



Urban Strategies Louisville  
434 S. 10th St. Building 46  
Louisville, KY 40203

### Beecher Terrace On-Site Programming

Since the beginning of the Russell Choice Neighborhood Initiative Urban Strategies has been holding ongoing resident meetings. In addition to those regular meetings, we are adding some others that may be of interest to you. In partnership with local service providers, Urban Strategies will be offering the following series of upcoming services in our office on 434 S. 10<sup>th</sup> St. Building 46. For more information, please call Urban Strategies' office at (502) 384-0786.

#### Healthy Relationships Workshop

Thursday 3/22  
5:30 p.m. - 7:30 p.m.

#### Resident Leadership Meeting

Every Second Monday  
1:00 p.m. - 2:00 p.m.



Your Urban Strategies Team

From left:

- Julia Robinson, Outreach Coordinator
- Kristie Stutler, Southern Regional Director
- Treneice Walton, Outreach Coordinator
- Donovan Duncan, Senior Vice President
- Ebonique Burns, Case Manager
- Markham French, Case Manager



### Urban Strategies Update

Welcome to Treneice Walton – Urban Strategies newest Outreach Coordinator. She will be working with the residents of the Beecher Terrace community to connect them to case managers for supportive services.

Treneice will also be leading youth initiatives at Beecher Terrace – a role that she is well prepared for after working at the Girl Scouts of America for eight years as a program coordinator and educational mentor. While at the Girl Scouts, she developed and implemented programs for urban schools focusing on a variety of topics ranging from healthy lifestyles and sex education, to anti-bullying and self-confidence building skills. She also developed “Girl Power” - a program that co-



Above: Treneice Walton

ordinated visits for young women whose mothers were incarcerated. Through “Girl Power”, she helped young girls maintain healthy relationships with their mothers, while at the same time working with mothers to enhance their parenting styles.

Treneice has a Bachelor’s Degree in Communication from the University of Louisville. She believes that empowering youth through programming creates opportunities for younger citizens to be future leaders. “The youth of today are the leaders of tomorrow”, says Treneice, “and I’m excited about being able to help the young people at Beecher realize their vision for the future”.

### Resident Spotlight

Congratulations to Leah Pugh – a former Beecher Terrace resident, and now proud owner of a new home in Russell. Leah realized her goal of buying a home in part by attending the Louisville Urban League’s homeownership counseling program. LUL’s program is designed to assist families in building and/or establishing credit as they focus on budgeting and savings, with the end goal of purchasing a new home.

The other program that helped Leah realize her dream of owning a home

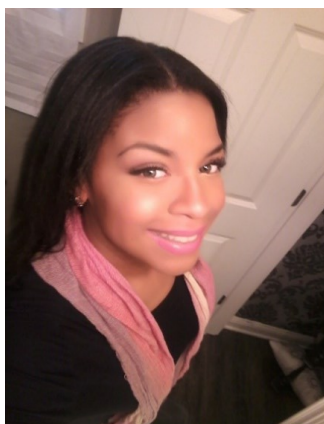
is the Louisville Metro Housing Authority’s Section 8 Homeownership Program. Residents who meet the program’s eligibility requirements are able to use their Section 8 vouchers towards the purchase of a home.

Being a resident of Beecher Terrace for four years has encouraged Leah to strive for greatness. It is important for her to serve as a symbol of growth and determination to her daughter, who looks up to her as a role model. Leah attributes her ability to complete this program to patience, flexibility and confidence. “It wasn’t a simple task, but I stayed focused on saving, budgeting, and building my credit.”

Leah’s determination paid off in a way that will always be memorable to her family - on December 1, 2018, they received the keys to their new home. “It was the best early Christmas gift I could have imagined”. Leah’s most fulfilling moment was allowing her daughter to do something she was never able to do herself as a child - to decorate her own room in a way that expresses her personality and interests. She advises anyone who is looking into participating in a homeownership program to examine the

responsibilities and benefits in signing up. "This was a great experience. I hope my story will inspire others to take the next step and purchase their first home."

For more information about the LUL's homeownership counseling program, visit <https://lul.org/hfe/hoc/> or call 585-4622.



Above: Leah Pugh

### Explore Section 8 Homeownership

The Housing Authority offers a program to help Section 8 and Public Housing residents become homeowners! To learn more about the eligibility criteria for LMHA's Section 8 Homeownership Program, contact Michele Johnson at 569-3776. Each month, an information session will be offered to learn more about this program. This session is now mandatory for those who are interested in homeownership. For information on the session details, call 569-6960. The sessions last 75 minutes.

### Healthy Journey for Two Educational Baby Shower

Explore the do's and don'ts of a healthy pregnancy in a fun setting. Pregnant women receive a baby tote filled with baby items and a Gas/Gift Card!! Chances to win more prizes like layette sets, bottle sets and more! Any pregnant woman can attend. Call or email us to save your spot and items (REQUIRED)! This event is FREE!

**March 23 (Friday)**  
10:00 a.m.—12:00 p.m.  
Family Health Center  
834 E. Broadway



**March 27 (Tuesday)**  
10:00 a.m.—12:00 p.m.  
Northwest Neighborhood Place  
4018 W. Market Street

**April 10 (Tuesday)**  
10:30 a.m.—12:30 p.m.  
Fairdale Public Library  
10620 W. Manslick Road, Fairdale

**RSVP** to Mendy Mason at 502-341-5400 or [Melynda.Mason@Centerstone.org](mailto:Melynda.Mason@Centerstone.org)

### Freedom From Smoking Classes

American Lung Association's Freedom From Smoking Clinic is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses on how to quit, not why to quit. Registration is required for each class. You can register online at [louisvilleky.gov/government/stop-smoking-class-schedule](http://louisvilleky.gov/government/stop-smoking-class-schedule) or by calling 574-7867.

#### What to expect:

- Eight sessions led by a trained facilitator in a small-group setting. Participants receive personalized attention and benefit from peer support.
- Nicotine replacement therapy (gum, patches, and lozenges).

March 20—May 1,  
Wednesdays  
5:30—7:00 p.m.  
Family Health Center  
834 East Broadway, 2nd Floor  
Call 502-574-7867 to register.

### FSS Orientation Schedule

If you, or someone you know, is ready for the challenges and rewards of the Family Self-Sufficiency Program, call 569-6900 for more information or to register for one of the following Orientations:

- ◆ April 11 at 6:00 p.m.
- ◆ April 12 at 2:30 p.m.
- ◆ May 1 at 6:00 p.m.
- ◆ May 2 at 10:30 a.m.

### Summer Works Program

If you will be 16 to 21 years old as of June 1, 2018 and live in Jefferson County, you can get a quality job this summer through Summer Works! It's an opportunity to earn a paycheck, but even more importantly, you'll get valuable business experience that could shape your future education and career. You might even land a summer job that ties in with what you are already learning in school.

The final deadline to sign up is May 1, 2018, but you are strongly encouraged to sign up as early as possible, especially if this is your first time looking for a job or are under 18 years of age. Go to: [www.summerworks.org/sign-up](http://www.summerworks.org/sign-up) to fill out the application. Call 574-4183 with questions or for more information.

### Did you know?

Did you know that Urban Strategies Case Managers can meet with you after their normal work hours? When possible, Urban does not want you missing work or school to participate in case management. If you need later meetings, be sure to let your Case Manager know.

Urban Strategies can be reached at (502) 384-0786

### Start Fresh!

Start Fresh! is a workshop for people who want to gain new information and tools to use second-chance or new checking accounts. This workshop will help you think about your relationship with money and plan how you will make mainstream financial services work for you. When you finish this workshop, you'll get a certificate you can use to open a new account.

#### Upcoming classes:

**March 14, Wednesday**  
10:00 a.m. to 12:00 p.m.

NIA Center, 2900 W. Broadway

**April 11, Wednesday**  
10:00 a.m. to 12:00 p.m.

Nia Center, 2900 W. Broadway

**May 11, Friday**  
5:30 p.m. to 7:30 p.m.

Louisville Urban League, 1535 W. Broadway

If you cannot attend a workshop on one of the dates listed above, contact Bank On Louisville for help setting up a one-on-one Start Fresh! appointment. To register for any class, please call 574-5156.

### Volunteer Income Tax Assistance (VITA)

The Louisville Asset Building Coalition is offering FREE Tax Preparation **through April 18.** To qualify, household income must be **under \$64,000.** You may be eligible to re-

ceive an Earned Income Tax Credit.

#### VITA Sites:

**Edison Center**, 701 W. Ormsby Ave, Suite 201;

M, W: 9 am—1 pm

**First Neighborhood Place**, 1503 Rangeland Road;

Tu, Th: 9 am—1 pm

**Louisville Urban League**, 1535 W. Broadway;

M, Tu, W, Th: 12—8 pm

**Nia Center**, 2900 W. Broadway,

Tu, Th: 1—5 pm

Call (502) 305-0005 for an appointment.

### Healthy Eating Tips

Following are some tips for healthier eating.

- Eat three meals a day and serve yourself measured portions.
- Take 15 minutes to write a menu for the week.
- Read food labels and buy products with ingredients you recognize.
- Keep healthy snacks, like fruit and nuts, set out at home.
- Eat a serving of vegetables or fruit with lunch and dinner.
- Eat low-fat protein like chicken, fish, beans or soy.
- Cut down on sugary drinks and drink more water or unsweetened tea.

#### Healthy Fact:

One cup of spinach has almost as much protein as a hard-boiled egg.