



SCHOOL IS BACK IN SESSION!



Interested in earning your GED? Work at your own pace with no cost!
Contact April Peacock at 859-393-6329 to start!



Tips to develop a healthy sleep routine

Help your child adjust to earlier bedtimes a week or two before the new school year starts, just to help them ease into new routines. Set a consistent bedtime for your child and stick with it every night. Getting enough sleep is critical for kids to stay healthy and be successful in school. Not getting enough sleep is linked with lower academic achievement, as well as higher rates of absenteeism and tardiness.

Create a bedtime routine that is consistent to help your child settle down and fall asleep. For example, a calming pre-bedtime routine may involve a bath/shower, reading with them, tucking them in and saying goodnight.

Have your child turn off electronic devices well before bedtime. Try to have the home as quiet and calm as possible when younger children are trying to fall asleep.

FALL FAMILY FUN

Back to school

BACK TO WORK

MONDAY, AUGUST 19

BARB COOK PARK



5-7 PM



WHAT TO EXPECT

- ★ SCHOOL SUPPLIES
- ★ EMPLOYMENT OPPORTUNITES
- ★ FOOD
- ★ RESOURCES
- ★ RAFFLES
- ★ AFTER-SCHOOL PROGRAMS



 HOUSING AUTHORITY OF COVINGTON better futures www.hacov.org	 <i>Resident Services</i> DEPARTMENT 859-655-7316 jadkins@hacov.org
-----------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------



Be on the lookout
for more
information
about After
School
Programming for
6th-8th graders
in our Teen
Readiness and
Knowledge
(TRAK) Club!

PUT THE PIECES TOGETHER WITH FSS

Work with a case manager to:

- access community resources
- find fulfilling employment
- save money
- and more!

QUESTIONS ABOUT THE
FSS PROGRAM?

Contact Natalie Kuhn
for more information:
859-760-5846



**INTERESTED IN BEING A LEADER AT LATONIA TERRACE? CONTACT APRIL
PEACOCK AT 859-393-6329 FOR MORE INFORMATION ON HOW TO BE
INVOLVED WITH RESIDENT COUNCIL!**



"FOR LATONIA TERRACE RESIDENTS ONLY."



Want support while looking for employment?

Learn skills and get connected with the SEED Program!

Get more info and a treat at Golden Tower on August 21st from 2-4 & August 23rd from 10-12 and
outside the Management Office at Latonia Terrace on August 29th from 2-4!

Applications and Flyers will be provided.

**WANT TO BE MORE INVOLVED IN
YOUR COMMUNITY?**



JOIN US FOR THE RESIDENT COUNCIL
MEETINGS THIS MONTH:

LATONIA TERRACE: AUGUST 5TH

@ 6:00PM

GOLDEN TOWER: AUGUST 19TH

@ 5:00PM

**Housing Authority of Covington Board of
Commissioners Meeting**



Wednesday, August 21st, 2024
2300 Madison Avenue
Covington, KY 41014
Lower-Level Conference Room



Regular meetings of the HAC Board of Commissioners take
place at 4:30 PM on the 3rd Wednesday of every month.



NACU

Nurse Advocacy Center for the Underserved
Northern Kentucky University

Located at Latonia Terrace from 2pm-5pm
Mondays and Thursdays

Located at Golden Tower from 9am-12pm
Wednesdays

Get your health care questions answered!
Contact Nurse Lynn Brown @ 859-640-7942

Steve Arlinghaus
Executive Director
859-292-2145
sarlringhaus@hacov.org

Chris Bradburn
Deputy Director
859-655-7306
cbradburn@hacov.org

Jon Adkins
Director of
Resident Services
859-655-7316
jadkins@hacov.org

April Peacock
Program Manager
859-655-7310
april.peacock@hacov.org

Latasha Alford
Program Specialist
859-655-7317
latasha.alford@hacov.org

Natalie Kuhn
FSS Coordinator
859-669-7305
Natalie.Kuhn@hacov.org

Hannah Troll
Program Coordinator
859-292-3264 Ext. 4
Hannah.Troll@hacov.org



PLEASE SUPERVISE
CHILDREN WHILE
OUTSIDE

THIS HELPS THE SAFETY AND
WELL BEING OF ALL RESIDENTS
AND PROPERTY



PARK ONLY IN
ALLOWED PARKING
SPOTS FOR
RESIDENTS & GUESTS
NO PARKING ON SIDEWALKS

PLEASE PICK UP
AFTER YOUR ANIMALS
DO NOT LEAVE ANIMAL WASTE



**DON'T FORGET
TO LIKE AND
SHARE THE
HOUSING
AUTHORITY OF
COVINGTON'S
FACEBOOK
PAGE!**

facebook

