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# COMMUNITY CONNECTION

THE OFFICIAL NEWSLETTER OF JEFFERSON COUNTY HOUSING AUTHORITY

## Housing Authority Honors Fathers With Special Day ... Page 2



*Judy Bryant, JCHA's director of housing programs, second from left, with the speakers at a special Fatherhood Initiative program at Terrace Manor in Bessemer. Pictured are, from left, Brandon Dean of Brighton; Judy Bryant; Blake Dimick of Big Brothers/Big Sisters; Valencia Cobb, JCHA property manager for Bessemer; Candace Smith of Big Brothers/Big Sisters; and Darren Allen, dean of students for Lawson State Community College.*

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## She's Back!

### *Nurse Cathy King Returns to Spring Gardens*

When Cathy King retired earlier this year, she left behind a lot of grateful but sad faces at Spring Gardens and Hickory Ridge. Over the years, the cheerful, outgoing nurse made plenty of friends at the housing community for elderly and disabled residents. But King's greatest contribution was making life better for hundreds of tenants who had come to rely on her help in making sure their health care needs are met.

"The residents love her," said Ken Vaughan, executive director of the Jefferson County Housing Authority. "Everybody calls her Nurse Cathy. She was part of the family at Spring Gardens."

As well as a special caregiver. She would meet one-on-one with the residents of Spring Gardens and Hickory Ridge, assessing their health and recommending doctors and specialists to deal with whatever health problem or concern they had. She made doctor's appointments, and even arranged transportation if needed. When a



*Cathy King is greeted by Judy Bryant, JCHA's director of housing programs*

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FATHERHOOD INITIATIVE**JCHA Communities Hold Special Events to Honor Fathers**

It takes a village to raise a child, according to an often-quoted African proverb. It also takes loving, caring parents who are involved in their children's lives.

In the week leading up to Father's Day, the public housing communities of the Jefferson County Housing Authority hosted events to recognize, celebrate and promote the important roles that fathers play in raising their children.

The majority of public housing households with children are headed by single women. According to the U.S. Department of Housing and Urban Development (HUD), statistics show that children raised in absent-father families are more at risk for a host of negative factors, including dropping out of school. The Jefferson County Housing Authority's Fatherhood Initiative is part of HUD's focus on strengthening the relationships between fathers and families.

The first fatherhood event was held Wednesday, June 17, at the community room at Terrace Manor apartments in Bessemer. The program, "It Takes a Village," featured food, refreshments, door prizes and inspirational speeches. Residents of the Terrace Manor, Oak Ridge and Brighton Gardens housing communities were invited.

Guest speakers were Candace Smith and Blake Dimick of Big Brother Big Sisters of Greater Birmingham; community volunteer and Brighton mayoral candidate Brandon Dean; and Darren Allen, acting dean of students at Lawson State Community College.

The biggest impact a father can have, the speakers emphasized, is to be there for their children and spend time with them. Allen, the featured speaker, urged fathers to remember how it felt when their fathers didn't show up for a school or sporting event.

"How did you feel when there was no one there?" Allen asked. "Take that feeling you had when you looked up into the stands and everybody else's fathers is there but yours. Don't let that feeling happen to your child."

Allen also noted some of the qualities of a successful father. He said dads should be both encouraging and correcting, and provide stability and support. They also should be affectionate. "Learn to say 'I love you,'" Allen said.

Two Fatherhood Initiative events were held Thursday, June 18.

"Teaching Our Sons How to Become Real Fathers" was held at the community center at Warrior Court housing community in Warrior. Pastor Horace Williams of The Word Unlimited International Ministries was the guest speaker, and the event featured food, games and door prizes.

Residents of the Warrior Court, Chelsea Gardens, Trafford, Bradford and Dixi Manor housing communities were invited.

In Fultondale, "Who's Your Hero?" honored fathers who make an impact in their children's lives. The event was held at Fultondale Village, 2100 Stoney Brook Lane, Fultondale, and also included games, prizes and plenty of food. "Superheroes" also include uncles, brothers, grandfathers and mentors.

Residents of the Fultondale Village, Brookside, Hickory Grove and Red Hollow housing communities were invited.

**August Happenings**

*All Month:* Boys and Girls Club of Warrior is open at Warrior Court. For information, call Shirley Jackson at 205-647-3484.

*Each Wednesday:* Health Screening with nurse Cathy King, 9 a.m. - 1 p.m., Spring Gardens Community Center.

*Aug. 28:* Spring Gardens Executive Committee Elections.

*Aug. 28:* Dance featuring Cletus and the Ole Timers Band, 6 p.m., Spring Gardens Community Center.

**\* Call 205-969-1331 to submit your Community event.**



*Fultondale Manager Latrinda Peoples presents a special gift to a father, top. Face-painting was among the fun activities at Fultondale Village, middle. Bottom, a father gets a hug from his son at Warrior Court as Manager Steven Cottrell addresses attendees.*

COMMUNITY SPOTLIGHT**Spring Fling Brings Food and Fellowship to Spring Gardens**

About 50 residents of the Spring Gardens and Hickory Ridge senior housing communities enjoyed food, fellowship and dancing at the June 4 Spring Fling at the Spring Gardens Community Center. Dozens of door prizes were handed out, and guests munched on hot dogs, chips, cupcakes and ice cream.

Fred Harris won the top prize, a \$50 gift card presented by Jefferson County Housing Authority Executive Director Ken Vaughan. Thanks to the staff at the Spring Gardens Community Center for putting on a fun, entertaining event. Speaking of entertaining, check out the video on the Housing Authority's Facebook page (<https://www.facebook.com/pages/Jefferson-County-Alabama-Housing-Authority/377943409078353>) featuring some of the moves of Spring Gardens residents on the dance floor. Vaughan even joins the act. The Facebook page also includes plenty of pictures.

In addition to the food, fellowship and entertainment, residents got to meet some of the JCHA staff, including Finance Director Hannah Gore and Director of Housing Programs Judy Bryant. JCHA Board member Jane Bailey also attended and greeted residents.

**Nurse Cathy is Back ... From Page 1**

tenant had no family member or friend to take them to the doctor or needed help with their medication, Nurse Cathy was there, Vaughan said.

But King had health issues of her own, and a family at home that needed her, too. So, in February this year, King retired from the Housing Authority and said good-bye to the tenants and staff with which she had nurtured a special bond. That goodbye, though, wasn't final.

Nurse Cathy is back. And even though it's only on a part-time basis, she is welcomed back with open, loving arms. "We are thrilled to have her back," said Vaughan.

King's popularity with residents was clearly evident at a Spring Fling event in June at Spring Gardens' community center. Smiles, warm hugs and welcoming conversations greeted her throughout the room. "It's so good to see you," Nurse Cathy could be heard saying over and over. "How are you doing?"

"Everyone is so happy she is back," said Nita Clark, Spring Gardens' manager. "Even though it's for just one day a week, she will be doing health screenings for the entire complex and Hickory Ridge as well."

Her retirement limits the number of days she can work. Her schedule has her at Spring Gardens on Wednesdays from 9 a.m. to 1 p.m. The screenings she performs include the important blood pressure checks and glucose testing. She will also give talks on healthy lifestyles.

Spring Gardens and Hickory Ridge residents who need to schedule a time with Nurse Cathy can call the Spring Gardens office at 205-841-5032. Residents who need assistance with transportation should call the same number and ask for Deborah Butler.

FROM KEN

## Beat the Heat: Some Tips on Staying Cool and Safe



**Ken Vaughan**  
Executive Director

It's August. And like August in any year in Alabama, it's hot. The dog days of summer, with high temperatures and high humidity, can be downright unbearable. And dangerous.

This is a time of year when both our tenants and our employees should take special caution to stay cool - and safe. Heat stroke and dehydration are serious matters and can be deadly.

According to a study by the U.S. Centers for Disease Control and Prevention, soaring temperatures can cause not only heat stroke but also kidney failure and urinary tract infections. For our older citizens, they are two-and-a-half-times more likely to be hospitalized from heat stroke on extremely hot days - the kind of days we see a lot this time of year. To beat the heat, I offer three simple - but important - tips for hot, sticky days:

- Stay inside if you can, especially if you have air conditioning.
- Drink plenty of liquids, but avoid carbonated or alcoholic beverages.
- Wear loose-fitting clothes.

For our tenants, if you have any problems with your air conditioning or refrigerator, please let us know as soon as possible by calling the maintenance and after-hours numbers at your housing community:

- Bessemer: 205-426-8950
- Fultondale: 205-849-5416
- Warrior: 205-647-9605
- Spring Gardens: 205-841-5032

Of course, you can also call the central office 205-849-0123.

## Additional Tips From the CDC On Staying Cool

**DRINK** more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.

**DON'T** drink liquids that contain alcohol or large amounts of sugar; these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.

**STAY** indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go some where that does, such as a community center. Even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

**ELECTRIC** fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

**WEAR** lightweight, light-colored, loose-fitting clothing.

**NEVER** leave anyone in a closed, parked vehicle.

**CONTACT Us**

THE FOLLOWING IS CONTACT INFORMATION FOR THE VARIOUS JEFFERSON COUNTY HOUSING AUTHORITY COMMUNITIES:

**BESSEMER**  
(OAK RIDGE, TERRACE MANOR I AND II, AND BRIGHTON GARDENS)  
MANAGER: VALENCIA COBB,  
205-426-8948  
ASSISTANT MANAGER: WHITNEY TAYLOR,  
205-426-8950

**FULTONDALE**  
(FULTONDALE VILLAGE, BROOKSIDE, RED HOLLOW AND HICKORY GROVE)  
MANAGER: LATIMDA PEOPLES,  
205-841-2595  
ASSISTANT MANAGER: LATRICE JOHNSON,  
205-841-2595

**WARRIOR**  
(WARRIOR COURT, CHELSEA GARDENS, BRADFORD, DIXI MANOR AND TRAFFORD)  
MANAGER: STEVEN COTTRELL,  
205-647-4369  
ASSISTANT MANAGER: GABRIELLE FORD,  
205-647-9605

**SPRING GARDENS**  
(SPRING GARDENS I)  
MANAGER: NITA CLARK,  
205-841-5032

## HOUSING AUTHORITY INFORMATION

### About Us

THE JEFFERSON COUNTY HOUSING AUTHORITY WAS INCORPORATED ON OCTOBER 15, 1941, IN ORDER TO PROVIDE SAFE AND SANITARY HOUSING FOR QUALIFIED LOW-INCOME PERSONS RESIDING IN THE JEFFERSON COUNTY, ALA., AREA. WE ARE GOVERNED BY A FIVE-MEMBER BOARD OF COMMISSIONERS, EACH APPOINTED BY THE JEFFERSON COUNTY COMMISSION.

### OUR VISION

IMPROVING COMMUNITY QUALITY AND PROMOTING SELF-SUFFICIENCY THROUGH THE INCREASED AVAILABILITY OF HOUSING AND RELATED SERVICES FOR LOW-TO-MODERATE-INCOME FAMILIES AND INDIVIDUALS WITH SPECIAL NEEDS WITHOUT DISCRIMINATION.

### OUR BOARD OF COMMISSIONERS

NOLANDA BEARDEN — CHAIR  
MICHAEL J. DAVIS II — VICE CHAIR  
JANE BAILEY — MEMBER  
SAM PARKER — MEMBER  
RESIDENT MEMBER — CURRENTLY VACANT

### OUR EXECUTIVE STAFF

DIRECTOR — KEN VAUGHAN  
DIRECTOR OF HOUSING PROGRAMS — JUBY BRYANT  
DIRECTOR OF FINANCE — MARQUAN GORE

### OUR OFFICE

3700 INDUSTRIAL PARKWAY  
BIRMINGHAM, ALABAMA 35217-5315  
PHONE: 205-849-0123  
FAX: 205-849-0137

### OUR OFFICE HOURS

MONDAYS-THURSDAYS: 7:30 A.M. TO 5 P.M.  
FRIDAYS: 7:30 A.M. TO 11:30 A.M.