

- - OUR CORNER- -
THE HOUSING AUTHORITY OF AMERICUS NEWSLETTER
"Building Bridges For Better Communication"

JULY 2018

SUMMER READING PALS RECEIVE
"GIFT OF READING"



Ms. Krystal Heath (Director of Sumter County Family Connection, Americus Office) and Ms. Sandra Mitchell (Certified Teacher) stand with Summer Reading Pals receiving their new books.

It is true.....**READING IS A GIFT!!** Special thanks to Ms. Krystal Heath and Sumter County Family Connection for giving the "Gift of Reading" to the 1st and 2nd graders who participated in our Summer Reading Pals Program 2018. There is a saying that goes... *One picture is worth a thousand words.* You would agree had you been able to witness the joy and amazement in the eyes of those young readers when they first realized that the books were actually theirs to take home.

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"GIFT OF READING"

(Continued from front page)

Sumter County Family Connection (SCFC) is a part of the Georgia Family Connection Partnership. It is a statewide non-for-profit organization that operates in all 159 counties in the State of Georgia. SCFC believe all people have the ability to become productive citizens. They help people reach their potential by empowering the children and families of our communities, and the partners and stakeholders who support them. The goal of SCFC is to **help one child at a time to become a better reader.**

It was because of this goal that Sumter County Family Connection Board, Coordinator, and Collaborative wanted to give the children of the Americus Housing Authority (*Summer Reading Pals Program 2018*) the "***Gift of Reading***". It is their desire to enhance their life in language so they can become better readers and have a brighter future.

The selection of books were age appropriate. The certified instructor, Ms. Sandra Mitchell, was mindful to schedule many of the daily classroom activities around as many of the books as possible. The children made butterflies on the day the book "***Butterflies***" was read. With "***A Beach for Albert***", the children designed their own individual beach setting. With "***George Washington Carver***", they enjoyed peanut butter snacks.

These books will bring many, many, many hours of reading enjoyment to the children. None of them had ever personally owned such a wide collection of books. Some were eager to take their books home so their mothers could read to them. Others were eager to take them home to share with their brothers and sisters.

The young readers wrote thank you notes to Mrs. Heath (SCFC) in their own words with no assistance. They were able to return the "***Gift of Reading***" to Mrs. Heath by letting her see their young hearts on paper. The Americus Housing Authority is proud to be in partnership with Sumter County Family Connection. Together we will reach your goal to "**Help one child at a time to become a better reader.**".



SIGHT WORDS.com

Dolch Sight Words Listed by Category

Pre-Kindergarten

a	blue	help	jump
and	can	here	little
away	come	I	look

Kindergarten

all	be	four	please
am	brown	get	pretty
are	but	good	ran
at	came	have	ride

1st Grade

after	fly	open	then
again	from	over	think
an	give	put	walk
any	going	round	were
as	had	some	when

2nd Grade

always	does	tell	why
around	don't	their	wish
because	fast	these	work
been	first	those	would

3rd Grade

about	if	only	ten
better	keep	own	today
bring	kind	pick	together
carry	laugh	seven	warm

It is important to teach children to read at an early age. It has been proven that reading with a child for just **10 minutes a day** can positively impact them for a lifetime.

Parents are encouraged to help their children study and become proficient in recognizing and knowing their "sight words". If a child learns all of his or her sight words from 1st thru 3rd grade, they will be able to read anything that is put before them from that point on.

New Hands FREE Georgia Act

By John C. Anderson, CEO



We want all of our residents to be aware of the new Hands-Free Georgia Act. Basically this law is addressed to those individuals that drive and use their telephone or other digital device while driving. I will try to simplify the Act. Just remember that I am not an attorney, so if you have legal questions about this Act, please ask an attorney, police officer, or sheriff's deputy. So here goes!

This Act talks about the use of a wireless telecommunications device (WTD) which includes a cell phone, portable phone, a text-messaging device, a personal digital assistant, a stand-alone computer, or anything similar. So we are talking about mostly cell phones. The definition does NOT include your car's radio, CB radio, or similar types of radios.

So what can't YOU do with your cell phone while operating your car? You can't physically hold or support a WTD with any part of your body. You cannot write, send, or read any text message, email, instant message, or view internet data on a WTD. You cannot watch a video or movie on a WTD or stand-alone device. You cannot record or broadcast a video on a WTD or stand-alone device.

So what can YOU do with your cell phone while operating your car? As long as you do not touch it, you can make calls or send text messages as long as you use something like "Hey Siri", "OK Google", or something similar. These are considered hands-free actions. I have heard of one woman that keeps her iphone in her purse in the back seat of the car. She makes calls by saying "Hey Siri, call" and then either gives the number or name of the person in her contact list. I tried it. I can call or text just by saying "Hey Siri". Try practicing so you will know what your phone can and cannot do while hands-free.

If your car has blue tooth capability, connect your phone to your car's hands-free system and use that.

Or you can buy one of those blue tooth devices that you wear in your ear or around your neck. Practice using them so you will know how it works.

Finally, Georgia has set up some big fines if you violate this law. The first violation is a \$50 fine and 1 point on your license. The second violation is a \$100 fine and 2 points on our license. The third violation is a \$150 fine and 3 points on your license. If you get a third violation within 24 months, you will most likely lose your license.

Let's stay safe while driving and start using hands-free devices or turn your phone off. You never know, the life you save may be your own or the life of your child. Drive safely.

THE DANGERS OF TEXTING WHILE WALKING

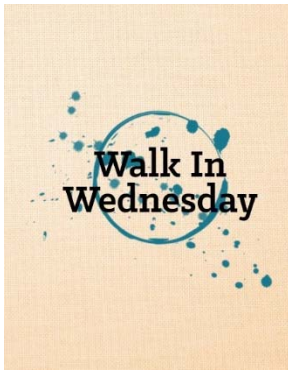


A recent study proved that people are unable to walk in a straight line while texting. All the people slowed down while typing when compared to walking without a phone. Many almost lost their balance while others lost focus on their surroundings.

The most concerning aspect of the study was the drifting off a straight line. In a pedestrian environment, the inability to maintain a straight path would increase the potential for collisions, trips and traffic accidents.

Texting or reading on a mobile phone while walking may pose an additional risk to the safety of pedestrians navigating obstacles or crossing the road. Fatalities have been caused across the United States by texting while walking.

More than 1,000 people every year report to hospital emergency rooms as a result of injuries incurred while texting while walking. Remember: **Don't text while walking!!** Your safety and the safety of others start with you.



Effective Wednesday, August 1, 2018

The Americus Housing Authority is starting a new office procedure beginning Wednesday, August 1st called "**Walk In Wednesday**".

Beginning August 1st, all clients and tenants may walk in and see their Project Manager, Case Manager or Occupancy Specialist without an appointment on **EVERY WEDNESDAY** from **8:00 to 12:00 noon** and again from **1:00 to 5:00 pm**.

On Mondays, Tuesdays and Thursdays, the above mentioned staff members will be available "**by APPOINTMENT only**". Appointments may be made by calling them directly for an appointment time.

Sharon Haugabook – Ext. 215

Public Housing & locally owned units

Virginia Sims – Ext. 220

Public Housing tenants

Paula Harmon – Ext. 217

Public Housing and locally owned units applicants

Katina Garrett –Ext. 218 &

Cherry Furlow –Ext. 221

Housing Choice Voucher (Section 8) participants and applicants

*The Americus Housing Authority is
always
seeking out new avenues of
convenience to pass on to you, our
residents!!*

Ms. Ny'Keria Walker 2018 GAHRA Academic Scholarship Recipient



Ny'Keria Walker, Academic Scholarship Recipient

The Americus Housing Authority is pleased to announce that Ms. Ny'Keria Walker, 2018 Honor Graduate of Americus-Sumter High School was the recipient of a \$4,000.00 GAHARA Academic Scholarship. Ny'Keria is a very studious young lady. She maintained a 98.43 GPA throughout her high school years which earned her the prestigious 8th place ranking in her high school graduating class.

Ny'Keria is an advocate and a strong voice for people with disabilities; believing in justice and equality for everyone. Ny'Keria also has a love for and a fascination of working with numbers. Her ultimate goal is to become a Certified Public Accountant (CPA) and to one day own her own accounting firm.

Knowing that she has a younger brother watching her soar, Ny'Keria is determined to conquer any obstacle that may come her way. Failure in life will never be an option for Ny'Keria.



RENT EVICTIONS AND LEASE TERMINATIONS

April 2018 – July 2018



Thomas Street
1 (Unauthorized Member)

Cherokee Street
1 (Unsatisfactory Housekeeping)

Reddick Drive
1 (Unauthorized Member)

Ellaville Street
1 (Lease Violation)



BARRED FROM THE HOUSING AUTHORITY

Monte' Jermaine Stephenson
3 Months
Masonic Drive

Carissa Mann
Indefinitely
Jan Bryant Homes, bounded by
Mary Blount Street
and Bozeman Circle

Jaquarious Calloway
Indefinitely
Leila Barlow Apartments, bonded by
Barbara Battle Way and Patterson Street

WHAT IS DEPRESSION??



Depression is a common and serious condition that affects how you feel and think. It can also be associated with physical symptoms. About 1 in 15 people every year suffers from depression, which ranges from mild to severe and can cause significant sadness or hopelessness. The good news is, it can be treated. According to the National Institute of Mental Health, nearly 7% of Americans suffer from depression.

Depression affects everyone differently, but common signs include:

- *Becoming isolated from others
- *Significant changes in sleep patterns or appetite
- *Loss of interest in things you used to enjoy
- *Feeling sad, hopeless, pessimistic, guilty or helpless
- *Becoming easily fatigued or restless
- *Having difficulty concentrating or making a decision
- *Experiencing thoughts of death or suicide

If symptoms are severe or have lasted longer than 2 weeks, it's time to see your doctor for an evaluation. The doctor may order lab tests to help rule out other conditions that cause similar symptoms. Based on the results of your exam, your doctor may recommend psychotherapy, medications or other treatments. Getting exercise and sleep, being with people and getting support from family and friends can be helpful also.

Be patient. It may take weeks for medication to work. Or you might have to try different doses or other medications before you feel better.

If you have thoughts of hurting yourself or others, call your health care professional, 911 or a suicide hotline, such as **1-800-SUICIDE (1-800-784-2433)**. Or have someone drive you to your nearest emergency center. If you feel that you are in immediate danger of hurting yourself or others, call 911 or your local emergency services **immediately**.

RECIPE CORNER

TACO SPAGHETTI **BAKE**



You will need:

1 package (12 oz) of uncooked spaghetti
1 lb lean (at least 80%) ground beef
1 package (1 oz) old El Paso original taco seasoning mix
¼ cup water
1 can (4.5 oz) Old El Paso chopped green chiles
1 teaspoon ground cumin
1 can (14.5 oz) Muir Glen organic fire roasted diced tomatoes, undrained
1 can (15 oz) Muir Glen organic tomato sauce
2 cups shredded Mexican cheese blend (8 oz)
8 oz Kraft Velveeta pasteurized prepared cheese product, cut in ½ inch cubes

*Heat oven to 350 degrees F. Spray 13x9 inch (3-quart) glass baking dish with cooking spray. Cook spaghetti as directed on package.

*In 5-quart Dutch oven, cook beef and onion over medium heat 8 to 9 minutes, stirring occasionally, until brown; drain. Stir in taco seasoning mix, water, chiles and cumin; stir until well blended. Cook 1-2 minutes until slightly thickened.

*Add tomatoes, tomato sauce, 1 ½ cups of shredded cheese and the spaghetti; stir well to blend.

*Pour mixture into baking dish. Scatter cheese cubes throughout casserole, and push gently into pasta mixture. Top with remaining ½ cup shredded cheese.

*Bake 30 to 35 minutes or until cheese is melted and lightly browned.

Delicious served with salad & garlic bread.

CROCK POT PEACH COBBLER



You will need:

4 tablespoons melted butter
1 – 9 ounce Jiffy white cake mix
(or ½ package of a 2-layer size cake mix)
¼ - ½ teaspoon cinnamon
¼ cup brown sugar
½ teaspoon vanilla
1 tablespoon cornstarch
2 cups frozen peaches, sliced

DIRECTIONS:

*Lightly grease the slow cooker/Crock Pot; place peaches in the bottom. Sprinkle with cornstarch; toss.

*Drizzle with vanilla and sprinkle brown sugar over all.

*Sprinkle with cinnamon; then with cake mix. Drizzle melted butter evenly over cake mix.

*Cover and cook on high for 3 to 3 ½ hours.

Last Step: **Don't forget to share!**

Delicious when served warm topped with vanilla ice cream.

MONTHLY SELF-SUFFICIENCY WORKSHOPS CONTINUE TO INFORM RESIDENTS

The Resident Services Department continues to reach out to a variety of agencies within and around the Sumter County area to provide information that is valuable to our residents and their families. Pictured on this page are some of our 2018 presenters.



(Ms. Jessica Nixon and Mr. John Shaw of Georgia Department of Labor)



(Ms. LaShunda Thomas of Sumter County Schools presented an inspiring workshop entitled "3 Reading Tips")



(Resident speaks with Ms. Jessica Nixon after workshop. Presenters remain after the close of each workshop to speak with residents on an individual basis.)



(Ms. Shelia Hines with Parental Accountability Court)

All workshops are held at the Cherokee Community Center located at 117C Hanson Drive @ 10:30 a.m. If you would like for your name to be placed on a mailing list to receive notification of each meeting, please contact Ms. Diana Roberts in Resident Services at 924-3386, Ext. 240. We would also like to know if you are interested in a particular type training or workshop. It is our goal to assist our residents in obtaining self-sufficiency on all levels.



(Seated L-R Ms. Harriett Rouland, Ms. Linda Gardner (Head Start Program), and Ms. Krystal Heath (Sumter County Family Connection))

SUMMER READING PALS 2018

(In pictures)



Alliyah Brown in total amazement being a magician assistant.



Sierra Johnson prepares to enter 2nd grade
Sierra worked very hard to improve her writing skills.



The Reading Pals learn to play & share with others;
an important skill to use in the classroom.



Reading Pals cool off from the heat with ice cream @ Dairy Queen



Mr. George Edge & Mr. John Anderson (Guest Readers) pictured
with Ms. Sandra Mitchell and some of the Reading Pals



L-R: Bobby Vance Jr., La'Jasmine Williams, Taliyah Williams, and
Isabella Adams display their art work



Housing Authority Commissioner, Mr. Bill Krenson (Guest Reader) brought along a special surprise....His vintage 1955 Chev. Belaire car. Before leaving, Ms. Mitchell allowed the Reading Pals to very carefully take turns in pairs of 2 sitting in the back seat of the car. The young boys in the class waited eagerly to hear the "sound" of the engine as Mr. Krenson started it up and drove off.



Ms. Mitchell begins each day by reading a story.



Reading Pals sit on the floor at the Lakeblackshear Regional Library waiting for the animal presentation to begin.



Sisters Kendall & Marissa Hubbard show off their drawings.



Summer Reading Pals 2018 ended with a classroom party!!



Back To School Bash 2018 (in pictures)



Housing Authority staff getting set up for the task ahead.
(Mr. John Anderson, Mr. George Edge, Ms. Penny McPeek, Mr. Johnny Durham, and Mr. Lloyd Thomas)



It was a pleasure for us to give to our families!!
Pink was the favorite color for all the young girls.



Housing Manager, Ms. Penny McPeek adjusts the table banner.



The GameTime Entertainment Mobile Home Theater out of Macon, GA was a part of the activities for the kids to enjoy.



Resident Commissioner Mr. Dwight Chavis and Mr. George Edge distribute school supplies from the Housing Authority.



Commissioner Bill Krenson attended the Back To School Bash. Healthy snacks & lunch were provided by Phoebe Health Care.

SENIOR BINGO CLUB ATTENDS MIDDLE FLINT BEHAVIOR HEALTH CARE ANNUAL SENIOR PICNIC



Mary Calloway, Beverly Davis, and Betty Harris enjoys the picnic.



Senior Bingo Club member Shirlene Johnson often attends field trips.



Bingo Club members look forward to the good food and fellowship.



The employees of Wayne Electric Company was on hand helping to cook those highly sought after funnel cakes.



The turnout is always huge, with seniors from near and far.



No picnic is ever complete without letting the seniors take a spin on the dance floor!!

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Photographer..... Diana H. Roberts

Board of Commissioners:

Bobby L. Fuse Jr. G. Bardin Hooks, Jr.

Ricky Arnold Dwight Chavis

Jessica Wright Bill Krenson

CURRENT RESIDENT OR

TO ALL DRIVERS:
SCHOOL IS BACK IN.
PLEASE
LOOK OUT FOR US!!

