

3 Job Postings

Contact the Program Office to find out more about the following job possibilities:

Job Leads

The following companies have seasonal openings: UPS, Macys, Best Buy, J.C. Penney.

Janitor/ Full and Part-time

Full and part-time positions available for janitor in Bayonne, must be hard working and able to work rotating shifts. Responsibilities include but not limited to trash removal, vacuuming, dusting, sweeping and mopping floors. Also, will be responsible for cleaning bathrooms and kitchen. Candidates should be able to lift 50lbs, bend, stoop and reach. Applicants can apply in person.

Office Assistant

Jersey City office looking for full-time office assistants with computer knowledge and a great personality. Duties include answering phones, filing and general office duties. Candidates must have some computer experience and good speaking voice. HSD or GED required. Must have a resume and be able to fax it ASAP.

Sales/Customer Service

Local Toy Company has immediate positions available for the season; all opportunities are temporary and part-time. The ideal candidate will be energetic, friendly and able to work under pressure. Assist customers with purchases and choosing products. HSD or GED preferred, but not required. Salary will be discussed during the interview.

Maintenance

Full-time General Maintenance Worker position available in Jersey City, NJ. Workers must be able to assist with the upkeep of all facilities on the complex. Requirements for this position include: demonstrated technical skills in carpentry, electrical, heating and air, safety/sanitation issues at a residential facility.

Warehouse Clerks

Immediate opening for full and part-time warehouse clerks in Jersey City, NJ. No experience necessary, but computer skills are a plus. Starting salary is \$12 per hour, plus benefits. All applicants must be able to pass a pre-employment drug screening and background check. Candidates must apply in person.

Would you like to update your current resume, or get started on a new one today? Stop by the Program Offices for information and or applications, or call one of the phone numbers listed below.

4 Program Office Information

Program Office
Community Revitalization Center
65-67 Ruby Brown Terrace
Jersey City, NJ 07302

Brenda Davis,
ROSS Coordinator

Program Office
60 Fremont Street, Apt. 325
Jersey City, NJ 07302

Curlie Chapple, ROSS Coordinator
Kevin Burnett, ROSS Coordinator
Trena Hinton, Mobility Coordinator

5 Development Meetings

So that you can plan ahead, the Lafayette Gardens HOPE VI Task Force meetings are generally scheduled every second Thursday of the month at the Lafayette Senior Living Center at 6:00 p.m.

DEC 10 | JAN 14 | FEB 11

6 Scholarship Award Winner



Tiffany Housey of Woodward Terrace is the 2009 Interstate Realty Management Scholarship Award recipient. She received \$1,500 towards her college education. Tiffany is currently a student at Hudson County Community College, majoring in business. She would like to own her own business one day in the future.

7 Girl Scouts Heart of New Jersey

The Girls Scouts Heart of New Jersey is almost up and running at Curries Woods. If you have a child who is interested in becoming a girl scout, contact Brenda Davis.

Girl Scouts Heart of New Jersey Official Website:
<http://www.gshnj.org/>



8 Cold & Flu Season Survival Guide

'Tis the season of sniffles, sneezes, fevers, and flu. This winter fight back and keep your family in tip-top shape by following these easy tips.

1. Get plenty of Zzzzz

Studies show that sleep deprivation can make you more susceptible to illness by reducing the number of cells in your body dedicated to fighting things like microbes.

2. Bust a family move

Exercising increases your sickness-fighting cells. Get the whole family in the habit of exercising together to improve your health and to enjoy some quality time together.

3. Engage in germ warfare

• Make sure to wash your hands often with soap. Vigorously lather palms, between fingers, around nail beds, and the backs of hands. Pay particular attention to hand hygiene before and after each meal, after playing outside, using the bathroom, handling pets, blowing noses, and being anywhere in public.
• Carry non-toxic wipes or hand sanitizer for quick cleanups.
• Sneeze and cough into your arm or a tissue. Coughing into your hands puts the germs right where you can spread them to any object (or person) you touch.



4. Drink up

Adequate hydration keeps the tissues of the respiratory system moist, which prevents microbes from settling in and helps the immune system work properly.

5. Air out

Open a window in your home for a few minutes each day. You'll let out indoor air pollutants that may be stressing your immune systems as well as chase away germs.

6. Keep it cool

Lower your heat by 5 degrees. An overheated home promotes dry air, the perfect environment for viruses to thrive.

7. Relax

Take a few minutes each day to close your eyes, breathe deep, and think happy thoughts. Meditation reduces stress. Reduced stress means less susceptibility to illness.

8. Pump up with produce

Carrots, kiwis, raisins, green beans, oranges, strawberries all contain immunity-boosting phytonutrients. Broccoli, brussel sprouts, cabbage and cauliflower are good sources of betacarotene and help protect against free-radical damage.

9. Go easy on the sweets

Sugar makes the body acidic, just the way pathogens like it (they thrive on sugar). So especially during cold and flu season, reduce sugar intake (that includes corn syrup and HFCS, as well).

10. Take a supplement

A daily multivitamin is more than just a safety net for occasional nutritional shortages, it is an important tool to support healthy growth and a healthy life for your child.

Source: www.webmd.com

9 Senior's Corner

Wellness Initiative for Senior Education (WISE)

Curries Woods seniors are nearing completion of a six-week Wellness Initiative for Senior Education (WISE) program, designed specifically to address issues facing today's older adults.



The Program is a wellness and prevention program targeting older adults, designed to help them celebrate healthy aging, make healthy lifestyle choices and avoid substance abuse. It provides valuable educational services to older adults on topics including nutrition and exercise, medication use, stress management, depression and substance abuse.

Created by New Jersey Prevention Network (NJPN), WISE promotes health through education concerning high-risk behaviors in older adults. The series consist of six weeks of one-hour lessons, followed by the sharing of delicious and nutritious meals.

Source: The New Jersey Prevention Network

10 Nutritional Program News

Curries Woods Residents earned Certificates of Completion for participation in a ten week workshop series sponsored by Rutgers University Cooperative Extension Nutrition Program. The group facilitator Ms. Gonzalez prepared healthy smoothies.

The recipients were Eleanor Barber, Roberta Barnes, Sylvia Huggins, Clarethia Roach, Lucy Rollins, Rose Simmons, Willamae Tucker, Theresa Vassilatos, Maxine Warner.



Curries Woods, Booker T. Washington and Montgomery Gardens are offering an ongoing eight week nutrition education workshop series.

The series is open to adults of all ages who are interested in learning how to make healthier food choices using their current meal options. The workshops are fun, interactive and include trying tasty snacks. We are currently taking names for the next workshop.

If you are interested and can make a weekly one hour commitment, contact Brenda Davis at (201) 434-4387, Kevin Burnett at (201) 547-3721 or Curlie Chapple at (201) 547-8960.



Community & Supportive Services (CSS) Program Newsletter

Lafayette Gardens & A. Harry Moore HOPE VI Revitalization Programs



JCHA Board of Commissioners
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Vice-Chairperson Elba Perez-Cinclarelli
Commissioner Della Womack
Commissioner John Garvey
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11 Ground Broken for Glennview Townhouses

The JCHA and City officials broke ground on October 28, 2009 for the new mixed-income family development of 63 attractive townhouses, to continue the on-site revitalization of the Lafayette Gardens site. The fourth on-site phase of this HOPE VI Revitalization Program, Glennview Townhouses, celebrates the best of traditional urban design in a location close to mass transit, Liberty State Park, and near commercial corridors. The new development has been named in honor of the late Jersey City mayor Glenn Cunningham.



From l. to r.: Raj Mukherji, Chairman, JCHA Board of Commissioners, Freeholder Jeffrey Dublin, Mayor Jerramiah Healy, Diane Johnson, Department of Housing & Urban Development, Senator Sandra Bolden-Cunningham, Councilwoman Viola Richardson, Maria T. Maio, JCHA Executive Director, Ginger Cohen, Michaels Development Corporation, Michael Staton, N.J. Housing & Mortgage Finance Agency, Melvin Edwards, Artist, and Freddie Kitchens, JCHA Commissioner and resident.

The new development will be multi-faceted with special features including:

- 38 public housing, 17 tax credit affordable and 8 market rate apartments for families of all incomes.
- Energy efficiency and sustainable technologies for healthful living.
- Spacious, light-filled apartments with appliance package, and generous indoor and outdoor storage.
- Resident access to an on-site computer learning center, exercise room and social service programs and children's play area.
- Creation of local construction employment.

12 Curries Woods: Fresh Start for Fall

To commemorate the end of summer and the start of a new school season, the Curries Woods Tenant Task Force sponsored a Fresh Start for Fall day on September 26th for the residents of Curries Woods. Also participating in this event was the Jersey City Fire Department, Americhoice, the Jersey City Public Library, Partners in Prevention, Pre-Paid Legal Services of New Jersey, Family Resource Center, The Girl Scouts Heart of New Jersey and NJ Health First. The day started with individual families cleaning up the area around their home. Afterwards, the Board provided food, beverages and music, and items including clothing, toiletries, books and toys were distributed to the families. Booker T. Washington resident Sonia Smith and her two daughters offered face painting for the children.



It was a great start to the new Fall season!

1 A. Harry Moore Development Update

The JCHA has once again submitted a HOPE VI funding application to the federal government to partially pay for the remainder of the A. Harry Moore revitalization. This will include another 116 mixed-income rental units on site, four affordable 2-family for-sale homes on site, CSS services and 70 1- and 2- bedroom affordable condos off-site to be built in two renovated JCHA administrative buildings. As always, former residents of A. Harry Moore who are tenants in good standing have the first preference for all of these new units. We thank all of the residents who participated in the planning meetings.

The next A. Harry Moore Revitalization meeting is Tuesday, December 15 at 2:00 pm at 400 US Highway #1. All are welcomed to attend.

2 Lafayette Gardens Development Update

The construction on Glennview Townhouses I officially began on November 24! Construction completion is scheduled for Spring 2011. This phase has 63 rental units and 14 are 1-bedroom units. We will be seeking tax credit funding for Glennview Townhouses II this Spring. In the meantime, Ocean Pointe Senior Development is nearing completion. We will be mailing applications to all Lafayette Gardens senior households who have not yet moved into a new HOPE VI unit within the next month. Ocean Pointe includes 58 public housing and Project Based Section 8 1- and 2- bedroom apartments. Lafayette Gardens seniors have first preference.

We will be applying for funding for the seven planned affordable one-family for-sale homes on the corner of Grand Street and Woodward this winter.

The next Lafayette Gardens HOPE VI Task Force Meeting is Thursday, December 10 at 6:00 pm in the Barbara Place Community Center. All are welcomed to attend.

Applications for Ocean Pointe are being mailed to Lafayette Gardens seniors beginning December 4th.

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