



Fathers Are Talking moves into 2014

CHA fatherhood network talks and reads, too!

More than just talk!

For nearly two years, the members of Fathers Are Talking have worked to find ways to engage area fathers and increase father-focused activities in Chester. The group has created a monthly radio program, co-sponsored a fathers film festival and most recently created a childcare reading project. At right CHA Executive Director Steve Fischer is shown reading to students at the En'Richment Academy in The Bennett Homes. Above Fischer is joined by charter members Jon Whittington, Butch Slaughter and Rod Powell. The group is looking for fathers who are interested in expanding fatherhood work. For more information call 610-876.5561 ext. 131.



These women were among the many Residents who attended the recent fire safety training workshop sponsored by CHA. The workshops, coordinated by Housing Director Norman Wise, (inset) focused on safe cooking habits, insurance options and emergency information.

Happy New Year!

2014

The Chester Housing Authority

Quote Worthy

"The new CHA has taken care of the bricks and mortar. Now they're taking care of the people."

Barbara Gooby-Muhammad
Former Resident Council Leader

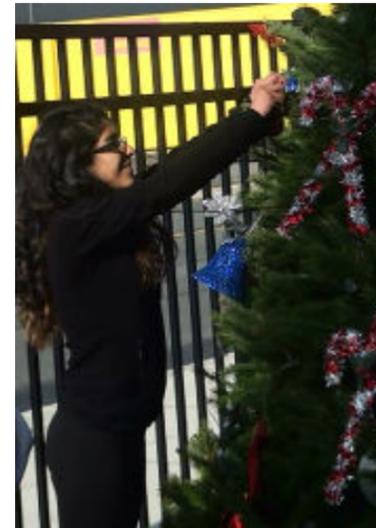
Super Staff member



Shanelle Johnson

has worked 10 years for CHA, providing support for just about every department in the agency. Always willing to go the extra mile for her co-workers, Johnson's efforts were recently recognized in the chambers of federal judge Norma L. Shapiro. In addition to giving 110% at work, she is also working her way toward a college degree.

Volunteer Spirit!



A volunteer member of the Andrew L. Hicks Foundation places ornaments on the official CHA Christmas tree during the recent organization's city-wide effort. Volunteers also helped clean the Bennett Community Garden. See more holiday pictures on Page 2.

Building BLACK

Building Community

Winter 2013-14

Biggest Losers!

CHA Residents lose more than 300 pounds



Participants of CHA's Anume (a new me) health and fitness project take up the "Sunrise Rocky Challenge" on Philadelphia's Art Museum steps in August 2013. The outing was among many health activities created to keep participants motivated and engaged.

Anume

CHA's brand of healthy transformation

Residents Tara Fontaine and Deborah Montgomery have been involved with the CHA health project from the very beginning. When the project first got started in 2011, the women were part of a group that spent time developing the Bennett Community Garden, exercising in small groups and hosting healthy food workshops.

"When we first got started, only a few people would come out to see what we were doing," said Fontaine. "Now we see a lot of new people every time we do an event. It's amazing."

The health project took a dramatic turn for the better in January 2013 when Ulysses "Butch" Slaughter took over as project coordinator.

"Butch had all kinds of ideas," said Montgomery. "He didn't just talk about doing new things, he actually did them."

With the continued dedication of Fontaine, Montgomery and several other dedicated Residents, Slaughter was able to create a project that would include youth, senior Residents, college interns and local businesses.

(Story continues on Page 3)

Anume



Coordinator, Butch Slaughter



Evaluator, April Young

Santa, many CHA supporters treat Seniors



A-sleigh we go!

Above Helen Whittington, President of the Edgmont-Madison Senior Resident Council is joined by CHA's Executive Director and Santa Claus for a horse-drawn sleigh ride. Below, Senior Resident Florence Hassan is shown here with her daughter and grandchildren in front of a holiday display staged at CHA's main office.



CHA Staff member, Karen Banks-Robinson, offers holiday gifts to youth Residents from Bennett homes on Christmas Eve at The Bennett Community Center. Thanks to CHA General Counsel Maria Zissimos, hundreds of toys were donated by St Luke's Greek Orthodox Church in Broomall and distributed to children at Bennett, Chatham and Wm. Penn. The church has donated toys to CHA Residents since 2000.



Scouts, landlords, Hicks Foundation and others help bring holiday cheer

Seniors residents were treated to an extraordinary evening of holiday wonder December 9, 2013. An amazing event coordinated by Mary Militello, the tree lighting ceremony showcased current and future leaders in our community. Many partners and supports came out to kick off a wonderful holiday season.

"We applaud Scoutmaster Al Davis and Assistant Scout Master and Gateway resident, Deacon Harry Dempsey in introducing the importance of service to the young men of our community," said Militello. "We are ever grateful to the continued generosity of the Frangelli family, Stackeys and Trimerge Investments for our delicious soup and treats. Dominic, Tara, Avery and Katerina have fund raised and worked at our Holiday events for the last four years. Santa Claus, aka Chris Martinez, the CHA Maintenance Staff, and Tom Zane of Trinity Carriage brought the magic of the holiday season to Chester."



The Chester Housing Authority
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www.chesterha.org

The Chester Housing Authority is The City of Chester's largest housing provider. It administers and manages approximately 2,300 units. CHA operates four family developments and six senior citizen high-rises, serving approximately 1,000 families. The CHA also assists another 1,500 families through its Housing Choice Voucher Program.

Do you have a product or service to offer to your CHA neighbors? Advertise it in **Building BLOCK**. For more information call 610-876-5561 or info@chesterha.org.



WCHA on BlogTalk Radio
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 The Chester Housing Authority!
 Go to Blog Talk Radio and search
WCHA

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"We have a lot of very talented and smart Residents," said Slaughter. "All we needed was a solid plan and some consistency. When people saw that we were committed to being healthy, they joined us."

By October 2013, more than 400 CHA Residents had come to one of the community centers to address their health needs. Residents participated in Zumba, kickboxing, yoga and group walks. A large number of CHA Residents took part in a health survey conducted by Dr. April Young.

"We talked with a lot of people over the course of three days," said Young. "CHA Residents are concerned about



Helen Whittington, President of CHA's Resident Council at Madison Apartments helped coordinate trips to the Bennett Community Garden for our senior Residents

The new and improved health initiative included something for all CHA Residents. A youth sports seminar was developed to teach boys and girls soccer and basketball skills. Senior Residents made weekly trips to the Bennett Community Garden to pick fresh fruits and vegetables. A small group of young men were hired to support Swarthmore College students managing the garden's growth over the summer. And a new catering company was developed by Fontaine and Montgomery.

"Like everything else, we call it ANUME," said Fontaine. "That's what our work is all about. We want people to join us and create ways of living for themselves, for their families and for their communities. I see bigger things happening in 2014. This is going to be great."

For more information about getting involved in the new year, call 610-876-5561 Ext. 131.



CHA Executive Director, Steve Fischer, leads ANUME members through stretching sessions.

their health and talked about what's important to them."

In addition to participating in health surveys and workout sessions, many Residents took advantage of free health screenings provided by Dr. Joyce Rasin from Widner University. Not only did Rasin help monitor blood pressure, she also helped participants keep track of their weight and body mass index.

"Having her come out really made a difference in how serious people looked at their health," said Montgomery.



More than 15 Resident youth took part in a CHA sports seminar in Summer 2013. CHA intern Josh Thompson led the group.



Anume

New habits=improved health

What we've accomplished

Enrolled more than 85 participants into our health and fitness program

Conducted two 12-week fitness challenges

Hosted multiple health events at our three main community centers

Offered 240 minutes of exercise options each week for 24 weeks

Helped 25 Residents lose more than 10 pounds each in three months



Completed community health surveys with nearly 300 Residents

Monitored waist and weight loss for 50 participants over 24 weeks

Hosted 10 healthy cooking seminars in 24 weeks

Conducted five separate participant blood pressure screenings

Established the monthly Women's Circle Social Forum

Created a Summer Youth Sports Seminar