

# April – May 2023



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## HEALTH & WELLNESS

It's never too late to join this class



### GNR Public Health Presents **Eating Smart • Being Active**

Free SNAP-Ed Nutrition Classes

Join us at 10:00 a.m. each Thursday  
April 13 through June 1

We'll discuss:

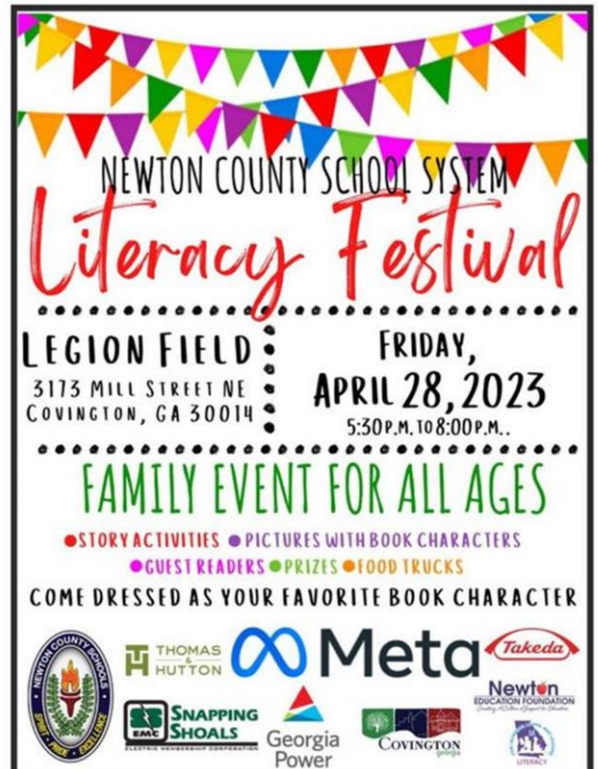
- \*Planning meals on a budget.
- \*Making healthy food choices.
- \*Becoming more physically active.

For more information or to sign up, please call 770-339-4286  
or email [jasmine.Lewis@gnrhealth.com](mailto:jasmine.Lewis@gnrhealth.com).

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).  
This institution is an equal opportunity provider.



## COMMUNITY EVENTS



Don't miss this FREE event at Legion Field. Get the resources to support your students success

## THANK YOU FOR THE GOOD TIMES AT PANTHER PEERS

We connected as a community  
We played. We laughed.  
We built relationships with students taking the next steps in their education.



Thank your GSU Students Avery F., Avery G., Charlotte, Katie, and Robert for hosting the 2023 Spring Panther Peer Session.

Special thanks to the CHA parents who supported the program and our young people who were there to help set up and clean up at the end of the session.

## THANK YOU

Judy White & Family and the amazing team of volunteers and partners who hosted the Easter Eggstravaganza



Special thanks to the CHA families who helped with the clean-up. You're the best!



## RESIDENT UPDATES

### 2023 Senior Graduates Your LAST REMINDER



The CHA Senior Banners will be going to print  
on **May 1, 2023**

Email [jkelly@covha.com](mailto:jkelly@covha.com) or phone the office  
with name of your graduate by this date.

### FILTER CHANGE NOTIFICATION FOR 2023

Residents will no longer receive a printed  
notification in their unit mailbox for filter  
changes.

Notifications for filter changes will be available

- On the [www.covha.com](http://www.covha.com) calendar
- In the Community Connection Newsletter
- Residents will receive a list of dates for  
2024 at their Annual 2023 Recertification

The scheduled dates for 2023 are listed below.



### CHA Filter Change Schedule 2023

May 8-12

July 10-14

September 11 -15

November 13-17

### Low Income Home Energy Assistance Program(LIHEAP) Cooling 2023 Applications

Open April 3, 2023, for senior citizens and  
medically homebound households ages 65  
and older.

Open May 1, 2023, for general public  
households.

Bring ID • Social Security Card • Latest Utility Bill  
• Proof of Income to the CHA office during open  
hours.

Complete paperwork (5 minutes) and CHA will  
submit application to PC Action.

### 2023 CHA Board of Commissioners

Nita Thompson - Chair

Landis Stephens – Vice Chair

Lucy Courchaine

Randy Vinson

Dianna Fladger – Resident Representative

The Board meets the second Tuesday of the  
month at 9:00 AM at the CHA office.

## WIC is coming to you!

### Washington Street Community Center

4138 School St. SW, Covington

**April 27  
10 a.m.**

WIC representatives will be on site to:

- **Determine your family's WIC eligibility**  
Bring your I.D. and proofs of income & address.
- **Complete WIC certification**
- **Provide nutrition and  
breastfeeding counseling**
- **Provide food benefits and an eWIC card**
- **Answer questions**

#### What is WIC?

WIC provides supplemental  
healthy food, nutrition  
education, breastfeeding  
information and support, and  
referrals for health services.

#### Is my family WIC-eligible?

Children under five and  
pregnant, post-partum,  
and breastfeeding women  
are eligible for WIC benefits  
when their income falls  
below federally-determined  
amounts. Certain applicants  
can be determined income-  
eligible for WIC based on  
their participation in other  
programs such as SNAP,  
Medicaid, and TANF.

#### Do I have to be a U.S. Citizen to receive WIC benefits?

No. Individuals do not  
need to be U.S. citizens to  
be eligible for WIC benefits.



**Questions?**  
Call (770) 513-9738.

This institution is an equal opportunity provider.

### LET'S STOP THE LEARNING LOSS THIS SUMMER

CHA will be working with families to stop the  
learning loss that happens for students over  
the summer break.

At the **Welcome Home for the Summer**  
event on, **Wednesday May 24 from 11AM -1  
PM** each CHA family with school age students  
will receive an activity pack of resources for the  
summer. In the pack there will be

- 2023 New Book Rich Environment  
Books for your home library
- Coloring Pencils
- Markers
- Activity Books
- Sight Cards
- Uno Card Game
- & other resources from partners

CHA will also be providing online resources  
to help get your student engaged and  
learning during the summer break.

Sign up for the following magazines  
<https://www.netflixjr.com/>



### RESIDENT ROUND TABLE @ CHA OFFICE

**Monday April 24  
12 PM – 1:00 PM**

As we head into the summer  
Josephine, Community Relations Dept., would  
like spend time with families discussing the  
activities for the summer. Bring the kids, we  
want to hear from them and get your input.

