

3 Job Postings

Contact the CSS Program to find out more about the following job opportunities:

Customer Service

Full and part-time positions available in Secaucus, NJ for Customer Service Rep. Responsibilities include greeting and offering assistance to customers as needed. Candidates must be courteous and people focused. Must also maintain cleanliness of the selling floor and assist with sales transactions. Flexible schedules (hours/days) and generous health, dental and 401(k) savings plan. HSD or GED required.

Loss Prevention Associates/Special Service Associates

The Home Depot currently has positions available for full and part-time associates. Loss Prevention Associates are responsible for detaining and interviewing persons suspected of shoplifting. Key responsibilities include: ensuring the physical security of the store and writing reports that document apprehensions and recoveries. HSD or GED required. Must be able to pass a drug test and background check. Salary is competitive with excellent benefits including medical, dental and vision.

Merchandisers

Jersey City company has immediate part-time positions available for Merchandisers. Merchandisers are responsible for assembling/stocking fixtures, installing point of sale signage and rearranging shelves. The ideal candidate will have at least 2 years experience in retail. HSD or GED preferred, but not required. Salary will be discussed during the interview.

Theatre Openings

Ideal full and part-time theatre positions are now available for those who enjoy, people, fun and the movies. Applicants must be able to deliver friendly, helpful, clean and fast service to discriminating guests. Flexible shifts are available. Salary is \$8-10 per hour.

Maintenance

Full-time General Maintenance Worker position available in Newark, 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. Competitive salary (\$13.50) with medical, dental, 401(k), life insurance and educational assistance.

Office Assistant

Immediate opening for an experienced, full-time office person with QuickBooks knowledge. In addition, the ideal candidate will possess excellent communication skills and handle phones and filing. Salary starts at \$13 an hour with benefits. Position schedule is Monday thru Friday.

Would you like to update your current resume, or get started on a new one today? Stop by the CSS Office for information and or/ applications, or call 201.547.3720 (Lafayette Gardens) or 201.547.6691 (A.Harry Moore)

4 Dear HOPE VI Resident

Something new! We want to hear from you!

The CSS Newsletter is adding a new column in the next issue: Resident Point of View. We invite Lafayette Gardens and A. Harry Moore residents to submit information to be printed in the newsletter. Residents can submit updates, questions, concerns, suggestions, etc. You may submit information you want included in the newsletter in the Newsletter Boxes located in the A. Harry Moore Management Office and the Lafayette CSS Office at Booker T. Washington Apts.

5 Nutritional Workshops

Community and Supportive Services in conjunction with Rutgers University are presently offering Nutritional Workshops for housing residents. The Workshops begin November 18, 2008. If you or someone you know is in need of nutritional classes then you don't want to miss out on this wonderful opportunity.

Rutgers Cooperative Extension and its staff will be conducting workshops on how to eat healthy and ways for you to make sure that everyone in your family is eating healthy as well, including the baby.

Classes are only 1 hour per week and last for six consecutive weeks. Nutritional food will be included as a part of the workshop, so you will need to bring your appetite. Completion of the workshops will earn participants a certificate in nutritional training, valid for those looking to obtain food service jobs.



Space is limited so prospective residents should sign up early and be prepared to attend six workshops. Nutrition is a big part of staying healthy and living healthy. Dieting techniques and other ways to eat healthy are important in maintaining active lifestyle. The nutritional workshops will include instructions on how to prevent the spread of germs. Some areas to be discussed include: touching raw meat like fish, poultry and eggs and keeping your baby's formula germ-free.

To register for the workshop, you need to contact Kevin Burnett at (201) 547-3721 or Brenda Davis at (201) 547-8960. Class space is limited so call soon, if you don't get in the first workshop you may be placed on the waiting list for the future nutritional workshops.

6 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 11 | JAN 8

The A. Harry Moore Community meetings are generally scheduled every fourth Wednesday of the month at the RMC Board Room, 324 Duncan Avenue, 2nd Floor at 6:00 p.m.

DEC 17 | JAN 28

7 Did You Know?

Did you know that the Jersey City Department of Recreation has many fun programs going on this winter for kids and adults? Thanks to a \$2.8 million dollar renovation of the Armory on Montgomery Street, the winter doldrums do not have to keep you in hibernation. The Armory now boasts a state-of-the-art indoor track facility and basketball court. An adult and junior basketball league and track program, created through the Recreation Department, is set to kick off in the first week of January 2009.

Other programs that will commence this winter include Senior and Adult Yoga classes on Tuesday's between 11am-12pm. Adults classes are held on Mondays between 6:45 pm-8pm. Also, for seniors will be a weight class and conditioning training on Mondays from 11am-12pm. The weight and condition classes for adults will be held on Thursdays between 5:45pm-6:45pm.

Project G.L.A.D. is a co-ed recreational program for handicapped/special needs children between the ages of 5-18. This program will provide youths with fun-filled activities. Free transportation is available.

The Ice Skating program will be open to everyone and continues through March of 2009. Participants learn the fine art and techniques of skating and pay only for skate rentals and the public rink fee.

The Ski Program is open to all ages as well and will begin in January of 2009. Participants will have to pay for bus ride and lift tickets.

If boxing is your thing, the Recreation Department has put together a boxing program, Monday through Friday at Jimmy Duprees' gym (MLK Drive).

Finally, swimming is available at the Pershing Field pool house on Central Avenue. The hours for the pool house are from 2pm-7pm. According to the director of the Jersey City Department of Recreation, activities are designed to promote physical fitness, competitive spirit



8 Jersey City Events

Journal Square Farmers Market

11:00 am to 7:00 pm on Wednesdays until November 26. Located directly off the PATH Terminal, on Kennedy Blvd at Journal Square. Variety of fruits & vegetables, WIC and Senior FMNP checks accepted by some farmers. Call 201-798-6055 for more information.

Friends of Van Vorst Park Farmers Market

8:00 am to 2:00 pm, Saturdays until November 29. Located in Van Vorst Park, near the Grove St. PATH station at Jersey Ave and Montgomery St. Variety of fruits & vegetables, WIC and Senior FMNP checks accepted by some farmers. Call 201-433-5127 for more information.

Source: <http://www.destinationjerseycity.com/>

9 Senior's Corner

Seniors, be prepared, for winter is on the way with it all its cold and bite. Colder temperatures can be dangerous to many, particularly dangerous for seniors with medical conditions.

According to the U.S. Centers for Disease Control and Prevention (CDC), flu shots are recommended every year for people older than 50. Flu season generally runs from October through May. By getting a flu shot, you may be able to avoid getting sick this season. CDC statistics reveal nearly 230,000 people end up in the hospital because of the flu and almost 40,000 will die. Seniors at risk for complications of the flu include: those living in nursing homes or facilities (where people are chronically ill); those with diabetes; kidney failure (dialysis); heart and lung disorders (asthma).

Ideally, individuals should get the flu shot in October or November, but the CDC information suggests that getting a shot in December or later is still beneficial. The flu virus can pass through the air and into your system through your mouth and/or nose. Did you know that you can pick up the flu virus from touching a telephone or doorknob? The germs found on these everyday items can be passed on innocently enough and have tragic results. Flu symptoms include: fever, chills, body aches, a dry cough, headaches, runny nose and sore throat. You may also feel extremely tired and not be able to complete routine chores. Your risk increases in areas that are not sanitized effectively and in homes/facilities where there are a lot of people. There are things that you can do to be proactive in your fight to prevent the flu –wash your hands often and keep them out of your mouth and nose.

Still, the best prevention, according to the CDC is to get a flu shot which can prevent 70%-90% of illnesses. It is also 80% effective in preventing death. And despite what you may have heard, you cannot get the flu from getting a flu shot. The flu shot contains dead flu viruses. The CDC estimates that it takes two weeks before the shot begins to protect you from the flu. Remember, the shot doesn't give you 100% protection, so there is the slightest possibility that you can still get the flu, but you're not likely to be sick as long. Don't know where to go? You can locate a flu shot clinic in your area, simply by calling the CDC hotline at 1-800-232-4636 or contact the CSS Program at (201) 547-3720.

10 CSS Office Information

Lafayette CSS Program: open Monday through Friday from 9 a.m. to 5 p.m. and Wednesdays until 7 p.m.

A. Harry Moore CSS Program: open Tuesday through Thursday from 9 a.m. to 5 p.m.

Lafayette Gardens CSS Program

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Community & Supportive Services (CSS) Program Newsletter

Lafayette Gardens & A. Harry Moore HOPE VI Revitalization Programs

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60 Fremont Street
Jersey City NJ 07310
COMMUNITY & SUPPORTIVE SERVICES



1 A. Harry Moore Development Update

As you may remember, the JCHA advertised for proposals from development teams to complete the revitalization at A. Harry Moore. The JCHA Board of Commissioners voted on awarding a contract to one of the responding Teams at the November 17 Board meeting. The chosen Development Team is Pennrose Properties, LLC. and Kitchen and Assoc. We will begin to schedule Revitalization meetings with residents in January to discuss future new development.

Pennrose will be responsible for demolishing the 3 existing high-rises, building approximately 112 more rental units with community space on-site and developing affordable condos at two JCHA administration buildings off-site.

In the meantime, we are nearing completion of the 66-unit Phase I construction. We hope that families will be able to begin moving into the new apartments in late November or early December.

Phase II construction – 78 rental units is currently about 20% completed. Final completion is scheduled for next December and applications for the 78 apartments will be ready next summer for former A. Harry Moore residents. If you are interested in moving back to the site and you are not placed in a Phase I apartment, you still have the opportunity to apply for and be placed in a Phase II apartment.

2 Lafayette Gardens Development Update

Barbara Place Terrace is on the move!

Applications were mailed out to all Lafayette Gardens residents who have not moved to a new HOPE VI apartment on **Monday, November 10**. As soon as you receive the application, fill it out completely and return it between November 15 and 30 to the address indicated. If you would like assistance in filling out the application, Kevin Burnett is available at the CSS office to help you.

We wish all applicants the best of luck in being chosen for an apartment. But remember, if you do not get an apartment at Barbara Place Terrace, there are two more phases of HOPE VI rental development coming soon.

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11 Quick Thanksgiving Tips

Just because Thanksgiving is the most important family meal of the year doesn't mean you have to spend hundreds of hours cooking and cleaning. Here are some ways to keep the holiday hassle to a minimum.



- * Clear your fridge well in advance to make room for all the Thanksgiving food.
- * Purchase a roasted turkey from a local restaurant or gourmet shop. This is the ultimate Thanksgiving luxury. No defrosting, no checking and poking for hours. And best of all, a cool kitchen.
- * Cut back on the number of side dishes you serve. Nix the brussel sprouts casserole nobody touched last year.
- * Leave some or all of the peel on your mashed or roasted potatoes. You'll save precious prep time.
- * Bake just one kind of pie. (Pumpkin is less time-consuming than apple.) Even better: order from your favorite restaurant or bakery.
- * Use disposable roasting pans or line your casserole pans with foil. The less washing you have to do, the better.
- * Have your Tupperware containers and their matching lids lined up and ready to accept the inevitable leftovers. You'll be thankful you did.

Source: <http://www.oldereducator.com/>

12 Basic Skills Literacy Program

The Jersey City Housing Authority, in collaboration with the Department of Labor and Hudson County Community College, continues to offer a free Computer Training Skills Program. This program provides continuous eight hour computer trainings in Microsoft Word and Microsoft Excel.

The classes are held twice per week from 10 a.m. to 12 p.m. at the Community Revitalization Center at Curries Woods. There is a maximum of twelve participants, to allow for one-to-one instruction. Participants who complete eight hours will receive a Certificate of Completion from Hudson County Community College.

For further information and to register for the classes, please contact Kevin Burnett, CSS Coordinator at 201.547.3721. In order to ensure your seat in the classes, please enroll early. Those residents seeking to enroll after the 12 seats are filled will be placed on a waiting list.

