



HOUSING SERVICES



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## News for Participants and Residents



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### Summer Safety

When the weather gets hot, folks flock to Oregon's lakes, rivers, and sunny beaches to cool off and have some fun in the water. If you are planning a trip to a waterfront destination this summer, even if it's just your local pool, keep these safety tips from the Red Cross in mind:

- › Swim in designated areas supervised by lifeguards.
- › Always swim with a buddy; do not allow anyone to swim alone.
- › Even at a public pool or a lifeguarded beach, use the buddy system!
- › Ensure that everyone in the family learns to swim well. Enroll in age-appropriate swimming/water orientation classes.
- › Never leave a young child unattended near water and do not trust a child's life to another child; teach children to always ask permission to go near water.
- › Have young children or inexperienced swimmers wear U.S. Coast Guard-approved life jackets around water, but do not rely on life jackets alone.
- › Establish rules for your family and enforce them without fail. For example, set limits based on each person's ability, do not let anyone play around drains and suction fittings, and do not allow swimmers to hyperventilate before swimming under water or have breath-holding contests.
- › Even if you do not plan on swimming, be cautious around natural bodies of water including ocean shoreline, rivers and lakes. Cold temperatures, currents and underwater hazards can make a fall into these bodies of water dangerous.
- › If you go boating, wear a life jacket! Most boating fatalities occur from drowning.
- › Avoid alcohol use. Alcohol impairs judgment, balance and coordination; affects swimming and diving skills; and reduces the body's ability to stay warm.

For more tips on staying safe this summer, visit <http://www.redcross.org/watersafetytips>



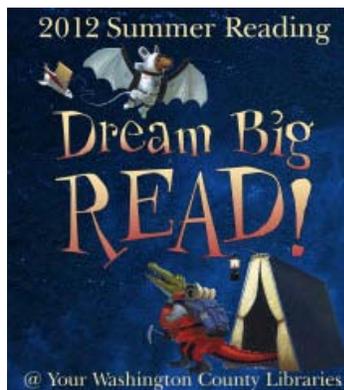
### Choosing a Great School

Did you know that there is a way to check out public, public charter, and private schools in your area?

Based in San Francisco, GreatSchools is a national non-profit organization that supports parents through a wide variety of web-based resources available at [www.greatschools.org](http://www.greatschools.org). The organization's flagship offering is a database of school performance information for more than 200,000 public, private and charter schools across the U.S. The user-friendly website also has information about how parents can help their children achieve success in PreK-12, including subject-area worksheets, homework help and college preparation.

For more information, visit [www.greatschools.org](http://www.greatschools.org)

### Summer Reading - For All Ages!



Summer Reading at your local Washington County library is great fun for pre-readers, kids elementary through high school age, and adults, too!

The pre-reading program offers a chance to build important early literacy skills that help build vocabulary, letter knowledge, narrative skills and more. Kids, teens, and adults can read great books and have the opportunity to win prizes and participate in special events like Yo-Yo University, Mad Science, and Presto the Magician.

Sign ups start June 1, 2012. For details, visit [www.wccls.org/srp2012](http://www.wccls.org/srp2012)

### It's Always the Right Time to Boost your Financial Knowledge

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Did you know that studies have documented the positive effects of assets on families? Children in lower-income families that acquire assets do better in school and stay there longer. Teenagers in families with assets are less likely to have children as teens. Other studies show positive correlations between asset ownership and physical and mental health – both in adults and children.

Financial education fosters financial stability for individuals, families, and entire communities. The more people know about credit and banking services, the more likely they are to increase savings, buy homes, and improve their financial health and well being.

Whether your goal is to eventually own a home, improve your credit score, or simply learn how to better budget your money to build assets, there are many resources to help you get there:

**Take Charge – Build Assets, \$\$\$ and Credit Smarts** is a program based in Vancouver, Washington through the Community Housing Resource Center. The center provides credit repair and debt management services, tax preparation assistance and various classes to lower income and minority earners. For details, visit Community Housing Resource Center online at [www.homecen.org](http://www.homecen.org).

**FDIC's Money Smart** program offers free online financial education for adults and teens. Money Smart is a comprehensive financial education curriculum designed to help low- and moderate-income individuals outside the financial mainstream enhance their financial skills and create positive banking relationships. Access Money Smart online at [www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html](http://www.fdic.gov/consumers/consumer/moneysmart/mscbi/mscbi.html).

**Portland Housing Center** is a non-profit organization founded in 1991 to ensure equal access to information and resources to achieve homeownership. Portland Housing Center believes everyone deserves access to homeownership. It is made possible through quality home buyer education, one-on-one guidance, financial services, and a variety of other resources to make homeownership a reality for Portland-area residents. For information about Portland Housing Center, visit [portlandhousingcenter.org](http://portlandhousingcenter.org).

**The Beehive** is a free online resource for help with money, jobs, health, school, and housing. The Beehive is sponsored by the non-profit agency One Economy, a global non-profit based in Washington, D.C., whose mission is to ensure that every person, regardless of income and location, can maximize the power of technology to improve the quality of his or her life and enter the economic mainstream. Since One Economy launched The Beehive in 2001, over 18 million people worldwide have connected to educational tools and services to inform and empower people to improve their lives. To access the local Beehive, visit [pdx.thebeehive.org](http://pdx.thebeehive.org).

### May is Asthma Awareness Month

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Did you know:

- ▶ In 2009, approximately 24.6 million people in the United States (or 8.2%) were diagnosed with asthma.
- ▶ Asthma affects almost 25 million people in America and is the third-ranking cause of hospitalization among children under 15.
- ▶ In 2008 less than half of people with asthma reported being taught how to avoid triggers.

Asthma is a lifelong disease that causes wheezing, breathlessness, chest tightness, and coughing. It can limit a person's quality of life.

While we don't know why asthma rates are rising, we do know that most people with asthma can control their symptoms and prevent asthma attacks by avoiding asthma triggers and correctly using prescribed medicines. Avoiding asthma triggers is an important part of your ability to control asthma. Once you identify these triggers, the goal is to

develop preventative strategies.

For details about how you can avoid asthma triggers in your own home, please download the [Asthma Awareness Month Fact Sheet](#).

#### CONTACT HOUSING

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