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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 it at all possible. Please contact PRC at 602-253-6895.

PRC is going Green!
Phoenix Revitalization Corporation is now printing our newsletter on recycled paper and our office is GREEN ON FRIDAYS. Our new hours are:
Monday – Thursday 7:30a – 6:00p Office: (602) 253-6895
www.phxrevitalization.org

PRC SE ESTA VOLVIENDO VERDE!
Phoenix Revitalization Corporation ahora está imprimiendo nuestro boletín de noticias en el papel reciclado y nuestra oficina es VERDE EL VIERNES
Nuestro horario nuevo es: Lunes – Jueves 7:30a – 6:00p
www.phxrevitalization.org Oficina: (602) 253-6895

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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, comuníquese con nosotros de antemano su impedimento si le es posible. Por favor, llame a PRC al 602-253-6895.
Cover Article:

Twelve years ago he just seemed to be going down the wrong path but realized that he just needed to keep it simple. Work hard and stay focused to make a good life for himself and his family.

Lo Lo’s is owned by Larry White, Jr. a native Phoenician raised in South Phoenix. He started in the restaurant business working with his grandmother at “Mrs. White Golden Rule” on Washington Street. According to Larry the idea of a business selling chicken and waffles was inspired from the 1920 days in Harlem and it is said that Thomas Jefferson ate this dish as well. Additionally, he knew of “Roscoe’s” in L.A., California and was determined to bring this idea to Phoenix. His grandmother allowed him to test this at Mrs. White’s on Fridays, Saturdays and Sundays and it was such a success that Larry White was ready to go out on his own.

Lo Lo’s has been at the 10 W. Yuma Street (Central Avenue and Yuma) location for seven years. They have faced many challenges to open, stay open and to expand. Larry credits friends who believed in his vision and who are still with him today such as Sandra Trailor, Ivan Martinez and Lorenzo Pérez for supporting him on his road to success.

Lo Lo’s has provided employment opportunities for local residents as well as contributing to neighborhood beautification by maintaining the sidewalks and streets in close proximity, keeping them clear of debris and trash.

If you go by this restaurant at lunchtime it is full, but surprisingly, it is the Friday and Saturday late night hours that draw the huge crowd! His restaurant is full of photos from celebrities to family pictures of his beautiful children.

We congratulate our local business owner for his success and we are excited to share the address of the 2nd LoLo’s at 2765 N. Scottsdale Road. Please check their website for hours of operation and locations.

Visit: www.loloschickenandwaffles.com  
or call (602) 340-1304

Lo Lo’s is owned by Larry White, Jr. a native Phoenician raised in South Phoenix. He started in the restaurant business working with his grandmother at “Mrs. White Golden Rule” on Washington Street. According to Larry the idea of a business selling chicken and waffles was inspired from the 1920 days in Harlem and it is said that Thomas Jefferson ate this dish as well. Additionally, he knew of “Roscoe’s” in L.A., California and was determined to bring this idea to Phoenix. His grandmother allowed him to test this at Mrs. White’s on Fridays, Saturdays and Sundays and it was such a success that Larry White was ready to go out on his own.

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or call (602) 340-1304

Según a Larry, la idea de un negocio de venta de pollo y waffle se inspiró desde los días de 1920 en Harlem y se dice que Thomas Jefferson comió este plato también. Además, él conocía “Roscoe’s” en los Ángeles, California y estaba determinado a traer esta idea a Phoenix. Su abuela le permitió poner a prueba esto en Mrs. White’s los viernes, sábados y domingos y fue todo un éxito que Larry White estaba listo salir para sí mismo.

Lo Lo’s ha estado en la ubicación de 10 O de la Calle Yuma (Avenida Central y Yuma) desde hace siete años. Se han enfrentado a muchos desafíos para abrir, permanecer abiertos y expandirse. Larry da crédito a amigos que creían en su visión y que permanecen con él hoy, como Sandra Trailor, Ivan Martínez y Lorenzo Pérez por apoyarlo en su camino de éxito.

Lo Lo’s ha proporcionado oportunidades de empleo para los residentes locales, tanto como contribuir al embellecimiento del barrio manteniendo las aceras y calles en las proximidades libres de escombros y basura.

¿Si pasas por este restaurante a mediodía siempre está lleno, pero sorprendentemente, es el viernes y el sábado muy noche que atrae una multitud enorme de clientes! Su restaurante está lleno de fotos de celebridades a fotos familiares de sus hijos hermosos.

Felicitamos a nuestro dueño de negocio local por su éxito y estamos emocionados de poder compartir la dirección del segundo Lo Lo’s en 2765 N. Scottsdale Road.

Por favor visite el sitio Web por horas de operación y localidades.

Visite: www.loloschickenandwaffles.com  
o llame al (602) 340-1304
Garden Summer / Fall Reminders

As summer turns to fall, your garden will probably start looking pretty tired and will need cleaning it up for the fall and winter months.

CLEANING UP YOUR GARDEN

As you are taking some of your plants out, make sure plenty of their seeds fall on the ground so that they are more likely to come up next year.

Plants with diseases and pests that you might not want to return next year, find the problem areas and remove them.

As you remove diseased materials, don't throw them in your compost bin. This will help keep you from spreading the problem around your garden next year.

If you're using pruners on infected materials, you might want to clean them by dipping them in a household disinfectant.

To revamp a bed for fall planting: clear bed of all debris (chop and add to compost pile, or dig into bed to decompose over the winter); till the soil, amend with fully finished compost, till again and smooth with a rake. Mulch the beds with a thick layer (4-6") of organic mulch. There are a variety of mulches including straw, compost, shredded bark, and leaves. By spring, you'll have a free source of humus to mix in your flowerbeds.

Recordatorio de jardín para el Verano / otoño

Mientras el verano se convierte al otoño, su jardín comenzará a parecer bastante cansado y probablemente necesitará limpieza para los meses de la otoño y del invierno.

LIMPIEZA DE SU JARDÍN

Mientras que usted está sacando algunas de sus plantas, a cerciorarse que un montón de las semillas caigan en la tierra de modo que sea más probables que nazcan el año próximo.

Plantas con enfermedades y parásitos que usted no desee volver el año próximo, encuentre las áreas problemáticas y quitelas.

Como usted quita los materiales enfermos, no los lance en su compartimento del estiércol vegetal. Esto ayudará separar el problema al próximo año del jardín.

Para mejorar la cama para plantar del otoño: limpie la cama de toda la ruina (la tajada y agregga a la pila del estiércol vegetal); cultive el suelo, enmiente con estiércol vegetal completamente acabado, cultive otra vez y alise con un rastrillo. Cubra con pajote las camas con una capa gruesa (4-6") de pajote orgánico. Hay una variedad de pajotes incluyendo la paja, estiércol vegetal, corteza destrozada, y hojas. Por el otoño, usted tendrá una fuente libre del estiércol vegetal a mezclarse en sus camas.
What Air Pollution Means To Me and Why I Think Air Quality Is Important.

Pollution is in the air.

Now put it on paper.

Win a laptop in The Clean Air Make More Essay Contest. What comes to mind when you think of air pollution? Does it make you mad or sad? Does it make you feel like going out there and doing something about it? It’s time to take those emotions and put them to into words. You’ll make your voice heard. And you could win a brand new laptop.

The Details
- Open to all students in Maricopa County, grades 7-12.
- Essay must be 2,000 words or less.
- Your Theme: What Air Pollution Means To Me and Why I Think Air Quality Is Important.
- Winner receives a new laptop and a chance to read your essay at the Inaugural Air Quality Conference on October 20, 2009.
- Deadline: September 15, 2009
- Winners notified: October 5, 2009

Submit your essay to:
- cleanairawards@mail.maricopa.gov or
- Maricopa County Air Quality Department
  Attn: School Outreach Coordinator
  1001 N. Central Ave, Ste 900, Phoenix, AZ 85004

GED Classes Resume at the Emmett McLoughlin Community Training and Education Center

Need to prepare for the GED exam? Registration for GED preparation classes is August 10, from 9am-12noon at Friendly House located at 802 S. 1st Ave. Please call 602-416-7219 to register or if you have any questions. The classes are held at the Emmett McLoughlin Community Training and Education Center located at 1150 S. 7th Ave (Northwest corner of 7th Ave and Buckeye). Classes are held Monday thru Thursday from 9am-12noon and free on-site child watch is available for children of GED students. Children need to be 1-6 years of age.

ESCUELA GRATIS ESCUELA SEGURA ESCUELA PEQUEÑA

Preparamos a los estudiantes de los grados 6tos a 12mos a tener éxito en la universidad y ser líderes en nuestra comunidad.

WE ARE CURRENTLY ACCEPTING APPLICATIONS FOR 6TH GRADE FOR THE 2009-2010 SCHOOL YEAR

WE ESTAMOS ACEPTANDO APLICACIONES PARA EL GRADO SEXTO PARA EL 2009-2010 AÑO ESCOLAR.

The school is located at:
5010 S. General Ave.

COME TO OUR OPEN HOUSE THIS THURSDAY AT 5:00 P.M.
VENGA A NUESTRA JUNTA DE PAPLER.
EN LANZA A LA 6:00 P.M.
Phone (602) 688-9500 | www.phca.org
1-591 post@phca.org
Free assistance available in applying for U.S. citizenship

Congressman Ed Pastor regularly holds a Citizenship Day event where legal residents receive free help in filling out their citizenship applications.

OCTOBER 17TH, 2009

During this one-day event, trained volunteers will complete your citizenship application (N-400). The assistance is FREE. Immigration attorneys also will review applications and check them for accuracy before they are submitted.

To be placed on a waiting list for an appointment, or for more information, please call 602-256-0551.

¿Quieres hacerse ciudadano Americano?

El Congresista Ed Pastor de vez en cuando ofrece ayuda en llenar la solicitud de ciudadanía Estadounidense.

OCTOBER 17TH, 2009

La ayuda para llenar la aplicación es gratis. Los voluntarios incluyen abogados quienes son especialistas en la inmigración. Ellos también revisan las aplicaciones para asegurar que se llenaron correctamente.

Para más información o para poner su nombre en la lista de espera, llame al 602-256-0551.

Congressman Ed Pastor’s Office, 411 N. Central Ave., Suite 150, Phoenix, AZ 85004 • 602-256-0551

ARE YOU A MEXICAN-AMERICAN CAREGIVER AT LEAST 18 YEARS OLD? DO YOU CARE FOR A FAMILY MEMBER 60 YRS OF AGE OR OLDER?

PLEASE JOIN OUR PROJECT

We invite you to join a project about how Mexican American families care for older relatives in their homes. We’d like to ask you some questions about the “crucial moments” in caregiving: the easy times, the challenges, and solutions you have found.

If you provide care to an older adult, you have the special knowledge to help other families.

Momento CRUCIAL

A bilingual (Spanish/English) project team member will come to your home for about 2 hours, 6 or 7 times over a 15-month period to ask you about your family experience in providing care.

Our questions focus on events, people, and values that influence how you provide care. The things you tell us will be audio-taped to make certain we capture your opinions. But all information will be confidential to protect your privacy.

Although we plan to develop reports and materials to help professionals working with Mexican American families, your name will never be used in these materials.

Your participation in this study is voluntary. You can choose to withdraw from the study at any time or decide not to answer any particular question.

¡Gracias mucho por su ayuda!

Please contact Dr. Bronwynne Evans or Anna Espinoza
ASU College of Nursing and Health Innovation
602-496-0767
http://nursing.asu.edu/news/pr/caregiving_trajectory.htm
Basketball Clinic Creates Awareness for Cancer

Phoenix Revitalization Corporation and Right Touch Basketball provided scholarships for youth in the Central City South community. “Hoops for Awareness” Basketball Clinic was held on July 18th, 2009 at the U.S. Airways Center in Downtown Phoenix. The participants took part in an informational session about cancer awareness and also participated in a basic basketball clinic. They also attended the Phoenix Mercury Game that night as well. Thank you to Right Touch Basketball for your generous gifts.

Clínica de Baloncesto crea Conciencia sobre el Cáncer

Phoenix Revitalization Corporation y el grupo de ‘Right Touch Basketball’ dieron becas para jóvenes en la comunidad de Central City South. ‘Canastas para el Conocimiento,” la clínica de baloncesto, tomó lugar el 18 de Julio del 2009 en el Centro de Phoenix en el Centro de U.S. Airways. Los participantes tomaron parte en una sesión de información sobre el conocimiento de cáncer, también participaron en una clínica básica de baloncesto. Terminaron la noche asistiendo al juego de baloncesto del equipo de los Phoenix Mercury. Gracias al grupo ‘Right Touch Basketball’ por sus generosos obsequios.
Marcos de Niza Tenant Council and Community Block Watch

Address: 305 W. Pima St. Phoenix, AZ 85003
Office/Block Watch Patrol/Voice Mail Cell: (602) 463-8130 Fax: (602) 534-1898
Email - gracesalinas@marcosdenizacbw.org or mdentc@qwest.net

Marcos Community Block Watch Meetings
Juntas Comunitarias de Vigilancia de Vecindad de Marcos

2nd Thursday / Jueves
EMCTEC - Hope VI
1150 S. 7th Avenue 5:30—7pm

August / Agosto 13
September / Septiembre 10

Be informed about what is going on with your neighborhood
Venga y sea informado en lo que pasa en su vecindad

Girl Scouts-Arizona Cactus-Pine Council, Inc.
Call For more information / llame para mas informacion

Susan Murphy (602) 228-6218
Grace Salinas (602) 463-8130
Shelly Lear (602) 956-7303

New members registrations taken all year. Call for days and times
Las formas de registración están disponibles todo el año.
Llame por las fechas y horas de las juntas

Meetings at the following locations:
Vernell Coleman Park
850 W. Tonto

Marcos de Niza Community Center
301 West Pima St.

Emmett Mcloughlin Community Training and Education Center (EMCTEC)
1150 S. 7th AVENUE

www.marcosdenizacbw.org
Marcos de Niza Tenant Council and Community Block Watch

Mission / Misión:
Marcos de Niza community takes pride in creating a clean, safe environment through communication, education, and creative activities for our residents. La comunidad Marcos de Niza tiene orgullo en creando un ambiente limpio y seguro por medio de comunicación, educación y actividades creativas para los residentes.

Tenant Council Meetings For Marcos de Niza Residents only / Junta de Concilio de Residentes Solo para residentes
Marcos de Niza Community Center—301 West Pima St. 5:30pm
Aug 24  Sept 28

Marcos de Niza Welcomes New Officers
Residents of Marcos voted into office the following officers for the years of 2009 to 2012. We look forward to many good things to come.

President/e
Wendy Hernandez
Vice president/e
Grace Salinas
Secretary/aria
Sofia Fernandez
Corresponding Secretary
Tami Eliserio
Treasurer/ Tesorero
Maria Avila

Bienvenidos Table Ejecutiva Nueva
Los residentes de Marcos votaron por la siguiente tabla ejecutiva. Anticipamos muchas novedades.

Goals
1. Develop better communication
2. Active participation with the Housing Department
3. Promoting resident participation and involvement
4. Develop a Neighborhood Block Watch program
5. Actively recruiting collaborators and resources
6. To create an outreach, recruitment volunteer base

Metas
1. Desarrollar mejor comunicación
2. Participando activamente con el Departamento de la Cubierta
3. Promoviendo participación, involucrando a los residentes
4. Desarrollando un programa de BLOCK WATCH (Vigilancia de la Vecindad)
5. Reclutamiento activo colaboradores y recursos
6. Crear y reclutar una base voluntaria

Marcos de Niza Senior Center  -  305 West Pima Street
Phoenix, AZ 85007  -  602-262-7249

We invite you to call and check on future events and activities.
Le Invitamos que llame seguido para informarse de Eventos Y Actividades futuras

Come play Bingo - Vengan jugar
Every Wednesday and Friday
Cada Miércoles y Viernes 9:30am
Call for the date of the $50 Jackpot
Llame para el día del premio de $50
Even During Tough Times, Life Insurance Offers Peace of Mind

As you watch the value of your property, home or retirement investment savings struggle in the current economy, you may be wondering about ways to protect your family in the event of an unforeseen event. One option you may not have considered is the purchase of a whole life insurance policy.

Invest in Your Loved Ones
Invest in Your Future

But, what you may not know is that a whole life insurance policy is much more than protection against the unknown. It also provides you with tax-deferred cash value that accumulates over time. In the event of sudden unforeseen or happily anticipated expenses, it provides a readily available source of funds.

For additional information on the information or topic(s) discussed, please contact Veronica A. Hercel at 602-918-3287.

Hasta en los tiempos más difíciles, un seguro de vida le ofrece gran tranquilidad

Al ver la lucha en la economía actual de los valores de su propiedad, de su casa y de sus ahorros para la jubilación, usted puede estar pensando de qué manera podrá proteger a su familia en el caso de que suceda algo imprevisto. Una opción que usted puede no haber considerado es la compra de una póliza de seguro de vida total.

Invierta en sus seres queridos
Invierta en su futuro

Pero, lo que usted puede no saber es que una póliza de seguro de vida total es mucho más que protección sobre lo desconocido. También le proporciona un valor en efectivo con impuestos diferidos que se acumula con el tiempo. En el caso de gastos de eventos imprevistos y repentinos o felizmente anticipados, le proporciona una fuente de fondos ya disponibles.

For más información sobre el tema(s) expuesto, favor comuníquese con Veronica A. Hercel al 602-918-3287.
Waiting List Now Open!

Public Notice: Waiting List Opening

The site based waiting list is currently open for applications to Senior Living at Henson Village, 1045 South 8th Avenue, Phoenix, AZ 85007.

There is a maximum household income restriction set at 60% of the Area Median Income. The household income limits are listed below. Rental rates for the apartments are based on 30% of the household’s adjusted gross income.

***Should Applicant(s) Qualify Above the 30% Limit and Below the 60% Limit,*** you may be eligible for immediate housing as the current wait list has been depleted.

<table>
<thead>
<tr>
<th>Total Number of Household Members</th>
<th>Maximum Allowable Household Income For 30%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$13,830.00</td>
</tr>
<tr>
<td>2</td>
<td>$15,810.00</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Number of Household Members</td>
<td>Maximum Allowable Household Income For 60%</td>
</tr>
<tr>
<td>1</td>
<td>$27,660.00</td>
</tr>
<tr>
<td>2</td>
<td>$31,620.00</td>
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<tr>
<td>3</td>
<td>$35,580.00</td>
</tr>
<tr>
<td>4</td>
<td>$39,540.00</td>
</tr>
</tbody>
</table>

The resident screening and eligibility criteria will be available for review to all applicants at the time of application.

Placement on the waiting list will be based on date and time stamp of completed application taken at the property.

One bedroom and two bedroom apartments are available. Maximum occupancy is two persons per bedroom.

Local Preferences Apply as follows:

1. Seniors who are involuntarily displaced through City action or are referred from the Maricopa County Attorney Victim Witness Program.

2. Residents of the City of Phoenix: Seniors who live, work or have been hired to work in the City of Phoenix will qualify for this preference.

3. Seniors with at least one adult who is employed. This preference is extended equally to elderly families or families whose head or spouse is receiving income based on their inability to work.

4. Seniors aged 62 and over.

Applicants with one or more local preference will be housed before other applicants. Date and time of application will be used to determine the sequence of tenant selection after applying the above prescribed preferences.

Due to limited availability it is unlikely that applicants who do not qualify for a preference will be housed.

Applications will be available at the Senior Living at Henson Village Management office, 1045 South 8th Avenue, Phoenix, AZ 85007 from 9:00 a.m. to 5:00 p.m., Monday thru Friday.

Completed applications must be returned to the Senior Living at Henson Village Management office, 1045 South 8th Avenue, Phoenix, AZ 85007. Completed applications will be accepted and date and time stamped on Monday thru Friday between 9:00 a.m. and 5:00 p.m.

Senior Living at Henson Village Apartments does not discriminate in admission or access to its housing programs. Any eligible individual with handicap will be served. Those who have a visual or hearing impairment will be provided with the necessary information to understand and participate in the program. McCormack Baron Ragan Management Service, Inc., agent for Senior Living at Henson Village Apartments, will coordinate efforts to comply with the nondiscrimination requirements of Section 504 and is committed to the letter and spirit of U.S. policy for the achievement of equal housing opportunity throughout the nation.

McCormack Baron Ragan Management Services, Inc. encourages and supports an affirmative advertising and marketing program in which there are no barriers to obtaining housing because of age, race, color religion, sex, handicap, familial status, or national origin.

2009.04

Professionally managed by McCormack Baron Ragan Management Services, Inc.
Join us for the GRAND OPENING of the new Harmon Library

Saturday, Sept. 12

9:00 a.m. - Ribbon-cutting ceremony with Councilman Michael Johnson
9:30 a.m. - 3 p.m. Free activities for the whole family

Enjoy refreshments, entertainment, games and more!
The festivities are supported by the Friends of the Phoenix Public Library and local merchants.

To facilitate the move into the new building, the existing Harmon Library facility at 411 W. Yavapai St. will close August 16.

Están invitados a la GRAN APERTURA de la nueva Harmon Library

Sábado 12 de septiembre

9:00 a.m. - Ceremonia de corte de cinta con Concejal Michael Johnson
9:30 a.m. – 3 p.m. Actividades gratis para toda la familia

¡Disfrute de refrescos, entretenimiento, juegos y más!
Este acontecimiento es apoyado por Friends of the Phoenix Public Library y comerciantes locales.

La existente Harmon Library localizada en
411 W. Yavapai cerrará el 16 de agosto para facilitar el traslado al nuevo edificio.

For more information, visit phoenixpubliclibrary.org or call 602-262-4636 (voice) or 602-254-8205 (TTY).
Follow us on Twitter @twitter.com/phxlibrary for real time Phoenix Public Library news.
Para más información, visite phoenixpubliclibrary.org o llame 602-262-4636 (voz) o 602-254-8205 (TTY).
Phoenix Revitalization, Arizona Lottery and the City of Phoenix Parks and Recreation Department partnered to host a pool party at Alkire Park; in part of the City’s “Take back your Neighborhood” campaign. The event took place on June 18th, 2009. Residents from around the community (7-11 and New Homes) came out to support the free event. Kids from around the neighborhood took part in activities such as the “Slip N Slide” and Free swim provided by the Aquatics department. Other activities included a DJ, free food and snow cone booth. Thank you to the City of Phoenix Parks and Recreation & Aquatics Departments and the Arizona Lottery for such a great event.

On June 25th, 2009, Phoenix Revitalization, Arizona Lottery and City of Phoenix Parks and Recreation Department sponsored a “Sizzling Safe Summer” pool party at Grant Park. The event was attended by many in the Grant Park neighborhood and surrounding communities. The event was highlighted by a free swim provided by the City of Phoenix Aquatics Department. Neighborhood residents, including children enjoyed the many activities at the park such as music and a “Slip N Slide” water slide. Thank you to the Arizona Lottery, City of Phoenix Parks and Recreation and Aquatics Departments.

El 25 de junio de 2009 Phoenix Revitalization, Lotería Arizona, y el Departamento de Recreo y parques de la Ciudad de Phoenix se unieron para presentar un partido de piscina en el parque Alkire, en parte de la campaña de de la ciudad “Retrotraer su Vecindades”. El evento tuvo lugar el 18 de junio de 2009. Los residentes de alrededor de la comunidad (7-11 y New Homes) salieron para apoyar el evento gratis. Los niños de todo el barrio tomaron parte en actividades tales como la “Slip N Slide” y nadar gratis proporcionados por el Departamento de Natación. Otras actividades incluyeron un DJ, comida gratis puesto de raspadas. Gracias a la ciudad de Phoenix Departamento de parques y recreación; departamento de natación y la Lotería de Arizona para un evento tan gran.

El 25 de junio de 2009 Phoenix Revitalization, Lotería Arizona, y el Departamento de Recreo y parques de la Ciudad de Phoenix se unieron para presentar “Verano chisporroteado seguro” un partido de piscina en el parque Grant. Muchos en el barrio de Grant Park y comunidades alrededor participaron en este evento. El evento fue señalado por el nadar gratis proporcionados por el Departamento de Natación. Los residentes del vecindario, incluidos los niños gozan de las numerosas actividades en el Parque, como música y un tobogán de agua “Slip n Slide”. Gracias a la ciudad de el Departamento de parques y recreación; departamento de natación y la Lotería de Arizona para un evento tan gran.
Women Together For Health

Are you interested in attending a FREE 10-week program to help women?

What is this all about?
- Improve their Health and Quality of Life
- Increase Physical Activity
- Reduce Stress
- Buy, Prepare, and Eat Healthy Foods
- Reduce their Risk for Certain Diseases

Classes are 1 hour per week (for 10 weeks)

Who Can Participate?
Women ages 18-44 who want to:
- Feel and Look Better
- Have More Energy
- Learn How to Live Healthier
- Manage Stress

Where are the Classes?
Emmett McLoughlin Community Training and Education Center – Hope VI, Room #5
1150 South 7th Avenue
Wednesdays from 10:30 a.m.-11:30 a.m.
Starting August 19, 2009


The classes will be offered in Spanish.
To Register or For More Information please call Daniela Canisales at (602) 261-8548

Offered by/Ofrecido or:
Maricopa County
Women Together for Health Program
Programa de Mujeres Unidas para la Salud

Mujeres Unidas Para La Salud

Esta Usted interesada en asistir un programa GRATIS para ayudarle a:

¿Qué es este programa?
- Mejorar su salud y calidad de vida
- Aumentar la actividad física
- Reducir el estrés
- Comprar y preparar alimentos para comer de forma más saludable
- Reducir su riesgo de ciertas enfermedades

Programa dura 10 semanas (1 hora por semana)

¿Quién puede participar?
Mujeres de 18-44 años de edad que quieran:
- Sentirse mejor
- Tener más energía
- Aprender a vivir de forma saludable
- Reducir el estrés

¿Dónde son las clases?
Emmett McLoughlin Community Training and Education Center (Hope VI) ubicado en el
1150 Sur 7 Avenida, Salon #5
Los Miércoles de 10:30 a.m. a 11:30 a.m.
Empezamos el 19 de Agosto 2009, terminaremos el 21 de Octubre 2009

Cuidado de niños gratis para niños entre las edades de 1-6 años, el cupo es limitado para el cuidado de niños

Las clases serán conducidas en Español.
Para Registrarse o si necesita mas información porfavor llame a Daniela Canisales al (602) 261-8548

Zaryah Hunter

We would like to recognize Zaryah Hunter age 7 who recently cut off her hair to donate it to “Locks of Love”. Zaryah attended the Alkire Park Pool Party with her mother and grandmother, Jimetta and Angie who lives in the New Homes neighborhood.
HOME SAFETY FOR SENIORS

There are steps you can take to help yourself or an aging loved one to be safer in their home.

- Remove tripping hazards such as throw rugs and clutter in walkways.
- Keep your home brightly lit to avoid tripping.
- Add bathroom safety features, such as using non-slip mats in the bathtubs and on shower floors and install grab bars.
- Improve mobility into and throughout your home.
- This includes safety of outdoor walkways, entrances, doorways, and stairs. A cane, walker or wheelchair can also help your balance and mobility.

A fall seldom “just happen.” Falls can be prevented.

ESL Classes

Do you want to learn to speak English? Friendly House will be registering new students for their ESL classes on August 10, from 9am-12noon. Call 602-416-7219 to register or for more information. The classes are held at the Emmett McLoughlin Community Training and Education Center 1150 S. 7th Ave.

Classes are Monday thru Thursday, 9 am-12 noon. Free Childwatch is available to ESL students with children ages 1-6.

Seguridad en la Casa para Personas de la Tercera Edad

- Hay varios pasos que puede tomar para ayudarse a sí mismo o a un ser querido que está llegando a la tercera edad para estar más seguros en su casa.
- Remueva objetos con los cuales se pueda tropezar del camino como tapetes y el desorden
- Mantenga su casa bien aluzada para evitar tropezarse
- Agregue accesorios de seguridad en su baño, como alfombrillas para no resbalarse en su tina o en la regadera e instalar barras de seguridad en su baño
- Mejorar el acceso a su casa y dentro de su casa. Esto incluye la seguridad de caminos, puertas, escaleras y entradas fuera de su casa. Un bastón, silla de rueda o andadera le puede ayudar a moverse de un lugar a otro y con su balance

Una caída no ‘solo pasa,’ una caída se puede evitar.

Clases para aprender ingles como segunda idioma

Usted quiere aprender hablar inglés? Friendly House estará inscribiendo estudiantes para las clases de inglés el día 10 de agosto, desde 9 de la mañana hasta 12 medio día. Llame al 602-416-7219 para inscribirse o para más información. Las clases se llevan acabo en el sitio de

Emmett McLoughlin Community Training and Education Center 1150 S. 7th Ave.

Las clases son de 9 de la mañana hasta 12 medio día de lunes a jueves. Se provee cuidado de niños gratis para estudiantes de las clases de inglés. Se cuidan niños de 1 ano a 6 anos.
Phoenix Revitalization Corporation and the Phoenix Neighborhood Development Collaborative

Is excited to invite you to participate in “Table Talk” that will take place on August 15th & 29th, 2009 at HOPE VI 9:30am - 1:30pm

Everyone who lives, works and plays in Central City South is welcomed to come and participate in this talk and tell us what they want in this community to be more BEAUTIFUL, SAFE AND HEALTHY

Be part of building the “Quality of Life Plan”
This invitation is open to any resident, faith group, government agency, providers, schools or businesses within these boundaries.

Join our email list to get new newsletter issues, announcements, invitations and more.
www.phxrevitalization.org

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If you have any additional questions please call PRC at 602-253-6895

Phoenix Neighborhood Development Collaborative Partners:
Local Initiatives Support Corporation (LISC)
City of Phoenix Neighborhood Services
City of Phoenix Housing Department
City of Phoenix HOPE VI

JPMorgan Chase
The Lodestar Foundation
St. Luke’s Health Initiative (SLHI)
Phoenix Revitalization Corporation
(PRCPNDC/Lead Community Agency)

If you have any additional questions please call PRC at 602-253-6895