

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

January 2021

**RIDGE LAKES ON MAYO SUBDIVISION
GROUNDBREAKING CEREMONY**



Mr. George Edge, CEO and other dignitaries prepare for the groundbreaking.

On a brisk December day in 2020, another milestone was set in the history of the Housing Authority of Americus as the Groundbreaking Ceremony was held for Ridge Lakes on Mayo Subdivision. The subdivision, located beside the Housing Authority's Administrative Building, will consist of 19 new conventional homes to the Americus, Sumter County, area. Each home will consist of 3 bedrooms, 2 baths, front porch, car garage, and many other amenities. This subdivision is being erected to transition low and moderate income families into home ownership. The general public was invited to witness the groundbreaking.

In addition to all Housing Authority staff, the Groundbreaking Ceremony was attended by both current and former members of the Housing Authority Board of Commissioners, various elected officials, and general contractors.

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Ridge Lake on Mayo Subdivision

(Continued from front page)



Mr. George Edge, CEO addresses the attendees.

The land for Ridge Lakes was purchased in 2005, development got underway in 2007. The original plan was to assist Section 8 participants only; because the Section 8 Program has a Homeownership Option which allows their assistance payment to be applied towards their mortgage payment.

All development activities came to an abrupt halt in 2008, when the United States experienced the worse economic disaster since the Great Depression of 1929. The lending institutions implemented very strict lending requirements which made it very difficult for individuals to receive home loans.

The Housing Authority reignited their efforts toward Ridge Lakes in 2016. We began working with families by providing Home Buying Classes and Homeownership Training. We were then able to obtain genuine interest from a small segment of our Housing Choice Voucher participants.

The Groundbreaking Ceremony was a time to celebrate those participants who have worked extremely hard to overcome the barriers that had previously separated them from homeownership.

Mr. Edge announced that effective immediately the Housing Authority would be expanding this great opportunity for homeownership to any and all of our Housing Authority of Americus Resident Affiliates (*Public Housing, Section 8, Owned, and Southland Heights*) at Ridge Lakes on Mayo Subdivision.



Mr. Bobby L. Fuse, Jr. (Chairman, Housing Authority Board of Commissioners) gives remarks.



L-R.. **Mr. Mark Latimore** (former Housing Authority Board Member) and **Mr. Nelson Brown** (Mayor Pro-tem for the City of Americus)

**BREAKING
GROUND**
BUILDING AND
RESTORING LIVES



L-R: Ms. Juanita Wilson (District 1 Council Person), Mr. G. Bardin Hooks, Jr. (Board Member) and his wife, Mrs. Hooks



Mr. Bobby L. Fuse, Jr., Mr. George Edge and Mr. John Cal Anderson



Ms. Paula Harmon and Ms. Cheryle Henry



Former Board Chairman, Mr. Albert Cooper Sr.



**Mr. Bill Krenson (Housing Authority Commissioner)
Mr. Ricky Arnold (VP Housing Authority Board of Commissioners)**



Housing Authority Employees

7 Ways to Make Distance/Virtual Learning A Success for Your Family



Distance or virtual learning has been an adventure for parents, students, and teachers alike as they work to maintain the high quality of in-person learning through a digital platform. There are so many unknowns that come with digital learning, so taking care of the known obstacles will help you free up some time. This is a new territory for a lot of people. We hope these ideas will help make your digital days more manageable.

1.

Plan, Plan, Plan

Plan ahead as much as possible. For instance, you might go ahead and plan and prep your meals for the week over the weekend, or arrange for work calls to be taken during school breaks if you are working from home.

2.

Be Flexible

There will be days when nothing will work right. The laptop won't turn on. A rogue tree limb will knock out the power. Your internet connection will be spotty. These days will be frustrating, but it is important to go with the flow as much as you can. Distance learning is new to everyone, so keep an open mind and do some deep breathing through the tough times.

3.

Communicate Often

The only way to get answers to your questions is to ask them! If you or your child are struggling to navigate the distance learning world due to a lack of understanding or communication, reach out for help, either to other parents or to the teacher. Your questions may be shared by other people, and working together will allow you to find a solution more quickly.

4.

Take Breaks

If 2020 taught us anything, it is that many people, and especially kids, do not love being trapped inside their houses for months at a time. By intentional in planning and taking breaks with your family, whether that means taking a walk around the yard or having a movie night together. School will be waiting for you when you return, so go ahead and take some time to relax.

5.

Prepare for Video Calls

Many teachers are doing live lessons over video platforms to teach new material. This means your child will need to be able to access video calls and it also means you need to remember that you may be on camera. It is up to you to determine what that means to your family, but if your child decides not to wear pants that day, odds are high that his teacher and classmates will know.

6.

Pretend Everyone is at School

No, we are not suggesting you leave your six-year old at home and head to the store alone. But you and your children should act like atypical school days is in session. This means making appointments for after-school hours as much as possible, eliminating other distractions, and showing up on time and being prepared to learn.

7.

Set Expectations

When your child is on a computer or tablet most of the days they will eventually find their way to Minecraft. Talk with your child ahead of time about what they need to be doing during school hours, and set up a time in our schedule for them to have some free time. This is a win-win – they get the information they need while still having the freedom to do what they love later in the day.

In addition to the seven steps presented above, try to create a workspace that is exclusively for digital learning. That way, you will be able to keep your school materials organized, while also giving your kids the chance to leave school behind at the end of the day, just like they would if they were there in person.

If you have some neighbors or local friends who have children, why not create a group where you can all get together for distance learning? This will allow you to reach out to other parents who are in the same boat and give you some much-needed mental and emotional support. Meanwhile, your kids can benefit from having older kids to help them understand more difficult concepts.

Keep in mind above all else that **YOU CAN MAKE IT WORK!!** Prepare as much as possible and team up with others to handle the unique aspects that will make this school year a memorable one.

RECIPE CORNER

GARLIC TOAST PIZZA



These quick pizzas pack a huge amount of flavor. They are sure to be a big hit with the entire family. Enjoy them as a single snack or along with other food items; especially a fresh salad.

You will need:

1 package (11 ¼ ounces) frozen garlic Texas toast
-1/2 cup pizza sauce
-1 package (3 ½ ounces) sliced regular or turkey pepperoni
-2 cups shredded part-skim mozzarella cheese

Directions:

*Preheat oven to 425 degrees
*Place toast in a 15x10x1 inch baking pan
*Bake for 5 minutes

*Spread toast with pizza sauce
*Top with pepperoni and cheese

Prep/Total Time: 15 minutes
Yield: 8 Slices

Options:

*Double the ingredients to increase the yield.
*Add other toppings as desired (*sausage, beef, peppers, onions, other cheeses, etc.*)

HONEY CHICKEN WINGS



You will need:

16 chicken wings
2 tablespoons honey
1 lemon
4 tablespoons sherry wine
4 tablespoons soy sauce
2 garlic cloves, crushed
2 teaspoons ground ginger
Salt & pepper as desired

Directions:

*Preheat oven to 180 degrees

*Juice the lemon

*Mix together all the ingredients (*except for chicken wings*)

*Place chicken wings in a shallow roasting dish and pour on half the marinade

*Allow to stand (*in refrigerator*) for approximately 20 minutes

*Cook chicken wings for about 15 minutes.
*Brush on the remaining marinade
*Return wings to the oven to complete cooking (*approximately another 15 to 20 minutes*)

*Serve with green salad and herb bread.

Prep/Total Time: 1 hour

SENIOR HEALTH GUIDE

The Importance of Stretching

It is very important to be active and continue to get up and move as we age. But, it is also very important to remember that stretching and focusing on flexibility is just as important as staying active. Everyone, especially older adults, need to stretch in order to protect your mobility and independence. Stretching is very important to do on a daily basis.

Before stretching, warm up your muscles for 5 to 10 minutes. This can be anything you like such as a light walk. Hold a stretch for 30 seconds and try your best to not bounce. This can cause injury. You should feel tension during your stretch, but you should not feel pain.

CHAIR EXERCISE



(Seniors should exercise at least twice a week)

FRONT ARM RAISES

In a seated position with good posture, hold a ball in both hands with your palms facing each other. Extend the arms out in front of your body, keeping your elbows slightly bent. Starting with the ball lowered toward the knees, slowly raise your arms to lift the ball up to shoulder level (no higher), then lower the ball back to the starting position, taking about 2 to 2 seconds to lift and lower.

Repeat 10 to 15 times. Rest. Do another set of 10 to 15 repetitions.

CORONAVIRUS:

CAREGIVING FOR THE ELDERLY

As we have all learned, older adults need to be particularly careful with COVID-19. If you are a caretaker for someone, here are some basics to keep yourself healthy and to avoid becoming infected:

***Wash your hands with soap and water frequently.**

***Avoid large crowds, and if you cough or sneeze, do so in your elbow or a tissue.**

***Keep your hands away from your face.**

***Clean open surfaces in your home often, including medical equipment such as walkers, canes, and handrails.**

Another way to lower the risk of your older family members is to limit in-person visits. This doesn't mean that you have to isolate, just remember the physical distance. We need to keep older adults safe, but social isolation can have a negative impact on older adult's immunity and mental health.

Technology is a great way to help older adults stay connected. Be sure to show them how to Video Chat and use Face Time with other using smartphones, laptops, or tablets.

GUARD AGAINST FALLS

One in every three older adults falls each year- and falls are a leading cause of injuries and death among older adults. Exercises such as walking or working out with an elastic band can increase your strength, balance, and flexibility and help you avoid falls. Also ask your healthcare provider to check that you are not taking any pills that can make you more likely to fall. Eliminate items in your home that are easy to tri over, like throw rugs. Insert grab bars in your bathtub or shower, and install night lights so it's easier to see at night.

Left to right are Mr. (Gabe) & Mrs. (Anita) Thiess, Mrs. June Anderson, Mr. Anderson, Mr. (Jay) and Mrs. (Amanda) Anderson, Callie & Bowden Thiess



Those in attendance enjoying the program



Mr. Anderson and his family seated at the head table.



Left to right are Officer Anthony Jackson, Mr. Anderson, and Officer Cedric Smith

The Housing Authority Security Patrol was established in mid-December 2003. The residents are pleased to have an additional law enforcement presence in the area. The officers make a positive difference with their frequent appearances, while providing additional coverage for all of our neighborhoods.



Mrs. June Anderson addresses the audience; Anita and Jay waits to follow.

Mr. Anderson's family took the stage and spoke very highly of him as a husband, father, father-in-law and grandfather. Of all four titles, we were told that Mr. Anderson loves his title as "*Pop*" best of all. This is what he is fondly called by his two grandchildren, Bowden and Callie. His wife, June, is a Christian author and is currently working on her 4th Christian novel.

Congratulations Mr. Anderson!!!

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CURRENT RESIDENT OR

Daylight Savings
Time
Begins
Sunday,
March 14th!!

