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.

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!

Super Staff member

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.

(Business continues on Page 3)

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

Happy New Year!

2014
The Chester Housing Authority

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.

Volunteer Spirit!

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(Business continues on Page 3)
Santa, many CHA supporters treat Seniors

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 Frangell family, Stackeys and Trimere 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

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

Get the latest on The Chester Housing Authority! Go to Blog Talk Radio and search WCHA.

The Chester Housing Authority
1111 Avenue of The States
Chester, PA 19013
610.876-5561
www.chesterha.org

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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 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 Raisin from Widner University. Not only did Raisin 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.

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

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

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

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 Win. Penn. The church has donated toys to CHA Residents since 2000.