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

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 coordinated 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

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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 mandatory for those who are interested in homeownership. For information on the session details, call 569-6960. The sessions last 75 minutes.

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 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.

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/apply and 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 attend a workshop on your schedule or by calling 574-1586. Case Managers can meet with you at a time that ties in with what you are already learning in school.

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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.

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 proteins 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.

lmha traditional scholarship program

If you are planning on attending college or are already a college student and are an LMHA resident or Section 8 program participant for at least six months, you qualify to apply for a scholarship.

Scholarship applications are available from your Case Manager, Property Management offices, or online at www.lhma1.org. Scholarship applications are due by April 16, 2018 and must be complete with all required documents (essay, reference letters, transcripts, etc.) to be considered.

For more information, contact your Urban Strategies Case Manager.

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