

- - OUR CORNER - -

THE HOUSING AUTHORITY OF AMERICUS NEWSLETTER

"Building Bridges For Better Communication"

January 2012

PUBLIC HOUSING RESIDENTS WRITING RESUMES IN MOBILE COMPUTER LAB



(Residents composing resumes in the mobile computer lab)



(Over 40 residents participated in the resume writing workshop.)

Two classes were scheduled each day. In addition to the residents scheduled to attend the workshop, many curious residents stopped by during the day to find out what was going on inside of the mobile computer lab.



(Dan Dorsey and Barbara Hardy complete their resumes.)

Public housing residents attended a two-day resume writing workshop in early January. The workshop was conducted by Ms. Gail Adams and Mrs. Yolanda Surrency from Fort Valley State University inside of FVSU's mobile computer lab. The workshop was made available to the residents through a partnership between the Housing Authority of Americus and Fort Valley State University. The computer lab was located on the side of the Lakeview Community Center.

Each resident was set up with their own email address to use in completing and sending resumes to prospective employers. Each computer was already set up with two resume-writing templates that made the task easier for everyone. Assistance was provided to the residents by Ms. Adams, Mrs. Surrency, and Diana Roberts on an as-needed basis. Every resident left with a completed resume.

If you are interested in attending a resume writing workshop, please contact Diana Roberts in Resident Services at (229) 924-3732. Business hours are 7:30 a.m. thru 5:30 p.m. each Monday thru Thursday.

2012 to Bring Energy Efficiency to Many Public Housing Units

Over the past year, the Housing Authority of Americus has been finding consultants, inspecting our units, assembling all the HUD required documents and waiting almost 6 months for HUD to review and approve our energy services application. After all of that, I am pleased to announce to our public housing residents that on December 29, 2011, the Housing Authority of Americus executed a \$1.5 million dollar contract with Honeywell Building Solutions for energy savings at most of our units. We understand that some of our residents have a hard time paying their utility bills. Several of them end up having their utilities cut off for non-payment. We want to help! And that help will come in several ways.

The contract that we entered into with Honeywell Building Solutions has two major components. The first component is to install water, gas, and electrical saving components in the units. Some of these items will be compact fluorescent lighting. This type of lighting will provide greater light output with less electrical usage. Water saving devices will also be installed. Some of the devices will include dual flush toilets, low flow sink faucets and low flow showerheads. These devices will cut the water usage in your unit which will also help reduce the sewage bill. We have also been installing insulated windows and doors in many of our units which should help reduce the overall heating and cooling costs. We will also be changing out some of the HVAC systems and water heating units. So, one of our major components is the installation of various devices that will help in reducing the actual utility costs needed to maintain your unit.

The next component is education. Honeywell will be conducting training programs to help educate our residents on HOW to operate an energy conservative household. If you and your family members can learn the things that you need to do to be

energy conservative, you will end up using less electricity, water, and gas, which will in turn reduce your overall utility costs. Did you know that Georgia Power says that if you turn your heater down by 2 degrees, you can have a significant savings in your electricity? There are many other ways to save and we want to provide you with as many options as possible to help you to reduce your utility bills and maintain your utility services. All of you should know that if you fail to maintain your utility services it is a serious violation of your lease. Some residents have lost their homes due to their own failure to keep all their utilities turned on all the time. We don't want this to happen. It is a lose-lose situation for both the tenant and the Housing Authority.

We will be informing many of our residents of the changes that should be expected in their units in the coming months. All of the changes that I have discussed here can be completed without requiring the family to relocate or even lose the use of the bathroom or kitchen for any length of time.

We hope all residents will welcome these energy saving steps and enjoy reduced utility costs over the next several years. Finally, let me wish everyone a **HAPPY 2012!**

**Submitted from the desk of
John C. Anderson, Chief Executive Officer**



Food for Thought

***If you are unhappy with
your lot in life, build
a service station on it.***

TIPS
Section 3 offers
Public Housing Residents
A Job Hunting Advantage

HUD's Section 3 program encourages PHAs (*Public Housing Authorities*) to promote resident jobs and community growth by allowing PHAs to give job hiring preferences to Public Housing residents. A part of the HUD Act of 1968, Section 3 requires that economic opportunities will be given to low-income residents and businesses in areas where HUD is funding housing or community development.

"HUD dollars should be invested in people as well as buildings," said John Trasvina, HUD Assistant Secretary for Fair Housing and Equal Opportunity. "Section 3 is the law. We will work with state and local governments, public housing authorities, labor organizations, businesses, and community leaders to create job opportunities and vigorously enforce the law."

Congress created Section 3 to make sure that the employment created by the Federal housing and community development funds are directed toward low- and very-low income persons, particularly those who are recipients of government assistance for housing. Over 38,000 new jobs have been created through HUD investments and 47% of those jobs were filled through the Section 3 program.

NOTE: Enclosed in this publication is an "*Employment Survey and Registration*" form. If you are a resident of the Americus Housing Authority and are interested in employment through the Section 3 program, please complete the form and return it to our office as directed on the form. For more information, contact Diana Roberts at (229) 924-3732 in the Resident Services Department. Office hours are 7:30 a.m. thru 5:30 p.m. each Monday thru Thursday. There is no immediate deadline for returning the completed form. This program is available to public housing residents only.

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The monthly self-sufficiency workshops offered through our Resident Services Department also help with job preparedness.



(Dorothy Davis wants to obtain her GED)



(Public housing residents prepares for the job market.)



(Mrs. Surrency offers assistance to residents in the mobile lab.)

SCHOLARSHIPS AVAILABLE FOR 2012 HIGH SCHOOL



GRADUATES & ADULT STUDENTS

The GAHRA (Georgia Association of Housing and Redevelopment Authorities, Inc.) is privileged to announce that this year GAHRA will be awarding \$23,000 to graduating high school seniors. In addition, GAHRA will also be awarding \$9,500 to adult students.

For high school students, GAHRA will fund seven academic scholarships for programs leading to an undergraduate degree and two technical/vocational scholarships. For adult students, GAHRA will fund three academic scholarships and three technical/vocational scholarships.

Completed high school student applications should be submitted by **March 12, 2012**. **Completed adult student applications** should be submitted by **February 27, 2012**. All applications should be submitted to Diana Roberts in Resident Services.

Scholarship applications are currently available. Qualifying students may pick them up from our main office at 825 N Mayo Street or request an application by phone to be mailed to their home address.

Eligibility for High School Scholarships:

*Current resident, with at least two years of residency (not required to be consecutive), of federally assisted housing or as a recipient of assistance through the Community Development Block Grant Program (CDBG).

*Graduate or expected to graduate from High School in the 2011-2012 school year.

Eligibility for Adult Student Scholarships:

*Current resident, with at least two years of residency (not required to be consecutive), of federally assisted housing or as a recipient of assistance through the CDBG Program.

* Is in good standing with the Americus Housing Authority (no lease violations).

*Is responsible for dependents other than a spouse.

*Must have earned high school diploma or GED at least one year ago.

*Must currently be enrolled in a full- or part-time undergraduate course of study at an accredited two- or four-year college, university, or vocational/technical schools.

All eligible residents are encouraged to apply.



Resume Tips

When applying for a new job, it is important to put your best foot forward. The best way to do that is with an updated and current resume. Your resume is the first, and usually only, piece of information that employers base their hiring decisions on. Maintaining a current and job-focused resume is the best way to get an interview that can lead to your new job. There are many resources available online to write and refresh your resume. Many free resources can be found at <http://resume.monster.com>.

RECIPE CORNER

Garden Turkey Meatloaf



This classic family favorite is made healthier with lean ground turkey and colorful veggies.

For meatloaf:

2 cups assorted chopped vegetables
12 ounces of 99% lean ground turkey
½ cup whole-wheat breadcrumbs
¼ cup fat-free evaporated milk
¼ teaspoon ground black pepper
2 tablespoons of ketchup
1 teaspoon of dried chives
1 teaspoon of dried parsley
Nonstick cooking spray

For glaze:

1 tablespoon of ketchup
1 tablespoon of honey
1 tablespoon of Dijon mustard

Directions:

*Preheat oven to 350 degrees.
*Steam or lightly sauté the vegetables.
*Place vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well; Spray a loaf pan with cooking spray. Spread meatloaf mixture evenly in the pan.
*Mix ingredients for glaze. Brush glaze on top of the meatloaf.
*Bake meatloaf in the oven for 45 to 50 minutes. (Make sure the internal temperature is at least 165 degrees.)
*Let stand for 5 minutes before cutting into eight even slices.
*Serve two slices on each plate.

Serving Size:

2 slices of meatloaf serves 4 people.

Chicken & Dumplings



1 whole chicken
2 chicken bouillon cubes
1 can cream of chicken soup
1 can cream of celery soup
1 5 oz. can evaporated milk
1 small onion
½ package of frozen peas and carrots
1 can 10 count biscuits
Whole milk
Salt & pepper

*Boil chicken until done, remove from water and remove skin and de-bone, separate into small pieces.

*Drain off any grease from leftover chicken broth.

*Add 2 bouillon cubes and stir over medium heat.

*Return chicken pieces back to broth.

*Pour in ½ cup of whole milk.

*Add salt and pepper to taste.

*Add ½ package of frozen peas and carrots.

*Dice onion and add.

*Pour in cream of chicken soup and cream of celery soup; stir well.

*Simmer for 10 minutes over medium heat.

*Add biscuit dumplings, each one separated into 2 pieces and cut in half.

*Boil until dumplings are done (10-15 minutes).

*Add evaporated milk and stir gently.

*Cook on medium heat for 10 minutes more, and then serve.

Makes about 8-10 servings.



DID YOU KNOW?

DON'T CRY.

ONIONS ARE GOOD FOR YOU.



Onions contain a mild antibiotic that fights infections, soothes burns, tames bee stings and relieves the itch of athlete's foot. These vegetables offer Vitamin C and dietary fiber while providing phytonutrients, which have been found to act as antioxidants to lower blood pressure and prevent some types of cancer. In addition, they are low in fat and calories.

Diabetes and Your Eyes



Diabetes affects your heart, kidneys and blood vessels. It can also affect your eyes, so taking care of them should be part of your health routine.

*People with diabetes are more likely to get certain eye diseases. Three serious eye problems are diabetic retinopathy, cataract and glaucoma. The longer someone has diabetes, the more likely they are to have these problems.

*Diabetic eye problems usually have no early warning signs. Your vision may not change until the problem is severe.

*Everyone with diabetes should get a complete eye exam every year. The doctor will put

drops in your eyes to make your pupils bigger. That will make the back of your eye easier to see. Finding eye problems early and treating them right away can help prevent more serious problems.

*Even people who have good control of their diabetes still have a high risk for diabetic eye diseases.

To keep your eyes healthy, follow these tips:

- *Get an eye exam every year, even if your vision is ok.
- *Keep your blood sugar as close to normal as you can.
- *Don't smoke.
- *See your eye doctor if you have blurry or double vision, dark or floating spots, pain or pressure in your eyes, or other eye problems.

Where Kids Get Their "Empty" Calories

Empty calories are foods that have a lot of calories but aren't nutritious. A recent study found that nearly 40% of what kids eat and drink is made up of empty calories. Half of those calories come from soda, fruit drinks, dairy and grain deserts, pizza and whole milk.

Today, nearly one-third of all children in the United States are overweight or obese. These kids have a higher risk for diabetes, high blood pressure, cancer and asthma.

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Tips for Having Your Blood Pressure Taken

*Don't drink coffee or smoke cigarettes at least 30 minutes before your blood pressure is taken.

*Wear short sleeves so your arm is exposed.

*Use the bathroom before you get your blood pressure taken. A full bladder can change the reading.

Resident Eviction and Lease Terminations

October 2011 thru December 2011

Masonic Drive
1 (Lease Termination)

Bozeman Circle
3 (Lease Termination)

Reddick Drive
3 (Lease Termination)

Cherokee Street
1 (Non-Payment)
1 (Lease Termination)
1 (Lease Violation)

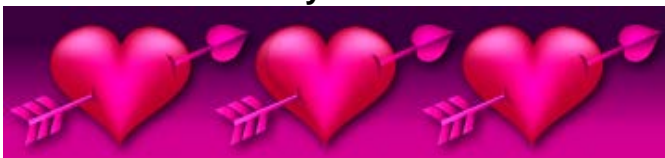
Hanson Drive
1 (Non-Payment)

Dixon Drive
2 (Lease Violation)

Douglas/Ridge
1 (Non-Payment)
3 (Lease Violation)

Leslie
1 (Non-Payment)

Please be reminded that living in the Housing Authority is a **privilege**. As we begin a new year, we encourage everyone to abide by the terms of your lease. Non-payment and lease violations could lead to the possible termination of your lease. We enjoy having you as part of our family. Let's work together to keep it that way as long as you have need of our services. **Thank you.**



Remember Your Sweethearts!
Valentine's Day is
Tuesday, February 14.

HOME SAFETY ACTION STEPS

Prevent Slips, Trips, and Falls

*Keep your floors clear of anything that may cause tripping. Pick up hazards such as toys, shoes, and magazines.

*Clean up spills right away so people won't slip.

*Repair any stairs that are cracked or worn.

*If there are rugs in your home, use nonskid mats and throw rugs.

*When carrying large or heavy loads, make sure you can see where you're going. Ask for help if you need it.

*Keep your home well lit so you can see where you're walking at night.

Other Tips

*Don't use chairs or tables as makeshift ladders.

*Wear shoes with nonskid soles and put young children in nonskid socks.

*Teach your children not to run indoors or jump down stairs.

*Teach your children and other family members about the dangers of falling and how to stay safe.

*Talk often about fire safety with your children and practice an escape route in the case of fire.

*Always use space heaters safely.

Bedroom

*Keep medicine, medications, perfumes, makeup, and cigarettes out of children's reach.

Chocking

*Keep a close eye on young children at meals and at playtime.

*Let your children only play with toys that are right for their age.

Young children like to put things in their mouths. Balloons, toys, and toy parts that are small enough to fit into a child's mouth may cause chocking. You also may not be able to get them out of a child's mouth if they get stuck inside.



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