

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

APRIL 2021

**RIDGE WOODS
SUBDIVISION**
(Currently Under Construction)



Homebuilders having a productive day.

If you have not done so recently, take a ride through Ridge Woods Subdivision. You will see that construction is underway for four (4) beautiful new homes. The contractors are in various stages of home completion.



Lots are being cleared off.



Rafters going up inside one of the new homes.

A lot has taken place since the Groundbreaking Ceremony last December. Ridge Woods Subdivision is looking more and more like a place to call "home" for the first four residents that have been accepted into our Homeownership Program.



A new home is coming together.

When it is all said and done, a total of 19 families will occupy these beautiful 3 bedrooms, 2 baths homes; consisting of a variety of 6 different floor plans and the exterior color of their choice. Their dream of homeownership is quickly becoming a reality at Ridge Woods Subdivision; ***where dreams of homeownership really do come true.***

OPERATIONS UPDATE



Mr. George F. Edge, CEO

I want to update you on the status of our operations. Currently, we are very close to completing the transfer from the Public Housing Program, and completely converting our total housing inventory to the Rent Assistance Demonstration Program (RAD), which is a Section 8 Rental Assistance platform. The only adverse effect of this conversion will be that the families who are currently paying Flat Rents may see a significant increase in their rental payment because there is no Flat Rent Option under the Rent Assistance Demonstration Program (RAD). At the initial conversion, whomever experiences a rental increase of 10% or greater, will be given the option to have that increase phased in over a two or three-year period of time. After that time period is completed, the family will be responsible for paying the full contract rent amount.

I strongly encourage the families who are currently paying Flat Rent to explore the Homeownership Option with Mrs. Diana Roberts, our Resident Services Coordinator. It is very possible that you may be able to secure a 20 to 30-year mortgage, and pay less towards buying your own home than you will be paying as a monthly rental payment that has no ownership value. Take a ride by the new subdivision currently under construction on Mayo Street.

We will be improving the area lighting in all of our neighborhoods in the coming months. This is in an effort to increase the safety and security of our neighborhoods. After personally touring several of our sites at night, I discovered that our developments have some extremely dark spots and we want to make a drastic improvement to bring better illumination to the neighborhoods. This will be coming very soon.

Lastly, I encourage you to take pride in your neighborhood. We need your help in keeping all areas free of litter and debris. We will be making frequent tours through all neighborhoods, and issuing fines for having trash and debris removed from your area assigned to you through your dwelling lease. People throw trash out of their cars on my lawn at home. People throw trash out of their cars onto the lawn of the Housing Authority of Americus Administrative Office Complex, and we pick that trash up because of the pride we take in the appearance of our Office Complex. We ask you to do the same thing in your area and also the common areas. We need your help.

Without You There Would Be No Me!!!!

George F. Edge
CEO

ACCOMODATION OF PERSONS WITH DISABILITIES

A handicapped person shall be provided reasonable accommodation to the extent necessary to provide the handicapped person with an opportunity to use and occupy the dwelling unit equal to a non-handicapped person. At any time during the tenancy, a tenant may request reasonable accommodation of a handicap of a household member, including reasonable accommodation so that the tenant can meet lease requirements or other requirements of tenancy.

SWIMMING POOL GUIDELINES



Please be reminded that all swimming and/or wading pools, regardless of depth, are not permitted to be occupied in the yard **without adult supervision being present.**

*Whenever a swimming or wading pool is not supervised by an adult, it **must be** emptied of all water and then properly stored inside the tenant's apartment.

*At the end of each day, the swimming or wading pool **must be** emptied and then stored inside the tenant's apartment.

*Swimming and wading pools **must not be** left outside overnight under any circumstances.

*The following day or any subsequent day when the swimming or wading pool is set back up, **be sure** to place it in a different location so that the grass does not suffer any damage.

Should you have any questions concerning either satellite dishes or swimming/wading pools, please contact **Mr. Gary Woods**, Manager of Maintenance at **924-9073**.

Enroll your children in swimming lessons at an early age. This will greatly decrease the risk of drowning. Adults can benefit from refresher courses. Adult supervision of young swimmers is essential even if they have had good swimming lessons.

WHY CHILDREN MISBEHAVE (Offer Words That Help)

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

Hurting words cut at a child's self-confidence: Words such as "**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 loveable. If you find yourself hurting a child by what you say or do, here are some simple rules for turning things around.

*Spend quality 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 your child's talents, strengths, and special gifts.

*Teach your child how to cope with failure.

Children misbehave for physical reasons such as fatigue, lack of vigorous physical activity, or hunger. Try adjusting your child's schedule to develop life-long healthy habits.

Learn to separate your child's behavior from your child as a person. Be sure your child feels loved even when their behavior is not acceptable.

Children react to encouragement, approval, and kind words, just as adults do. They will continue choosing behaviors that get positive attention and kind words. Children who feel loved will want to act the way their parents expect them to behave.

DRIVE-THRU WINDOW NEARS COMPLETION

The completion of the Housing Authority's drive-thru window was delayed due to several days of rainy weather. But the sun has reappeared, the concrete has been poured and completion is now nearer than ever before.



Workers prepare the framework.

Residents of the Americus Housing Authority will soon be able to use our new drive-thru window. No longer will it be necessary for residents to come inside the office to make payments, return documents, submit applications, etc. All of this and more can soon be done from the comfort of their cars. The safety and convenience of our residents and their families; along with our staff and their families, will always be our highest priority.



The concrete arrives.

AMERICUS HOUSING AUTHORITY PARTNERS WITH ALBANY STATE UNIVERSITY FOR INTERNSHIP



**Mr. George Edge (CEO), Ms. Janihya Jenkins (ASU Intern),
Mrs. Diana Roberts (Resident Services Coordinator)**

The Americus Housing Authority recently partnered with Albany State University in forming an internship agreement. Ms. Janihya Jenkins, an upcoming May graduate, was the designated intern. Ms. Jenkins was selected by her instructor, Dr. Cassandra Johnson.

Ms. Jenkins was assigned to our Resident Services Department under the supervision of Mrs. Diana Roberts. The internship lasted for a 16 week time period.

Due to the pandemic, Ms. Jenkins did not have hands-on contact with our youths. However, she had several years of past experience working as a Camp Counselor with the Boys & Girls Club of the Big Bend in Tallahassee, FL.

Ms. Jenkins was tasked with helping to develop a variety of social service programs that targeted low income youths, both male and female, between the ages of 10 and 19. The programs developed during this internship were designed to be applicable during and beyond the current health crisis.

The Housing Authority will be taking steps to form a Youth Advisory Council and an in-house High School Scholarship Program.

Best wishes to Janihya upon her graduation!!

“READING TIPS” **(Books build better brains)**

The Housing Authority of Americus encourages all of our parents (*older siblings, grandparents, etc.*) to make reading with their children a part of their daily routine.

We encourage you to:

*Make reading part of every day, even for as little as 15 minutes.

*Have fun.

*Talk about the pictures. You do not have to read the book to tell a story.

*Let your child turn the pages.

*Show your child the cover page. Explain what the story is about.

*Run your finger along the words as you read them.

*Silly sounds, especially animal sounds, are fun to make.

*Choose books about events in your child's life such as starting pre-school, going to the dentist, getting a new pet, or moving to a new home.

*Make the story come alive. Create voices for the story characters.

*Ask questions about the story. What do you think will happen next? What is this?

*Let your child ask questions about the story. Talk about familiar activities and objects.

*Let your child retell the story.

*Visit your local library often.

**READING IS THE GATEWAY
TO THE WORLD**



9 Reasons Why Reading Is Important To Children

- Improves Concentration
- Improves Memory
- Discover the Other Parts of the World
- Brain Exercise
- Develops Empathy
- Develops and Expands Language Skills
- Enhances Imagination
- Better Performance in School
- Source of Entertainment

“If you want your children to be intelligent, read them fairy tales. If you want them to be more intelligent, read them more fairy tales.” –

Albert Einstein

DID YOU KNOW???



The brain cannot feel pain. It has no pain receptors. That's why brain surgery can be performed with the patient awake so he or she can respond to the surgeon.

The brain makes up only 2% of the body mass but uses 20% of the body's oxygen and about 20% of the calories it burns in a resting state.

Good nutrition is one of the best ways we know to aid in healthy brain development. It is important that families provide an environment that supports health in both lifestyle and nutrition.

9 WARNING SIGNS OF ALZHEIMER'S DISEASE

If you or someone you care about is experiencing any of these signs, please see a doctor to find out the cause.

MEMORY LOSS THAT DISRUPTS DAILY LIFE:

Sometimes forgetting names or appointments, but remembering them later.

CHALLENGES IN PLANNING OR SOLVING PROBLEMS: Trouble following a familiar recipe or keeping track of monthly bills.

DIFFICULTY COMPLETING FAMILIAR TASKS AT HOME, AT WORK OR AT LEISURE: Trouble driving to a familiar location, or taking daily medications.

CONFUSION WITH TIME OR PLACE: May forget where they are or how they got there.

TROUBLE UNDERSTANDING VISUAL IMAGES AND SPATIAL RELATIONSHIPS: Difficulty reading, judging distance or recognizing colors; difficulty driving.

NEW PROBLEMS WITH WORDS IN SPEAKING OR WRITING: Have problems finding the right word or calling things by the wrong name.

MISPLACING THINGS AND CAN NOT RETRACE STEPS: Lose things and cannot go back over steps to find them.

DECREASED OR POOR JUDGMENT: Use poor judgment when dealing with money, giving large amounts to telemarketers.

CHANGES IN MOOD OR PERSONALITY: Easy to become confused, suspicious, depressed, fearful or anxious.

5 Myths about Exercising and Aging



Myth 1: *There's no point to exercising. I'm going to get old anyway.*

Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, colon cancer, high blood pressure, and obesity.

Myth 2: *Older people shouldn't exercise. They should save their strength and rest.*

Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.

Myth 3: *Exercise puts me a risk of falling down.*

Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.

Myth 4: *It's too late. I'm already too old to start exercising.*

Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.

Myth 5: *I'm disabled. I can't exercise sitting down.*

Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.

RECIPE CORNER

CHEESBURGER SLIDERS



You will need:

1 egg slightly beaten	¼ teaspoon pepper
2 tablespoons dill pickle relish	¼ tsp. garlic powder
2 tablespoons ketchup	1 pound ground beef
2 teaspoons Worcestershire sauce	1 sliced tomato
2 teaspoons prepared mustard	3 to 4 dill slices
	3 to 4 slices American cheese
	10 dinner rolls, split

How to make:

*In a large bowl, combine the first eight (8) ingredients and mix well.

*Shape into 10 patties.

*Grill 3-4 inches from the heat for 4-6 minutes on each side or until a meat thermometer reads 160 degrees.

*Cut cheese slices into thirds and immediately place on burgers.

*Add pickles and tomatoes.

*Serve on dinner rolls.

DELICIOUS SERVED WARM!!

HERSHEY KISSES PEANUT BUTTER COOKIES



You will need:

1 cup white sugar	2 ½ cups flour
1 cup brown sugar	2 teaspoons baking soda
1 cup shortening	1 teaspoon salt
1 cup peanut butter	¼ cup milk
2 teaspoon vanilla	2 eggs, slightly beaten
120 milk chocolate kisses (2 – 9 ounce bags)	

Directions:

*Preheat oven to 375 degrees.

-Combine sugar, brown sugar, shortening, peanut butter, milk, vanilla and eggs.

-Blend until smooth.

-Stir in flour, baking soda and salt. Mix well.

-Shape into 1 inch balls and roll in loose sugar.

-Place 2 inches apart on ungreased cookie sheet.

*Bake 8-12 minutes until golden brown.

*Immediately top each cookie with an unwrapped kiss; press down firmly so cookie cracks around the edge.

*Bake 2 minutes longer.

*Immediately remove cookies from baking sheet for cooling.

DELICIOUS SERVED WITH MILK!!

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CURRENT RESIDENT OR



We will be closed on Monday, **May 31st**.



We will be closed on Monday, **July 5th**.