

February – March 2023



HEALTH & WELLNESS

Health and wellness is a lifelong journey!  
In every Community Connection Newsletter CHA will provide resources to support your health and wellness.

NATIONAL HEART MONTH

Did you know 9 in 10 women are at risk for heart disease?

Watch

<https://www.youtube.com/watch?v=HVmsgRPUmX8>



6 STEPS to Promote Heart Health:

- Stop smoking
- Reduce sugar intake
- Get to a healthy weight and maintain healthy eating habits
- Increase physical activity and stay active
- Limit alcohol consumption
- Schedule regular screenings.

SAVE THE DATE



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.

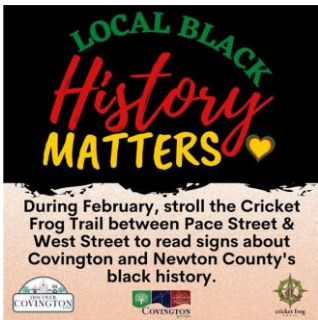


SIGN UP FOR THIS CLASS  
!START THE SPRING RIGHT.

COMMUNITY EVENTS

CELEBRATING BLACK  
HISTORY MONTH WITH YOUR  
FAMILY

1 BE LOCAL



Pick a day when the weather is nice, meet up with friends and family to walk or bike on the Cricket Frog Trail. Two of the signs, near the old Newton County jail and the other near the previous home of St. Paul's A.M.E. Church, will remain on the trail permanently. Learn more about our community's black history as well as enjoy the trail!

2 WATCH & DISCUSS

Family Movies for this month  
Kevin Hart's  
Black History on Netflix  
1619 Project on Hulu



3 PICK UP A FAMILY ACTIVITY  
PACK FROM THE OFFICE

Staff have put together another activity pack for CHA families with coloring pages, word searches, fun activities and A-Z poster of African American visionaries. Come by the CHA office and pick up a pack for your family.



CELEBRATE  
BLACK HISTORY MONTH

Through music, art and crafts, and dance!

AT THE COVINGTON HOUSING AUTHORITY

## Upcoming Activities

### Panther Peers

Coming Back to Alcovy

At the Alcovy  
Basketball Court  
at 3:30 PM  
March 1  
March 8  
March 29  
April 5



SNACKS  
SPORTS  
BOARD GAMES  
CRAFTS

The PANTHER PEERS  
will even help you  
with your Homework!



## Spring Connection

THURSDAY MARCH 16 @ 4 PM

Hot Dogs & Treats

Crafts

Book Giveaway



## RESIDENT UPDATES

### RESIDENT INPUT NEEDED



Do you walk to the grocery store, drug store, your job, or other destinations, we would love to talk with you.

The Covington Housing Authority is partnering with the City of Covington and other local groups to make walking along Alcovy Rd. and Elm St.

- Safer
- Easier
- Pleasant.

To participate in our project please contact Josephine – Community Relations  
PH. 770-786-7739

Email [ikellyv@covha.com](mailto:ikellyv@covha.com)

## 2023 MONTHLY RESIDENT ROUND TABLE @ CHA OFFICE



A time for residents to meet, ask questions, share concerns and offer input to CHA staff.



### MEETING SCHEDULE 2023

12:00 - 1 PM last Monday of the month

Feb 27, April 24, June 26, August 28, &  
October 30

5:15 – 6:15 PM on the last Tuesday of the  
month March 28, May 30, July 25,

### Covington FUMC Food Pantry

On Feb 21 the Food Pantry will provide a link on Facebook to make an appointment in March to **SHOP** the Food Pantry to pick the items that you want and need. CHA will share this link on our Facebook page

March 2023

(770) 786-7305 ext. 120 [foodpantryadm@covingtonfirst.org](mailto:foodpantryadm@covingtonfirst.org)  
Follow us on Facebook: [@givinghandsfoodpantry](https://www.facebook.com/givinghandsfoodpantry)  
2160 Church St, Covington 30014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	2 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	3	
5	6 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	7 Senior Deliveries Sign up Needed	8 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	9 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	10	10-12pm 
12	13 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	14 Senior Deliveries Sign up Needed	15 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	16 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	17	
19	20 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm Appointments Opens for April	21 Senior Deliveries Senior Indoor Shopping! Sign up Needed Registration Opens for April	22 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	23 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	24	
26	27 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	28 Senior Deliveries Sign up Needed	29 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	30 Indoor & Boxes Food Pantry By Appt 2:00-4:30pm	31	

\*\*\*For any questions, please contact Casey at 770-786-7305\*\*\*