

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

JANUARY 2020



**SCHOLARSHIPS
AVAILABLE FOR
2020**

High School Graduates &

Adult Students



The GAHRA (Georgia Association of Housing and Redevelopment Authorities, Inc.) is privileged to announce that GAHRA will be awarding up to **\$37,500 in scholarship money** to graduating high school seniors and adult students of GAHRA member agencies.

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

The Scholarship Committee will notify all applicants and sponsoring housing authorities of selection or non-selection for personal interviews by mid-April for both high school and adult students. Scholarship awards will be announced on May 18th following the interviews at the GAHRA Spring Conference which will be held in Jekyll Island, Georgia. Transportation to the Conference will be provided by the Americus Housing Authority.

March 11, 2020 is the deadline for submitting applications for both high school and adult students. All applications must be submitted to

Diana Roberts in Resident Services. Mrs. Roberts' office number is 924-3386, Ext. 240. Office hours are Monday thru Thursday from 7:30 a.m. until 5:30 p.m.

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).

*Graduated or expected to graduate from High School in the 2019-2020 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 Housing Authority of Americus or Community Development Agency (no lease violations).

*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 school.

Scholarship applications are currently available in the lobby of our main office located at 825 North Mayo Street. Applications are also available by mail upon individual requests.

**Congratulations to all
2020 Graduates!!**





On behalf of our CEO, Mr. George F. Edge, our Board of Commissioners, and the entire staff of the Americus Housing Authority.....**HAPPY NEW YEAR!!!** We look forward to serving each family with the highest degree of care and professionalism throughout 2020 and beyond. We are always **here when you need us!!**

Main Office Number (229) 924-3386
7:30 a.m. – 5:30 p.m.
Monday thru Thursday
(CLOSED ON FRIDAYS)

ADMINISTRATIVE STAFF

Cherryl Furlow, Section 8 Case Manager, Ext. 221
Katina Garrett, Public Housing Project Manager, Ext. 220
Shelia Green, Part Time FSS Case Manager, Ext. 245
Paula Harmon, Occupancy Specialist - PH, Ext. 217
Terry Harris, Occupancy Specialist - HCV, Ext. 216
Sharon Haugabook, Project Manager - PH, Ext. 215
Gwen Laster, Case Manager - HCV, Ext. 218
Jan Olek, Part Time Accounting Clerk, Ext. 243
Rachel Spencer, Customer Service Rep, Ext. 210
Gail Watkins, Section 8 Housing Inspector, Ext. 222

CHIEF EXECUTIVE OFFICER
George F. Edge, Ext. 211

DEPARTMENT HEADS

Shelia DeLoach, Finance Manager, Ext. 241
Penny McPeck, Housing Manager, Ext. 214
Gary Woods, Maintenance Manager, Ext. 213

RESIDENT SERVICES DEPARTMENT

Diana Roberts, Resident Services Coordinator, Ext. 240

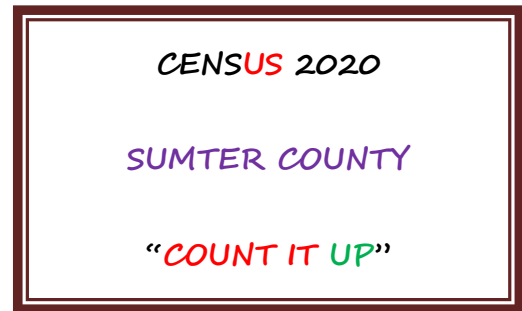
MAINTENANCE DEPARTMENT
 (Work Order Requests)
924-9073

Bernice Johnson, Maintenance Clerk, Ext. 225

SOUTHLAND HEIGHTS APARTMENTS
Cheryle Henry, Site Manager
924-4253

Our Maintenance Department is open
 for **"emergency work orders"**
24 hours a day, 7 days a week.

HOUSING AUTHORITY OF AMERICUS
825 N MAYO STREET, AMERICUS, GA 31709





VITA
 (**Volunteer Income Tax Assistance**)

FREE!!

**KEEP MORE OF YOUR
 TAX REFUND THIS YEAR!**

VITA is a nationwide program conducted in partnership with the IRS to increase the financial stability of working individuals and families.

Sumter County UGA Extension Office
(229) 924-4476

Make your appointment today to have your taxes E-filed. You will be connected with off-site volunteers via Skype to have your return prepared.

**DON'T MISS OUT ON THIS
 GREAT OPPORTUNITY!**

10 COMMON FLU MYTHS



Each year thousands and thousands of people come down with the flu. If you have ever had the flu, you know how sick you can be. The flu can be very dangerous and even life threatening. Several people have died from flu complications already this winter. It is important to know how the flu really works in order to better protect yourself. This article will help to dispel some of the most common myths and misconceptions concerning the flu.

1.

You can catch the flu from the vaccine.

The vaccine is made from an inactivated virus that can't transmit infection. So people who get sick after receiving a flu vaccination were going to get sick anyway. It takes a week or two to get protection from the vaccine. But people assume that because they got sick after getting the vaccine, the shot caused their illness.

2.

Healthy people don't need to be vaccinated.

It is true that the flu vaccination is routinely recommended for people who have a chronic illness. But anyone- even healthy folks- can benefit from being vaccinated. Current guidelines suggest that children ages 6 months to 10 years old, pregnant women, and anyone over the age 49 be vaccinated each year. In addition, the flu shot is recommended for healthy people who might spread the virus to others who are particularly susceptible. For this reason, health care workers are routinely advised to get the flu vaccination to protect their patients.

3.

Getting the flu vaccination is all you need to protect yourself from the flu.

There are a number of steps you can take to protect yourself during flu season besides vaccination. Avoid contact with people who have the flu. Wash your hands frequently, and consider taking anti-viral medications if you were exposed to the flu before being vaccinated.

4.

The flu is just a bad cold.

Influenza may cause bad cold symptoms. But in the United States alone, 36,000 people die and more than 200,000 are hospitalized each year because of the flu.

5.

You can't spread the flu if you are feeling well.

Actually, 20% to 30% of people carrying the flu virus have no symptoms.

6.

You don't need to get a flu shot every year.

The influenza virus changes (mutates) each year. So getting vaccinated each year is important to make sure you have immunity to the strains most likely to cause an outbreak.

7.

You can catch the flu from going out in the cold weather without a coat, with wet hair or by sitting near a drafty window.

The only way to catch the flu is by being exposed to the influenza virus. Flu season coincides with the cold weather. So people often associate the flu with a cold, drafty environment. But, they are not related.

8.

Feed a cold, starve a fever.

If you have the flu (or a cold) and a fever, you need more fluids. There's little reason to increase or decrease how much you eat. Though you may have no appetite, "starving" yourself will accomplish little. And poor nutrition will not help you get better.

9.

Chicken soup will speed your recovery from the flu.

Hot liquids can soothe a sore throat and provide much needed fluids. But chicken soup has no other specific qualities that can help you fight the flu.

10.

If you have a high fever with the flu that lasts more than a day or two, antibiotics may be necessary.

Antibiotics work well against bacteria, but they aren't effective for a viral infection like the flu. Then again, some people develop a bacterial infection as a complication of the flu, so it may be a good idea to get checked out if your symptoms drag on or worsen.

The flu is a good example of how medical myths can get in the way of good medical care. During flu season, take the necessary steps to stay healthy. That includes separating fact from myth.



Mrs. Virginia Sims Retires After 23 years of Employment



Mrs. Sims displays her beautiful retirement cake.

After 23 years of loyal service, Mrs. Virginia Sims retired on December 31, 2019. The former Public Housing Project Manager began working at the Americus Housing Authority in June of 1996. Staff members and residents alike will greatly miss the presence of Mrs. Sims. She was well known for her par-excellent work ethics, her sweet personality, and for her good cooking.



Mr. Gary Woods makes a presentation from the Maintenance Department.



Mr. George Edge, CEO, presents Mrs. Sims with a plaque.



Mrs. Sharon Haugabook says goodbye to Mrs. Sims.

Mrs. Sims will be missed most of all by her co-worker, Mrs. Sharon Haugabook; as they both shared responsibilities as Public Housing Project Managers; and frequently shared their lunch breaks together. Ms. Haugabook made a presentation to Mrs. Sims from the Administrative Staff.



Pastor Larry B. Sims is all smiles as he stands with Mrs. Sims whom he affectionately calls "Brown Sugar".

Enjoy your retirement Mrs. Sims. You will be missed by your co-workers and the residents.

AMERICUS HOUSING AUTHORITY MAKES STAFF CHANGES



Ms. Katina Garrett (Public Housing Project Manager)

Ms. Katina Garrett will be replacing Mrs. Sims as the new Public Housing Project Manager. If you were formerly assigned to Mrs. Sims for your case manager, you are now to direct all of your communications to **Ms. Garrett at Ext. 220**.



Ms. Gwen Laster (Section 8 Case Manager)

New to the Americus Housing Authority staff is Ms. Gwen Laster who replaces Ms. Garrett as the Section 8 Case Manager. Ms. Laster comes aboard with 25 years of housing experience; formerly with HIS Management out of Atlanta. Ms. Laster is the mother of Latory and Nicholas (Keisha). She is also the grandmother of Zyon and Zayden. If you are on our Section 8 program, please direct all of your communications to **Ms. Laster at Ext. 218**.



Ms. Shelia Green (FSS Case Manager)

Also new to the Americus Housing Authority staff is Ms. Shelia Green. Ms. Green is our part-time FSS Case Manager. Ms. Green is the fiancé of Mr. Dominique Mitchell. She is the mother of 2 sons, Talverton Jr., age 14 and Keaston Taylor, age 12. Ms. Green is also employed by the Sumter County Board of Education where she has been employed as a bus driver for the past 5 years. If you are a Section 8 participant and would like to know more about our Family Self-Sufficiency (FSS) Program, please contact **Ms. Green at Ext. 245**.



Ms. Cheryle Henry (Site Manager)

Ms. Cheryle Henry is now our Site Manager at Southland Heights Apartments. For information concerning Southland Heights, please contact **Ms. Henry at 924-4253**.

LIVING WITH LUPUS

(A Mother and Daughter Journey)



Ms. Jazmin Tommie and her mother, Mrs. Tammy Polk

Residents and guests attending the January Self-Sufficiency Workshop were treated to a personal glimpse inside the lives of two people that are living with lupus on a daily basis. One of the presenters was our resident, Ms. Jazmin Tommie. Accompanying Jazmin was her mother, Mrs. Tammy Polk.

Both ladies looked absolutely beautiful and were dressed in various shades of the color purple; the recognized awareness color for lupus. Jazmin even wore a stylish purple wig. Had it not been for their willingness to openly share their struggles with lupus, no one would have ever known they were not perfectly healthy.



Jazmin tells of her journey while her Mom looks on.



Mrs. Tammy Polk shares her journey.

Lupus is an inflammatory disease caused when the immune system attacks its own tissues. Lupus can affect the joints, skin, kidneys, blood cells, brain, heart, and lungs. It is 2 to 3 times more prevalent among women of color than among Caucasian women. Lupus affects 1 in 537 young African American women.

Jazmin and Mrs. Polk symptoms included, but are not limited to, sporadic weight changes, hair loss, fatigue, facial butterfly rash, painful and swollen joints, and fever. There are times when Jazmin is confined to a wheel chair. At the time of the workshop, Jazmin showed her arm and a visible rash was beginning to form.

Jazmin and Mrs. Polk have a website (Swgalupies.weebly.com) that tells more about their journey and various activities and meetings that you can participate in. There is also a group of women that meet locally on a monthly basis. Everyone is encouraged to support the Lupus Foundation on any level in an effort to help find a cure.



RECIPE CORNER

GRILLED PEANUT BUTTER & JELLY SANDWICH



You will need:

2 teaspoons butter
2 slices bread
1 teaspoon peanut butter
2 teaspoons any flavor fruit jelly

Directions:

- *Heat griddle or skillet to 350 degrees.
- *Spread butter on one side of each slice of bread.
- *Spread peanut butter on unbuttered side of one slice of bread, and jelly on the other.
- *Place one buttered slice down on the griddle.
- *Top with the other slice, so that peanut butter and jelly are in the middle.
- *Cook for 4 minutes on each side, or until golden brown, and heated throughout.

*"This is peanut butter with a twist.
The kids will thank you for them."*

Note: Increase ingredients to match the number of sandwiches you are preparing.

GEORGIA CHILI



You will need:

1 lb. lean ground beef
Salt & Pepper to taste
1 chopped onion
3 tablespoons chili powder
1 teaspoon shortening
2 cups tomato juice
2 stalks diced celery
1 diced green pepper
1 can crushed tomatoes
1 can kidney beans

Directions:

- *Season ground beef with salt and pepper to taste.
- *Brown ground beef and onion; mix with 1 tablespoon chili powder, and shortening.
- *Add tomato juice, celery, green pepper, and remaining 2 tablespoons chili powder.
- *Simmer slowly for 45 minutes, or until vegetables are tender.

(If mixture cooks down, add more tomato juice or water).

- *Add tomatoes and simmer 15 minutes longer.
- *Add kidney beans and simmer 2-3 minutes or until beans are tender.

Note: Ground beef can be replaced with turkey or ground beef and turkey can be used together. Using stew beef with the ground beef enhances the overall taste of the chili. Two cans of pinto beans can be used and the shortening can be omitted. If your family isn't big on celery, try using one stalk instead of two. Also, feel free to experiment with different kinds of canned beans."

Your family is sure to enjoy this dish!!

CHRISTMAS 2019 (IN PICTURES)



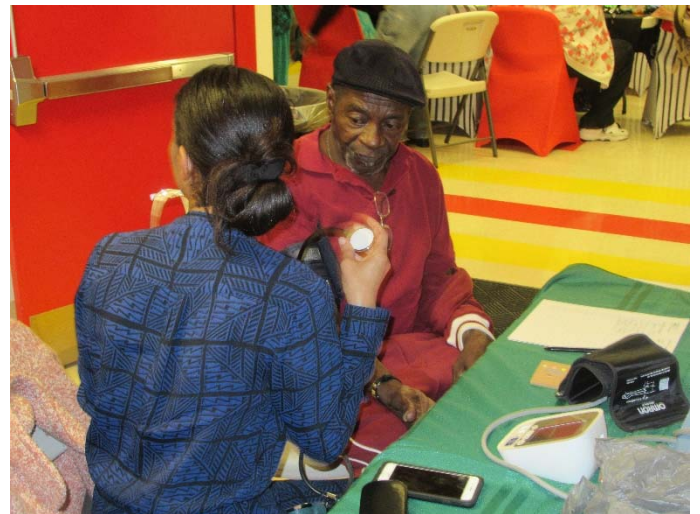
Mr. Bobby L. Fuse, Jr. (Chairman of Board of Commissioners) addressed the luncheon attendees.



Members of the AKA Sorority sponsored a Christmas Dinner that was open to all seniors residing in the Housing Authority.



L-R: Ms. Regina Grimes, Ms. Pearlline Burton, Mr. Melvin Grimes
The enjoyable meal was catered by "Mama's Kitchen".



Nurses were on site to administer free blood pressure checks.
Pictured here is Mr. Charlie Tullis.



Employees, their families and special guests enjoyed the Annual Employee Christmas Luncheon.



L-R: Ms. Doris Grover, Ms. Mary Calloway, Ms. Beverly Davis

Seniors Received Thanksgiving & Christmas Boxes from Local Ministry



Ms. Margaret Maynard (Center) receives a gift box from Ms. Sonja Hudson (left) and Pastor Krystal Heath (right)



Resident Commissioner, Mr. Dwight Chavis is pictured with Pastor Heath.



Mr. Joe Monts shown with Ms. Hudson and Pastor Heath after receiving his gift box.



L-R: Ms. Sherryl Arnett, Pastor Heath, Ms. Sherline Johnson, Ms. Sonja Hudson



L-R: Ms. Sonja Hudson, Pastor Heath, Mr. Johnny Evans



L-R: Ms. Sonja Hudson, Ms. Irma Thomas, Pastor Heath

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AMERICUS, GEORGIA 31709
PERMIT #447

Our Corner is a quarterly publication of the:
Housing Authority of Americus
825 North Mayo Street
Americus, Georgia 31709

CEO..... George F. Edge
Managing Editor, Writer,
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

“MARK THE DATE”
June 1st thru June 25th
SUMMER READING PALS 2020



READING IS FUNDAMENTAL!!