

Neighborhoods

Published and edited by Christal Stephenson

10 Steps to Manage Your Stress

Cutting back on the stress in your life may help you feel better, eat better and stick to an exercise plan, all of which can lower your risk for heart disease. But if you're too stressed to figure out how to get started, here are a few tips:

- 1. Eat and drink sensibly.** Abusing alcohol and food may seem to reduce stress, but actually adds to it.
- 2. Assert yourself.** You do not have to meet others' expectations or demands. It's OK to say "no." Remember, being assertive allows you to stand up for your rights and beliefs while respecting those of others.
- 3. Stop smoking or other bad habits.** Aside from the obvious health risks of cigarettes, nicotine acts as a stimulant and brings on more stress symptoms. Give yourself the gift of dropping unhealthy habits.
- 4. Exercise regularly.** Choose non-competitive exercise and set reasonable goals. Aerobic exercise has been shown to release endorphins (natural substances that help you feel better and maintain a positive attitude.)
- 5. Relax every day.** Study and practice relaxation techniques. Choose from a variety of different techniques. Combine opposites — a time for deep relaxation and a time for aerobic exercise is a sure way to protect your body from the effects of stress.
- 6. Take responsibility.** Control what you can and leave behind what you cannot control.
- 7. Reduce causes of stress.** Many people find life is filled with too many demands and too little time. For the most part, these demands are ones we have chosen. Effective time management skills involve asking for help when appropriate, setting priorities, pacing yourself and taking time out for yourself.
- 8. Examine your values and live by them.** The more your actions reflect your beliefs, the better you will feel, no matter how busy your life is.
- 9. Set realistic goals and expectations.** It's OK, and healthy, to realize you cannot be 100 percent successful at everything at once.
- 10. Sell yourself to yourself.** When you are feeling overwhelmed, remind yourself of what you do well. Have a healthy sense of self-esteem.

NAHA

March 2018

INSIDE THIS ISSUE:

Community News	2
FSS Success	3
Just for YOU	4
High-rise Calendar	5
BAN List	6
Education/Employment	7





COMMUNITY NEWS



SPRING-BREAK-OUT

Ages 5-18 put some play in your day and evening during Spring Break. The Griffin Center Gym and Game Room will be open daily for youth.

(Pre-registration Required)

Youth:

Teens:

M-Th 3/29- 3/22

12-4pm

M-Th 3/19-3/22

4:30-7pm

M-Th 3/26-3/29

12-4pm

M-Th 3/26-3/29

4:30-7pm

Location: Griffin Center Gym

Cost: FREE

Come to the Silver Street Park Indoor Facility



Join the fun at our interactive amusement event. Activities include performances, inflatables and prize giveaway by "Mr. Bunny". Rain or shine come prepared to celebrate the holiday.

Saturday, March 24th, 2018 from 11am-1pm



Greetings! I'm Lauren Taylor, our new NAHA Resident Commissioner. I moved from Louisville with my 3 children to New Albany in 2013, and I truly enjoy our city. As a resident of the New Albany Housing Authority, I take great pride in our community, our families and our voice. As our Resident Commissioner, I'm eager to serve our community. Reach out to me at: ResidentCommissioner@nahain.com.

The winners from the Financially Fit Survey goes to.....

Brittany Lowman and Bridgette Iles

This survey was held from Jan 1st– 31st

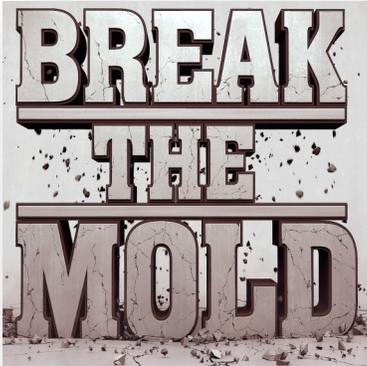
Thank you to every one that participated.

SUCCESS

Our most recent FSS success is Desiree K. Desiree has a lot to smile about these days. When Desiree first moved into New Albany Housing she was a young single mom. Her baby



girl was her sole focus. Desiree said that she was just okay taking care of her daughter... that is until about 6 months ago. Desiree felt that life was passing her by. She decided to enroll in the FREE High School Equivalency program that is offered at the FSS Office. Desiree worked hard and attended the classes regularly. Liz the HSE teacher and the staff at FSS supported and encouraged her along the way. Desiree surprised herself by passing the first time taking the HSE test and was able to walk down the aisle this summer and receive her diploma. She wasted no time in taking advantage of a FREE Certified Nurse Assistant training program being offered by Region 10 Adult Education. Her FSS Case Manager Yolanda would drive her each day to attend the class in Sellersburg. During this time, Desiree struggled with the Christmas Holidays and self-doubt telling her that she was not going to succeed. But she never gave up and was just recently passed the test and is now a licensed C.N.A. Her next step is a job in the medical field. Desiree has a dream of working at Norton's Children Hospital and buying a home for her and her little girl, Katrina. She has the full support of FSS and the drive to continue achieving her goals! So watch out world here she comes!



2018 FSS Open Enrollment

WHERE? NAHA 300 Erni Community Room

WHEN? Thursday, March 22nd, 2018

TIME? 5:30 to 6:30 pm

Join today! **Call (812) 206-2050 for additional info**

*Positive Mind.
Positive Vibes.
Positive Life.*

March Money Madness

Do you want to start building your credit? No worries! Just start right here:

CREDIT BUILDING Tuesday, March 6th 5:30p-6:30p 300 Erni Community Room

BASIC BANKING

Thursday, March 15th
5:30p-6:30p 300 Erni
Community Room





We Need You!

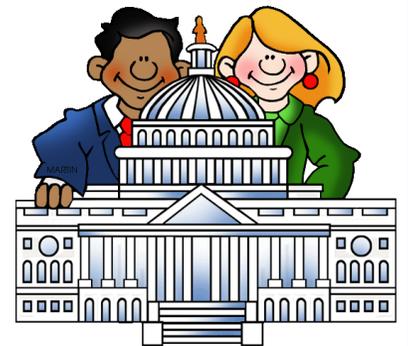
What Home Means to Me" Poster Contest

As part of NAHRO's Housing America campaign, a poster contest is held each year for children residing in affordable housing and community developments. Posters reflect the national theme of "What Home Means to Me."

AGE Categories: K thru 12th grades youth

GRAND PRIZE WINNER will visit

Washington DC with one family member.



To participate and get more info call: Lisa @ 812-206-2050

UP-COMING SENIOR RECREATOR CLUB EVENTS

Thursday, March 8th—Movie at Regal Theatre

Thursday, March 15th—Long Term Care & Your Money-1pm Griffin Ctr.

Thursday, March 29th—Wacky Bingo & Snacks 12pm Mark Elrod Towers

To find out more about joining the Recreator Club call:

(812) 948-5361



Shining Stars of FSS

Brea Campbell passed her Certified Nurse Assistant (C.N.A.) on 12/26/2017

Bridgett Iles started working at Target 12/26/2017

Michael Mickens just joined FSS-CONGRATS!



MARCH 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 	Dare to Care Each Monday Beech wood	6 Blood Pressure RVT 11:30	7 Lincoln Hills Bingo 7:00 MET	1 Kroger Day Pick Up 10:00	2	3
11	12	13	14 Lincoln Hills Birthdays :MET	15 Kroger Day Pick up 10:00	16 WISE Program MET 11:00-1:00	17 Happy St. Patrick's Day
18	19	20 Autumn Woods Brunch pick up 9:00 	21	22	23 Walmart Day Pick up 10:00 WISE Program MET 11:00-1:00	24
25 	26 Blood Pressure MET 11:00	27 Autumn Wood Bingo MET 1:00	28 Senior Movie Call Willa for a Ticket	29	30 Dare to Care WISE Program MET 11:00-1:00	31

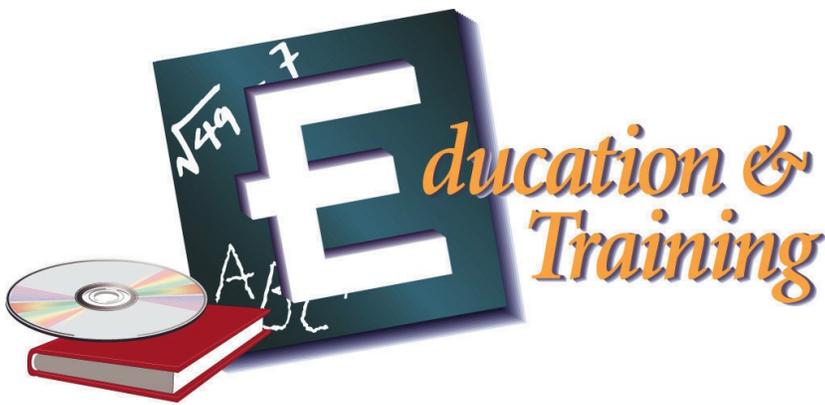
To sign up for these events or for any questions related to these events or other transportation services available through FSS, please call Willa Banet at 812-206-2052. You must allow 24 hours notice for transportation services.

Any listed person may be arrested if found on the property. Any resident of public housing allowing any banned person in their residence is subject to eviction.

15-Feb-18

Remember these people are banned from ALL NEW ALBANY HOUSING AUTHORITY PROPERTIES.

Abbott, Matthew	Clark, Bo (J. Woodard)	Fitzgerald, Daniel	Johnson, Amanda C.	Meadows, Daid L.	Rissler, Joshua E.	Teagene, Patrice E.
Acers, Catina M.	Clark, Dylan	Ford, Chantez	Johnson, Aaron C.	Medcaif, Daniel R.	Roberts, Matthew	Thomas, Heather M.
Acers, Keith B.	Clark, James A.	Ford, Marquis	Johnson, Adrian A.	Medley, Maurice A.	Robertson, Jr., James A.	Thomas, Rachel
Adams, Todd	Cole, Beth Ann	Foreman, Leslie E.	Johnson, Antonio L.	Mickens, Alex	Robinson, DeAngelo	Thompson, Andrew
Adcock, Kevin	Cole, Demetrious L.	Frale, Harrison T.	Johnson Jr., Donald	Miles, Chance	Robinson, Edward L.	Thompson, Bobby K.
Adkins, Darnell L.	Cole, Jason	Frank, Elaine M.	Johnson, Fred R.	Mills, Austin	Robinson, Kenneth	Tilford, Christopher
Alexander, Amanda	Chandler, Sade'	Frazier, Carmel G.	Johnson, Jesse	Mills, Edward M.	Robinson, Tiffany	Timberlake, Lori
Alvis, Richard	Collier, Robert J.	Frazier, Clayton	Johnson, Juwan W.	Montgomery, Mary Ann	Rodewig, Jonathan	Timmonds, Stuart A.
Anderson, Chantez	Collins, Amanda	Freman, Steven	Johnson, Michael	Moss, Jan	Rodgers, Mary Ruth	Toops, Terry D.
Anderson, Carl	Collins, Joseph	Fuller-Tucker, Derrick	Johnson, Monica E.	Moore, Antonio	Rogers, Amanda	Townsend, Ashheena S.
Antonio, Terald	Colmore, John	Fulton, Billie	Johnson, William	Moore, Dorian	Rogers, Jacob	Travis, Zelnar
Applegate, Christopher	Cordoso, Anthony B.	Fuson, David	Joiner, Tanya	Moore, Robert M.	Romero, Brandy	Trice, Brian A.
Arnold, Stephanie	Cortez, Terry	Gabriel, Harold E.	Jones, Bruce S.	Moore, Todd M.	Romero, Carlos	Truitt, Alonzo A.
Ashby, Ryan	Cotton, Steven A.	Gant, Jesman Y.	Jones, Kevin	Morris, Antione	Ross, Crystal L.	Trumbo, Johntae
Bailey, Christopher R.	Cottrill, Carl Ray	Gant, Quaneisha M.	Jones, Tobias M.	Mosby, Catrell	Rowland, Courtney	Tucker, Robert A.
Ballard, William	Cousins, Devonte K.	Glass, Ronald D.	Jones, Travis M.	Moze, Gregory	Ruby, Dorothy D.	Tumey, Kevin
Barnett, Jr., Albert J.	Cox, Charles P.	Gonzales, Joshua L.	Jutz, Lisa	Mowry, Robert E.	Ruby, Michael R.	Tutt (Offutt), Martin Allen
Basham, Heather	Craft, Kimberly	Grant, Miranda	Kannamore, Joseph D.	Mucker, Dion	Rudolph, Tabitha R.	Tutt III, James C.
Battiste, Carl	Craft, Rasheede	Graves, Jr., Christopher D.	Kays, Jennifer	Murphy, Stephson L.	Rush, Quarontus L.	Tutt, Antonio
Baugh, Alexander T.	Craig, MaKenzie S.	Griffin, Dallas W.	Keenan, Patricia A.	Murphy, Jeremy	Sago, April D.	VanCliff, Devrese
Beecher, Adam	Crandall, Robert	Green, Sedrick J.	Kindred, Cordell Corey	Murphy, Travis	Sales, Orlando D.	VanCliff, Jr. Alan
Bell, Anthony Robert	Crandell, Jacob	Goodbolt, Brandon	King, Rocky L.	Murrell, Akilawoo	Sanders, Eric E.	Vaughn, Justin
Best, Gary	Crone, Daniel	Groves, Allen	King, Terry V.	Murray, Ebony	Sanders, Jodi M.	Vhay, James H. III
Best, Patricia	Crowe, Briana	Hack, Sherry	Knuckles. Sr., Dontay	Nance, Rick S.	Schuley, Edward A.	Wade, Michael D.
Bethards, Nicholas R.	Cruce, Larry A.	Hackney, Robert	Kokinda, Trisha A.	Napier, Shannon	Scott, Madison	Walker, Johnathon
Billman, Ronald	Cupp, Christopher	Halbleib, Sean Patrick	LaDuke, Christopher L.	Nelson, Bridge	Sellers, Twjuan	Walker, Jr., Leroy E.
Blair, Darlene	Curry, Justin S. E.	Hall, Harold E.	Lagarenne, Emily G.	Norton, Robert Edward	Senior, Gary	Walker, Jr., Sanford
Bland, Thurmond	Curtley, Christopher	Hall, Nicole C.	Lamb, Christopher P.	Noxin, Towanga	Senn, Nathan	Walker, Precious
Bloomenberg, Joseph	Dansby, Dean K.	Hall, Terry C.	Land, John A.	Ollis, Jr., Carl R.	Sensley, Gregory J	Walthour, Teraald A.
Blythe, George C.	Dansby, Marquis	Halouma, Anthony	Lane, Derek Andrew	O'Neal, Darryl Wayne	Sexton, Alicia	Wardford, Edward
Bonds, Tabitha	Dansby, Sean	Hambaugh, Shawn K.	Lane, Koray D.	Oneil, Grant Joseph	Shackelford, Shemar	Washington, Deric A.
Bowman, Richard N.	Darby, Collie C.	Hampton, Justin	Lawrence, Dominique R.	Orman, Christopher	Shirley, Aaron	Watkins, Dominique
Bradley, Robert	Davenport, James A.	Hardin, Dylan	Lawson, Joshua L.	Overlock, Grant E.	Shirley, Bryce	Watson, Marshall
Bragg, Kenneth	Davey, Chelsea	Hardin, Krystin Paige	Leahigh, Teri	Pantoja, Mario	Shirley, Chester	Webb, Charles Lamont
Bratcher, Kyle F.	Davidson, Jordan	Hardin, Nicole	Lee, Fredrick	Parker, Bobbie	Shirley, Joseph D.	Welch, Christopher
Brent, Timothy C.	Davis, Ben J.	Hardin, Raheem	Lee, Gregory Wayne	Parker, Samantha	Simmons, Ronald L.	Welker, Matthew Scott
Brewer, Breon	Davis, Bobbie Lee	Hardin, Ryan L.	Lee, Joshua C.	Patterson, Robert	Simpson, Kenneth	Wessling, Jessica D.
Brewer, Charles	Davis, Christopher	Harraway, Lachera	Lewis, Jr., Charles	Payne, Kenneth A.	Simpson, Rodney	Wheeler, Megan N.
Brim, Alonzo	Davis, Rickey	Harris, George	Lewis, Jonathon	Peck, William R., Jr.	Sims, Bridgette Nicole	White, Bejamin O.
Brooks, Marshaun	Davis, Tina	Harris-Jenkins, Laquante	Loesch, Raymond Patrick	Perry, Jennifer Morgan	Sizemore, Edward	White, Damon
Brown, Anthony Lee	Davis, Troy	Harrison, Clarence	Long, Anthony Wayne	Perry, Michael	Skaggs, Jeffery T.	White, Marneva
Brown, Aris L.	Deaver, Anthony A.	Hash, Gary	Long, Jr., Corey Donnell	Petry, Oradell	Skaggs, Meghan Lynn	Wiggly, Joemale
Brown, Christian L.	Deleon, Antonio	Hawkins, Misty	Long, Jacobi D.	Petry, Tim C.	Slate, David Roy	Wilhelm, Clayton
Brown, Deandre L.	Dell, Rhonda	Haycraft, Ethan	Lovett, Mickey	Peyton, Kennth	Skeens, Steven R	Wilhite, Scott
Brown, Geron D.	Dennison, Bradley A.	Henderson, Amber	Luzier, William C.	Pierce, Jr., Joel E.	Smith, Alashujon D.	Williams, Arlon J.
Brown, Louis G.	Denton, Paula M.	Henderson, Chris C.	Luckenbill, Kenneth A.	Pilgrim, Robert Earl	Smith, Antonio L.	Wilkerson, Bennett L.
Brown, Randall	Denton, Terry L.	Henderson, Nekos L.	Luker, Nathan	Pitman, Jeremy	Smith, Clarence	Wilkerson, Ronald W.
Brown, Tracy M.	Deville, Richard L. Jr	Hensely, Jesse L.	Maish, Dale	Pitney, Austin	Smith, Eric Mitchell	Wilkins, Deanna
Bumpous, Dion M.	Devine, Patrick Allen	Henson, Brandon A.	Malone, Dajuan A.	Pollard, Kelly	Smith, Steven L	Williams, Christopher
Burdette, Jasper	Dishman, Brice	Higgins, Adam W.	Manning, Mica	Porter, Chad A.	Smith, Sylvestor	Williams, Ethan
Bradshaw, Rodney	Dixon, Robin	Hill, Adam	Masterson, James D.	Porter, Treshawn D.	South, Phillip	Williams, Antony W.
Bryant, Chris M.	Dodson Jr., Alan Lee	Hindman, Austin T.	Marharaj, Kishan	Pound, John	Sparks, Candice	Williams, Malcom
Burkhead II, John E.	Dodson, Timothy W.	Hinson, Mark A.	Marshall, Deante Lavone	Powell, Tyler	Spaulding, Anthony	Willoughby, Scott
Burks, Cynthia	Douglas, Edwin	Hobbs, Demetrius T.	Marshall, Matthew	Priddy, David	Spaulding, Kedran J.	Winburn, Sherron
Burns, Damon I.	Draper, Lorenzo	Hodges III, James A.	Martell, James	Proctor, Alexandria	Stambro, William S.	Wood, Delbert E
Burrell, Sabrina	Driver, Michael J.	Hodler, Michelle S.	Martin, Brandon	Proctor, Christopher R.	Starks, Kevin	Woods, Brandon
Bush, Linda M.	Duncan, Stephone	Holden, Anthony K.	Martin, Dimitri "Meechie"	Proffitt, Joshua	Starks, Larry	Woods, Regnald
Bush, Shamir	Dunn, Carlos	Holmes, Franklin	Martinez, Hugo	Pugh, Deconko M.	Stevens, Joshua	Woodson, Joe W.
Bush, Sylvester E.	Dunn, Scotty	Hood, James	Mason, Maurice	Putnam, Stephanie	Stephens, Raymond	Woodard, Lorenzo C.
Calloway, Adrian M.	Earls, Christopher	Hooker, Ronald C.	Mason, Shreal	Ragains, Maurice James	Stewart, James T.	Wooten, Jeremy
Campbell, Shirley	Edwards, Deantre	Hubbard, Billy Ray	Mathes, James A. Jr.	Ramsey, Brian	Stockton, Andy	Works, Richard
Campfield, Tyquan S.	Eichler, Anthony D. Jr.	Huff, James	Mattingly, Kenneth L.	Rayhel, Joseph A.	Stokes, Richard	Worley, Tammy E.
Canada, Joseph	Elliott, Desean	Huff, Troy D.	Mauya Salim M.	Raynor, Kimberly	Stockton, Wesley	Wright, Keith Lamont
Carmen, Randall	Elliott, Walter	Hurt, Casey	Maxwell, Michael M.	Ready, Aaron	Stovall, Ashley N.	Wright, Kimberly
Crothers, Dawn	Ellis, Jeremy A.	Hurt, Misty L.	Mayer, Johnny T.	Reas, Shelby P.	Sullivan, Hannah	Wyatt, Danny J.
Carroll, Rodney	Enlow, Steven C.	Hussein, Hamadi A.	Mayo, Sheriese C.	Reed, Michelle	Sutton, Charollette	Wynn, Rodney Andre
Carter, Josten D.	Ernspiler, Crystal	Hutchins, Trisha	McCallum, Jaquen J.	Reed, Sherry	Sutton, Chiquita	Yates, Kevin
Casey, Richard	Evans, Jesse D.	Jackson, Jerry C.	McCormick, Cynthia	Reeves, Curtis	Swint, Tarod	Yates, Shawn E.
Casey, Robert	Evans II, John	Jackson, Kimberly V.	McCuthen, Jacob M.	Reeves, Quintrius	Tandy, Ronald E. III	Yoest, Nicholas
Casey, Vernon	Evans, Larita	Jackson, Nardie	McDonald, Patrick	Reliford, Quentin M.	Tate, Thomas J.	Young, Damon
Castro, Tray-Sean	Ezell, Don	Jackson, Robert	McGoffney, Charles A.	Rhoads, Leland	Taylor, Noah	Young, Shaun
Chamberland, Hollie R.	Farley, Josh	Jennings, Johari	McKim, Shonda	Richardson, Bobby	Taylor, Roderick	Zainman, Khali
Chism, Robert N.	Farley, Keith	Roberson, Kontar	McNear, Patrick	Riffle, Nathaniel	Terry, Edward E.	Zang, James Anthony
Claney, Anthony J.	Fay, Gary P.	Roberts, Demetrius L.	McPheeters, Arthur (Dick)	Rightnowar, Mark	Terry, Maurice E.	Zuniga, Richard
Carothers, Alisia R.	Ferguson, Jason	Jenkins, Michael Ray				
	Finley, Corbett	Jimmerson, Clinton D.				



Region 10 Adult Education

-  High School Equivalency Classes
-  College and Career Preparation
-  English Language Acquisition Classes
-  WorkIN Training Certification
-  Occupational Training and Employment

**Call Liz Blessing at 812-207-2664 or
Stop by the Family Support Office at
215 Erni Avenue**

Tuesday-Thursday 8:30a-12:30p

A Tuition-Free High School for Adults



The Excel Center is a free public high school that gives adults the opportunity to earn an Indiana Core 40 high school diploma.

While earning a high school diploma, students earn college credits and a variety of industry-recognized certifications.

Call 812-283-7908 to enroll today



All New Albany Housing Authority property will be designated as a smoke-free living environment.

You can quit smoking. We can help.

You will learn:

-  How to know if you are ready to quit
-  Medications that can increase your success
-  Lifestyle changes to make quitting easier
-  How to prepare for your quit day
-  Coping strategies for managing stress & avoid weight gain
-  How to stay smoke-free for good



**Class Starts on March 5th, 2018 3:30pm-4:30pm
Call 1-800-476-8723 to register. Registration is required.
Baptist Hospital Floyd Cancer Center— 2210 Green Valley Road**

