



# Resident Connection, August 2020 | Alexandria Housing Authority

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## Back to School!



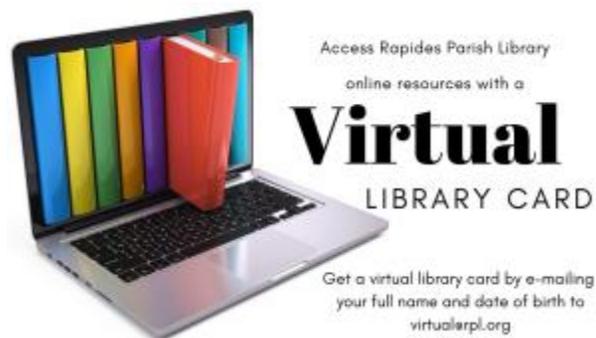
**Reopening Rapides with a Strong Start:** [https://www.rpsb.us/reopening\\_rapides](https://www.rpsb.us/reopening_rapides)

**Educational Online Resources:** [https://www.rpsb.us/covid-19/online\\_learning\\_resources](https://www.rpsb.us/covid-19/online_learning_resources)

**Broadband Internet Information:** [https://www.rpsb.us/covid-19/broadband\\_internet\\_informations](https://www.rpsb.us/covid-19/broadband_internet_informations)

**Events Calendar:** [https://www.rpsb.us/events\\_calendar](https://www.rpsb.us/events_calendar)

## Rapides Parish Library, Get Connected



**DO YOU NEED A LIBRARY CARD?** Using your Rapides Parish Library card, you can gain access to RPL's databases and online services. These include streaming movies, borrowing eBooks, audio books and more. Visit, <https://www.rpl.org/> for more information.

## BACK-TO-SCHOOL TIPS TO KEEP YOUR FAMILY ORGANIZED



**RONIQUA ZIMMERMANN, LCSW, CHILD AND FAMILY THERAPIST AND OWNER OF CHILD THERAPY LAB**

[CHILDOTHERAPYLAB.COM](http://CHILDOTHERAPYLAB.COM), [@CHILDOTHERAPYLAB](https://www.instagram.com/CHILDOTHERAPYLAB)

**Tip #1:** To help prepare a child for virtual learning, first acknowledge your child’s feelings and let them know that it’s okay to be sad about not going to “real” school. Explain to your child as best you can how school at home will look, then, get your child involved in setting up their version of at-home school. Allow your child to pick the space they’re going to be working in, and let them help organize and decorate the area—this will help them to accept it and boost excitement.

**Tip #2:** Whether a child is going to in-person school or virtually, it’s a good idea to post visual schedules for both the child and parent to access. You can also help your child process their thoughts about upcoming changes by asking questions such as:

“School will look a lot different this year, what do you think about that?”

“That’s great that you feel excited for school! What are you looking forward to?”

“It’s okay to be nervous, how can I help you feel ready?”

**Tip #3:** For in-person school, try creating a plan for disposing of or washing used masks, so you can make sure to always have them on hand and ready to go.

<https://indymaven.com/articles/back-to-school-tips-2020/>

Complete the 2020 Census and shape the future for your family and community.



***Results of the census impact funding for things like:***

- Schools and education
- Health care facilities
- Housing assistance
- Public transportation
- Child and adult food assistance programs
- Assistance for people transitioning out of homelessness
- Career and technical education grants
- Medicare Part B

***Everyone at your address should be counted.***

It is important to count every person living in your household, even if they are staying only temporarily. This includes relatives, non-relatives, and children as young as one day old. You should respond at the address where you are living or were staying on Census Day — April 1, 2020. Responding is easy and secure.

***Responding to the census takes just a few minutes.***

Simply answer a handful of questions online, by phone, or by mail. The Census Bureau encourages renters and recent movers to complete their forms right away, online or by phone, in case paper forms get lost in the mail. All responses are confidential and protected by law. Your personal information can never be shared with law enforcement agencies or property managers, and it cannot be used against you in any way.

Respond online or by phone:

- [www.2020census.gov](http://www.2020census.gov)
- 1-844-330-2020 English

- 1-844-468-2020 Spanish

## Wearing a Mask: Myth vs. Fact

***Masks or facial coverings should be worn anytime you're in public spaces, both inside and outside when you are near others who are not in your immediate household. Wearing a mask is about protecting others. When you wear a mask, you protect others, and when others wear a mask they protect you. It's just like holding a door open for someone: It's being kind, courteous and a good neighbor.***



### **MASK MYTH #1: Wearing a cloth mask doesn't work.**

**FACT:** Wearing a cloth mask DOES WORK. It can effectively block the spread of speech and breath droplets that spread COVID-19.

### **MASK MYTH #2: If I'm not sick, I don't need a mask.**

**FACT:** Just because you don't have symptoms doesn't mean you don't have COVID and can't unknowingly spread it when you cough sneeze or talk. Everyone needs to wear a mask in public.

### **MASK MYTH #3: If I wear a mask, I don't need to social distance or avoid crowds.**

**FACT:** We need LAYERS OF PROTECTION against COVID-19: wear a mask, practice social distancing and avoid congregating.

### **MASK MYTH #4: My mask just needs to cover my mouth.**

**FACT:** To be effective, your mask needs to cover BOTH your mouth and nose.

Get One FREE Credit Report WEEKLY!



Through the COVID-19 Aid CARES Act, each person is now able to get one free credit report **PER WEEK** from **EACH** of the three credit bureaus (Experian, TransUnion, Equifax) through **annualcreditreport.com**, enabling you to check your reports for accuracy as well as spot identity theft early:

<https://www.annualcreditreport.com/requestReport/landingPage.action> through **April 20, 2021**.

(Previously and after April 20, 2021, a person was able to get one free credit report per year from each of the three credit bureaus.) Today, our credit reports are used to make many decisions about our financial future including whether we can obtain a home, car, credit card or loan. It can impact interest rates, employment opportunities and the ability to rent a home or apartment.

When reviewing your credit report, make sure that only accurate information is on the report. Look for unrecognized credit or collection accounts and unrecognized addresses or names in the personal information section.

To learn more about protecting your finances through the coronavirus pandemic and checking your credit history, visit:

<https://www.consumerfinance.gov/coronavirus/>

<https://www.consumerfinance.gov/consumer-tools/credit-reports-and-scores/>

Recipe of the Month, Quick & Easy



## 15 MINUTES TERIYAKI CHICKEN

- 1 pound boneless skinless chicken breasts, cut into bite-sized pieces salt and pepper to taste
  - ½ cup soy sauce
  - ¼ cup brown sugar Canola oil, (or any cooking oil) for frying
  - 1 green onion, thinly sliced
  - White rice, cooked/Broccoli steamed
1. Season the chicken with a salt and pepper, to taste. Set aside. Heat the oil in a heavy bottomed frying pan or wok over medium heat. You don't want to start the chicken off over too high a heat otherwise it will not cook through before burning.
  2. Add chicken and saute, stirring occasionally, until the chicken is no longer pink on the inside, and golden brown on the sides. Once the chicken is ready to go, pour the soy sauce, and brown sugar, over it, then toss to combine until the chicken is evenly coated. Continue cooking, stirring frequently until the sauce reaches a simmer and thickens.
  3. Remove from heat, and serve immediately with cooked white rice and steamed broccoli. Drizzle the remaining teriyaki sauce over if desired.

The magic is not over cooking the chicken during the sauteing process. It gives the glaze mixture more time to cook down. Keep stirring the chicken while its glazing. It will help it not to burn.

RAD Updates - Bayou/Woodhaven













## Manager's Corner



***Harmony Gardens Estate, 318-473-2148***

*Ms. Hebert, Property Manager*

***Royal Cambridge Homes, 318-528-8634***

*Mrs. Houston, Property Manager*

***Magnolia Crossing, 318-561-2089***

*Ms. King, Property Manager*

## AHA | Contact Us



**Alexandria Housing Authority**

**Board of Commissioners Meetings, 12:00 Noon**

- Thursday, 8/27/2020
- Thursday, 9/24/2020

**Executive Director, Mr. Joseph P. Page**

**Assistant Executive Director, Ms. Taura Denmon**

**Director of Operations, Mr. Stephan Fontenot**

**Human Resources Director, Ms. Shondriaka Cheatam**

**Contact Us:**

- 2558 Loblolly Lane, Alexandria, LA 71303
- Main Office: 318.442.8843
- Email us at: alexhousing@alexhousing.org
- Visit us on the web: <https://www.alexhousing.org/>

**Hours of Operation: (Due to COVID-19, all AHA offices remain closed to the public until further notice.)**

- Monday, Tuesday, Thursday & Friday: 8:00 AM - 4:30 PM
- Wednesday: 8:00 AM - 1:00 PM