



Resident Reporter

Volume 22, Number 1 • Winter 2018

News from the Executive Director

Inside This Issue:

Executive Director	1
Modernization & Inspection	2
Greenhouse Volunteering	3
Keystone Community Garden	3
Smoking Cessation	3
Health Fair	4
Medical Clinic	4
Insurance Assistance	4
Women's Services	5
Food Distributions	5
Free Tax Preparation Sites	6
Community Resources	6
Community Policing	6
Employment Opportunities	7
FCB Financial Class	7
Holiday Parties	8

Welcome to the Winter 2018 Resident Reporter! This edition is filled with updates from our various departments as well as exciting announcements and opportunities for our residents.

We are continuing to renovate units in our Pinecrest Community by installing central heat and air units, replacing kitchen cabinets, and upgrading to "Energy Star" approved products to reduce electricity consumption. We are replacing plumbing fixtures with "Water Sense" fixtures to reduce water and sewer costs.

I encourage you to be aware of pests and report any problems to Pest Control as we work proactively to eliminate bed bugs and other pests from our units.

The Smoke-Free policy will be in effect for all of our public housing units as of May 1, 2018 which will include all common areas of buildings and units. Contact Resident Services for information on Smoking Cessation classes which are available. The HUD mandated smoke-free policy is designed to reduce second-hand smoke and to reduce fires to provide a safer and healthier environment for your family and neighbors. The greenhouses are a fun place to earn community service hours by working with plants in preparation for spring. We have beautiful flowers for our grounds thanks to the many hours volunteers serve in our greenhouses and we really appreciate the help!

Don't forget that you can learn more about the Housing Authority and our upcoming events by visiting our website at www.jchousing.org.

-Richard McClain, Executive Director



Updates from Modernization and Inspection

We continue to make progress in our Pinecrest Development regarding modernization upgrades. Currently there are nineteen units completed with ten more underway. Many of the upgrades promote energy savings and reduced water consumption. This is achieved by installing "Energy Star" products that use less electricity to operate and "WaterSense" rated, low flow plumbing fixtures and toilets. Renovations include upgraded lighting, faucets, toilets, cabinets, flooring and heating with central heat & air. Much of this work is performed by our own staff who do an exceptional job and stay very busy. Work is conducted as units become vacant and will continue as long as funds are available.



As we mentioned in our last Resident Reporter Fall publication, our non-profit Keystone Development, Inc. completed construction on twelve units at Baker Court. Residents have settled into their new homes and are enjoying the amenities these units provide.

Here is an interior picture of a typical apartment at Baker Court.

JCHA Pest Control and Inspections

The Pest Control Department would like to remind everyone that we are taking the initiative to be more proactive. In addition to routine pest inspections/treatments, technicians will monitor key areas that harbor pests such as baseboards, furniture, bedding, etc. If anyone sees or has suspicion that bedbugs have been introduced to your apartment, contact Pest Control ASAP at 423-232-4780. We can schedule a bedbug inspection and check everything closely for you. DO NOT use pesticides or try to treat the issue yourself; this will cause more harm than good. Our technicians are trained to identify and treat for bedbugs and other pests properly. Also, if you or someone you know has bedbugs, please take responsibility if traveling to other units or allowing others to visit you.

Inspections are 25% complete at our Public Housing units and going well. Reminder, if something is not working properly in the unit, contact the Department of Physical Services so that our maintenance staff can repair any problems. If deficiencies are not reported in a timely manner, then charges will apply due to neglect on the unit

Resident Reporter



Central Administrative Offices
901 Pardee Street, PO Box 59
Johnson City, TN 37605-0059

Administrative office 423-232-4784
fax 423-232-4789

TDD: 1-800-545-1833 Ext. 762
Physical Services/24-hour Emergency:
423-232-4780

jchousing.org



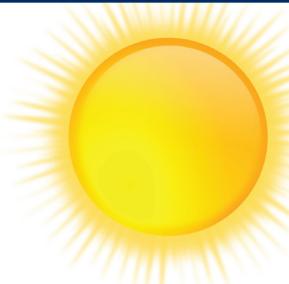


Greenhouse Volunteers Needed

The greenhouse is located in the Memorial Park Development and provides plants and flowers each spring to adorn all of JCHA's developments. The plants are raised from seedlings and are overseen by Landscape Technician Randy Littleton.

The greenhouse is a fun way for residents to volunteer and learn a new skill. Gardening is an activity that any age can enjoy. Volunteers are needed beginning in late January through April. If you are looking for a positive way to impact your community, consider helping at the greenhouse. For more information, contact Randy at 423-232-4781 or stop by the Department of Physical Services.

Spread a Little Sunshine



The JCHA will soon began gearing up for its annual flower-planting campaign.

If you would like to receive flowers for your home this year, call the Department of Resident Services at (423)926-3225 by May 4th to be added to the delivery list. Flowers should be ready the weeks of May 14th-25th.

Flowers will be available on a first-call, first-served basis. If you get a voice message, leave a message with your name, address and phone number to be added to the list.



Keystone Community Garden Starts Up Again

Snow may be in the forecast, but spring is on its way, and bringing with it another chance for you to have a garden! Imagine the possibilities! Are you interested in adopting a free bed at the Keystone Community Garden? It's open to anyone willing to put forth time and effort into it, as plants take tender loving care.

Pick up an application at Resident Services or at the JCCHC Clinic at Keystone. Please return the completed application to either location, by Thursday, March 22th. You will be contacted about the first meeting and work day. If you have any questions, please call Resident Services at (423) 926-3225.



FILE OF LIFE

For our elderly and disabled residents, Resident Services offers a program called File of Life. Through this program, a file is assembled of your medical history and emergency contact information so that in case of an emergency, both we and the EMT will have all of your information and be able to make appropriate decisions regarding your health and well-being. This information will be placed in a packet that hangs on your refrigerator and a sticker placed on your front door to alert the EMT. File of Life is a valuable program that could potentially save your life. Please call Resident Services at 423-926-3225 to get your File of Life.

Spring Senior Health Fair

Thursday, April 19
10:00am to 12:00pm

**Keystone Community
 Recreation Center
 841 Pardee Street**

- Healthy snacks
- Blood pressure checks
- Blood glucose checks
- Nutrition screenings
- Insurance Information
- Door prizes

For more information or to RSVP, contact Resident Services at 423-926-3225

Insurance Assistance

Assistance is available for those with questions about their TennCare, Medicare, or other form of insurance. Trish Aniol is a Certified Application Counselor/Patient Advocate with the Johnson City Community Health Center. Their offices are located at 2151 Century Lane, Johnson City, TN. To schedule an appointment, please call the JCCHC at 423-926-2500.

JCCHC/JCHA Partners for Health

Family Medical Clinic

Hours:

- Monday, 8:00am - 4:30pm*
- Tuesday, 8:00am - 8:00pm*
- Wednesday, 9:15am - 4:30pm*
- Thursday, 8:00am - 4:30pm*
- Friday, 8:00am - 12:00pm
- *Closed for lunch (12:00pm - 1:00pm)

Location:

Keystone Community
 1136 East Main Street
 Johnson City, TN 37601

Phone: 423-722-0808

After-Hours: 1-888-915-7260

Staff:

Sue Reed, FNP
 Jessica Sams, LPN
 Adrianna Dover, Patient
 Care Representative

JCHA residents can receive healthcare at the Family Medical Clinic located at 1136 East Main Street, Johnson City. The clinic is a partnership between the Johnson City Community Health Center and Johnson City Housing Authority and provides health services to patients



without insurance on a sliding-fee scale, based on family size and income. The clinic delivers primary care, women's health exams, home visits, well-child checks, immunizations, physicals, minor first aid, and health education. Treatments for acute and chronic conditions are also provided.

To schedule an appointment, call the Clinic at 423-722-0808. Patients should plan to arrive at least 15 minutes before their scheduled appointment. It is suggested that patients call for routine appointments with as much advance notice as possible. Although same-day appointments are generally available, it is always best to call ahead.

Did you know assistance is available to help you enroll your child in Medicaid or the Children's Health Insurance Program through the Certificated Application Counselor at the Johnson City Community Health Center.? Call 423-926-2500 to schedule an appointment.



WOMEN'S SERVICES

We are a non-profit pregnancy resource center and licensed medical clinic serving the Tri-Cities area. We provide free services to women including STI testing, medical-grade pregnancy testing, limited OB ultrasounds, parenting classes, and pregnancy support. Agape strives to offer judgment-free support, resources, mentoring, and evidence-based education to empower women to make healthy choices for emotional, physical and spiritual well-being, regarding sexual health, and pregnancy related issues. Our name, Agape, means unconditional love. We are devoted to loving and serving all our clients before, during, and after an unplanned pregnancy.

We also provide Hope classes: one-on-one classes that meet once a week with the same mentor, and are completely free of charge. In the classes, mothers can learn about pregnancy and infant care, as well as life skills. Through a regular, personalized lesson plan that includes videos, worksheets, and discussion, you can learn important information to help you succeed as a parent. Each week, mothers will earn "mommy money," which they can redeem for items in our baby store. Fathers are welcome to attend with mothers as well!

Call (423)928-2273 for more info.



Nurse-Family Partnership

Helping First-Time Parents Succeed

ETSU Northeast Tennessee Nurse-Family Partnership

Program is a free and voluntary program. It is available in eight northeast Tennessee counties including Washington County. This nurse visitor program is for first time moms or moms who never parented a child, who are low income and are less than 28 weeks pregnant.

The nurses will answer questions about pregnancy. The questions can be about body changes, breast feeding, what to eat, what to expect when giving birth, how to keep the home safe, etc. They can also help if the mom is facing abuse from a partner, a drug addicted baby or depression after birth. The nurse will visit to check on the mother's medical health, physical health and the emotional health. After the baby is born the nurse will check the child's growth and progress until the baby is two years old.

Questions? Please call (423) 900-3160.

Food Distributions

Any Johnson City Housing Authority resident can receive a food box from our pantry once per month. To be added to the delivery list please call the Resident Service office and we will add you to our delivery list. If you are able to pick up your food box just call ahead before the delivery date.



The current schedule for deliveries is as follows: *third Saturday* of the month delivery is in Carver, Keystone, Fairview and Memorial Park. The *Sunday following the third Saturday* Pinecrest will be delivered, and the *Tuesday following the third Saturday* Parkway will be delivered.

Our pantry serves up to 300 families per month and is in need of volunteers!! If you are able to help with the filling of the boxes please call the Resident Service office at 423-926-3225. This program is available to all eligible recipients living in JCHA developments regardless of race, color, national origin, age or gender.

Second Harvest Mobile Food Pantry

The Mobile Pantry Program directly serves clients in an effort to supplement other hunger-relief agencies. A truckload of food is distributed through a farmers market-style distribution where clients choose what they need. When the truck arrives in your neighborhood, please have a box or grocery bags available to carry your items.

1st Monday of every month

10:30 Fairview- Circle Court

1:00 Lake Terrace - Sandy Drive, bottom of the hill

2nd Monday of every month

10:30 Pinecrest - At the end of Angel Place

1:00 Carver, Parkway, Dunbar - At the end of Washington Avenue

3rd Monday of every month

10:30 Keystone - Parking lot behind the Keystone Rec Center

1:00 Memorial Park - Parking Lot behind the Resident Center



You CAN own your own home!
Project Reinvest Downpayment Assistance
\$10,500

Appalachian Community Federal Credit Union
 THE SOCIALLY RESPONSIBLE FINANCIAL COOPERATIVE™

You may qualify!
Contact Curtis
 (423) 230-2648
cmontgomery@myacfcu.org

Terms and conditions apply. Supply limited.

Free Tax Preparation Programs 2018
Milligan College

February 17, March 17 and April 7. From 8am - 4 pm.

APPOINTMENTS ARE REQUIRED

Sign up at: <https://www.milligan.edu/vita/>
 or call (423) 461-8700 to book an appointment.

ETSU-Sam Will Hall

200 Ross Drive
 3rd Floor Computer Lab

February 11, February 25, March 11 and April 8. From 10am - 3pm.

APPOINTMENTS ARE REQUIRED

Sign up at: <https://www.etsu.edu/cbat/acct/vita.php>
 or call (423) 439-4432 to book an appointment.

Memorial Park Community Center

510 Bert St.
 Johnson City, TN

February 7 through April 7. Wednesdays and Fridays 9am - 3:30pm.

APPOINTMENTS ARE REQUIRED

Call (423) 434-6237 to book an appointment.

Appalachian Community Federal Credit Union and Tusculum College

ACFCU Community Room
 5034 Bobby Hicks HWY.
 Gray, TN. 37615

Mondays only from Jan. 29 through April 9

APPOINTMENTS ARE REQUIRED

To register please call 1-800-378-3778 to book an appointment or register online at <https://web.tusculum.edu/vita/>

Community Resource List

SHELTERS

- Family Promise (families only) 423-202-7805
- Salvation Army (Men and Women) 423-926-2102
- Mountain Home VA Homeless Domiciliary (Vets only) 423-926-1171, ext. 2871

DOMESTIC VIOLENCE SHELTERS

- Safe Passage 423-926-7233

TRANSPORTATION

- Johnson City Transit System 423-929-7119
- NET TRANS 423-461-8233
- TN Care Transportation 423-952-6006 or 1-800-775-8726
- People to Places (Medical only) 423-737-7298
- Job Access (Work only 2 day advance booking) 423-434-6265

CLOTHING

- Salvation Army 423-926-8901
- Good Samaritan 423-926-1116
- The Owls Nest 423-283-4668
- God's Corner thrift Store 423-929-1915
- Day Center 423-434-0894
- Johnson City Schools Shoe Fund 423-434-5223

FOOD

- Melting Pot 423-461-8070
- Salvation Army 423-926-8901
- Haven of Mercy 423-929-0616
- Loaves and Fishes 423-929-0905
- The Master's Table 423-929-0905
- Good Samaritan 423-928-0288

Community Policing Department Reminders

Pets

You are allowed to have ONE registered pet (dog/cat). The dog MUST be kept on a leash and you MUST clean up after them.

Guests

You must register and overnight guest. In addition, you are responsible for your guests actions. Your guest is allowed to stay 14 per calendar year

Speed

To get a JCHA sticker for your vehicle, you must a valid TN driver's license and registration. Any vehicle without a sticker (or Pass) is subject to being cited and towed.



Community Cares

Your World, Your Chance,
To Make a Difference

Johnson City Housing Authority is now hiring workers for our Senior Option Services Program!

About: AmeriCorps Community Cares is an AmeriCorps State Domestic Peace Corps program, sponsored by Tennessee's Community Assistance Corporation (TCAC). Community Cares receives generous support from Volunteer Tennessee, public housing authorities, non-profits, and faith based agencies to provide home and other supportive services to frail, challenged and disabled citizens. In 2004, Community Cares was nationally recognized by Innovators in Civic Participation, AAR, and the Office on Aging as a model senior care program. Yearly, AmeriCorps members are placed at service locations and assist 32,000 clients with a wide array of supportive services that include home and health, transportation, cognitive activities, environmental education and disaster relief. Johnson City Housing Authority partners with the Community Cares Program to provide employees to assist with the Senior Option Services Program.



In order to provide a healthier environment for our residents and guests, The Johnson City Housing Authority will be adopting a smoke-free policy for all of our properties. The harmful effects of secondhand smoke and the fire dangers caused by smoking indoors are too great to ignore.

A smoke-free policy has been developed and will be in effect for all Johnson City Housing Authority Properties by May 1, 2018. This will include all common areas of buildings and individual units. We will update you along the way at Resident Council Meetings.

Tennessee Tobacco Quitline Services can be accessed at iqhquitline.com/members or at 1-800-QuitNow to talk to a trained coach who can help you quit. You can go to www.smokefree.gov to learn more.

Free smoking cessation classes from the Washington County Health Department are currently underway. Classes are held every Wednesday at 10:00 am at the Keystone Recreation Center. Call Resident Services at 926-3225 for more info.



The Northeast Tennessee American Job Center is a "ONE STOP" facility for job Seekers.

This facility provides career counseling, career planning, resume assistance, direct job placement, classroom and on-the-job training, information about local and labor markets, unemployment compensation and much more.

Located at 2515 Wesley Street. For more information, please call (423)610-0222.



Start your career or re-enter the workforce today! ADDUS HomeCare is looking for talented, caring professionals to join their team in upper east TN.

POSITIONS AVAILABLE:

Home Care Aide: Dependable and compassionate caregivers to perform routine house cleaning, laundry, meal preparation, personal care, errands and transportation.

Direct Support Professionals: Dependable and compassionate caregivers to care for individuals with developmental disabilities.

For more information, contact Service Coordinator Nancy Tisdale at ntisdale@addus.com or call (423)764-5000. You can also apply online at www.addus.com.



For more than 100 years, First Citizens Bank has been committed to the people, businesses and communities who rely upon them.

First Citizens Bank is offering a free financial education class on improving your credit score and credit recovery. The class will be Tuesday, February 27th from 11:30am - 1:00pm. It will be held at the Resident Services Office, 500 Washington Ave. A free lunch will be provided for all attendees.

For more information or to RSVP for the class, please contact Vivian Clayman at Resident Services: 423-926-3225.





Seasonal Fun



Thank you to our resident council members and volunteers who gave their time and energy to make our community events this past year a success! Also, a big thank you to any individual, group, or business who helped by donating gifts for our communities' children this Christmas!

