



# THE RESIDENT NEWSLETTER

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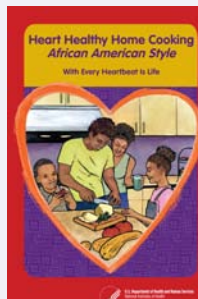
## Notice of Funding Opportunities

» **Resident Opportunity and Self-Sufficiency (ROSS) - Service Coordinators Program.** The ROSS program allows public housing agencies (PHAs) to hire a service coordinator. The purpose of the ROSS Service Coordinator program is to provide funding to hire and maintain Service Coordinators who will assess the needs of residents of conventional Public Housing or Indian housing and coordinate available resources in the community to meet those needs. Eligible applicants include resident associations, PHAs, nonprofit organizations supported by the residents and/or PHAs, and tribes/tribally designated housing entities. (See The Resident, October 2010, for more information.)

The due date is February 21, 2011. To learn more: <http://bit.ly/cjQoWf>

Remember: ALL Applicants must register first on [www.grants.gov](http://www.grants.gov). If you have difficulty registering, call 1-800-518-4726.

## Fighting Heart Disease with Education



The With Every Heartbeat Is Life (WEHL) project was developed by the National Heart, Lung and Blood Institute (NHLBI) of the National Institutes of Health. It was developed to reach out especially to African-American communities. This project partnered with HUD in HOPE VI communi-

ties to train public housing residents to promote healthier living within their communities.

Communities of color (including African Americans, Hispanics/Latinos, American Indian and Alaska Natives, Asian and Pacific Islanders) face high rates of illness and death related to heart disease, diabetes, strokes, and high blood pressure. For example, nearly half of all non-Hispanic African-American females have some form of heart disease, stroke, or cardiovascular disease (diseases affecting the heart or blood vessels). Hispanics are at high risk of death from heart disease. In fact, 20 percent of Hispanics in America have hypertension, and more than 14 percent have heart disease or coronary heart disease. Asian Indians and Filipinos are at greater risk of coronary heart disease compared to other subgroups of Asian Americans. (Statistics: American Heart Association, [www.heart.org](http://www.heart.org))

The NHLBI has information and resources to help people live healthier lives. At the Web site below you can find resources, recipes, and Web sites on heart health, blood pressure, and other diseases. You can find information written to address the needs or concerns specific to American Indian, Latino/Hispanic, and African-American readers or educators in these communities.

<http://www.nhlbi.nih.gov/health/>

The cookbook for the WEHL class can be downloaded for free at: <http://bit.ly/9CsPgB>

## How My Family Gained Self-Esteem and Lost Pounds

**By following several basic tips offered by Norfolk Redevelopment and Housing Authority's WEHL initiative, I am changing my family for the better!**

By: Nicole Sampson



*Nicole Sampson and her children*

Hello, my name is Nicole Sampson. I successfully completed the WEHL training. When my child's father died at age 44, from cardiovascular disease, it was devastating! I knew I had to commit to making changes in my family's life.

I enrolled in the community health program in October of 2009, which was the first community health initiative offered by NRHA. I joined the class because I was experiencing a weight problem and did not want my children to follow in my footsteps. I felt they would start picking up my habits if I didn't change.

The class gave me ideas, strategies, and the confidence to change my family's eating habits and an opportunity to lose weight. Following instructions, I began a health walking regimen and eating more healthy foods.

*cont'd*

Once I began to go to the classes, I realized that the information was very helpful. I really enjoyed the chapter that dealt with portion sizes. That particular chapter even discussed the impact of controlling portions of food by using smaller plates! I then realized that the plates that I was using were two portion sizes larger than what I really needed to use. My mother always told me to eat everything on my plate or else I could not leave the table. So the size of the plate can really make a difference.

I realized that I was overfeeding my children with too large portions, and the wrong foods. I reduced big bags of chips to small individual bags. My family now eats more vegetables and fruits, and smaller portions of meat and desserts. Now I give my children more healthy choices. I understand as a parent that I have to lay the correct platform with the hope that my children will take the initiative to choose the right things because they will be on their own one day.

*NRHA began its training sessions in June 2009. Currently, the class has 17 adults aged 30 to 55. Partnering organizations have included the Norfolk Health Department, Cooperative Extension, ChartWay Federal Credit Union, Farmers' Market, Hampton Roads Community Health Center, Eastern Virginia Medical School, Life Enrichment Center, and Family Systems.*

*Ms. Sampson began the program in October 2009. By using the lessons of this program, she lost 10 pounds and went down one dress size. She has three daughters and a son, ranging in age from 10 to 18. They are maintaining their weight. She says that mornings are easier to eat healthily because she keeps fruit, cereal, and healthy grab-and-go snacks since the family is always in a rush to get out the door. Dinners are a bigger struggle. Ms. Sampson just started a 30-hour a week job. She now realizes the importance of planning ahead for a healthy dinner menu.*

## Contact us:

### Public and Indian Housing Information Resource Center (PIH IRC)

2614 Chapel Lake Drive  
Gambrills, MD 21054

**Toll free number:** 1-800-955-2232

**Fax number:** 1-443-302-2084

**E-mail:** [pihirc@firstpic.org](mailto:pihirc@firstpic.org)

(Put "Resident Newsletter" in subject line)

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[www.hud.gov](http://www.hud.gov)

## HELP CORNER

More healthy eating tips and tools can be found at [mypyramid.gov](http://mypyramid.gov). You can use this Web site to set and follow nutrition goals, plan meals, learn about healthy foods, check out and compare calories, listen to audio recordings, and play nutrition games with your children. This is a Web site of the U.S. Department of Agriculture.

<http://www.mypyramid.gov/>

# TIPS

## No-Cost Energy Savers

Save energy and money – all while staying warm this winter! You won't need to spend a dime on these FREE bill busters:

- Unplug all appliances and electronic items when they are not in use.
- Close the vents in unused rooms.
- Clean the lint catcher in the dryer before every use.
- Wash only full loads of clothes. When possible, wash clothes with cold water.
- Wash only full loads of dishes. Use light wash settings when possible, and choose the air dry cycle on your dishwasher if you have one.
- Turn off lights when you are leaving a room.
- Use task lights or desktop lamps rather than overhead lights.
- Watch TV with most of the lights in the room turned off.
- Use a rolled towel to block breezy drafts underneath doors.
- Run your range hood and bathroom fan only when needed – these often bring in unheated air from the outside.
- Close all of your window shades or curtains at night to keep cold air out.
- Lock all windows to create a tighter seal.
- Turn the water off during your shower – wet down, turn off the faucet, lather up, and turn water on.
- Cover window air conditioner units.
- Wear a sweater and slippers in your home during the winter months.
- Make energy saving goals.

For more tips for housing residents, see: <http://bit.ly/dtir0D>

