

# HOW...WHEN...WHERE



Information for homeless and relocated families in New York City  
September 2011

FOOD PANTIRES IN QUEENS (page 4)

## EDUCATION'S THE WAY

by Alisa Elwin

You hear about these things happening to other people, but when it happens to you, you can't believe it.

I had been living on Long Island with my husband and three children. He was earning way above average as a broadcast engineer. And then after 25 years at it he lost his job. I was working part-time teaching girls who had been incarcerated. But we had a big mortgage that cost us about \$3,000 a month and without his job there was no way we could refinance the house.

So we lost our house and in the midst of all this there were bad marital problems. I just had to leave.



In July 2010, I went to the PATH office with the children – ages 23 and 20 – and we wound up here at St. John's Place Family Center. Thank God for St. John's. From the minute I got here, everybody has treated me with respect.

Then in September I lost my job because of budget cuts. Without a job I couldn't get a housing voucher – remember, there were housing vouchers back then.

Finally last December I found another job with the State of New York in the ATTAİN program, making \$42,000 a year. (See box below) My job title is Instructional Technology Coordinator. I am teaching computer technology. I get a lot of adults who have lost their jobs and lots of immigrants who need ESL, too. I am helping people develop their skills to the point where they can market themselves.

And I've found a place for me and the kids to live in Brooklyn and signed my lease. The apartment rents for \$1,750.

We went through a lot when the kids were at an impressionable age, when everything went bust for us. But they are in community college now and my dream is to go back to school. If I hadn't had an education, I wouldn't have been able to do all the things I have done. All kids need education. It's the only way.

*ATTAİN (Advanced Technology Training and Information Networking) is a state university project to help low-income people learn skills that will improve their chances of getting and keeping good, high paying jobs. For information call (718) 443-4612.*

## TO HIGH SCHOOLERS... WHAT'S COMING UP

by Kristopher Spence, age 15

Going to high school from middle school, I don't know what to think, what to expect. High school is a stepping stone for many teens, it's where we make critical choices about our future. I have a passion for playing sports, especially football. I want my school along with my family to help me stay focused as well as excel with my grades in order to continue with football.

That's not going to be easy. Many incoming freshmen that liked and enjoyed playing sports in middle school need to understand that it's very difficult to maintain grades while doing an activity and thus the sports must be put on hold until a strong grade point average can be achieved. My older brother tells me that there will be distractions coming at me all the time and that it's my job to remember all the help and assistance that I get from my family and to stay away from trouble. Stay focused on learning and playing football if my grades allow it and do the best that I can. I'm not 100% sure of what anyone should expect but if you set out to do your best everything will work out well.

## PICKING YOUR CHILD'S NEXT SCHOOL

### Moving on to Middle School

If you have a child in the 5th grade in NYC, now is the time to start applying for middle school. It's a year-long process starting in September when 5th graders will be given directories of middle schools. Parents and children can begin to tour the schools in the fall. Your school guidance counselor can help you with the process or you can call schools directly to arrange a visit. It's probably a good idea to take your child along, even if it requires missing part of a regular school day.

Some areas of the city have zoned middle schools but others do not. To find out if your child has a zoned school, call the Office of Student Enrollment Planning and Operations at (212) 374-2363. If you like that school, you can enroll. But in the many areas of the city that don't have a zoned middle school, you need to fill out an appli-

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cation to apply to schools in your district. Some require testing. So it's a good idea to check out the options early.

If you apply for a selective middle school, some districts require a test or audition. If you want your child to attend an academically enriched middle school, for example, you need to fill out a form called a "request for testing" and get that form in by October.

For information and help with the process, call the Department of Education Parent Support Line at (212) 356-3700 or (212) 374-5431.

### **Moving on to High School**

If you have a child in the 8th grade in NYC, now is the time to start applying for high school. The city has 450 high schools and your child has a right to apply to up to 12 of these schools. Eighth grade students will be given directories of high schools in the fall.

They have many choices. Some districts have regular zoned high schools but there are many kinds of programs. Just a few examples – "arts focus high schools" pick students with skill in fine arts; "career and technical education schools" (formerly called vocational training) give students training in a trade or career; "schools for new immigrants" welcome students who have been in the U.S. only a few years; "transfer schools" are second chance pro-

grams for children who have fallen behind for their age.

On September 24 and 25, a citywide high school fair will give you a chance to find out about your choice of high schools. On October 22 and 23 another high school fair will be held in each of the five boroughs.

High schools hold open houses for you and your child to get acquainted with the school. You can call schools directly to arrange for a visit. If you are applying for a specialized high school, you should arrange with your guidance counselor sometime between September 14 and October 12 for your child to take the specialized high school admissions test. On October 21 you will receive an Admissions Ticket from your guidance counselor and on that ticket will be the date your child will be taking the test.

Even if you are applying for a specialized high school and not a general high school, you still have to take a regular high school admissions exam. Eighth graders will take the exam on October 29 or 30. Ninth graders already in high school but not happy with their choice can apply for transfer and take the test on November 5th.

All high school application requirements are due by December 2.

For information and help with the process, call the Department of Education Parent Support Line at (212) 356-3700 or (212) 374-5431.

### **GOOD WOMAN DOWN — sung by Mary J. Bilge**

In my life	Matter what	Went Through	There you have it
I've seen it all	They say or do	The same point	I'm still with you
Now it's time	Don't let 'em	Of givin' up	My sisters
For me	Get to you	Like I had enough	My troubled sisters
To pass	Don't be afraid	Went to the edge	I still have troubles, too
On this Knowledge to you	You can, you can	Of the ledge	You're not alone
All my sisters	You can breakthrough	But I didn't jump	I'll always be there
My troubled sisters	Take what	"My Life"	For you
This is my	I've been through	Will sum it up	Rock on
Gift to you...	To see that	You can't	
	You can't	Hold a good	
	Hold a good	Woman down	
	Woman down.		

Songwriters: Robert Aries, Melisa Morgan, Freddie Jackson, Mary J. Blige, Sean Garrett

### **MANY THANKS TO OUR SUPPORTERS, 2010-11**

Aguila Inc.	Henry Street Settlement	Seaver Institute
Annie E. Casey Foundation	Homes for the Homeless	Seneca Avenue Houses
Catholic Charities	HELP USA	Siena House
Center Against Domestic Violence	Hon. Thomas K. Duane, N.Y.State Senate	Thorpe Family Residence
Church of St. Paul & St. Andrew	Legal Aid Society	Urban Pathways
Citizens Advice Bureau	Lily Auchincloss Foundation	University Settlement
Convent Avenue Family Living Center	Msgr Robert Fox Memorial Shelter	Volunteers of America
Coalition for the Homeless	Metropolitan Council on Jewish Poverty	West End Intergenerational Residence
Concourse House	New Settlement Apartments	West Side Campaign Against Hunger
Convent Avenue Family Living	Project Fair Inc., Legal Aid Society	West Side Center for Community Life
Daphne Foundation	Rose McCarthy Family Residence	
George Daly Housing	Ruth Fernandez Residence	
Daphne Foundation	St. John's Place Family Center	

And to all the individuals whose gifts support *HOW...WHEN...WHERE*

# SCHOOL DAYS, HEALTHY DAYS

by Lizanne Fontaine, RN, JD;  
Care for the Homeless

There are many ways to help your child stay healthy during the school year. Here are a few.

## Check Ups and Immunizations

Before you know it, it will be time for the kids to go back to school. All children need to have their check-ups and update their immunizations before they go. In New York State, a child who is not fully immunized may not be able to attend school.

Vaccines greatly reduce your child's risk of serious illness (particularly when more and more people use them). Be sure to tell your healthcare provider if your child has health problems or allergies to medications or food, and be sure to discuss what specific vaccine schedules are recommended for your child.

## Washing Hands, Covering Sneezes

When school begins, your child will be spending more time inside with other children. It is easier for germs to be shared. Teach your child the importance of washing his hands with soap and water, for as long as it takes to sing a short song (such as "Happy Birthday to You") in his head. Hands should be dried thoroughly. Tell him to wash hands after using the bathroom, before meals, or after being in the playground. A small bottle of hand sanitizer in his backpack can help reduce germs when he cannot wash his hands. Finally, tell him to cough or sneeze into the bend of his elbow, not into his hands.

## Getting Back to a Sleep Routine

In the summer time, days are longer and routines are different. Children often get in the habit of staying up and sleeping in later. But once the school year begins, their sleep schedule needs to be adjusted to make sure they are getting enough rest. Good-quality sleep can help your child learn more easily and reduce many behavioral problems.

Generally, between the ages of 6 and 9, most children need about 10 hours of sleep a night, while preteens need a little over 9 hours. Your child may require more sleep if she:

- Has a short attention span, or is irritable or restless
- Has low energy and activity levels
- Is more tearful, anxious, or impatient than usual

Some tips to help your child get enough sleep: Set a regular time for bed each night and stick to it. Avoid feeding children big meals close to bedtime. Avoid giving anything with caffeine (such as colas or iced tea) less than six hours before bedtime. Establish a calming routine, such as a story or listening to music, just before going to bed.

## Backpack Safety

Be careful about how much your child is carrying in his backpack. A backpack should never weigh more than 10 to 20 percent of the student's body weight. For example, a 70-pound child's backpack should not weigh more than 14 pounds. Teach your child to use both shoulder straps. Slung a backpack over one shoulder can cause muscle strain.

## Traveling to and from School

No matter how your child travels to and from school, talk to her about staying safe. If on a school bus, she should not move around too much while traveling. She should wait for the bus to stop before approaching it from the curb. Once off the bus, the child should remain in full view of the driver. She should not bend over to pick up something that has dropped.

If your child travels in a car, he should use a seat belt. Until the child is about 4 feet 9 inches tall (somewhere between 8 and 12 years of age), the child should use a booster seat to make sure the seat belt fits properly. All children under 13 years of age should ride in the back seat.

If your child walks to school, he should walk with you or another adult until you feel she knows how to be safe and not be distracted. On dark, rainy or snowy mornings, bright clothing will make your child more visible. Remind your child not to talk to strangers or ask them for directions. Make sure there are crossing guards where needed on the walk to school.

And no matter how your child gets to and from school, he should have his or her address and at least two family or friend's telephone numbers memorized.

## Bullying

Bullying is when one child picks on another repeatedly. It can be verbal, physical or social. It can happen at school, on the playground, in the neighborhood, or on the Internet. Bullying can be harmful to children in many ways.

If your child is bullied, tell him to stay calm, stand tall, state in a firm voice that he does not like this treatment, and walk away. Encourage him to tell you if he has a problem with another child. Let the school know he is being bullied and work with the school on finding a solution.

If your child is a bully or a bystander, let her know that it is never ok. Help your child support and be kind to the one being bullied.

# HOW...WHEN...WHERE GUIDE TO FOOD PANTRIES IN QUEENS

If you're going to a pantry far from your residence, call ahead. Some pantries only serve people in their own part of town. It's always wise to take ID with your address (like a phone bill with your name on it), and proof of family size (if you're picking up food for the whole family).

## **Allen A.M.E. Cathedral**

110-31 Merrick Blvd, Jamaica  
(718) 206-4600  
Tuesday and Thursday, 11 am-1 pm.

## **Bethany Baptist Church of Jamaica**

110-47 157th St, Jamaica  
(718) 659-6099  
Tuesday, 10 am-12 noon.

## **Bethel of America Food Pantry**

26-02 4th St., Astoria  
(718) 204 2813  
Saturday 11 am to 12 noon.  
ID preferred.

## **Bethel Gospel Tabernacle Church**

110-25 Guy R. Brewer Blvd., Jamaica  
(718) 291-2676  
Wednesday, 9 am-12 noon.  
Bring photo ID

## **Bethesda Mission Baptist Church**

179-09 Jamaica Ave., Jamaica  
(718) 297-5908  
Wednesday, 8:30 to 10:30 am.

## **Calvary Baptist Church**

111-10 Guy R. Brewer Blvd., Jamaica  
(718) 297-2301  
Wednesday 10 am-12 noon;  
Thursday 11 am to 1:30 pm.  
Bring ID for all in household.

## **Center of Hope International – Bread of Life Food Pantry**

38-49 12th St., L.I.C.  
(718) 784-4673  
Tuesday, Wednesday and Thursday: 12 noon to 2:30 pm.

## **Church of Christ the King**

145-39 Farmers Blvd., Springfield Gardens  
(718) 528-6010  
Tuesday, 2 to 3 pm.  
Must live in community; bring ID.

## **Cladagh Inn**

316 Beach 73rd St., Rockaway Beach  
(718) 945-2897  
Tuesday and Thursday, 9-10 am.  
Bring ID for all in household.  
Donations accepted.

## **Community Bible Evangelical Free Church**

102-16 89th Avenue, Ozone Park  
(718) 849-0311  
Saturday, 9:00-10 am.

## **Elmcot Youth and Adult Activities**

107-20 Northern Blvd., Corona  
(718) 651-0096  
Wednesday, 9 am pick up ticket; 12 noon food given out.  
Bring ID for all in household.

## **First Church of God in Christ**

187-10 Baisley Blvd., St. Albans  
(718) 712-4831  
Friday, 12 noon-3 pm.  
Bring ID with address.

## **First Presbyterian Church of Jamaica Ave.**

89-60 164th St.  
(718) 526-4775  
Saturday 10 to 12 noon.  
Bring photo ID for all in household.

## **Goodwill Feeding Program**

4-21 27th Avenue Apt. 4N, Astoria  
(718) 721-0825  
Saturday 2 pm until finished.

## **Hollis Ave. Congregational Church**

211-04 Hollis Ave., Queens Village  
(718) 468-1498  
Tuesday, 12 -2 pm.  
Bring ID.

## **Hour Children Food Pantry**

36-49 11th Street  
(718) 482-8226  
Monday 2 to 6 pm. Thursday 4 to 7 pm.  
Bring ID and proof of address.

## **Leviticus Church**

114-12 Van Wyck Expressway  
(718) 322-1095  
Wednesday, 12 noon-2 pm; Saturday 12-1 pm.  
Bring ID.

## **Macedonia AME Church**

37-22 Union St., Flushing  
(718) 353-5870  
Wednesday, 3 to 5 pm.

## **Mt. Calvary Church of God in Christ**

194-59 Murdock Ave., St. Albans  
Saturday, 9-10 am.  
No referral needed.

## **Mt. Olivet Gospel Church**

33-27 97th St., Corona  
(718) 478-0780  
Wednesday, 5:30-6:30 pm.  
Bring ID

## **Our Lady of Grace Ministry of Care & Service**

158-10 115th St., Howard Beach  
(718) 845-6635  
Monday and Thursday, 10 am-1 pm.

## **Peoples United Methodist Church**

14-54 31st Road, Astoria  
(718) 729-6013  
Call for times and dates.

## **St. Margaret Mary Church**

9-18 27th Avenue, Astoria  
(718) 721-9020  
For families, Tuesday and Wednesday 11 am until finished.  
For seniors, Thursday 11 am until finished.

## **St. Nicholas of Tolentine Church**

150-75 Goethals Ave., Jamaica  
(718) 969-3226  
Monday to Friday, 9 am to 12 noon, 1 to 4 pm,  
with referral.  
Thursday 9 am to 12 noon, without referral.

## **St. Rafael R.C. Church**

35-20 Greenpoint Avenue, 4C  
(718) 729-8957  
Thursday 10:30 am to 12 noon.  
Bring ID.

## **Salvation Army/Astoria Corps**

45-18 Broadway LIC, Astoria  
(718) 721-9046  
Wednesday 9:30-11:30 am.  
Bring photo ID.

## **Salvation Army/Queens Temple**

86-07 35th Ave., Jackson Heights  
(718) 335-3693  
Wednesday 9 -11:30 am.  
Bring ID.

## **Salvation Army/Jamaica Citadel**

90-23 161st St., Jamaica  
(718) 297-4860  
Thursday; 10-11 am.  
Bring photo ID.

## **Salvation Army/Ridgewood Citadel**

69-23 Cyprus Hill St., Ridgewood  
(718) 497-4356  
Monday, Wednesday and Friday 9 am-3 pm.  
Bring photo ID.

## **Solid Rock SDA Church**

52-05 Rockaway Beach Blvd., Far Rockaway  
(718) 474-9306  
Tuesday 10 am to 11 am.

## **Tabernacle of Prayer**

90 -07 Merrick Blvd, Jamaica  
(718) 657-4210  
Friday 10 am to 12 noon.  
Bring ID.

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