

3 Job Postings

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

Hotel Positions (FT and PT)

Full-time positions are now available in Secaucus for a handyman, cook, breakfast server and housekeeper. Ideal candidates should have experience in hotel and/or restaurant industry. Must have a high school diploma or GED and be able to pass a drug test.

Security (FT)

Full-time security positions are now available in Hudson County. Must be energetic and have experience in customer service. Applicants must be able to maintain an appearance that clearly reflects pride in work. High school diploma or GED is required for this position and must be able to work a flexible work schedule.

Warehouse Opportunity

Full-time positions available working in a warehouse in Jersey City. Must be able to pick and pack and load and unload at least 50 lbs. Must have laborers experience.

Receptionist

Full-time positions available for office support at a fast growing company in Newark, NJ. Candidates must have experience in providing administrative support and software background. High school diploma or GED required, along with 2 years minimum experience.

Cashiers

High volume corporate dining seeks experienced cashiers and stock persons for their Jersey City location. Work full-time, Monday – Friday, no weekends with paid benefits. Must apply in person or you may fax your resume or call the location directly. High school diploma or GED required.

Cooks

Full-time restaurant positions are currently available in Hoboken, NJ for experienced kitchen staff. Candidates must be able to work Monday – Friday. Good starting pay with benefits.

Maintenance

Substance abuse treatment center in Secaucus looking to fill a full-time maintenance position. Must be able to work the day shift and have prior experience in maintenance field. Candidates must have a resume to apply for this position.

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 Job Fair 2008

The Community and Supportive Services (CSS) Program is holding a Job Fair this fall. Residents will get an opportunity to meet with employers from Hudson County. Job seekers or those wishing to gain greater employment opportunities are welcomed to attend the event on Thursday, October 16, 2008 at the Senior Living Center located at 463 Pacific Avenue, Jersey City, NJ.

Attendees will need to dress professionally: no hats, t-shirts, or jeans will be permitted for the event. All attendees must have a resume to participate in the Job Fair. If you do not have a resume and wish to create one, you will need to contact the CSS Office to arrange for assistance prior to the Job Fair. Resumes are an important tool in gaining employment and employers will not be handing out applications at the event, so you will need one in order to be interviewed. Any resident who wishes to update their resume may utilize the computers at the CSS office. Special resume paper will not be provided, so residents should purchase resume paper from an office supply store.

If you cannot attend the Job Fair, please submit your resume to the CSS Office as we will be coordinating resume exchange with the employers attending the event. Residents can email their resumes to kburnett@jcha.us.

It is our hope that residents seeking to advance their careers will find the Job Fair useful and utilize it as a networking resource. Residents with little to no skills should find it beneficial as well.

All former Lafayette Gardens residents are welcomed to attend the Job Fair. The event will begin promptly at 10 am and ends at 3pm. Please note that employers may elect to leave at their discretion during the day, so it is recommended that you try to attend the Job Fair early to ensure that you meet with all the employers.

To get an updated list of employers expecting to attend, residents can contact the CSS Office.

6 JCHA HOPE VI Programs

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

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

Relocation Program Services - For assistance, please call Cathy Negron at Lafayette Gardens or Tish Jackson or Trena Hinton at A. Harry Moore

7 Did You Know?

Did you know that your child may be eligible to learn dance for free if you live in Jersey City? The Kennedy Dancers Repertory Center located on Central Avenue in The Heights is offering a unique opportunity for residents who are economically disadvantaged and “at-risk.” Participants in the Kennedy Dancers learn ballet, jazz, tap dance, modern, hip hop, salsa, African, Middle Eastern and gymnastics in a series of classes over several months.



To qualify, potential students must be between the ages of 10-18 and have a strong interest in dance. The teens and youngsters are trained in varying forms of dance by some of the industries leading instructors. Your child, male or female, need not have had any formal training to be eligible for the Repertory Center. They must, however, be enrolled in school and bring proof of residency and income.

The Kennedy Dancers is a professional, American theatrical dance company based in Jersey City since 1978. The company was founded by Artistic Director Diane Dragone, to bring quality dance performances to Jersey City. The company includes programming designed specifically for the learning disabled and physically challenged. The Kennedy Dancers are hoping to reach students and young people who might not otherwise be able to afford the usual cost of enrolling in dance classes. The teens are trained in all aspects of dance and are introduced to improvisational and creative movement. The teens get a chance to perform twice a year with the Kennedy Dancers Professional Dance Company, which travels up and down the east coast. They also get exciting television exposure through the company's cable program “Dance Vista.”

The goal of the Kennedy Dancers is to train and assist teens in the performing arts. Instructors, according to the company's website, believe that dance and the preparation process will help young people with their communication, expressive behavior and socialization skills. They also expect that these teens will see an increase in academics and the ability to make better choices about their lives and have a lot of fun along the way.

To learn more, contact the CSS Office.

8 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.

OCT 9 | NOV 13 | DEC 11

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.

SEPT 24 | OCT 22 | NOV 26

9 Senior's Corner

Tips for a Healthy Brain

Seniors, keeping your brain sharp can help you lead a long and healthy life. AARP recommends the following tips to help keep your brain—and your body—vibrant and healthy throughout your life...

Do:

- Exercise your body regularly and get involved in physically active leisure pursuits
- Keep your mind exercised! Engage in active learning throughout life and pursue new experiences
- Stay socially engaged with friends, family and community groups
- Maintain a positive attitude and a sense of control over your life.
- Take steps to manage stress
- Eat a balanced diet, and focus on brain-healthy foods that are rich in antioxidants and omega-3 fatty acids, and consider taking a multivitamin supplement that includes antioxidants and folate
- Mind your numbers: lose any extra pounds, lower your cholesterol if it is high, and keep your blood glucose and blood pressure under control
- Get adequate sleep
- Get proper medical attention and treatment for any underlying health problems

Don't:

- Drink to excess, smoke, or use illicit drugs
- Ignore sudden changes in mental status (but don't be overly concerned about normal slips of memory like forgetting names or where you put the keys)
- Avoid going to the doctor if you notice changes in your physical or mental health
- Overlook the possibility of drug interactions that can affect mental functioning, especially if you are taking more than one prescription medication
- Become isolated in your home
- Think you're too old to take up something new!

This content is brought by Staying Sharp, a partnership between AARP and Seniors Weekly.

CSS Office Information

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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)



Community & Supportive Services (CSSS) Program Newsletter

Lafayette Gardens & A. Harry Moore HOPEVI Revitalization Programs

JCHS Board of Commissioners
 Chairperson Lori Serrano
 Vice-Chairperson John Garvey
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 Commissioner Edward Cheatham
 Commissioner Elba Perez-Cinclarelli
 Commissioner Freddie Kitchens
 Executive Director Maria T. Malo

60 Fremont Street
 Jersey City NJ 07310

COMMUNITY & SUPPORTIVE SERVICES
 CSSS



1 A. Harry Moore Development Update

Rumor has it that there are a lot of rumors floating around!

It has come to our attention that A. Harry Moore residents may be relying on rumors and gossip for their information about relocation options and selection for Gloria Robinson Court Homes. Making an important life decision based on a rumor is a very good way of losing your options and opportunities for a better living condition.

Give yourself a break. Get all the facts before making a decision. Talk to a staff person. Talk to more than one staff person. Talk to a friend who has actual personal experience.

If you talk to someone who begins their sentence with, "I heard that..." you can be sure you will hear misinformation. If you hear something that doesn't sound right or doesn't make sense...check it out. Ask questions until it makes sense or sounds correct. Make a decision based on more information not less information.

A. Harry Moore residents are making very important life decisions about where to relocate and whether or not to come back to the new HOPE VI development. Don't give up your right to make your own decision for your family. By relying on gossip and rumors you are allowing others to make decisions for you.

The Phase I apartments will be ready to move into in November. The only way to be selected for a new apartment is to return your application, respond to phone calls for additional information, keep appointments with the management agent and ask lots of questions. If you feel unsure or a bit frightened by the process, please reach out to an A. Harry Moore staff person for assistance. We are there to help you.

2 Lafayette Gardens Development Update

Barbara Place Terrace construction has been slightly delayed due to very low water pressure in the neighborhood. This means we have to re-design the piping and pump system. As a result, the tour of apartments we wanted to schedule in September will not be scheduled until later in October.

A representative from Interstate Realty Management Co. will attend the next **HOPE VI Task Force meeting on October 9 (6:00 pm at the Lafayette Senior Living Center)** to discuss the application process for Barbara Place Terrace. This will be an opportunity for residents to ask questions and suggest improvements to the application process. Once again, Lafayette Gardens residents who are not in a HOPE VI unit have 1st preference.

Kevin Burnett is and has been making home visits. He is asking residents whether they are interested in coming back to a new HOPE VI unit. Even if you say you don't want to return, you will receive an application for each new phase and it will be your choice whether to return the application or not. It is okay to say to Kevin that you don't want to come back and then later to change your mind. Stuff happens. Life changes. It's fine.

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DIRECTORY

- Kevin Burnett**
Lafayette Gardens
CSS Coordinator
201.547.3721
- Patricia Jackson**
A. Harry Moore
CSS Coordinator
201.547.6691

11 Basic Literacy Skills Program

The Jersey City Housing Authority, in collaboration with Hudson County Community College, continues to offer a free Basic Literacy Skills Program. This program provides funding for instructors from Hudson County Community College to teach math, communications and computer classes.

Classes will commence once we are able to get 12 committed participants. The classes meet twice a week usually in the mornings at the Community Revitalization Center at Curries Woods. Each class is two hours in length for a total of eight hours.

Participants who complete eight hours will receive a Certificate of Completion.

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.



12 Jersey City Events



Free Live Music in Journal Square

The sound of music fills the air during our entertainment series as local artists provide music for your lunchtime pleasure.

Every Wednesday, Friday and Saturday, from 11:30 a.m. to 1:30 p.m.

- 9/20 (Raindate) FrostKings/BlueNumber Nine
- 9/24 Blue Number Nine
- 9/26 Juan Santos
- 9/27 Nicole Hart