

2016 SECTION 8 HOMEOWNERSHIP PROGRAM ORIENTATIONS

All orientations will be held at
Wyoming Public Library
3350 Michael Ave. SW, Wyoming
Orientation Dates/Times:
2/17/16, 1:30 p.m.
5/17/16, 2:00 p.m.
8/16/16, 2:00 p.m.
12/20/16, 2:00 p.m.

For complete program information:
616/450-4825
grhousing.org/homeowner.html

DENTAL SERVICES HELP

Problems with your teeth can lead to many other health issues. My Community Dental Centers provides dental services to Medicaid enrollees and low-income uninsured Michigan residents. Services include oral exams and cleanings, fillings, tooth removal, dentures/bridges, crowns, pediatric dentistry and more. For more information, call 877/313-6232; www.midental.org.

TOOL FOR KEEPING KIDS SAFE ONLINE

The Federal Trade Commission offers a "Net Cetera" informational brochure that provides valuable tips for keeping children safe online. Ask your FSS Coordinator for a copy of Net Cetera at your next goal appointment, or find this and other resources online at www.OnGuardOnline.gov.



GRAND RAPIDS
HOUSING COMMISSION
Family Self-Sufficiency Program
1010 Sheldon Ave. SE
Grand Rapids, MI 49507
616.235.2893

Jean McKee Resident Scholarship Is Now Available to Residents Attending or Returning to College

Family Self-Sufficiency Program participants have a preference for this program, which provides college scholarships of up to \$2,000!

The Grand Rapids Housing Commission (GRHC) recently revised eligibility requirements for its Jean McKee Resident Scholarship Program to make the program available to not only graduating high school seniors but also to GRHC residents currently attending college or seeking to return to college full time.

Established in 2000 in memory of longtime Housing Commissioner Jean McKee, the Resident Scholarship Program offers college scholarships to residents of GRHC housing programs. Scholarship winners receive \$500 per year for up to four years, for a total scholarship award of up to \$2,000.

Eligibility Requirements:

- Must have been a resident of a GRHC housing program for the past year.
- Applicant must be sponsored by a GRHC employee who will confirm that the applicant's household is in good standing with the GRHC.
- Open to graduating high school seniors, current college or vocational school students, and adult residents seeking to begin or return to college or vocational school. **Graduating high school seniors and Family Self-Sufficiency Program participants will receive priority status.**
- Applicants who are graduating high school seniors and those currently attending college must have a cumulative GPA of at least 2.5 (C+ letter grade).
- Applicants seeking to return to college or vocational school must provide an

official high school or college transcript which demonstrates that the applicant is a high school graduate and had a cumulative high school or college GPA of at least 2.5.

- Must attend an accredited vocational school, community college, college or university as a full-time student.
- All applicants must submit a short essay (300 words) on the topic "my career goals and how the educational program I am pursuing will help me reach these goals."
- Scholarship winners are eligible to renew the scholarship annually for up to four years. Continuing requirements of scholarship winners:
 - Must maintain a cumulative 2.5 GPA.
 - Must maintain full-time enrollment.

Additional eligibility requirements based on applicant status will be detailed in Jean McKee Resident Scholarship Program application materials that will be available in early March at www.grhousing.org.



FREE Income Tax Preparation Help Is Available!

United Way's Kent County Tax Credit Coalition offers eligible households free assistance with tax preparation and electronic filing. The coalition has more than 200 volunteers located throughout our community to offer help with:

- Completing federal income tax returns.
- Applying for the Earned Income Tax Credit, which can mean a credit of up to \$6,242 for a family of three or more.
- Free electronic filing or "e-filing" of federal returns.

You may qualify for these tax services if your household income is \$55,000 or less. Households who file their federal tax returns with the help of the Kent County Tax Credit Coalition can expect to receive their tax refunds in five-ten days.

For information and to set up your tax preparation appointment, call 2-1-1 or 1-800-887-1107. Appointments are available at the following locations:

Baxter Community Center
935 Baxter Street SE, Grand Rapids
Clancy Street Ministries
940 Clancy Ave. NE, Grand Rapids

Flat River Outreach Ministries
11535 Fulton SE, Lowell
Gerald R. Ford Academic Center
851 Madison Ave. SE, Grand Rapids
GVSU Seidman Schools of Business
50 Front Ave. SW, Grand Rapids
Heart of West Michigan United Way
118 Commerce SW, Grand Rapids
Inner City Christian Federation (ICCF)
920 Cherry St. SE, Grand Rapids
Kentwood Community Church
1200 60th St. SE, Kentwood
Maplelawn Baptist Church
124 Maplelawn SW, Wyoming
North Kent Community Center
10075 Northland Dr. NE, Rockford
Oakdale Park Church
961 Temple SE, Grand Rapids
Renaissance Church of God in Christ
1001 33rd St. SE, Grand Rapids
Roosevelt Park Ministries
1530 Grandville Ave., Wyoming
The Salvation Army
1215 E. Fulton, Grand Rapids
Steepletown Ministries
671 Davis NW, Grand Rapids
United Church Outreach Ministries
1311 Chicago Dr. SW, Wyoming

Beat the Winter Blues

The winter blues, or seasonal affective disorder (SAD), can affect people of any age, including children. Symptoms can include depression, sleep problems, lethargy, overeating and irritability. Sue Pavlovich of the Seasonal Affective Disorder Association offers 10 tips that can help your family ban the blues:

1. Be active. A daily one-hour midday walk could be as helpful as light treatment for coping with winter blues.
2. Get outside. Go outdoors in natural daylight, especially at midday and on brighter days. Inside your home, sit near windows whenever you can.
3. Keep warm. Staying warm can reduce the winter blues by half. Enjoy hot drinks and hot food. Wear warm clothes and shoes, and keep your home between 64 and 70 degrees.
4. Eat well. A healthy diet will boost your mood, give you more energy and prevent winter weight gain. Balance your craving for carbohydrates such as pasta and potatoes with plenty of fresh fruits and vegetables.
5. See the light. Some people find light therapy effective for seasonal depression. One way to get light therapy at home is to sit in front of a light box for up to two hours a day. These emit light that's at least 10 times stronger than home and office lighting.
6. Start a new hobby. A new interest can ward off symptoms of SAD.
7. See friends and family. Socializing is good for your mental health and helps banish the blues.
8. Talk it through. Counseling, psychotherapy or cognitive behavioral therapy can help you cope with symptoms.
9. Join a support group. Think about joining a support group. Sharing your experience with others who know what it's like to have SAD is very therapeutic and can make your symptoms more bearable.
10. Seek help. If your symptoms are so bad that you can't live a normal life, see your doctor for medical help.

FSS Program Grads!



FSS Program grads and their GRHC Resident Services Specialists celebrate during a special event at Sheldon Apartments.

Congratulations to our fall Family Self-Sufficiency Program graduates:

Jazmyne Aufrance	Tony Lewis
Adrienne Brooks	Tamera Morgan
Tasha Cooper	Sarah Norris
Azra Kulic	Traci Willis
Corey Jones	

GRCC Offers Industrial Sewing Training Program

West Michigan has a growing need for workers skilled in industrial sewing. Many available jobs offer high wages. To help meet the demand for this skill, Grand Rapids Community College is offering an eight-week class that provides hands-on training in industrial sewing equipment and methods:

Dates: April 12-June 2, 2016
Tues-Thurs, 8:30 a.m.-5 p.m.

Interview: June 30, 8 a.m.-1 p.m.

Class location:
Steepletown at Blue Marble Threads
671 Davis NW, #4, Grand Rapids

Cost: \$150

Information: 616/234-3400
www.grcc.edu/industrialsewing