

February 2021

Resident Times

Lorain Metropolitan Housing Authority

WELCOME TO OUR NEW EXECUTIVE DIRECTOR: Ms. Judith A. Carlin!!



Ms. Judith A. Carlin took time to share a little bit about herself with us. LMHA is excited to have her as part of our team!

During an interview, the new Executive Director responded to the following questions:

What interested you in the position of Executive Director here at Lorain Metropolitan Housing Authority?

"I had been consulting over the past year and a half with public housing authorities all over the country and discovered that, while it was interesting and challenging work, that I missed being part of a community. LMHA offers me the opportunity to work with a Board of Commissioners focused on

supporting staff and exploring innovation to improve the quality of life for our residents and our communities."

What experience do you have related to LMHA's mission of providing safe, decent and affordable housing for the residents of Lorain County?

"I have worked in public housing over 11 years as an attorney, Human Resource Director, Chief Executive Officer, and most recently as Senior Government Services Director and Consultant to public housing authorities including the New York City Housing Authority. I understand the challenges of management and service of an agency. More importantly, having experienced poverty and housing insecurity in my life, I have lived the experience of many of our residents and participants."

What was one of the most difficult to achieve, yet gratifying milestones of your career?

"I went back to school as a single mother. I worked and went to school full time. It was hard but I

completed my degree and graduated with honors. When I see our residents juggling school, training, family and work, I am humbled. I know how hard it is."

What are your hopes and goals for serving as the executive director of the housing authority?

"I work every day to do all that I can to keep our residents, participants, staff, and community safe during this pandemic. We all need to stay healthy. As we move forward, my hopes and goals involve improving engagement, quality of housing, and opportunity for our residents. LMHA will work with local government, community partners, and HUD to explore grants, funding, and programs to strengthen existing programs and support creation of additional affordable housing."

What are your hobbies when you are out of the office?

"I do yoga, Pilates, and box. I do none of those things well, but I enjoy them. I adore my family and look forward to being able to spend time with them after the pandemic is over."

Offices are Closed:

Monday, February 15th, 2021
Friday, April 2, 2021

February is National Boost Self-Esteem Month

4 ideas :

1. Avoid negative self talk. Focus on what you are doing well.
2. Stop comparing yourself to others.
3. Exercise and your body will release natural, good feeling endorphins.
4. Celebrate your strengths.

If you are feeling down, depressed, anxious or lonely, call the Nord Center's Warm Line at 1-800-888-6161 to speak with someone Monday through Friday from 1 PM to 10 PM. In crisis? Text "4hope" to 741741, anytime 24/7.

Management Office Contacts and Emails:

Leavitt/Westview: 440-288-7401

or email at

leavitt@lmha.org

Kennedy/Lakeview: 440-288-7405

or email at

kennedy@lmha.org

Wilkes/Riverview: 440-288-7403

or email at

wilkes@lmha.org

Albright/JFOberlin Homes/Southside:

440-288-7413 or email at:

southside@lmha.org

Harr/International: 440-288-7424

or email at

harr@lmha.org

Email can be used to lodge complaints, report changes in household income and family composition, and provide documentation (if a complete and clear photo can be taken and sent).

FROM THE MANAGERS

- In order to maintain social distancing and for efficiency, the Management Offices are completing as many transactions as possible through DocuSign.
- Please see the management office contact numbers and email addresses in the box to the right.
- Portable heaters and faux fireplaces are prohibited.
- The management offices are open by appointment only. Please call your office to schedule an appointment.
- IF YOU WISH TO PAY YOUR RENT BEFORE YOUR STATEMENT ARRIVES, you can call **440-288-7402**. This automated system can tell you your rent balance. SEND YOUR MONEY ORDER TO: **LMHA; PO BOX 1027; Lorain, OH 44055**
- To make a payment, you may request an envelope from your management office. You can also drop the payments off at 1600 Kansas Ave, in the lobby, in the secure payment drop box during office hours.
- **Do not** submit payments in document drop boxes at management offices or in the document drop box outside of 1600 Kansas, those are for documents ONLY. Lakeview, Kennedy, and Riverview have drop boxes in the lobbies. Leavitt, Wilkes, Southside, Albright, JFO, Harr and International DO NOT have document drop boxes.
- The work order number is available 24/7, call 440-288-7400.

Por favor, pongase en contacto con su gerente si necesita ayuda para entender este documento.

2021 Tax Preparation Assistance

2021 Drive-Thru Drop-Off Lorain County Free Tax Prep Coalition-VITA site, offers free tax help for low-to moderate-income people who cannot prepare their own tax returns. Certified volunteers help prepare basic tax returns.

642 Broadway Ave.; Lorain, OH 44052; Call 1-800-275-6106

This program begins Tuesday, January 12, 2021; call to make your appointment.

Stay up to date with the latest news

from your child's school:

Lorain City Schools:

www.lorainschools.org

Elyria City Schools:

www.elyriaschools.org

Oberlin City Schools:

www.oberlinschools.net

Midview Schools:

<https://www.midview12.org/>

Are you or someone you know a victim of domestic violence? Contact the Genesis House at:

440-323-3400 or at

www.genesishouseshelter.org

They have 24-hour phone hotline, shelter, crisis counseling, and immediate safety.

Rental Assistance:

LCCAA will accept online applications for rental assistance on the following date: **Tuesday, February 16, starting at 8 a.m.**

[https://www.lccaa.net/programs/2021 cares rent assistance](https://www.lccaa.net/programs/2021%20cares%20rent%20assistance)

Do you live in Oberlin or are you looking for transportation to Oberlin?

The **Oberlin Connector** will now run from 6 AM until 6 PM and from 9:30 PM until 12:30 AM Monday through Friday.

The service area expanded to include Oberlin, New Russia Township, Amherst, Amherst Township, Lorain, Sheffield Township, Elyria and Carlisle Township. Trips cost \$2.00, each way. Individuals with disabilities and individuals who are elderly pay \$1.00 each way. Veterans ride for free with VA I.D. The Oberlin Connector doesn't use traditional timed bus routes, it is a demand response service.

Transit riders may call 1-800-406-7541 or (440)-365-0224 to schedule a ride, or visit www.CityofOberlin.com/Oberlin-Connector for more information. If you have an appointment scheduled, you can call a day or two in advance to ensure room for you on the bus. Same day requests are also accepted.

COVID—19 Testing

You can call Lorain County Health & Dentistry at (440) 240-1655 to set up a Telehealth visit so that a medical professional can determine if a COVID test is necessary. If a COVID test is ordered, it will be completed at 1205 Broadway in Lorain. The COVID-19 test is provided at no cost. For those who have insurance, LCH&D will bill the insurance co-pay for the Telehealth visit.

American Heart Month

Heart disease is the number one killer of Americans. Symptoms that you should not ignore include: **chest pain, nausea, indigestion, heartburn, stomach pain, pain that spreads to the arm, feeling dizzy or lightheaded, pain in the throat or jaw, feeling easily exhausted, snoring, cold-sweats, coughing, swollen legs, feet, or ankles and a fast or irregular heartbeat, to name a few.** If you experience one or more of these symptoms, you may want to get tested for heart disease. Call Lorain County Health & Dentistry to schedule an appointment at (440) 240-1655.

To make the most of virtual learning, make sure that you have all the necessary materials. If you are in need of technology, supplies or materials, reach out to your child's teacher or family service worker. Set a consistent schedule that works for your family and stay in touch with your child's teacher(s). For more information and assistance, contact LMHA's Resident Service Department at (440) 288-7420.



Be on the lookout for COVID-19 scams:

- You *likely* will not need to pay anything out-of-pocket to get the vaccine during this public health emergency.
- You cannot pay to put your name on a list to get the vaccine early.
- No one from Medicare or the Health Department will contact you.
- Beware of providers offering other products, treatments, or medicines to prevent the virus.
- No one from a vaccine distribution site or health care payer will call and ask for your Medicare number, Social Security number, or banking information to sign you up for a vaccine.

Contact the SMP to report Medicare fraud, errors, or abuse at 877.808.2468 or at smpresource.org.

ILLUSTRATION BY JAMES F. HERRINGTON/ISTOCK.COM

You can quit smoking!

Freedom From Smoking can help.

Access Freedom From Smoking Plus at no cost:

1. Visit bit.ly/FFSCVSHealth
2. Complete the Registration Form, and create a login and password
3. Click "Start"
4. Go through the program at your own pace, making sure to take your time going through all the steps to quit smoking for good
5. Continue to access the program at FreedomFromSmoking.org/dashboard with your login and password for a full year to maintain your new smoke free life.

Also, you can call the Lung Helpline to talk to a quit smoking counselor for individual support:

1-800-LUNG-USA

National Children's Dental Health Month



February is National Children's Health Month. Developing good dental health habits at a young age, including regularly scheduled dental visits, helps children get a good start on a lifetime of healthy teeth and gums. Call **Lorain County Health and Dentistry** at (440) 240-1655 to schedule a dentist appointment.