

The Resident Reader

VOLUME 3, ISSUE 2

OCTOBER 2006

RRHA Awards Six Scholarships



From Left: Christopher Fletcher, Shanae Vaughn, Tawanika Pannell, Miaisha Nunnally, Kerry Plank and Kristopher Taylor

INSIDE THIS ISSUE:

RRHA Scholarships	1
Teen Health Centers	2
eBus with BB&T	2
Employment Efforts	3
Self Sufficiency Efforts	3
Self Sufficiency Awards	4
Celebration at Lincoln	4

On Wednesday, August 9, 2006, the Roanoke Redevelopment and Housing Authority staff and board members recognized, with six scholarship recipients and their families, the students' achievements at the annual Scholarship Awards Luncheon held at the Hotel Roanoke. Dr. Sharon Richardson, Executive Director for Student Supportive Services, was the guest speaker. She encouraged the students to always be disciplined, balanced, observant, passionate and grateful. Also, Dr. Richardson directed them to work extra, follow the golden rule, listen to your intuition and say "thank you" in preparation for life's adventures. The following persons received a \$1,000 scholarship:

Tawanika Pannell is attending Virginia Western Community College. Currently she is pursuing an Industrial Business and Supervision Diploma, with a Degree in Management as her ultimate goal. Tawanika is the proud mother of three children and participates in the Section 8 program.

Kerry Plank enrolled in Virginia Western Community College in the fall of 2005. She made the Dean's List in the fall of 2005 and spring 2006. Kerry is pursuing a degree in science and plans to become a teacher. Since 2001, she has been employed by Kroger at Town Square. Kerry and her family reside at Indian Rock Village.

Shanae Vaughn is a 2006 graduate of William Fleming High School, where she maintained a 3.25 grade point average. Shanae has been accepted to Liberty University; she plans to major in pre-medicine and double-minor in music and United States history. Shanae plans to pursue a career in the medical field with a focus on cancer and Tourettes Syndrome patients.

Kristopher Taylor graduated from William Fleming High School in June 2006. Kristopher attends Johnson C. Smith University, a private, liberal arts university, in Charlotte, NC. Kristopher states that he chose Johnson C. Smith University because he would be challenged in his education to ensure that he would be prepared and successful in his future endeavors. Kristopher plans to pursue a career in real estate.

Miaisha Nunnally recently graduated from William Fleming High School. She was ranked number six in a class of 265 students. Miaisha maintained a 4.25 GPA, while attending school and working a part-time job. During her four years of high school, Miaisha was enrolled in the Advanced and International Baccalaureate program. She was voted "Most Likely to Succeed" by her peers. She is attending Ohio State University.

Christopher Fletcher enrolled in Virginia Western Community College in the fall of 2006. He plans to pursue a degree in human services. Christopher's goal is to become a drug and alcohol counselor. He is very active with his church and a proud father of three daughters. Christopher participates in the Section 8 program.

The Need for Adolescent Specific Health Care

More than any other age group, the health status of adolescents is closely connected to their developmental stage and behavior. The multitude of changes brought on by the onset of puberty demand specialized health and mental health care. Adolescent behaviors, including sexual activity, use of drugs/alcohol, suicide and smoking, are often described as "risky". From a health and mental health standpoint, the behavioral decisions made during adolescence may not only threaten an adolescent's immediate health, but also their long-term health and even their life expectancy.

Some behaviors, such as drug use and smoking, may lead to addiction and may mask underlying mental health

problems, such as depression and anxiety. When left untreated, mental health and/or substance abuse problems may result in poor academic performance, isolation from family and other supports, low self-esteem, physical problems, and even death. In 1997, suicide was the third-leading cause of injury-related deaths in the United States among adolescents 13-19 years of age. Even if a teenager is not engaging in "risky" behavior, he or she is still at risk for many health and mental health problems particular to his or her age group that demand specialized care such as depression, eating disorders

and sports related injuries.



Providers of adult health care may be more attuned to the physical problems of a maturing body but also may lack the sensitivity necessary to handle adolescent health care issues. Either way, teens are often faced with a health care provider in need of specialized training to meet their age specific needs.

Article by: Dan Merenda, Executive Director of the Roanoke Adolescent Health Partnership

Local Teen Health Centers

There are three Teen Health Centers in Roanoke where your teenager can receive comprehensive health care at no out-of-pocket expense to you but you must sign a parent consent form to qualify your child for health care services. Doctors, nurse practitioners, registered nurses, and clinic assistants trained specifically to work with adolescents provide a wide array of services, ranging from well child visits to family planning. Appointments at the Hurt Park Teen Health Center can be made by calling 857-7284. In

addition if you have a child age 10 –19 who attends the Roanoke City Public Schools, you can schedule an appointment at the Fleming/Ruffner School Teen Health Center by calling 853-1436. Patrick Henry High School also has a Teen Health Center where you can schedule an appointment for your child by calling 777-2481. Be a partner in your child's health care and call now for a parent consent form and an appointment.

Hurt Park Teen Health Center

857-7284

Fleming/Ruffner School Teen Health Center

853-1436

Patrick Henry High School Teen Health Center

777-2481



e-Bus

The Community College Foundation and Freddie Mac operate a Homeownership Mobile (eBus) with 10 computer workstations with internet access via satellite technology. In an effort to provide homebuyer education and financial literacy to underserved communities, BB&T partnered with RRHA and other organizations to sponsor the eBus in Roanoke and surrounding localities during the month of July. The eBus visited three public housing locations: the Villages at Lincoln, Jamestown Park and Lansdowne Park. At the three locations a total of 73 credit

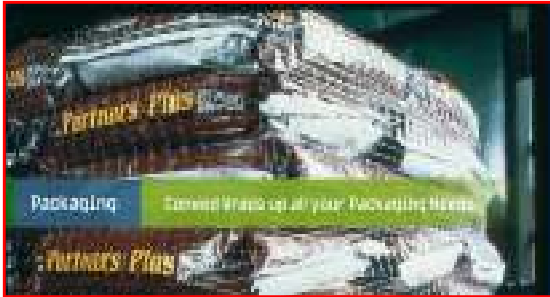


reports were printed, reviewed and given to individuals; 42 one-on-one financial literacy counseling sessions were held and 2 applications were filled out by visitors to the eBus.



Individuals exploring eBus

Conwed Plastics Employ Residents



In the months of July and August, Pat Hickok, the Director of Human Resources for Conwed Plastics, interviewed over 50 public housing residents and housing choice voucher participants in an effort to fill 22 positions. The application process and the initial interviews were conducted in RRHA's board room and in the community room at Jamestown Place. To date, 10 people have been hired by Conwed.



Shonny Cooke Hired as Program Coordinator for Indian Rock



Shonny joins RRHA as the program coordinator for the ROSS RSDM Family Grant Program for Indian Rock Village and former Hurt Park residents. Her professional experiences include secondary education, career development and counseling, employment and training coordination, and grant administration and management. Preceding her arrival to RRHA, she was a high school teacher at an alternative

education and youth drug treatment center in Scranton, PA. Shonny looks forward to meeting residents and offering services that include job and pre-employment skills training, job search assistance, GED and adult literacy classes, college level and vocational educational opportunities, as well as additional services geared toward promoting self-sufficiency and improving quality of life.

Jamestown Place Self-Sufficiency Program Offers Adult GED Classes

In partnership with Roanoke City Public Schools, each Tuesday and Thursday from 9:30—11:30 a.m., residents of Jamestown Place can attend the Adult GED classes being held in the Community Room. Instructor Shari Edwards is a delight and gives individual attention to each student. These classes will continue until Shari has determined which students are ready to take their final GED exam.

Beginning September 25th, in partnership with TAP-This Valley Works, Adult Literacy and a second Adult GED class will be held from 2 p.m.— 6 p.m.



GED students preparing for final exam



“Recognition Night” Held for Self Sufficiency Participants

Public Housing residents and Housing Choice Voucher participants, along with RRHA staff, TAP and Goodwill Industry representatives, attended the Annual Self Sufficiency Recognition Celebration on Tuesday, August 29, 2006 at the Villages at Lincoln Community Room. RRHA Executive Director, Ellis Henry, was the guest speaker, and Calvin Curry served as the Master of Ceremonies. All participants received certificates of participation. Four families were recognized as Families of the Year for their outstanding achievements.



Left: Family and friends enjoying Recognition Night



*Right:
Robin Denney and Home-ownership Participants*



Deborah Davoll and Public Housing Participants



Ellis Henry, RRHA Executive Director



*Calvin Curry,
Master of Ceremonies*



Left: Pam Forrest and Housing Choice Voucher Participants

*Right:
Savana Shepherd and Public Housing Participants*



Mom's Roast Pork

Preheat oven to 350

1 Boneless pork loin, cut slits into top of pork loin, (fat side up). Rub salt and pepper into meat. Put in cast iron frying pan and put just a little water in bottom of pan. Seal with foil. (Water steams the meat). Cook for about 1 to 1 1/2 hours. Remove foil and let brown.

To make gravy, add a little water to the drippings in the pan. Add thickening (made with a little cornstarch or flour with water, salt and pepper to taste. As this comes to a boil turn down heat and simmer. The gravy will thicken as it cooks.

2 eggs

2 tablespoons corn starch

9 - 10 tablespoons sugar

1 12oz. can of evaporated milk

1 can creamed corn

Preheat oven to 350

Baked Corn

Beat eggs, add cornstarch, sugar, corn, and cream

Spray dish with Pam and bake 40 - 45 minutes or until you can stick a knife in the middle and it comes out clean

Special Thanks to

Cindy King

Lansdowne Park resident,

For sharing her family recipes with us

Enjoy!