



THE IMPORTANCE OF SOCIAL DISTANCING & WASHING YOUR HANDS

Why practice social distancing?

COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Recent studies indicate that people who are infected but do not have symptoms likely also play a role in the spread of COVID-19.

Tips for social distancing

- If you need to shop for food or medicine at the grocery store or pharmacy, stay at least 6 feet away from others.
 - Use mail-order for medications, if possible.
 - Consider a grocery delivery service.
 - Cover your mouth and nose with a **cloth face cover** when around others, including when you have to go out in public, for example to the grocery store.
 - Stay at least 6 feet between yourself and others, even when you wear a face covering.
- Avoid large and small gatherings in private house, parks, restaurants, shops, etc.

- Work from home when possible.
- If possible, avoid using any kind of public transportation, ridesharing, or taxis.
- If you are a student or parent, talk to your school about options for digital/distance learning.

Stay connected while staying away. It is very important to stay in touch with friends and family that don't live in your home. Call, video chat, or stay connected using social media. Everyone reacts differently to stressful situations and having to socially distance yourself from someone you love can be difficult. If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety about Covid-19 call 1-800-985-5990, or text TalkWithUs to 66746 to receive counseling on how to cope.

In addition to Social Distancing, **wash your hands often!** Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Please reach out to your property managers with any questions or concerns and/or contact your medical professional with any health concerns. **Stay well everyone, we are here for you!**

UPDATES FROM CITY FUTURES

A lot of things have changed in the last month and the City Futures team really misses being in City Heights and having you all visiting our office. Even though our office is closed, City Futures is still available through phone, text, email, and Facebook! Whether you've been involved with City Futures from the start or have never stepped through our door, we are here to support everyone in the City Heights community.

We know a lot of people have lost their jobs over the last month. If you are experiencing issues applying for unemployment insurance, we can help with that. If you're looking for work right now, we know about employers that are hiring. If you're sitting things out, we can help you access resources for your family. A lot of people are still working too – many City Heights residents are essential workers. We are here to support you as well. Need help with SNAP, KTAP, or Medicaid right now? We can send documents for you. Interested in really reflecting on what the next step in your career should be? Set up a coaching appointment with Erica or Kionte! As always, we can also provide help with resumes and interview prep. And what about this stimulus check? We can answer questions about that too. Sharon is providing financial coaching over the phone and would be happy to help you come up with a plan for how to make the decisions about money that are best for your family. A budget is more important than ever during these uncertain times.

We can't wait until we can get back to planning events, like our arts events with the Plug and cooking hot dogs at our Meet & Greets. **In the mean time you can call or text Erica at 859-667-3277 or Kionte at 732-807-5093. Be safe and stay healthy!**

Meet the new City Futures Coordinator!



The City Futures team is excited to introduce their new Coordinator Brendan Goth. Brendan has a wealth of experience with non-profit organizations that will make him a great addition to the team. He first discovered his love for community service when he joined AmeriCorps where he was able to travel the country working on various service projects that ranged from construction to education. Brendan has been working for Brighton Center since 2017 where he started as a Case Manager with the Youth Talent Development Services program. In this position he was working with young adults to assist them with furthering their education and pursuing a career. During his work with Brighton Center, he has spent time in City Heights so you may have seen him around the community or even met him in person. Next time you see him in the City Futures office, or around the neighborhood, be sure to send him a warm welcome!

In need of food during the Covid-19 pandemic? Assistance is available.

- ❖ Ida Spence Mission is serving to go meals for children 18 and under at City Heights on Tuesday, Wednesday, Thursday and Sunday from 3:45-4:45 pm.
- ❖ Latonia Terrace and Golden Tower will have to go meals for children 18 and under Monday, Wednesday and Friday from 11:30am-12pm near the property management offices.
- ❖ If you live in Golden Tower and need meal assistance please contact Kayla Chalfant at 859-655-7317.
- ❖ Parish Outreach Center is serving residents Wednesday and Friday from 10:15am - 2:15pm.
- ❖ Action ministries will remain open Monday thru Friday, 9am-12pm.



HELP US WELCOME OUR NEW FSS COORDINATOR & PROGRAM MANAGER OF RESIDENT SERVICES.

Carie Studer comes to us from The Point of Arc of NKY where she served as their Program Director. Carie offers a range of experience and knowledge as both a professional and social servant that will benefit The Housing Authority of Covington and its residents. Carie is passionate about having a positive impact on the world and is eager to serve our residents and communities. If you see Carie at one of our housing communities be sure to say hi, we know she is thrilled to get to know each of you! You can also reach Carie at 859-292-2145 with any questions you may have regarding FSS or other available resources.

Resident Services Department

| Staff | Position | Phone Number | E-Mail Address |
|------------------|---|--------------|--|
| Steve Arlinghaus | Executive Director | 859-292-2145 | sarlinghaus@hacov.org |
| Chris Bradburn | Deputy Director | 859-655-7306 | cbradburn@hacov.org |
| Jon Adkins | Director—Resident Services/ ROSS | 859-655-7316 | jadkins@hacov.org |
| Carie Studer | FSS Coordinator/Program Manager | 859-292-2404 | cstuder@hacov.org |
| Kayla Chalfant | Program Assistant | 859-655-7317 | kaylachalfant@hacov.org |
| Danielle Watson | Outreach/Transportation Specialist, City Futures | 859-750-9159 | dwatson@hacov.org |

