

CENTRAL CITY SOUTH

A COMMUNITY FOR ALL AGES

UNA COMUNIDAD PARA TODAS LAS EDADES



Season's Greetings



*On behalf of the City of Phoenix, the staff at
HOPE VI Community Training and Education Center
would like to wish you A Merry Christmas and Happy New Year!*

Table of Contents

1. Cover
2. Table of Contents
3. Happy Holidays
4. Community Action Team
5. Healthy Neighborhood
6. Birth to Five Helpline
7. Martin Luther King Jr. Day
8. City of Phoenix HOPE VI
9. Social Security Administration
10. City of Phoenix Aquatics / St. Vincent De Paul
11. Groundwater Cleanup Effort Underway
12. Harmon Library
13. Harmon Library
14. Phoenix Revitalization Corporation

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Under the Americans with Disabilities Act, PRC must make a reasonable accommodation to allow a person with a disability to take part in a program, service or activity. For example, this means that if necessary, PRC must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that PRC will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible. Please contact PRC at 602-253-6895.

Según la Ley para Americanos con Discapacidades (ADA), PRC tiene la obligación de realizar esfuerzos razonables para facilitar que las personas discapacitadas puedan participar de los programas, servicios o actividades. Esto quiere decir, por ejemplo, que PRC debe proveer intérpretes de lenguaje de señas para las personas sordas, una localización accesible por silla de ruedas, o materiales impresos en letra agrandada. También significa que PRC hará un esfuerzo razonable para que usted pueda participar en una actividad o comprenderla, incluyendo cambios razonables en la actividad. Si usted cree que no podrá entender una actividad o participar en ella a causa de su impedimento, por favor, comuníquenos de antemano su impedimento si le es posible. Por favor, llame a PRC al 602-253-6895.

Happy Holidays



NHS Phoenix sends greetings to all for a wonderful holiday season and a joyous New Year where "everyone has a place to call 'HOME.' "

HOME is where your story begins!



nhsphoenix
neighborhood housing services of phoenix

Happy Holidays



*Season's Readings
from all of us at
Harmon Library!*



Yours to Explore

PhoenixPublicLibrary

www.phxlib.org

Happy Holidays

During the Holiday Season more than ever, our thoughts turn gratefully to those who have made our progress possible. And in this spirit we say, simply but sincerely Thank You and Best

**GREATER
PHOENIX
URBAN
LEAGUE**

Happy Holidays

**Happy Holidays and
Happy New Years
from all of us
to all of you**

Kiwanis

K-Kids

Young Leaders Helping Others

Central City South Residents and Stakeholders—Everyone is invited

Community Action Team Meeting - CAT

“Fighting blight and crime together, connecting our community”

Emmett McLoughlin Community
Training and Education Center
1150 S. 7th Avenue
(NW Corner / 7th Avenue & Buckeye Road)

5:30 PM - 7:00 PM

Crime Updates
Community Announcements
Connect with Neighbors
Light Refreshments will be served

Facilitated by Phoenix Revitalization Corporation
info@phxrevitalization.org / Office: 602-253-6895

NO MEETING IN JANUARY
Next Meetings:

Thursday February 12, 2014
&
Thursday March 12, 2014



Supported by:

**WELLS
FARGO**



Silent Witness is a Metro Phoenix program designed to provide you with an anonymous means of providing police with information on non-drug felony crimes you have witnessed or may have knowledge of. If you provide information that leads to the arrest of a criminal or outstanding fugitive, you may be eligible for a cash reward of up to \$1000.00. Note that some unsolved crimes have reward amounts greater than \$1000.00, paid for by friends, family, or victim reward funds.

To be eligible for cash rewards of up to \$1000.00, you must call to obtain a secret code!

Looking for an Affordable Apartment to rent?

If you are in need of an affordable apartment to rent, please visit our web-site at www.phxrevitalization.org or call **Phoenix Revitalization Corporation (602) 253-6895**. We can provide you with a list of rental properties and qualification guidelines.

Affordable Housing List Disclaimer:

Phoenix Revitalization Corporation is neither affiliated nor endorses any of these properties. Property owners establish their own rental guidelines, according to state and federal law, and have the right to decline your application to be a tenant if you do not meet their qualifications.



Healthy Neighborhoods

Improving Air Quality in Your Home, Part I

By Katelyn Parady, Volunteer Writer
Katelyn.parady@asu.edu

Pollution is often thought of as an outdoor problem. But the air inside our homes can be polluted also, by everything from second-hand smoke and mold to stored cleaning supplies. We spend a lot of time breathing inside, so all of these things can unfortunately contribute to asthma, fatigue, allergies, headaches, and even heart disease.

Whether you're a tenant or an owner, there are steps you can take to improve the air in your home. Some are easier to implement than others. Don't worry if you can't do them all. Just pick whatever looks easiest to you and start with that. In the next issue, we'll have another list of tips for you to pick from. We'll all be breathing easier in no time!

- **Second-hand Smoke:** Do not smoke or allow guests to smoke inside your home, especially if you live with kids. If someone is smoking inside and you can't do anything about it, open any windows or doors you have for ventilation.
- **Pollution from Products:** Things like regular household cleaners, pesticides, and paint contain chemicals that evaporate into the air and can be irritating and sometimes dangerous. Here's how you can be a little safer when using products like these:
 - Clean, spray, or paint when kids and elders aren't around.
 - Try to open your windows or doors and turn on any fans you have.
 - Close lids tightly when products are not in use, so they don't leak. And try to keep the lids closed as much as possible even while using the products!
 - Follow the instructions on the bottle. They're there to protect you, even if sometimes they seem annoying. If you can't read a label, try to find someone to help you before you start.
 - Use common sense. If a product is making you feel sick, stop and keep kids away from it.
 - When you have a choice, an easy rule of thumb is to pick products that aren't overpoweringly scented.

Want more information? In the next issue, we'll talk about air ducts and filters, what to do if you have mold, and more. You can also find indoor air quality information and advice at www.epa.gov/iaq.

Birth to Five

HELPLINE



“Nothing Out of the Question”

1-877-705-KIDS (5437)

**Instructions Not Included:
Birth to Five Helpline provides parents and caregivers
with much-needed support**

Babies and young children routinely both meet and defy their parents' expectations. Cute as they are, some surprise their parents with sleeping problems, difficulties feeding and hard-to-soothe crying. Others may come with health challenges, prematurity or enter the world during a difficult time for their family. In any case, parents are apt to worry about their child's overall well-being, and they want to meet his or her unique needs. They worry, too, about whether they're doing a good enough job as a parent for his or her early development.

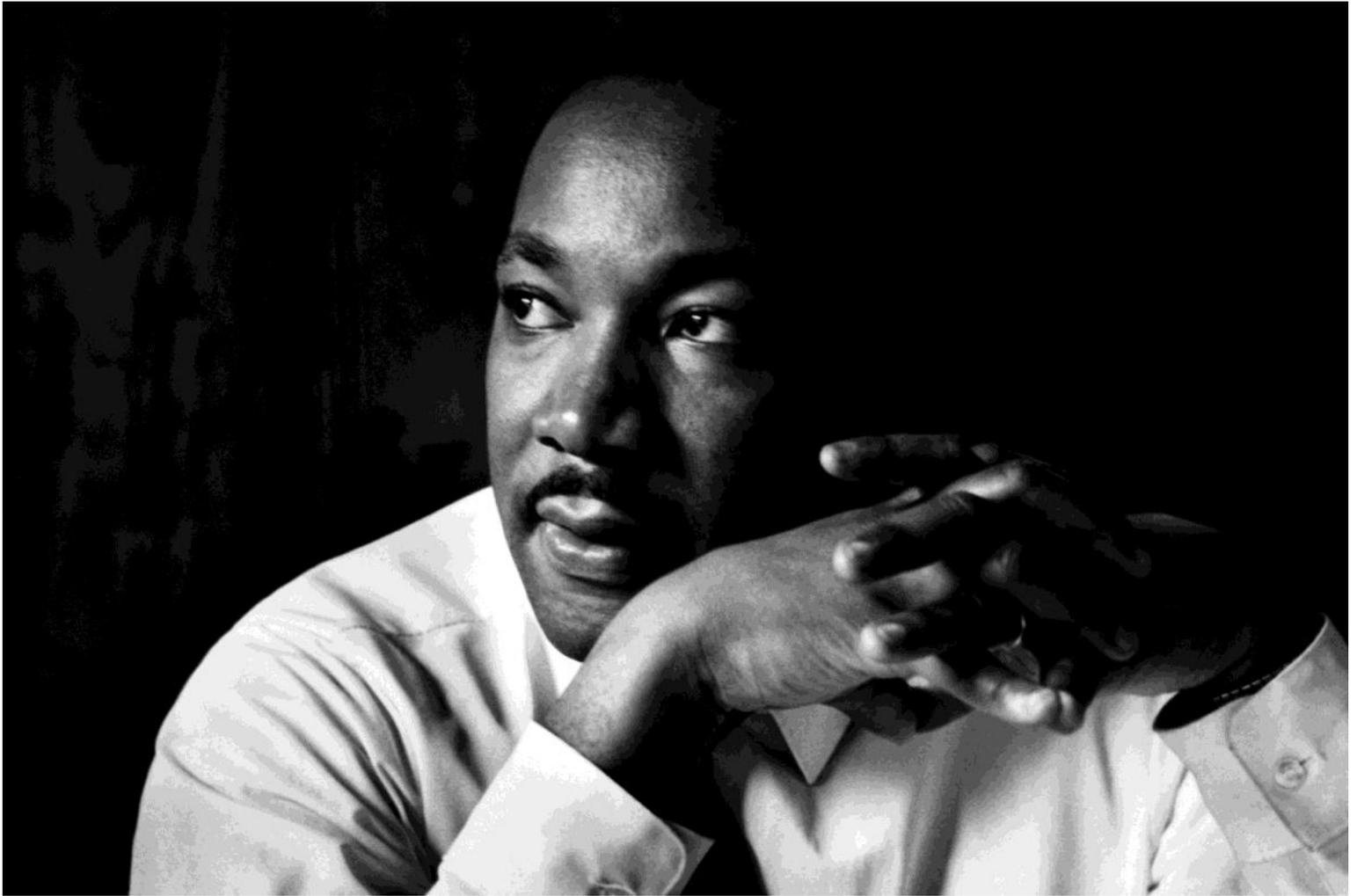
The Birth to Five Helpline is Arizona's only toll-free helpline for parents, families and caregivers who have questions or concerns about early childhood development or parenting. It is a critical resource and support around a wide range of issues that affect very young children and those who care for them. Southwest Human Development's early childhood specialists are able to take time to listen to the caller's concerns, explore with them what may be causing or contributing to the issue, provide much-needed support, and work together with them to develop an action plan specific to their needs.

Available statewide, Southwest Human Development's early childhood specialists are able to link callers to community resources and additional support when needed. The Birth to Five Helpline also serves as a way to connect callers with Southwest Human Development's more than 40 early childhood programs and services, and support from a wide range of early childhood staff, including psychologists, counselors, registered nurses, disabilities specialists, early literacy specialists and physical, occupational and speech-language therapists.

For more information about Southwest Human Development's Birth to Five Helpline, please call 1-877-705-KIDS (5437) or visit www.birthtofivehelpline.org.

Martin Luther King Jr. Day

Monday / January 19, 2015



“.... In the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force.

“...Let us not wallow in the valley of despair, I say to you today, my friends.

And so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident, that all men are created equal....."

Martin Luther King Speech - August 28, 1963



City of Phoenix HOPE VI

Emmett McLoughlin

Community Training and Education Center

1150 S 7th Ave. Phoenix, AZ 85007

Community and Supportive Services Program

Leadership Club

City of Phoenix Housing Department Community and Supportive Services Program Social Work Interns from Arizona State University have started a Leadership Club at the Vernel Coleman Center. The club utilizes sports and play to teach youth essential leadership skills. In the Leadership Club youth are encouraged to make positive choices and develop positive peer interaction. The interns teach students lessons on sportsmanship and cooperation that will enhance their social and emotional development.

Senior Services

City of Phoenix Housing Department Community and Supportive Services Program Social Work Interns are hosting various groups at the Senior Living at Henson Village apartments. They are hosting an Art Group where seniors are encouraged to participate in artistic activities to assist them in staying involved with their neighbors while exercising their creativity. Other programs include: Brain Power which engages seniors to play various games with each other to sharpen cognitive skills; chair exercise group and a Walking Club around the complex to encourage their physical health and increase their socialization.

The Emmett McLoughlin Community Training and Education Center has had a successful 2014 year with various classes and events focused to serve the Central City South Community. The City of Phoenix Housing Community and Supportive Service team would like to extend a warm invitation to all residents to continue participating in our exciting programs. Starting in January the site will be a Volunteer Income Tax Assistance site during tax season. Current programming includes:

- ♦ GED classes and GED Tutoring
- ♦ English Language Acquisition for Adults
- ♦ Basic Computer Classes
- ♦ Book Club
- ♦ Buried in Treasures (Hoarding Support Group)
- ♦ Career Services
- ♦ Child Care Professional Training
- ♦ Child Birth Classes
- ♦ Childcare Injury Prevention
- ♦ Financial Education
- ♦ Gardening Club
- ♦ Guiding Good Choices
- ♦ Job Fairs
- ♦ Volunteer Income Tax Assistance
- ♦ Walking Groups

If you are interested in participating or would like more information please call 602-534-2043 or stop by our office at 1150 S. 7th Avenue (Northwest corner of 7th Avenue and Buckeye).





NO MORE ERRANDS; STAY HOME FOR THE HOLIDAYS

By Jack Burns
Social Security Public Affairs Specialist in Arizona

Let's face it, the last thing you're going to want to do during this holiday season is another errand. You've hung the lights, plugged them in, and were frustrated when you realized you needed to replace one little bulb to make the entire string work. That's a trip to the store. You opened the cranberry sauce to discover it was mislabeled and you're holding a delicious can of pink salmon. That's another trip. And you thought this holiday season would be easy. When it comes to taking care of Social Security business, it *is* easy. You'll find that www.socialsecurity.gov makes it easy to stay home and get that one last thing done. You can check off much of your Social Security business quickly and securely from your home using your computer or tablet (which you might have unwrapped early). At the Social Security website you can—
Create a *my Social Security* account, which enables you to:

- obtain an instant, personalized estimate of your future Social Security benefits;
- verify the accuracy of your earnings record—your future benefit amounts are based on your earnings record, so it is important to make sure your earnings are recorded properly;
- change your address and phone number, if you receive monthly Social Security benefits;
- sign up for or change direct deposit of your Social Security benefits; and
- obtain estimates of the Social Security and Medicare taxes you've paid;
- Apply for retirement, disability, spouses, and Medicare benefits;
- Check the status of your benefit application;
- Use our benefit planners to help you better understand your Social Security options as you plan for your financial future;
- Request a replacement Medicare card; and
- Apply for Extra Help with your Medicare prescription drug plan costs.

Looking for more Social Security information? The website has everything you need to know about the Social Security program. Information is available on subjects ranging from how to get a Social Security number for a newborn to how to apply for veterans' benefits.

Keep in mind that during the holiday season, your wait time may be longer if you call or visit a local Social Security office. If you need to reach us by phone, you can call us toll-free at 1-800-772-1213. We can answer specific questions from 7 a.m. to 7 p.m., Monday through Friday. Generally, you'll have a shorter wait time if you call during the week after Tuesday. We can provide information by automated phone service 24 hours a day, and you can use our automated response system to report a new address or request a replacement Medicare card. If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

Skip your trip to the Social Security office so you have time to pick up that can of cranberry sauce. Stay warm and cozy, and get convenient service by going to www.socialsecurity.gov.





INTERESTED in a SUMMER JOB? Join Our Aquatics Team!!

Become a
Lifeguard!
Make \$10.30
per hour!!

29 Pools
In Phoenix!

GUARD

Join us for a Q & A!!
Wednesday, January 14, 2014
@ 6:00 PM

Hope VI CTEC Building
1130 South 7th Avenue
Phoenix, AZ 85007

Must be 15
years old!

Complete
and Pass
Certification
Class!

STEPS TO BECOMING a LIFEGUARD

1. Apply for the position(s) beginning in November.
2. Take and Pass Certification Class. Last class in March.
3. Take the Citywide Water Test in February or March.

Check out our website to find information regarding classes for lifeguards, swim lesson instructors and when to apply. At our home page, click the tab at the left that says "Become a Lifeguard"
<http://phoenix.gov/parks/pools>



TAKE \$5 OFF YOUR NEXT PURCHASE.

Come find treasures at one of our valley wide stores and receive \$5 off your next purchase of \$25 or more!

This coupon is redeemable at all participating St. Vincent de Paul stores listed on the back. Limit one per person. Limit one per purchase.



THE SOCIETY OF ST. VINCENT DE PAUL

FEED. CLOTHE. HOUSE. HEAL.

Watkins Location 420 W. Watkins Rd. Phoenix, AZ 85003

Groundwater Cleanup Effort Underway

According to the Arizona Department of Environmental Quality (ADEQ), Central and Western Phoenix overlay one of the largest contaminated groundwater sites in the country. The polluted groundwater, which underlies a significant portion of the Central City South area, is part of a 15-mile long plume that extends from 52nd Street to 83rd Avenue. This contamination has been caused by widespread releases of hazardous industrial chemicals that include trichloroethene (TCE), which is known to cause cancer in humans.

Roosevelt Irrigation District (RID) is leading an effort to clean up the polluted groundwater. The pollution has impacted over 20 RID wells located west of the downtown area. Although the contamination does not affect the City of Phoenix's current drinking water supply, West Valley communities rely on the RID wells in this area to meet critical water needs for current agricultural use and as a future potential drinking water source.

In 2009, RID voluntarily entered into an agreement with ADEQ to begin cleaning up the contamination, while at the same time pursuing legal action to recover its remediation costs from the legally responsible parties. RID is now treating the groundwater at four of its most-highly impacted wells as part of an ADEQ-approved "early response action." RID also agreed to prepare a feasibility study for an enhanced treatment program to address all impacted and threatened wells in the western portion of the site and restore the aquifer consistent with state law. The groundwater treatment activity that is underway and the enhanced treatment program that is planned for the area will remove the industrial pollutants from the water to meet all applicable state and federal standards, assuring the groundwater is safe for drinking water purposes, while at the same time protecting the public from exposure to the hazardous substances being transferred from groundwater to the air in South Phoenix.

We ask your help in encouraging ADEQ to support the RID cleanup effort, as presented in the RID Feasibility Study, by contacting or sending comments to Ms. Wendy Flood at (602) 771-4410 or email @ Flood.Wendy@azdeq.gov

For more information on the RID clean up effort, please contact Lawrence Moore at (480) 980-1933 or email: info@wvgroundwater.org



Harmon Library

1325 South 5th Ave.

December 2014 - January 2015

Extended Children's programming is cancelled in December and will resume the 2nd week in January. The new schedule is to be determined.

CHILDREN:

Kids Café (18 & under)

Tue, Weds, Thurs, Fri @ 4:30 pm
Sat @ 2pm

This program from St. Mary's Food Bank serves afterschool meals to children 18 and under and is funded through the USDA Food and Nutrition Service.

Kids Café (menores de 18 años)

ma, mi, ju, vi @ 4:30 pm
sá @ 2pm

Un programa de St. Mary's Food Bank sirve comida a niños menores de 18 años. Esta fundada por USDA Food and Nutrition Service.

ADULTS:

Adult Library Programs are only offered in English at this time. Sorry for the inconvenience.

Seed Library: How to Start a Community Garden

December 6th 2014
11am-Noon

Expert Community builder and garden specialist Richard Starling will share the basics of starting a community garden.

Seed Library: Aquaponics Basics

December 9th, 2014
6pm-7pm

Learn how to use this eco-friendly growing method from expert gardener and sustainability specialist Dr. Georg Brooks.

Seed Library: Trendy Green: Gift Giving Ideas

December 13th, 2014
11am-Noon

Localist experts from Local First Arizona will share sustainable gift giving ideas and simple ways to start the New Year off green.

Seed Library: Gardening in Small Spaces

January 6th 2015
6:00pm – 7:00pm

Harmon Library Meeting Room

This program is presented to you by Kris Grade from the Garfield Community Garden. You don't need a lot of space to grow tasty food. Come and learn how to grow your own vegetables and herbs in small places! This program supports the Harmon Library Seed program, and is supported with a grant from Native Seeds SEARCH. (No registration.)

Harmon Library

December 2014 - January 2015

Seed Library: Seed Harvesting Orientation

January 15th 2015

6:00pm – 7:00pm

Harmon Library Meeting Room

Learn the basics of Seed Saving and what you will have to know to volunteer in the Seed Library from expert seed savers and library staff.

Share your love of gardening with others by becoming a Seed Library volunteer. Some volunteer activities may include:

- Seed sorting and repacking
- Help with seed saving workshops
- Mentor new gardeners and seed savers
- Help with Seed Library outreach and events
- Plus many more opportunities!

The Seed Library welcomes volunteers of all abilities and interests; you don't have to have to gardening or seed saving experience to volunteer.

This program supports the Harmon Library Seed program, and is supported with a grant from Native Seeds SEARCH. (No registration.)

Seed Library: Pollinators Program

January 17th 2015

11:00am – noon

Harmon library Meeting Room

Learn about desert pollinators and how to attract them to your garden from the Phoenix Desert Botanical Garden. This program supports the Harmon Library Seed program, and is supported with a grant from Native Seeds SEARCH. (No registration.)

Seed Library: Seed Folk and UrBaN AG Meet-up

January 20th 2015

6:00pm – 7:00pm

Harmon Library Meeting Room

The Harmon Library is opening its doors to Phoenix's Community of Seed and UrBaN AG folk for a monthly social. Let's get to know what's happening in the valley through our sustainability efforts. This is a bring a dish potluck event. You are welcomed and encouraged to bring some of your garden's goodies to show off and for tasting. Come for the Food stay for the Community!

Seed Library: Ask a Master Gardener

January 30th 2015

11:00am – noon

Harmon Library Meeting Room

Master Gardeners from The University of Arizona Pima County Cooperative Extension will be on hand to answer all your gardening questions. Turn your brown thumb to green by asking the experts! This program supports the Harmon Library Seed program, and is supported with a grant from Native Seeds SEARCH. (No registration.)

Discover your Family History

January 10th, 2015

10am-12 noon

Need direction in researching your family background? The Black Family Genealogy & History Society is here to help. All are welcome to attend this monthly meeting where members share their research techniques, family stories, and experiences. ALL ethnicities are welcome.

The Black Family Genealogy & History Society (BFGHS) is a nonprofit organization since 1994 dedicated to researching and preserving the story of Arizona's African American heritage.



Phoenix Revitalization Corporation
wants to wish everyone a
Safe & Happy Holiday Season

PRC 
Phoenix Revitalization Corporation

CENTRAL CITY SOUTH

A COMMUNITY FOR ALL AGES

UNA COMUNIDAD PARA TODAS LAS EDADES

**Have an article or would like to suggest a
topic for us to cover?**

Submit your articles for the Central City South Newsletter to:
newsletter@phxrevitalization.org