

Resident Times

Lorain Metropolitan Housing Authority

New Year! New You!

It's never too late to start living a healthier lifestyle. The following are some ideas of how to make healthy changes in your life:

1. Eat Healthier—Healthy living often starts with healthy eating. Increase the number of fresh fruits and vegetables in your diet. Also, limit processed foods and foods high in sugar.

2. Increase healthy social activities—Healthy, affordable (or even free) activities are available throughout Lorain County. For example, you can join a Zumba or yoga class at the library or you could join a local group such as: crafting, hiking, or reading groups. For more ideas visit your local library or search websites such as www.LCExplorer.com.

3. Drink more water—your body requires water for normal brain and muscle function, to regulate body temperature, to cushion joints, to protect muscles and tissues, and to remove toxins from your body. Water is easy to digest, has no calories, and contains no sugar. Keep a water bottle with you to make hydration easy throughout the day.

4. Avoid alcohol—All levels of alcohol consumption are associated with short-term and long-term health risks such as car accidents, increased partner violence, memory loss including dementia, increased levels of anxiety and depression, high blood pressure, and many other diseases. If you would like to speak to

a professional about your alcohol use, or if you would like support to quit drinking, call Alcoholics Anonymous at 440-246-1800.

5. Quit smoking - One major change that can dramatically increase your overall health is to quit smoking. Smoking negatively impacts your health and the health of those around you. Would you like help to quit smoking? Contact your doctor, Lorain County Health and Dentistry at 440-240-1655, or the Ohio Tobacco Quit Line at 1-800-QUIT-NOW.

Ohio Tobacco Program
Quit Line: 1-800-QUIT-NOW

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**LMHA OFFICES ARE
CLOSED:**

Wednesday, February 15

Monday, February 20

Friday, April 14

**DO YOU HAVE
RENTER'S
INSURANCE?**

The cost of renter's insurance varies depending on where you live, but it can often cost only between \$15 to \$30 per month. Most policies are intended to cover your personal property in the event of a fire or water damage, theft, and vandalism.

Call local insurance companies for more information.

NO APPOINTMENT?

NO PROBLEM!

Walk-in to have your taxes filed for **FREE** from 10:00 a.m. - 3:00 p.m. at the following locations:

February 4 - Elyria Public Library

February 11 - LCCC—Main Campus

February 18 - Elyria Public Library

February 25 - LCCC—Lorain

First come, first serve so come early!

Bring your I.D., Social Security Cards, 2016 tax information, and your bank information (if you want direct deposit)



FREE TAX PREP
File Free and Save

The Lorain Metropolitan Housing Authority (LMHA) has again partnered with The Lorain County Free Tax Prep Coalition to offer **FREE** tax services throughout Lorain County.

If you or your family earned less than \$60,000 in 2016, you could qualify for **FREE** tax services through the Volunteer Income Tax Assistance (VITA) Program.

VITA consists of trained volunteers who are IRS certified. VITA volunteers complete and submit your taxes electronically at many locations throughout Lorain County for **FREE**.

Come early and walk-in to a "Super Saturday" location. Super Saturdays begin at 10:00 a.m. Or call 2-1-1 and make an appointment to file your taxes at Kennedy Plaza, Riverview Plaza, and many other locations throughout Lorain County.

Silent Witnesses

The Silent Witnesses are life-size representations of real victims of domestic violence who were killed in Lorain County from 1989 through today. This exhibit from the Genesis House is currently at LMHA in the main office lobby.

The Silent Witnesses are intended to break the silence that often goes with domestic violence. They are also intended to raise awareness of the available resources for people in violent or abusive situations.

Stop into LMHA's main office to see the display or visit www.genesishouseshelter.org for more information.

If you or someone you know needs assistance, call the Genesis House 24 Hour Hotline at 440-244-1853



Finally...
You can find the
JOB
you've been
looking for!

PROJECT S.T.A.R.S.
Striving
Towards
Achieving
Real
Success

For more information call
Elizabeth, Resident Services,
at 440-288-7437

Save your spot today! Seating is limited!



Little Free Library

Located at Leavitt Homes, Westview, Wilkes Villa, and Southside Gardens.



Now Accepting Applications for the Family Self- Sufficiency Program!

Contact **Jani Justice**,
Public Housing
FSS Case Manager,
at 440-288-7485.

Financial Assistance for Education

LMHA has a financial aid fund that could assist public housing residents with education costs including tuition, registration, lab fees, book fees, and supplies. For an application or additional information contact Resident Services: Elizabeth Boardwine at 440-288-7437.

Financial Literacy Education Classes

Learn how to budget, repair your credit, buy and maintain a home, and mortgage information.

FREE AND OPEN TO ANYONE WHO REGISTERS!

The next set of 3 classes begins on May 6, 2017.

For more information and to register, contact Dolly Justice at 440-288-7433

HCV Family Self-Sufficiency/Homeownership Coordinator