

FSS NEWS

Volume III I, Issue VII

July 2008

TARC FARE INCREASES

TARC's fare increase becomes effective July 1, 2008 and service changes effective August 24, 2008. The new fares are listed below:

Adult cash fare—\$1.50

Senior Citizen 65+—\$0.75

College students—\$1.50

Students (ages 6-17)—\$0.75

Riders with disabilities—\$0.75

TARC3 ID riders—\$0.75

Medicare Cardholders—\$0.75

10-Ride tickets (strip of 10)—\$12.50

10-Ride special tickets (strip 10)—\$7.50

Monthly pass—\$42.00

Night Owl—Discontinued

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FAMILY SELF-SUFFICIENCY PROGRAM

RECOGNITION CELEBRATION

JULY 27, 2008

(Invitation Only)

Financial Skills Class Schedule

ECONOMIC LITERACY OUTREACH PROJECT

(Center for Women & Families—927 South Second Street)

(Center for Women & Families —4303 West Broadway)

<u>Course #</u>	<u>Course</u>	Monday <u>6-8 @ CWF</u>	Wednesday <u>12-2 @ CWF(Broadway)</u>	Saturday <u>10-12 @ CWF</u>
ELOP #1	Financial Goal Setting	7/7/08	7/9/08	7/12/08
ELOP #2	Budgeting & Record Keeping	7/21/08	7/23/08	7/26/08
ELOP #3	Intro to Banking & Savings Options	8/4/08	8/6/08	8/9/08
ELOP #4	Understanding Credit & Managing Debt	8/18/08	8/20/08	8/23/08
ELOP #5	Predatory Lending	9/8/08	9/10/08	9/13/08
ELOP #6	Insurance & Auto Purchase	9/22/08	9/24/08	9/27/08

NOTE: Wednesday class has been moved to a new location!!

****LATE ARRIVALS WILL NOT BE ADMITTED****

****You MUST sign in to get credit for your attendance****

****CHILDCARE IS NO LONGER AVAILABLE AT ANY LOCATION****

Sponsored by Louisville Metro Housing Authority

Kindergarten Countdown 2008

School-readiness and educational events free for kids and parents

Parents and families may enroll their children in the countdown by registering at any of the 17 Louisville Free Public Library locations. Each student will receive a free "I'm Going To Kindergarten" T-Shirt.

During the summer, several free events are planned for countdown students including:

- A party at the Kentucky Derby Museum on Saturday, July 26, 9:30 a.m. to 1 p.m. Families should arrive by 9:30 a.m. to see horses work out on the track. Tours of the museum are also available.

Walden Theatre's production of "The Completely Untrue Story of How I Lost the Race or the Litigated Version of Aesop's Fables." Children wearing their shirts and one adult will be admitted free on June 27th at 1 p.m. and July 25th at 1 p.m. To reserve a seat, contact Dan Welch at 589-0084 or danwelch@waldentheatre.org.

The program culminates with the **Kindergarten Countdown Fair on Tuesday, August 5 at Louisville Slugger Field from 5:30 p.m. to 7:30 p.m.** Students and an adult will receive free admission to the Louisville Bats game.

Students will also receive information about immunizations, health screenings and skills children should know before they start kindergarten. Students will also be able to meet teachers and tour a school bus. Local law enforcement authorities will prepare identification badges for children.

Kindergarten Countdown is a partnership between the city, JCPS, Metro United Way Success By 6, the Louisville Free Public Library and the Making Connections Network.

Family Self-Sufficiency Participants

Congratulation goes to [Veda McKinley](#) for graduation from JCC with a Associate in Applied Science/ Human Services. Ms. McKinley plans to pursue a degree in nursing.

A Big kudos goes to [Audrey](#), daughter of [Johnica Logan](#) for getting **the most improved 5th grader award** at the end of this school year. Way to go **Audrey**, keep up the good work.

(Charlene Reeder-Welch)

Congratulations to [LaCanda Martin](#) who graduated from FSS and continues toward her goal of home ownership for herself and her family. Best Wishes to you!

(Vicky Bomar)

Congratulations to these hard-working graduates! [Lakesha M. Ireatha Davis](#), and [Wenohah Knuckles](#) finished the FSS program and graduated in June. I'm proud of all of you for your progress, determination, and accomplishments, and hope to see you be honored at the Recognition Event in July.

(Sandy Schardein)

Congratulations to [Chanda Boone](#) on graduating from the Family Self-Sufficiency Program.

(Kim Johnson)

Congratulations to [Terry Madry](#) for completing all of her 6 ELOP classes

Congratulations to [Ms. Woodard](#) for graduating with an RN degree from Spalding University.

Early Congratulations to future graduate [Carrie Skaggs](#), for completing all goal plans and Home Ownership in 12 months.

(John Victor)

Congratulations to [Shawanta Murrell](#) on her promotion to Supervisor. Keep up the good work!

Congratulations to [Cathy Bodle](#) on her acceptance into the Management training program at McDonalds.

(Russell Hughes)

The Louisville Metro Housing Authority (LMHA) is currently updating its Section 8 Administrative Plan by outlining how the Family Self-Sufficiency and other HUD grant programs relate to the housing authority's efforts toward HUD's fair housing requirements. LMHA will be accepting comments about this update through August 31, 2008. You can see a copy of the update and leave your comments by contacting your case manager or one of the FSS Coordinators.

Attention Section 8 Homeowners

Summer Maintenance Tips

1. Level the outside air conditioning unit and cut back all shrubbery at least four feet from the unit.
2. Repair cracks in concrete patios and driveways. For cracks less than ¼" wide, apply concrete caulk, just clean the crack out with a high-pressure water hose nozzle, let it dry and then apply the caulk into the crack. For larger cracks, substitute concrete patch for caulk.
3. Remove accumulated mineral deposits from shower heads and faucet aerators by soaking them in and/or scrubbing with white vinegar. Replace worn faucet washers.
4. Check doors and windows for proper operation. Lubricate hinges and tighten loose screws.
5. Caulk exterior joints around windows and doors. Caulking helps keep your house weather-tight and lowers heating and cooling bills. It can also help keep insects and other "critters" out of your house.
6. Clean lint from entire clothes dryer vent system, from the dryer to exterior vent cap. Because lint is very flammable it poses a fire risk.
7. Check the water hoses on the washer for cracks and bubbles. Replace hoses that show signs of leaking.
8. Clean and seal your porch or deck. Ideally you'll need three consecutive warm, sunny days. On day one, dry out the deck. Apply deck cleaner and scrub the deck on the second day and let it dry 24 hours. On the third day, apply deck sealer.
7. Don't forget to change your furnace filter every month. This will keep the air in your house cleaner, make your furnace more efficient, and help lower your heating bills.

Article submitted by Nicole Lyons

Summer Food Service Program

The Summer Food Service Program (previously called Summer Lunch Program) will begin Monday, June 2, 2008 and run until August 8, 2008. Over 160 sites will serve meals to children and teens throughout Metro Louisville. Meals will be provided to all children 18 years of age and under without charge. No paperwork or registration is required to receive a meal. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, family income, sex, age or disability, and there will be no discrimination in the course of the meal service. No pork products are used in any meals served in this program.

For information regarding site locations and service times please contact MetroCall at 311 or 574-5000 or visit www.louisvilleky.gov/cap. Other questions should be directed to Louisville Metro Community Action Partnership at (502) 574-1157.

Sponsored by Louisville Metro Department of Housing & Family Services, Community Action Partnership

SUMMER HEAT RELIEF

In order to qualify, you must have a medical condition that makes it necessary for you to have a fan or air conditioner, and your income must be 125% of the federal poverty guideline or below. **The program will accept applications from June 9 through August 29, 2008.**

Your application must include the following items:

- **Completed Medical Form**
- **Photocopy of your Picture ID**
- **Photocopy of proof of your home address (utility bill or lease, etc.)**
- **Photocopies of social security cards or official documentation with social security numbers for yourself and all household members**
- **Photocopies of proof of the previous month's income for yourself and all household members. Examples of proof of income include pay stubs (for the entire month), your current food stamp letter, or social security letter. Your income must be 125% of the Federal Poverty Guideline or below to qualify.**

Once your doctor has completed the Medical Form, you may return it to one of our CAP offices (810 Barret Avenue or 4810 Exeter Avenue) or to a Neighborhood Place site. You can dial 311 to find the nearest Neighborhood Place site for your address. You have the option to submit the application by mail to the following address:

Community Action Partnership Summer Heat Relief
4810 Exeter Avenue
Louisville, KY 40218

When all information has been received, a Summer Heat Relief representative will contact you by phone to complete the application process. You will be required to provide the following information during the interview:

- Birth dates for all household members
- Type of medical insurance(s)
- Education levels for all household members

Once your application has been accepted, it will be reviewed by a weekly board of medical personnel. If the board approves for you to receive an air conditioner, it will be delivered to your residence. If you are approved to receive a fan, you will be notified and must arrange to pick it up.

Please call 574-1270 with any questions you have. We hope that the Summer Heat Relief Program can help to meet your needs.

Sponsored by Louisville Metro Department of Housing & Family Services, Community Action Partnership

SUMMER CAMP SCHOLARSHIP PROVIDERS

All Care Community Center	447 1611	Mt. Nebo	897-6333
Bates Community Development Corporation	636-0573	Newburg Community Center	456-8122
Beechmont Community Center	361-5484	Parkhill Community Center	637-3044
Berrytown Family YMCA	244-6187	Plymouth Community Renewal Center	583-7889
California Community Center	574-2658	Portland Community Center	776-0913
Cedar Ridge Camp Inc	267-5848	Project One, Inc	778-1003
Chestnut Street Family YMCA	587-7405	Project Reach Out	634-1111
Corinthian Christian Life Center	583-7977	Salvation Army Boys & Girls Clubs	671-4909
Cyril Allgier Community Center	456-3261	Shawnee Community Center	775-5268
Downtown YMCA Day Camp	587-6700	Shelby Park Community Center	574-1780
Dumeyer Community Center	366-9206	South Louisville Community Center	574-3206
Eastern Star Dev Training Academy Inc	774-4265	Southern Star Development Corporation	775-0198
Home of the Innocents	596-1000	Southwest YMCA	933-9622
Jefferson County 4-H Council	569-2344	Southwick Community Center	775-6598
Jewell Park Trojans	819-4329	Squallis Puppeteers	540-4977
Junior Achievement	561-5436	Sun Valley Community Center	937-8802
Louisville Nature Center	458-1328	Sylvania Community Center	935-2619
Louisville Zoo	238-5328	Ursuline School for the Performing Arts	897-1816
Meyzeek Middle School	584-8613	West Louisville Performing Arts Academy Inc	582-0123
Midwest Church of Christ	774-3986	Wheeler Youth Summer Camp	408-6020

Summer Youth Bus Pass

The cost of TARC's Summer Youth Bus Pass is \$30 and it's valid for unlimited rides on all TARC routes seven days a week beginning May 15 and continuing through Aug. 31. The pass can be used by children ages 6 to 17 within TARC's five county-service area including Jefferson, Bullitt and Oldham counties in Kentucky and Clark and Floyd counties in Indiana.

TARC's Summer Youth Pass will be on sale at the following locations:

TARC Customer Service Center in Union Station, 1000 W. Broadway

Nia Center, 2900 W. Broadway

All Fifth Third Banks

Clarksville Library, 1312 Eastern Blvd, Clarksville, IN

Jeffersonville Township Library, 1303 Plank Road, Jeffersonville, IN

Louisville Free Public Library, 3rd & York

Diabetes Self Management Series

Diabetes Self-Management Series

These classes are free and are open to the public. *REGISTRATION REQUIRED.*

Tuesday, July 8 - Class Topics: Types of Diabetes, High & Low Blood Sugar, Sick Days

Tuesday, July 15 - Class Topics: Diet and Exercise

Tuesday, July 22 - Class Topics: Diabetes Pills, Insulin, Preventing Complications (Part 1)

Tuesday, July 29 - Class Topics: Preventing Complications (Part 2), Foot & Skin Care, Glucose Monitoring and Standards of Care

Location: Highlands-Shelby Park Branch of the Louisville Free Public Library, 1250 Bardstown Road (Mid-City Mall)

Class times: 1:00 pm - 3:30 pm (all 4 days).

Please arrive 15 minutes early for first class to fill out paperwork. Attendance at all classes is encouraged.

Contact the Diabetes Program at (502) 574-6663 to register or send an e-mail to Erin.VanGundy@louisvilleky.gov

Diabetes Support Group

Attendance is free and open to the public – *NO REGISTRATION NECESSARY*

2nd Thursday of every month, 9:30am - 11:00 am at the Park DuValle Community Health Center - 3015 Wilson Avenue

July's topic is Using Fruits as Desserts.

Contact the Diabetes Program at (502) 574-6663 if you have any questions.

Sponsored by Louisville Metro Department of Public Health & Wellness

YouthBuild = New Chance

Not in school or working? Here's how older teens and young adults can increase job skills instead of wasting time.

The E-Corps component of YouthBuild will begin in late August with its job training, life skills and education program for young adults 17 – 24 years.

For more information on the program and how to enroll, call YouthBuild at 213-4257 or check it out at www.youthbuilddouville.org

Article submitted by Sandy Schardein

Weight Control Series

A 4-session series taught by a Registered Dietitian; meal plans provided.

Registration is required. Series is free and is open to the public.

Family Health Center - Portland – 2215 Portland Avenue, Room 424

Tuesdays, 6:30 pm – 8:30 pm

July 8 —Body fat check with brief 1-on-1 meeting (arrive anytime between 6:30 – 8:00 pm)

July 15 —Weight Loss Secrets, Using Your Meal Plan, Grocery Strategies

July 22—Cooking Light, Eating on the Go

July 29 —Common Pitfalls

Contact the Weight Control Program at (502) 574-6663 to register or e-mail Erin.VanGundy@louisvilleky.gov

Sponsored by Louisville Metro Department of Public Health & Wellness

Professional and Work Development Training

Mabel Wiggins Investment Center 1411 Algonquin Parkway

July 14, 2008 — July 18, 2008

Monday-Friday, 10:00 am –2:30 pm

To sign up call Lana Zusstone at 569-6019. Space is limited.

****High School Diploma or GED is required****

Sponsored by Louisville Metro Housing Authority

Partners in Promoting Family Self-Sufficiency

Louisville Metro Department of Housing & Family Services
Division of Human Services
Operation Self-Help/Family Self-Sufficiency
810 Barret Avenue 3rd Floor
Louisville, KY 40204
Fax: (502) 574-6171 or 574-5548

Louisville Metro Housing Authority
Special Programs / Family Self-Sufficiency
801 Vine Street 3rd Floor
Louisville, KY 40204
Fax: (502) 587-1994



To Apply For the FSS Program

If you live in public housing
or scattered site,
call Dan Farrell
at 569-6902.

If you have Section 8
rental assistance,
call Amber Goddard
at 569-6933.

FSS News is published monthly for and about participants in the Family Self-Sufficiency Program.

If you wish to contribute information about yourself, your children or community resources, contact your case manager or Legina Stoner at 574-1965. The deadline for the next issue is Monday, July 14, 2008.