



# Saint Paul Public Housing Agency

PHA News



## Free Bikes 4 Kidz

St Paul Public Housing Agency is thrilled to partner with Free Bikes 4 Kidz for a second year in a row to give away gently used bikes to youth at our low-income family housing sites. Due to the success of last years' Free Bikes 4 Kidz event, St Paul Public Housing Agency is able increase the number of bikes to give away from 177 bikes in 2012 to 300 bikes this year and expand this opportunity from two public housing family sites to all four public housing family sites. This means 300 low income youth will receive a free bike – all tuned up and all shined up!

Free Bikes 4 Kidz Week at St Paul Public Housing Agency is scheduled for Dec 3 -6. Each public housing family site will host a Free Bikes 4 Kidz Day event to distribute bikes, new helmets, and bike locks. Saint Paul –Ramsey County Public Health Department and St Paul Public Housing Agency staff working with the Statewide Health Improvement Program (SHIP) are coordinating the bike distribution.

This event relies heavily on volunteer help from picking up the bikes and loading them in the truck at the warehouse, organizing them for the pick-up day and helping to fit bike helmets on each child. This bike giveaway is such a great experience and opportunity for families living in public housing.



## PHA's Health Care Partnership won a National NAHRO Agency Award of Excellence

St. Paul PHA's Health Care Partnership won a National NAHRO Agency Award of Excellence. Awards of Excellence represent the very best in innovative programs in assisted housing and community development.



Most residents (77%) in the St. Paul Public Housing Agency's 16 hi-rises are elderly or have disabilities and face barriers to accessing health care. To address unmet health needs, the PHA formed a successful partnership with Metropolitan State University that brings nursing students on-site to provide free medical care, under the supervision of skilled faculty supervisors. The services include mini-clinics, blood pressure and medicine checks, diabetes wellness, and foot care.

Residents benefit with improved health, and student nurses increase their knowledge and skills in working with low-income elderly and disabled individuals in the community.