

**- - OUR CORNER - -**

**THE HOUSING AUTHORITY OF AMERICUS NEWSLETTER**  
*"Building Bridges For Better Communication"*

*October 2011*

# **SENIORS ENJOY FALL FESTIVAL SPONSORED BY INNOVATIVE SENIOR SOLUTIONS**



**(Seniors at Fall Festival held on the campus of South Georgia Technical College)**

The Senior Bingo Club from the Americus Housing Authority recently attended the Innovative Senior Solutions Fall Festival held at the Pope Center on the campus of South Georgia Technical College. The festival was attended by over 200 seniors from various organizations in and around

**(Continued on page 3)**

## GEORGE EDGE REACHES 25 YEAR MILESTONE WITH HOUSING AUTHORITY



(George Edge, Manager of Housing)

Prior to working for the Housing Authority of Americus, I was employed with Champion International in Lumpkin, GA. In February of 1986, the company closed due to financial difficulties. I was unemployed for approximately 1 month. I distinctly remember receiving a call from the job placement office of South Georgia Technical College where I had attended, informing me about an open position at the Housing Authority. My questions to them were "Where is the Housing Authority? And "What does the Housing Authority do?", because I had no knowledge of the Housing Authority's existence.

On March 17, 1986, I was hired as an Admissions Clerk for the Housing Authority of Americus. Now, over (30) years later, I am the Manager of Housing.

During my first week of employment with the Housing Authority, Champion called me with

an offer for a position with the company in Alabama, but I am thankful to God that He directed me not to move. My tenure here has been very rewarding. I have had opportunities to meet both co-workers and residents who have been very instrumental in shaping me into the person I am today.

I can truly say that I love my job. I love getting up in them morning to come to the Housing Authority, because every day is another opportunity to fulfill every person's basic need and that is..... to have safe, decent, and affordable housing.



### THANKSGIVING



(November 24<sup>th</sup> & 25<sup>th</sup>)

### CHRISTMAS



(December 23<sup>rd</sup> thru 26<sup>th</sup>)

### NEW YEAR'S DAY



(January 2, 2012)

### MARTIN LUTHER KING JR. DAY



(January 16, 2012)

(Continued from page 1)

### Senior Fall Festival (Cont'd)

Sumter County. Over 20 vendor booths were set up within the Pope Center. Each vendor gave free gifts to the seniors as they stopped by their booth to find out what services were offered that they could benefit from.

The seniors enjoyed a free lunch and several exciting games of bingo. The grand prize was a 26" flat screen television. None of our seniors were able to bring home the grand prize of the day but they certainly had a great time and look forward to returning to the festival again next year.



(Seniors enjoy refreshments before playing bingo)



(Ms. Irma Thomas gets BP check from Bonnie Blackston)

Several staff members from SOURCE Care Management came over to the Lakeview Community Room to visit with the seniors during their regular monthly meeting. In addition to explaining all of the senior services offered by their organization, they brought in refreshments for the seniors as well.



(Ms. Mattie Cannon receives BP check)



(SOURCE Case Manager, Lundy Sinnott, talks to the seniors)



(Ms. Aletha Hawkins, Administrator from SOURCE, speaks with the seniors about healthcare.)

**Resident Evictions & Lease Terminations  
July 2011 thru September 2011**

**North Jackson Street**

1 (Lease Violation)

**Brinson Drive**

1 (Lease Termination)

**Bozeman Circle**

1 (Lease Termination)

**Reddick Drive**

1 (Skipped-Out)

**Burton Circle**

1 (Drug Activity)

**E. Furlow Street**

1 (Non-Payment)

**Cherokee Street**

1 (Lease Violation)

**Hanson Drive**

1 (Non-payment)

**Dixon Drive**

1 (Drug Activity)

1 (Lease Violation)

**Douglas/Ridge**

2 (Non-Payment)

1 Lease Violation)

**Leslie**

1 (Lease Violation)

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**CHOLESTEROL**

Cholesterol is a type of fat in some foods. Eating fatty foods can raise the cholesterol in your blood. High blood cholesterol levels could add to the plaque in your arteries. Your doctor can check the cholesterol in your blood with a blood test. This will tell your overall or total cholesterol level as well as the LDLs ("bad" cholesterol), HDLs ("healthy" cholesterol), and triglycerides (another type of fat in the blood that puts you at risk for heart problems).



**Heart Attack? Call 9-1-1**



**Act in time:** Learn the warning signs of a heart attack. If you or someone you know might be having a heart attack, call 9-1-1 right away. You need to take an ambulance to the hospital as soon as possible. Do not try to drive yourself, and do not have someone else drive you unless there is no ambulance service where you live.

**Warning Signs can include:** Crushing chest pain and/or discomfort or pain elsewhere in the upper body, nausea, a cold sweat fainting or light headedness, or shortness of breath.

All chest pains should be taken seriously. Pain in the chest, shoulders, arms, neck, jaw, or back can be a symptom of heart disease. If you already have heart disease, you might feel chest pains during physical activity. But, it can have other causes too, so it is important to check with your doctor to learn what is triggering yours.

Other signs of heart disease include a weak or numb feeling on one side of the face or body, dizziness, headache, shortness of breath, tiredness, and swelling in the ankles, feet, legs, stomach, and neck. Some people who have a problem with their heartbeat may report a fluttering in their chest or the feeling that their heart is skipping a beat or beating too hard.



**"A HEALTHY HEART IS A HAPPY HEART."**

## AMERICUS HOUSING AUTHORITY RECEIVES NEWSLETTER AWARD



(Diana Roberts, Resident Services Coordinator)

The Americus Housing Authority was awarded the Newsletter of the Year Award during GAHRA's annual conference in Savannah. Americus was chosen as the winner in the "large category" which includes any housing authorities in the State of Georgia with more than \_\_\_\_\_ residents.

"Our Corner" is a quarterly publication for the Americus Housing Authority. Receiving the award for the Americus office was Diana Roberts who is the managing editor, writer, and photographer for the newsletter.

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### Food for Thought:

**THE PERSON WHO SAYS  
"It cannot be done"  
SHOULD NOT INTERRUPT  
the person who is doing it.**

## FOOT CARE



Be kind to your feet. Years of wear and tear can be hard on them. So can disease, bad circulation, poorly trimmed toenails, and wearing shoes that don't fit. Foot problems are sometimes the first sign of more serious medical conditions such as arthritis, diabetes, and nerve or circulatory disorders.

### Make Sure The Shoes Fit

Wearing comfortable shoes that fit well can prevent many foot problems. Here are some tips for making sure your shoes fit:

- \*Shoe size may change as you age, so always have your feet measured before buying shoes. The best time to measure your feet is at the end of the day when your feet are largest.
- \*Most of us have one foot that is larger than the other. Make sure your shoes fit your larger foot.
- \*Don't buy shoes without trying them on first. Shoe sizes can vary depending on the kind, make, and style. For example, the shoe you wear for sneakers may not be the same size you need for dress shoes.
- \*Walk in the shoes to make sure they feel right. The heel of the shoe should not slide up and down when you walk.
- \*Choose a shoe that is shaped like your foot. Styles with high heels or pointed toes can hurt your foot.
- \*Stand up when trying on shoes to make sure there is about ½ inch between your toe and the end of the shoe.
- \*Don't buy shoes that feel too tight and hope they will stretch.
- \*Soles should give solid footing and not slip.

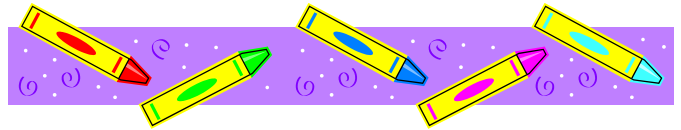
## WHY CHILDREN MISBEHAVE



1. There is usually a reason for a child's misbehavior and we can discipline better if we know what is causing the problem. Sometimes you may feel that your child is misbehaving just to be mean to you. This is rarely the case. If your baby cries during your favorite TV show, it is probably because they are hungry or sleepy. If your children misbehave when your friends are around, it is probably because they want your attention.
2. Children misbehave for physical reasons such as fatigue, lack of vigorous physical activity, or hunger. Try adjusting their schedule to develop life-long healthy habits.
3. Children may misbehave when they lack information about what is expected of them in new situations. If we expect children to behave like adults, we are doomed for disappointment. Love them as they are- noisy, dirty, clumsy, silly, scared. Realize they are children for a very short time.
4. If your child's misbehavior results from a lack of confidence, try using more encouraging words. Rather than put-downs, use words that build your child's feeling of worth.
5. Children sometimes misbehave because it worked for them in the past. When parents stop rewarding behaviors like temper tantrums, expect the child to throw more tantrums. Firmly and consistently offer alternative ways for the child to get what they want.
6. Separate your child's behavior from your child as a person. Be sure your

child feels loved even when their behavior is not acceptable.

7. Children need extra attention when they are upset by changes.
8. Children react to encouragement, approval, and kind words, just as adults do. They will continue choosing behaviors that get positive attention and kind words.
9. Children who feel loved will want to act the way their parents expect them to behave.



## OFFER WORDS THAT HELP

Words can hurt- and help. Which ones do you use?

**Hurting words** slash at a child's self-confidence: "You're stupid." "What a slob!" "You're disgusting." "You're worthless."

**Helping words** show you care and make a child feel worthwhile and secure: "You can do it." "Great job." "You're beautiful." "I'm proud of you."

Children, like adults, want to feel safe, loved, and lovable. If you find yourself hurting a child by what you say or do, here are some simple rules for turning things around:

\*Spend time with your child. Tell them they are important.

\*Be someone your child can count on.

\*This doesn't mean that you never get angry, but rather that the child knows you care about him even when you are angry.

\*Praise a child's talents, strengths, and special gifts.

\*Teach a child to cope with failure.

## RECIPE CORNER

### Chocolate Chip Cookies



2 cups shortening  
1 ½ cups brown sugar  
½ cup sugar  
4 ½ cups flour  
2 teaspoons of soda  
2 teaspoons of salt  
2 teaspoons of water  
1 (16 oz) package of chocolate chips  
1 cup of nuts  
3 eggs  
1 teaspoon of vanilla

Cream shortening and sugars.

Add egg, vanilla and water.

Add flour, soda and salt.

Mix well.

Add chips and nuts to mixture.

Mix well.

Shape into cookies.

Bake at 350 degrees for 10 minutes.

Cool in pan for 10 minutes.

***Make 2 ½ dozen cookies.***

### PIZZA DIP



1 tub (8 Oz.) cream cheese spread  
½ cup pizza sauce  
½ cup finely shredded Italian cheese blend  
½ cup chopped pepperoni  
1/3 cup chopped red peppers  
1/3 cup green peppers  
Whole wheat crackers

\*Heat oven to 350 degrees.

\*Mix first 2 ingredients until well blended.

\*Spread onto bottom of 9-inch pie plate.

\*Top with next 4 ingredients.

\*Bake 18-20 minutes or until dip is heated through and shredded cheese is melted.

\*Serve with crackers.



**DAYLIGHT SAVING TIME**  
ENDS SUNDAY (*November 6<sup>th</sup>*)

**LET YOUR CLOCKS *FALL* BACK  
ONE HOUR!!**

# HAPPY HOLIDAYS!!



## FROM OUR HEARTS TO YOURS!!

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