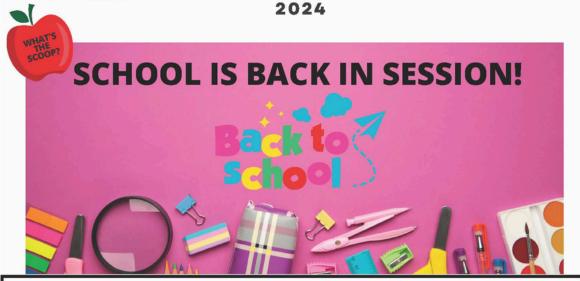


125TH EDITION **AUGUST** 





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



### 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.



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!

# ESTIONS ABOUT THE

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.



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











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