

# Building BLOCK



**CHESTER**  
**HOUSING AUTHORITY**  
*Building Community*

**Summer**  
**2016**

## Bennett Holds Outdoor Movie Night

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### From the Executive Director

Let me offer a pat on the back to all our community members, young and old, that pitch in to make us healthier and more



productive. I expect you will enjoy this issue of *Building BLOCK*.

On a very sad note, we all lost a champion and great friend when Judge Norma L. Shapiro passed away on July 22<sup>nd</sup>. Judge Shapiro was 87. If not for her heroic efforts over a 20 year period, the CHA would not be the productive and vibrant set of communities it is today. We will miss you, Judge.



Judge Shapiro



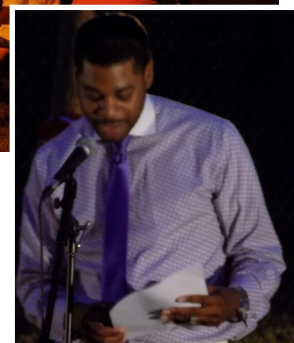
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Children gathered at the Bennett Community Farm at 8:30 p.m., August 2<sup>nd</sup>, for a night full of movies, snacks, and fun. Entertainer Fred Green (pictured right) led conversations between films.



**Remember to Vote!**

**November 8, 2016**

**YOUR VOICE MATTERS**

## Students Learn Computer Science



Students learning at the Bennett Computer Lab.

Between meals at the Ruth L. Bennett and Booker T. Washington Community Centers, children from Kindergarten to Eighth Grade had the opportunity to learn computer science and how to code. You can read more about what they learned on their blog, which is online at [chascsc.wordpress.com](http://chascsc.wordpress.com).

# CHA Scholarship Recipient Graduates

Recently, Chester Housing Authority scholarship recipient Latoya Bowers graduated from Neumann University.

Bowers remarked, "Receiving the scholarship from the Chester Housing Authority has helped me a lot. Why? Because I never would have received the experience of PIT [Pennsylvania Institute of Technology] and realized my full potential to further my education." She stated she always wanted to go to college, but didn't have the funds to meet that goal. The scholarship from CHA has made that possible and she is very grateful.



After receiving her Associate Degree in Allied Health and Science from PIT, Bowers told herself that she had to keep striving because she wanted to be in the medical field. Continuing at Neumann University, Bowers studied Biology, which was a step towards achieving an MD.

Also minoring in Philosophy, Bowers attended a conference where she wrote and presented a paper on oppression. She grew to love Philosophy, and said, "It makes you go deep in thought and

I enjoy that."

This fall, Bowers plans to get a job in her field as a biologist. Currently, she volunteers in a West Chester health clinic where she shadows doctors and nurses and provides HIV tests.

In the near future, Bowers also plans to take everything she's learning now and work in a hospital to help as many people as she can. She wants to motivate others and especially other women. "As women, we need to see other women prosper."

Bowers plans to start her own organization for women to get young people involved.

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Newsletter Editors  
Jacob Demree,  
Swarthmore College,  
and Lariah Warner,  
Cheyney University.



## Being a Good Tenant

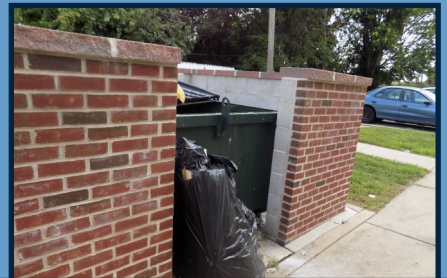
Coming soon to the William Penn Homes are new and improved trash receptacles. These are already located in the Ruth L. Bennett development.



This is an example of a properly-maintained and clean trash bin.

Keeping trash off of the streets and in the trash bins will keep Chester clean and healthy.

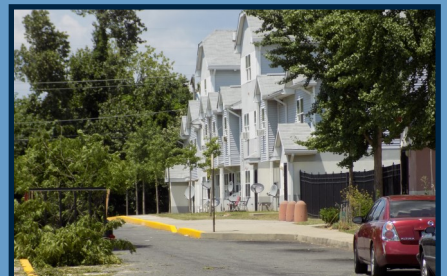
The trash receptacles are



All trash should be thrown out *inside* the dumpster.

enclosed within brick walls. Garbage should stay there, too!

Thank you for being a good



Look for these in the William Penn neighborhood!

tenant!

## Fire Safety Tips

- Create a *fire escape plan* for your house and practice it twice a year.
- Test smoke alarms *every month*.
- If you hear an alarm, *get out, stay out, and call for help!*
- Never smoke in bed.
- Teach your children about fire prevention and how to stay safe.
- Make sure to *stop, drop, and roll* if your clothes catch on fire.
- Stay in the kitchen when cooking food.
- Never open doors that are warm to the touch.

*Courtesy of the American Red Cross*

## A Note from Fire Commissioner Travis Thomas

“If the detector goes off, if there’s an audible alert, [you]



definitely need to do something. [You] can’t assume that it’s routine.

“[You] should at least

Commissioner Travis Thomas

review *how to possibly use the*

*extinguisher*, and then [you] still have to determine [...] whether or not it’s a trash fire and [you] want to attempt to put it out, or whether it’s something that’s going to burn and you just want to get your family out.”

**Remember EDITH...**

**Exit Drills**

**In The**

**Home!**

## Chester Children Provided Free Meals

For the third consecutive summer, children have had the opportunity to enjoy home-cooked, hot meals every weekday at the Ruth L. Bennett, Booker T. Washington, and William Penn Community Centers.

At the Bennett Center, breakfast and lunch are served, while at the other two, lunch is offered. During lunch, each of the site supervisors report feeding the children second helpings, and sometimes even a third. Leslie Rudd, Bennett site supervisor, said, “If they’re coming in, they’re obviously hungry or they want something

to eat.” She added, “I don’t like to waste food, so, if they want it, I give it to them.”



Children eat lunch at Bennett Center.

At the Washington Center, Tara Fontaine explained that the children enjoy their time and usually stay to play until the very end. “Most of them will stay until I get done cleaning,” she said.

Denise Newsome, Penn site supervisor, echoed the others’ comments, saying “I like to interact with the kids.”



Farm Manager Terrence Topping-Brown works with a child.

## Community Farm Holds Programs

This year, the Ruth L. Bennett Community Farm held summer



Farm workers prepare to make pesto.

programs for children and community members again. Programs include experience growing a variety of crops, soon to include cotton and peanuts, as well as cooking sessions, arts and crafts, and weekly farm markets.

Farm Manager Terrence Topping-Brown said, “I believe that [...] everyone should experience growing plants.” To get involved, contact him at (484) 649-9974.

# The Health Page

## ANUME: Five Years of Health, Wellness, and Community

ANUME, pronounced “A New Me,” is now running in its fifth year. Originally known as WEHL, the program includes Zumba, educational, and aerobic activities, among others.

The health-centered events are coordinated by Community Health Workers Deborah Montgomery and Tara Fontaine, and occur year-round in the Booker T. Washington Community Center. All are welcome to join, and the cost per person is \$1.

This minimal price tag for the classes has, in CHA Executive Director Steven Fischer’s opinion, been crucial to their success over the years.

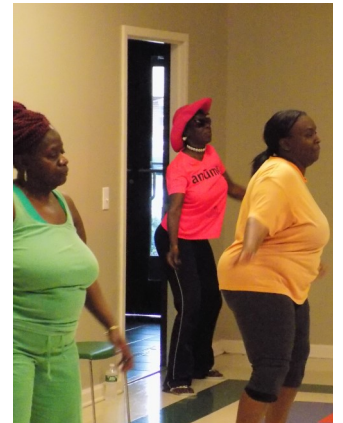


CHA police officers teach children to fly kites at the William Penn homes.

There are numerous stories of community members utilizing the resource to lose weight, keep healthy, and have a good time with others who may have previously been strangers. He added that, with the hard work of Montgomery and Fontaine, “When the [initial] grant ended, we didn’t end.”

Montgomery spoke to the bonds formed through ANUME activities. Though no longer offered, line dancing trips drew together a group of about ten women who still get out to continue the pastime. “We look forward to dressing up on the third Saturday of every month and going line dancing,” Montgomery said.

An instructor leads a Zumba class.



Participants dance during a Monday night Zumba session.

### Fast Facts on Tobacco

- The CHA won two awards this year for its promotion of smoke-free communities.
- Cigarette smoke kills more than 480,000 Americans each year (41,000 of those by secondhand smoke).
- Smoking-related illnesses cost the US over \$300 billion each year.
- Around 40 million adults choose to smoke.

Come to the **Healthier You Conference** to learn more! Says Kristin Motley, PharmD, “[It] was created to motivate adults to live their lives to the fullest.” See [bit.ly/HYC2016](http://bit.ly/HYC2016) for more information.

*Courtesy of the Centers for Disease Control and Prevention*

### Come Join Us at ANUME!

**Zumba** Mondays & Thursdays, 6:30-7:30 p.m.

**Hip Hop Aerobics** Tuesdays, 6:00-7:00 p.m.

**Stepping Into Shape** Wednesdays, 6:00-7:00 p.m.

**Walk to Jazz** Fridays in August, 5:30 p.m.