

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

APRIL 2017

SUMMER READING PALS 2017



Summer Reading Pals @ Albany Thornateeska Heritage Center

We are gearing up for **SUMMER READING PALS 2017**! The program is scheduled to start on Monday, June 5th and continue throughout Thursday, June 29th. Registration is currently underway for all 1st and 2nd graders that live in Public Housing. The registration deadline is May 18th. If there are remaining seats at the end of the registration period, they will be offered to children on the Section 8 program.

Applications and registration forms have been mailed out to households with 1st and 2nd graders on their lease. If you have not received this packet and have a child eligible to participate in the program, please call Diana Roberts @ 924-3732. Registration forms are also available in our front office where you come in to pay rent.

Classes will be held on Monday thru Thursday of each week from 9:00 – 1:00. There will be no Friday classes to coincide with the Housing Authority's 4-day work week schedule.



Reading Pals hard at work in the classroom

SUMMER READING PALS 2017 is provided **FREE**. There is absolutely **no cost** to the parents. The Housing Authority provides *transportation, program shirts, field trips, and snacks* for the program. The program is operated under the leadership of a certified teacher.



Summer Reading Pals receive their very own fireman hat.

**READING IS
FUNDAMENTAL!!!**

All parents of eligible age children are urged to participate in this wonderful, **FREE** learning opportunity.



The **AMERICUS HOUSING AUTHORITY** JOINS **PHOEBE SUMTER** FOR
2017 **BACK TO SCHOOL BASH**

WHEN: Saturday, July 22, 2017
TIME: 9:00 a.m. to 2:00 p.m.
LOCATION: The Columns / Rec Department
 408 Rucker Street (BOONE PARK)

OPEN TO ALL HOUSING AUTHORITY FAMILIES:
 Public Housing & Section 8

FREE: School Supplies, Food and Health Checks



This event will be held along with **PHOEBE SUMTER BACK TO SCHOOL BASH**. Housing Authority families can take part in all activities provided by **Phoebe Sumter** (food, health checks, etc.) and all other participating agencies.

HOUSING AUTHORITY STAFF will be on site providing free book bags and school supplies to **Public Housing and Section 8 families ONLY!!!**

For more information please contact Diana Roberts @ 924-3732.

Saturday, July 22nd @ The Columns in Boone Park
"OPEN TO ALL PUBLIC HOUSING & SECTION 8 FAMILIES"

OUR OFFICE WILL BE CLOSED

Monday (May 27th) – MEMORIAL DAY



Thursday (July 4th) – 4th OF JULY



Modifiable Risk Factors For Diabetes

Overweight / Obesity
High Blood Sugar
High Blood Pressure
Abnormal Lipids Metabolism
Physical Inactivity
Tobacco Smoke
Heavy Alcohol Use

“Childhood obesity is the main cause of diabetes in children.

PREVENT CREDIT CARD FRAUD

Credit card fraud is one of the easiest forms of identity theft. All that a crook needs is your credit card number, name, and address, and you just might become an identity theft victim.

Remember the following:

- : Keep track of all credit card receipts. Some have your credit card number printed on them – an easy target for a criminal.
 - : Always check credit card statements carefully for fraudulent charges.
 - : Destroy unwanted credit card offers. You can also request that the three major credit bureaus not sell your name to credit card companies by calling **888-5OPTOUT (567-8688)**
 - : Shred all sensitive documents before throwing them in the trash.
 - : Activate new cards upon receipt and shred or cut up expired cards before discarding.
 - : Review your credit report annually by requesting one free of charge from all three credit bureaus at www.annualcreditreport.com.
- Your credit card information is always at risk for theft. Always take steps to keep your credit card details safe. Always be wary of scammers who may try to trick you into giving up your credit card details.

Place your credit card in a purse or wallet close to your body where it can't be easily snatched away. Ladies, make sure your purse is zipped. If you're shopping in a high traffic area, carry a smaller purse. For both men and women, carry only the one or two credit and debit cards you will be using on a particular day. Leave all our other credit cards at home. Thieves can take pictures of your credit card with a camera or cell phone, so don't leave your credit card exposed any longer than necessary. After you make a purchase, put your credit card away immediately. Always confirm you have your credit card back in your possession before you leave a store or restaurant.

SELF-SUFFICIENCY WORKSHOPS UPDATE

Residents are continuing to come out in large numbers to the monthly self-sufficiency workshops and trainings. Attendance rose to 70 residents for the months of February and March.



Mr. Jay Anderson, Alfa Insurance Agent

To emphasize the importance of having life insurance coverage, Mr. Anderson used the “empty chair” analogy. The thought provoking question was... *“What is going to happen when your chair in the family becomes empty?”*



Mr. Anderson takes questions from the residents.

Mr. Anderson covered 3 main types of insurance; life, automobile and rental. The need for life insurance should never be overlooked or left to chance. For we will all have to deal with someone’s “empty chair” or better yet.... we all are sure to leave behind an “empty chair” of our own one day as time continues to pass by.



Ms. Pinneice Mosley, Peach State Health Care Specialist

Peach State Health Care Specialist, Ms. Pinneice Mosley presented all the benefits available through Peach State Health Care Plan.



Residents talk with health care specialist and pick up flyers after workshop.

REMAINING 2017 MONTHLY WORKSHOP/ TRAINING SCHEDULE

April 19th

May 11th

May 17th

NO JUNE CLASS

July 19th

August 16th

September 20th

October 18th

November 14th

December 6th

“MARK YOUR CALENDAR”

SENIOR BINGO CLUB MEMBERS ENJOY VALENTINE'S DAY BRUNCH



Ms. Geraldine Angry was the winner of the grand prize, a huge plush bear named **MR. FUDGE**.

The seniors celebrated Valentine's Day during their February bingo games. The blackout prize was a huge plush bear that the seniors named *Mr. Fudge*. Winner of the blackout prize was Ms. Geraldine Angry of Barbara Battle way. All the seniors got a chance to touch and hug *Mr. Fudge* but only one lucky winner could take him home and that was Ms. Angry.



The seniors were treated to an Easter Brunch.

With the monthly bingo game day falling on February 14th (Valentine's Day), it was fitting for the seniors to partake of a Valentine Brunch when all the bingo games were over. The brunch consisted of party trays that contained crackers, honey ham, roast beef, 2 type

cheeses and crackers. The seniors also enjoyed Valentine cookies and cupcakes. The highlight of the brunch was chilled sparkling grape juice. It was a great morning of fellowship for everyone in attendance.



Seniors listening closely for their needed numbers.



Mr. Dwight Chavis and Mr. Johnny Evans serve themselves



For more information about joining our seniors, contact Diana Roberts at 924-3732.

RECIPE CORNER

NO PEEK CHICKEN



You will need:

- 1 box Uncle Ben's Long Grain Wild Rice (original recipe)
- 1 can Cream of Mushroom Soup
- 2 cans water
- Chicken Breasts (leg quarters, legs, etc.)

Preparation:

- In a greased 9x13" pan, mix the following:
 - Box of Rice
 - Cream of Mushroom Soup
 - Cream of Chicken Soup
 - 2 cans of water
- Arrange the raw chicken on top of the rice mixture.
- Cover and seal with foil.
- Bake at **350 degrees** for 2 ½ hours and.....



TACO BAKE CASSEROLE



You will need:

- *1 package (14 oz.) KRAFT Deluxe Macaroni & Cheese Dinner
- *1 pound of ground beef
- *1 package (1 oz.) TACO BELL Taco Seasoning Mix
- *3/4 cup BREAKSTONE'S or KNUDSEN Sour Cream
- *1 ½ cups KRAFT Shredded Cheese, divided
- *3/4 cup TACO BELL Thick & Chunky Salsa

Directions:

- *Preheat oven to **400 degrees**.
- *Prepare Dinner as directed on package. While Macaroni is cooking, cook meat with taco seasoning as directed on package.
- *Stir sour cream into prepared Dinner. Spoon half the Dinner mixture into 8-inch square baking dish sprayed with cooking spray; top with layers of meat mixture, 1 cup shredded cheese and remaining Dinner mixture. Cover.
- *Bake 15 minutes; top with salsa and remaining shredded cheese. Bake, uncovered, 5 minutes or until cheese is melted.

Prep Time: **20 minutes**

Total Time: **40 minutes**

Servings: **6 servings**, 1 cup each

Tornado Watch Vs. Tornado Warning



A **Tornado Watch** is just to let folks know to be on the lookout for a possible tornado in the area. A **Tornado Warning** is a notification that a tornado has been seen or picked up by radar.

Tornado Watch

A Tornado Watch is issued to alert people to the possibility of a tornado developing in your area. At this point, a tornado has not been seen but the conditions are very favorable for tornados to occur at any moment.

Things to do when a Tornado Watch is issued:

- *Listen to your local radio for updates.
- *Keep alert and watch for changing weather conditions.
- *Listen to your local news reports & weather update.
- *Review your family or business emergency preparedness plan.
- *Review your disaster kit.
- *Be ready to seek shelter at a moments notice.

What to watch for during a Tornado watch:

- *Dark greenish or orange-gray skies
- *Large hail
- *Large, dark, low-lying, rotating or funnel-shaped clouds
- *A loud roar that is similar to a freight train

Tornado Facts:

- *The most powerful tornadoes occur in the US.
- *A typical tornado only lasts for a few minutes.
- *Every tornado has its own color, sound, and shape.
- *Tornadoes have been reported in every state in the US and also in every season.
- *Tornadoes can occur at any time, but most often occur between 3pm and 9pm.

Tornado Warning

A Tornado Warning is issued when a tornado has actually been sighted or has been picked up on radar in your area. This means that you need to take shelter immediately in a safe sturdy structure.

Things to do when a Tornado Warning is issued:

- *Take shelter immediately.
- *Listen to your local radio for updates.

What not to do during a Tornado:

- *If possible, do not stay in a mobile home.
- *Do not open the windows in your home or business.
- *Do not try to outrun a tornado in a car.
- *Do not get under a highway overpass or bridge as you will be exposing yourself to flying debris and stronger winds.

If you are in a building:

Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the building's lowest level. If you don't have a basement, take shelter in the center of an interior room on the lowest level, such as a bathroom, closet or interior hallway that is away from corners, windows, doors and outside walls.

If you are in a vehicle, trailer or mobile home:

Get out immediately and go to a nearby sturdy building or storm shelter and seek shelter on its lowest floor.

If you are outside without nearby shelter:

Lie down in a ditch, ravine, or depression nearby and cover your head with your hands.

After a tornado:

- *Continue listening to local radio & news for updated information and instructions.
- *If you are away from home, return only when authorities say that it is safe to do so.

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CURRENT RESIDENT OR

School ends Thursday, May 18th!
Please watch out for us during the summer!

