROUP

2nd Thursdays 12:15 PM
Sponsored by Legacy Hospice
Shields Sims Center

**APRIL 12
APRIL 26**

Wear BLUE Day - recognition of Child Abuse Prevention Month 4/12/23 Vitality Cafe

Relationship & Parent Talk 12:00 Noon
Sponsored by Starkville OKtibbleha Discovery Center
Shields Sims Center

MAY 11

BREATHE - SELF Awareness Seminar

Mental Health Month Activity 5:00 PM - 7:00 PM
Shields Sims Center

JUNE 15

MEN MATTER SEMINAR

Men Health Month Activity
Shields Sims Center Time: TBA

FOR MORE INFORMATION CONTACT
Jacklyn Weir @ 662-251-7426

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2023

MAHRO SCHOLARSHIP APPLICATIONS NOW AVAILABLE



Application Deadline: Monday, May 8th 2023

*** ALL ELIGIBLE CANDIDATES ARE ENCOURAGED TO APPLY**



For more information contact:
Vanessa Walker (662) 386-4736 or vwalker@chauthority.org



ROSS Program Coordinating Committee

Resident Opportunity & Self-Sufficiency Program (ROSS) will provide residents with supportive services and empowerment to improve their quality of life, overcome barriers and enable them to become productive members of the community. ROSS would not be successful without the Program Coordinating Committee (PCC).

A PCC is a group of service providers and other key partners with the purpose of coordinating services and programs in the community for ROSS participants. To learn more about the ROSS Program contact Jacklyn Weir, ROSS Service Coordinator at 662-251-7426.

Carey Edwards
Community Bank President
Cadence Bank

PCC Agency Quarterly Spotlight
Speaker for March Meeting

PCC Members
March Meeting



On April 12 Wear Blue to work, to school, and to a community event - to show support for preventing child abuse and neglect. Wear Blue is a statewide awareness campaign that takes place on the second Wednesday of every day in April. **April is Child Abuse Prevention Month.**



TVA has provided funding solutions to address the digital divide at the Columbus Housing Authority (CHA) and in the community through a pilot project facilitated by Columbus Housing Authority (CHA) and Columbus Light & Water (CLW) to provide access to digital literacy, connectivity to the internet service, and the tools needed for residents to successfully engage in the digital space. Through ACTNow, various resident groups are gaining access to the internet as well as gaining the necessary skills to help close the digital divide. Two hundred and forty residents will have the opportunity to receive a Chromebook upon successful completion of the ACTNow classes. Residents will learn basic computing skills like word processing and keyboarding, as well as internet skills like internet browsing, emailing, privacy, and security. ACTNow is providing seniors the opportunities to engage in telemedicine and online resources, and working to readily access online banking, budgeting, online workforce development, and employment opportunities.

Two ACTNow classes (January and February 2023) consisting of thirty-nine participants ranging in ages from nineteen to seventy-four completed the 8 hours of in-class basic computer training. In addition to the in-class sessions, homework was assigned, and Zooms lessons was completed. Upon completion, participants receive a Chromebook, a case, and a mobile hotspot if needed. Mobile hotspots will enable various residents to connect to the internet with the community. During this period, ACTNow will serve as a resource for affordable internet so residents can continue to apply their newly developed digital skills in their daily lives. The inaugural class was a great success. Mrs. Boyd, one of the CHA Senior residents and a ROSS Service Coordinator participant from the January class volunteered to assist during the February class. She stated, "I don't want it to end. I have really enjoyed being in the class. I have learned a lot."

These classes have been taught by Columbus Light & Water's General Manager Dr. Angela Verdell and some of her staff. In addition, other volunteers include the ROSS Service Coordinator, students from MUW, students from the MSU Chapter of the National Society of Black Engineers, CHA residents, and community partners. Lee Nickels of Cadence Bank has conducted the online banking and budgeting components of the classes. More volunteers are needed to teach the classes. The next class will begin April 4, 2023, and is full. **Sign up for the May class by calling Jacklyn Weir at 662-251-7426.**

