

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

**OCTOBER
2017**

SENIORS VISIT NATIONAL FAIR



Seniors arrive early for a day of fair fun and fair food.

Excitement was in the air on the morning of October 11th as our Senior Bingo Club members boarded the Housing Authority shuttle bus at 9:00 a.m. and headed to the Georgia National Fair in Perry, Georgia. Only one thing was missing from the trip..... **"fair weather"**. As the thick morning fog dissipated, the temperature rose to that of a hot, summer day. Nevertheless, the seniors were thrilled about visiting the fair.



There was no shortage of people at the fair, even though we arrived before noon. There were fair goers from all school levels, other senior groups, head start and home day care groups. Tired from walking, the seniors enjoyed just sitting down, enjoying the delicious **"fair food"**; watching the diverse group of people walking back and forth on the fairgrounds.



Seniors tired out, gathering to start trip back to Americus.

The sound of **"fair music"** and screaming riders filled the air. Nothing of course could overtake the mouth-watering smell of **"fair food"**. Each senior had their own special food choices in mind. Most popular amongst the group were the turkey legs, blooming onions, and funnel cakes.



Kay D. Jones, Dwight Chavis, Donnie Lewis, Doris Robinson

Can you guess what the seniors' favorite game was? You guessed it.....playing bingo under a huge tent called **"I Got It"**. The young-at-heart had a wonderful time. It was a consensus at the end of the day that we all would like to go back next year.

The **AMERICUS HOUSING AUTHORITY** SUPPORTS
BREAST CANCER AWARENESS & **DOMESTIC VIOLENCE AWARENESS**

"CANCER AWARENESS COLORS"

 All Cancers Lavender	 Kidney Cancer Orange	 Pancreatic Cancer Purple
 Bladder Cancer Yellow	 Leiomyosarcoma Purple	 Prostate Cancer Light Blue
 Brain Cancer Gray	 Leukemia Orange	 Sarcoma/Bone Cancer Yellow
 Breast Cancer Pink	 Liver Cancer Emerald	 Stomach Cancer Periwinkle
 Cervical Cancer Teal/White	 Lung Cancer White	 Testicular Cancer Orchid
 Childhood Cancer Gold	 Lymphoma Lime	 Thyroid Cancer Teal/Pink/Blue
 Colon Cancer Dark Blue	 Melanoma Black	 Uterine Cancer Peach
 Esophageal Cancer Periwinkle	 Multiple Myeloma Burgundy	 Honors Caregivers Plum
 Head/Neck Cancer Burgundy/Ivory	 Ovarian Cancer Teal	

Awareness colors have become increasingly popular to gain attention for diseases and causes and **cancer** is no exception.

People like to wear ribbons, t-shirts, and other products in these **colors** to show their support for those suffering from a particular cancer diagnosis.

WHAT CANCER CANNOT DO

Cancer is so limited.....

It cannot cripple love
It cannot shatter hope
It cannot corrode faith
It cannot destroy peace
It cannot kill friendship
It cannot suppress memories
It cannot silence courage
It cannot invade the soul
It cannot steal eternal life
It cannot conquer the spirit.

This poem is dedicated in memory of my brother, Horace Holloway, Jr. who lost a courageous fight with "PROSTATE CANCER" on August 26, 2009 at the young age of 55.

One in eight women will develop breast cancer in their lifetime. It is the second most diagnosed cancer in women behind skin cancer, with more than 230,000 women in the United States being diagnosed every year. The five-year survival rate is more than 90 percent for breast cancers detected early thanks to enhanced screening and prevention methods. There are more than 2.8 million breast cancer survivors living in the United States today.

Although breast cancer is diagnosed more often in older women, it does occur in younger women and in men. Men, however, account for less than one percent of all breast cancers. About 75 percent of all breast cancer diagnoses are in women age 50 and older.

The risk of developing breast cancer also increases with age. While a family history of breast cancer may increase the risk, it is important to note that only 5 to 10 percent of all breast cancers are the result of inherited genetic factors. Regular breast screenings greatly increase the chances of **early detection**, successful treatment, and cure.

DOMESTIC VIOLENCE AWARENESS



**"Abuse is NOT love.
Abuse is about control."**

Having a gun in a domestic violence situation increases the victim's (female or male) risk of being killed by 500%.

**Men can be victims too.
Women are not the only victims of domestic violence abuse- especially verbal and emotional abuse- and men may be even more ashamed to seek help.**

Domestic violence causes far more pain than the visible marks of bruises and scars. It is devastating to be abused by someone that you love and that you think loves you in return.

It is estimated that approximately 3 million incidents of domestic violence are reported each year in the United States.

**DON'T MIND YOUR OWN BUSINESS
REPORT DOMESTIC VIOLENCE:**

**National Domestic Violence Hotline
1-800-799-7233**

Chat on line : Is this abuse?

EMPLOYEE RECOGNITION

Several employees of the Americus Housing Authority were awarded 2017 Service Awards by the Georgia Association of Housing and Redevelopment Authorities.



L-R: Mr. John Cal Anderson, Ms. Brenda Ware (*Award Recipient*)
Mr. Bobby Fuse, Jr. (*Chairman of Board of Commissioners*)
Mr. Ricky Arnold (*Vice-Chairman*)
Mr. Dwight Chavis (*Resident Commissioner*)

Ms. Brenda Ware, Project Manager for Section 8, received a Service Award for 20 years of dedicated service. Ms. Ware joined the Housing Authority staff in 1997 as a Customer Service Representative.

Ms. Gail Watkins, Housing Inspector for Section 8, received a Service Award for 25 years of dedicated service. Ms. Watkins joined the Housing Authority staff in 1992. At the time of her employment, Ms. Watkins became the first female to be employed in the Maintenance Department.



Mr. John Cal Anderson, Mr. Henry Seay (*Award Recipient*)
Mr. Bobby Fuse, Jr., Mr. Ricky Arnold, Mr. Dwight Chavis

Mr. Henry Seay, Maintenance Mechanic & Working Foreman, received a Service Award for 25 years of service. Mr. Seay joined the Housing Authority staff in 1992 as a Laborer.

The Americus Housing Authority is fortunate to have such dedicated staff members as Ms. Brenda Ware, Ms. Gail Watkins, and Mr. Henry Seay. Employees such as these help us to better serve our residents on a daily basis.

When you see these employees in your area, please congratulate them on their Service Awards.



Ms. John Cal Anderson, Ms. Gail Watkins (*Award Recipient*)
Mr. Bobby Fuse, Jr., Mr. Ricky Arnold, Mr. Dwight Chavis



AMERICUS HOUSING AUTHORITY RECEIVES NEWSLETTER OF THE YEAR AWARD



Mr. John Cal Anderson, Ms. Diana Roberts, Mr. Bobby Fuse, Jr.,
Mr. Ricky Arnold, Mr. Dwight Chavis,
Mr. G. Bardin Hooks, Jr. (Commissioner)

The Georgia Association of Housing and Redevelopment Authorities presented the “*Newsletter Of The Year*” award to the Americus Housing Authority in the Large Housing Authority Agency category.

The Housing Authority’s newsletter is entitled “*Our Corner*” and it is published and distributed quarterly through our Resident Services Department. Special thanks to Diana Roberts (*Resident Services Coordinator*) who serves as the Managing Editor, Writer, and Photographer for our newsletter. Ms. Roberts goes to great length to make sure that newsworthy information goes out to the residents through every publication. Should you have any information that will be of interest to the residents and would like to see it published in our newsletter, please contact Diana Roberts at 924-3732.



Americus Housing Authority Receives WEB SITE OF THE YEAR AWARD



Mr. John Cal Anderson, Mr. Bobby Fuse, Jr.
Mr. Ricky Arnold, Mr. Dwight Chavis,
Mr. G. Bardin Hooks, Jr.

The Americus Housing Authority was recently presented with the “*Web Site Of The Year Award*” by the Georgia Association of Housing and Redevelopment Authorities.

To stay abreast with the latest technology, the Americus Housing Authority is constantly working to improve its website. Our website address is www.americuspha.org. We invite all of our tenants to come on board and reach out to us. We look forward to hearing from you.



*“Hard work doesn’t guarantee
success, but
improves its chances.”*

B.J. Gupta

RECIPE CORNER

PUMPKIN SQUARES



You will need:

- *1 15-oz can of pumpkin
- *1 ½ cups of brown sugar
- *4 eggs
- *¾ cup cooking oil
- *1 ½ cups all-purpose flour
- *1 ½ cup of rolled oats
- *1 tablespoon ground cinnamon
- *2 teaspoons baking powder
- *1 tablespoon baking soda
- *Margarine or butter to grease the pan

Preparation:

- Preheat oven to 350 degrees
- In a medium bowl, stir together pumpkin, brown sugar, eggs and oil. Mix well.
- In a large bowl, mix flour, oats, cinnamon, baking powder and baking soda.
- Add pumpkin mix to flour mix and stir well.
- Grease a 9 X 13 inch baking pan with butter or margarine.
- Pour the batter in the pan and bake for 30 minutes.

Servings: 6	Calories: 180
Fat: 8g	Cholesterol: 30 mg
Sodium: 110mg	Protein: 3g
Dietary Fiber: 2g	Carbohydrates: 25g

Packed with vitamins A and C, pumpkin is the perfect ingredient for a variety of sweet snacks. A low-calorie autumn favorite, pumpkin also has a velvety, satisfying texture. This quick and easy recipe creates a flavorful seasonal treat that you can take almost anywhere.

REFRESHING VITAMIN WATER



Looking for a tasty way to drink more water? Try this refreshing mix of fruits and mint for a vitamin-filled treat. Over 50% of your body is composed of water, so staying hydrated is important to your good health. Adding fresh fruit or herbs to your water can make it more enjoyable to drink.

You will need:

- *2 cups watermelon, sliced into 1" cubes
- *1 lime, sliced
- *1 lemon, sliced
- *1/2 red grapefruit, sliced and quartered
- *1 medium cucumber, sliced
- *12 mint leaves
- *2 quarts water
- *Ice
- *Sparkling water (*optional*)

Directions:

- Combine the fruit, cucumber, mint leaves and water in a large pitcher.
- Place in the refrigerator and let it saturate overnight.
- To serve, pour the water into glasses filled halfway with ice. Spoon in a piece or two of fruit for show, and top with a splash of sparkling water (*optional*).
- The vitamin water should stay fresh from 1 to 3 days.

Servings: 8

HOLIDAY CLOSING NOTICES



As we close our doors to enjoy our families and friends for the holidays, we extend wishes to you and your families for a blessed and prosperous holiday season.



THANKSGIVING CLOSURE

Our office will close at **11:30 a.m.** on Wednesday, **November 22nd** and we will remain closed until Monday, **November 27th** at **7:30 a.m.**

Thankful Nuggets

- *Remember that the most important things in your house are the people.
- *A grudge is a heavy thing to carry.
- *Blessed are the flexible; for they shall not be bent out of shape.
- *As long as you have life, you have hope.
- ***ALWAYS** leave loved ones with loving words. It may be the last time you see them.



CHRISTMAS OFFICE CLOSURE

CLOSING: End of day on Thursday, December 21st

RE-OPENING: Tuesday, December 26th @ 7:30 a.m.

May the Lord bless you and keep you.

*May His face shine upon you
and be gracious unto you.*

*May He lift His countenance upon you
And give you peace.*

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As we journey into 2018

NEW YEAR'S DAY HOLIDAY
Monday, January 1, 2018

MARTIN LUTHER KING JR. HOLIDAY
Monday, January 15, 2018

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CURRENT RESIDENT OR

FROM ALL OF US AT
825 North Mayo Street
Americus, GA
HAPPY THANKSGIVING &
MERRY CHRISTMAS!!