

KEEPING UP WITH LLOYD OAKS



USI | URBAN STRATEGIES, INC.
Families at the Center of Results

ISSUE 2 | FEBRUARY 2025

Happy Valentine's Day
February 14th

February is American Heart Month!

10 Small Steps for Better Heart Health

www.health.harvard.edu

1. Take a 10 minute walk
2. Lift a small weight
3. Eat an extra fruit or veggie a day
4. Eat a healthy breakfast
5. Stop drinking sugary drinks
6. Eat a handful of nuts
7. Eat fish/seafood in place of red meat
8. Take slow, deep breaths
9. Wash your hands often
10. Count your blessings and be positive

USI OFFICE

Prien Lake Mall (next to Dillard's and Hair We Go)

676 W. Prien Lake Rd, Lake Charles, LA 70601

Monday - Friday 8:00 am - 5:00 pm

Office (337) 366-8763



USI Mission: All children and families will be stable and thriving.

Resident Meeting January 28, 2024



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Our resident meeting consisted of an overview and update of current resident resources and plans for the new development.

Speakers included:

- Nicole Miller, Calcasieu Police Jury Board President
- Avonda Biggs, USI, CNI Coordinator
- Josh Collen, President of HRI Communities



Residents in attendance received a January newsletter, Vita Tax information, and a gift from Calcasieu Parish Library. A resource area is available in the office.



Pizza donated by Domino's Pizza
Owner (Daniel Felix, Gerstner
Memorial Dr.)
snacks and drinks provided by
USI Lake Charles



USI JANUARY HIGHLIGHTS



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Calcasieu Parish Public Library hosted an Adult Activity discussing Digital Literacy



DIGITAL LITERACY

USI Team collaborated with Calcasieu Parish Schools to find relocated families and discuss student needs and progress



Demolition process has been finalized in the Lloyd Oaks/Dixy Dr area. The 1st Phase of construction is well underway.



5 Families received food items after the Resident meeting from local food banks, 2nd Harvest Food Bank (for Seniors) and Greater St. Mary Baptist Church (for all families).

A total of 10 distributions occurred in January.

AVAILABLE RESOURCES



USI | URBAN STRATEGIES, INC.
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Economic Mobility, Healthcare, and Education

The City of Lake Charles is HIRING!

- Streets - Trades Worker I - \$12.65 per hour
- Foreman, Auto Mechanical - \$21.35 per hour
- 2025 Internship Application - \$10 to \$13.50 per hour
- General Maintenance/Unskilled Laborer
- Large Equipment Operator (CDL Position)
- Auto Mechanics - \$15.95
- Assistant Technical Superintendent (Water or wastewater)
- Trades worker



Please visit the website:

www.cityoflakecharles.com/employment

or call (337) 491-1266 for details

Healthy foods list:

- Lean meats
- Apples
- Leafy Greens
- Salmon
- Strawberries
- Quinoa
- Broccoli
- Nuts
- eggs
- Cauliflower
- Tomatoes
- Olive oil



Visit your local library to pick up a book or visit the website at calcasieulibrary.org.

Central Library - 301 W. Claude St. (337) 475-8792

Epps Library - 1619 Cessford St. (337) 721-7090

Carnegie Library - 411 Pujos St. (337) 721-7084

Also, checkout Tumblebooks.com for children, teens, and audio books for ALL ages