



Harvest Festival comes around,  
 Bushes of blackberries can be found.  
 For some the school days have begun.  
 The summer holiday has been & gone.  
 September, October bring darker nights.  
 A warmer coat to wrap up tight.  
 The insects now seem far & few,  
 The trees grow bare, a sky less blue.  
 First came Spring, then Summer sun,  
 Now the Autumn has begun.

*Any Income Changes?*

**Make sure to fill-out a Reporting Change Form and an Employment Verification Form.**

**These forms can be turned into the office manually or even faxed to the office to make the process easier.**

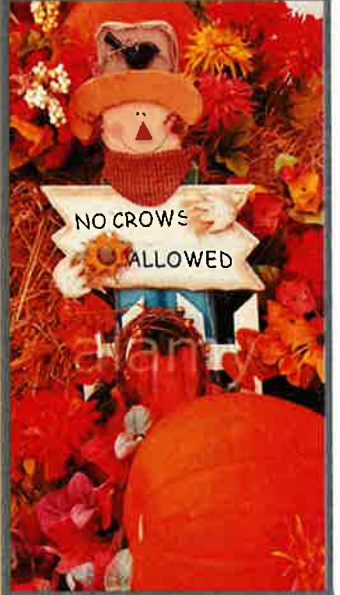
**This is important so that I can keep updated information in your file and also keep your Escrow Savings Account updated. Maybe you haven't started your Escrow Account yet, with updated information you turn in**

**(New Job, raise at work or more hours at work)**

**- I can get a Escrow Savings Account started for you.**

**Please turn in any changes you may have by the 23rd of the month.**

*Happy Harvest,  
 Jenni Jones*





September 1, 2015

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### Special Points of Interest:

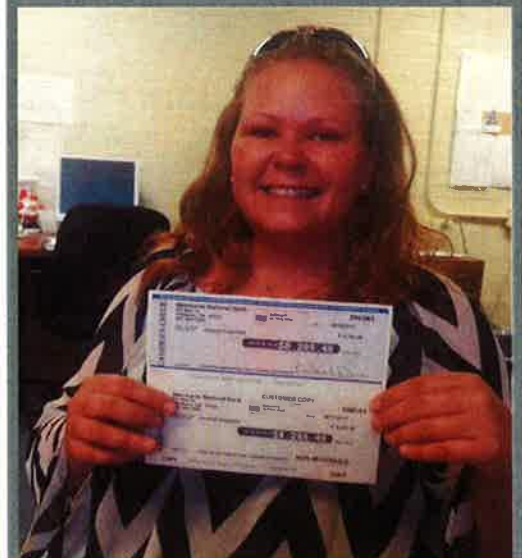
- ◆ The best way to predict the future is to create it.  
- Peter Drucker
- ◆ It's hard to beat a person who never gives up.  
- Babe Ruth
- ◆ When you want to succeed as bad as you want to breathe, then you'll be successful.  
- Eric Thomas
- ◆ You don't have to be great to start, but you have to start to be great.  
- Zig Zagler
- ◆ Strength does not come from winning, your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.  
- Mahatma Gandhi
- ◆ Efforts & Courage are not enough without Purpose & Direction.  
- J.F.K.
- ◆ You'll always miss 100% of the shots you don't take.  
- Wayne Gretzky

# Family Self-Sufficiency Newsletter

FAYETTE METROPOLITAN HOUSING AUTHORITY

## Celebrating a *Family Self-Sufficiency* Graduation!

Congratulations are in order - **Jennifer has graduated from the Family Self-Sufficiency Program!** Before participating in the FSS Program, Jennifer was a single, stay at home mom who never had enough money to buy the essentials needed for her and her family. She and her children were homebound the majority of the time with no access to transportation. With a lot of hard work and guidance from the Family Self-Sufficiency Program, Jennifer was able to reach her goals! She was able to obtain a vehicle, complete credit counseling and obtain a fantastic job - all while receiving good day care for her children. Since graduating from the FSS Program, Jennifer has a full time job that she loves where with hard work has received both promotions and raises. She will be attending Southern State Community College in the Fall to finish up the one semester she needs to graduate from college earning an Associates Degree in Applied Science in Corrections. She plans on using that degree to follow her dreams in achieving her ideal career. She is also looking towards owning her own home in the very near future. Jennifer received a check for over \$8,000.00 from her Escrow Savings Account! She was able to use the money to pay off the majority of her debt. When asked "What does becoming Self-Sufficient mean to you?" -



Jennifer replied ... "Now I can take care of my family on my own without needing help. It also means, I'm showing my kids that hard work most definitely pays off and when you start something - you must finish it. At the end of the day, it feels great knowing that I'm providing a good life for my family!" Good Luck Jennifer - We are so proud of you! You are an inspiration to everyone in the FSS Program.

## Motivational Message for the Month

### Allowing ability to blossom

Progress is made by those who have the courage to be wrong and the persistence to find how to get it right. Great achievements are crafted into existence by those who, when they begin, are not sure exactly how they'll do it. Don't wait until you know how to do everything before you have the confidence to do anything. Find confidence in the authenticity of your desire and the goodness of your purpose. You don't have to already be an expert to gain expertise. You just have to get busy. If you should stumble a lot at first, get back up each time and apply what you've just learned. Even when you stumble going forward, you're still moving ahead. Don't wait for confidence to somehow come to you. Get out there and create it for yourself. You are worthy, and able to reach the goals that truly mean something for you. Get yourself going, and enjoy the experience of allowing your ability to blossom.

— Ralph Marston





## Monster Caramel Apples

- ◆ 8 medium **Apples**
- ◆ 8 **Wooden Sticks**
- ◆ 32 **Oreo Cookies**, coarsely chopped
- ◆ 1 cup **Butter**, cubed
- ◆ 2 cups packed **Brown Sugar**
- ◆ 1 can (14 ounces) **Sweetened Condensed Milk**
- ◆ 1 cup **Light Corn Syrup**
- ◆ 1 teaspoon **Vanilla Extract**
- ◆ 8 squares (1 ounce each) **White Candy Coating**, coarsely chopped
- ◆ 1/2 cup **Orange & Brown Sprinkles**

Wash and thoroughly dry apples; insert a wooden stick into each. Place on a waxed paper-lined baking sheet; chill. Place cookie crumbs in a shallow dish; set aside. In a heavy 3-qt. saucepan, combine butter, brown sugar, milk and corn syrup; bring to a boil over medium-high heat. Cook and stir until mixture reaches 248° (firm-ball stage) on a candy thermometer, about 30-40 minutes. Remove from the heat; stir in vanilla. Dip each apple into hot caramel mixture to completely coat, then dip the bottom in cookie crumbs, pressing lightly to adhere. Return to baking sheet to cool. In a microwave, melt candy coating; stir until smooth. Transfer to a small plastic bag; cut a small hole in a corner of bag. Drizzle coating over apples. Decorate with sprinkles.



## Apple Pork Chops

- ◆ 2 teaspoons **Cornstarch**
- ◆ 3/4 cup **Chicken Broth**
- ◆ 4 boneless **Pork Loin Chops** (4 ounces each)
- ◆ 2 teaspoons **Canola Oil**
- ◆ 1 large **Apple**, peeled & thinly sliced
- ◆ 1 small **Onion**, finely diced
- ◆ 1/3 cup **Unsweetened Apple Juice**
- ◆ 2 teaspoons **Dijon Mustard**
- ◆ 1 teaspoon **Dried Thyme**

In a small bowl, combine cornstarch and broth; set aside. In a large skillet, cook chops in oil over medium heat for 2-3 minutes on each side or until chops are lightly browned; drain. Remove and keep warm. In the same skillet, sauté apple and onion until apple is crisp-tender. Stir in the broth mixture, apple juice, mustard and thyme; bring to a boil. Add pork chops. Reduce heat; cover and simmer for 4-5 minutes or until a thermometer reads 145°. Let stand 5 minutes before serving.



# Make Your Own Scarecrow!

*What better way to decorate the outside of your home than with a Scarecrow! This is a fun project for your family. I made my own Scarecrow 7 years ago - who now guards over my garden & is a great decoration for Harvest Season!*

## You'll Need:

- ◆ Old Clothes ... Flannel Shirt, Overalls or Blue Jeans and a Straw Hat (or even an old baseball cap)
- ◆ 3x3 foot piece of Burlap
- ◆ 1x2 Wood: one piece at 60 inches (5 feet) and one piece at 12 inches
- ◆ Small Bucket or a Large Coffee Can (to form head)
- ◆ Twine: 6 pieces at 18 inches each
- ◆ Small Bale of Straw
- ◆ One Medium-Size Newspaper
- ◆ (2) Screws
- ◆ Screwdriver or Drill with 1/6" Drill Bit (to drill pilot holes for the screws)
- ◆ Assorted Colors of Acrylic Paint & a Small Paint Brush

Build a Scarecrow Form. The form consists of approximately 5 foot (60 inches) vertical 1x2 and an approximately 12 inch 1x2. Attach the 12 inch piece horizontally approximately 10 inches from the top of the 5 foot piece with two screws. It's recommended that you drill pilot holes for the screws so you don't split the wood. Place the bucket (or coffee can) on the floor and lay the burlap over the top of the bucket; the bucket should be in the center under the burlap. Push the burlap down into the bucket. Make the scarecrow's head. Turn your 1X2 form upside down and insert into the center of the bucket. With individual sheets of newspaper - begin packing the bucket around your form. Continue adding paper until the bucket is full and tightly packed. Pull the burlap up around the form taking care not to cover the horizontal piece. Use a piece of twine to tie the burlap just above the bucket. Tie it tight. Next, gather and tie the loose burlap together just above the horizontal piece. Take care not to cover the cross piece. Remove the form from the bucket and invert the form. Place the shirt over the form and button (leave the top buttons unbuttoned). Use twine to tie the ends of the sleeves. Gather the bottom of the shirt and tie with a piece of string. Begin filling the sleeves and remaining shirt with straw. Place the Coveralls (or Jeans) on the form. You may want to cut a hole in the crotch of the pants to fit over the vertical 1x2. Tie the pants legs and fill the coveralls with straw. Paint the scarecrows face and let dry. Place the Hat on and then your scarecrow is ready to be tapped into the ground! If you decide you would like to have your scarecrow in a sitting position instead of standing, the full 1x2 form wont be necessary.





# 8 Tips For Choosing A Good Daycare For Your Child

Whether you choose a formal child-care center, family day care, or in-home care, there are some basic things you should know and insist upon. To help you make this all-important decision, we've talked to mothers and other experts who have been in the child-care trenches. Here are eight ways to size up a child-care option:

1. **Look down.** When you're visiting a potential site, pay attention to how the staff interacts with the children. Ideally, a caregiver should be on the floor playing with the kids or holding one on her lap. In their early years, babies need close, loving, interactive relationships with adults in order to thrive. That's why it's especially important that babies' first caregivers be warm and responsive, and that even in group care, infants and older babies get a healthy dose of one-on-one time. (Though individual states set their own staffing ratios for child-care facilities, the American Academy of Pediatrics specifically recommends a ratio of one adult for every three babies up to 24 months of age.)
2. **Ask for a commitment.** Babies need consistent, predictable care. It helps them to form a secure attachment to their caregivers, according to Debra K. Shatoff, a family therapist in private practice in St. Louis. If you're looking at an in-home caregiver, request that the person you're considering make a one-year commitment to the job. If you're considering a center, find out how long the current caregivers have been working there and how much turnover the center usually experiences.
3. **Do a policy check.** Find out whether you share parenting philosophies on topics such as discipline (Do the caregivers use time-outs, scoldings?); television (Is the TV on all day or used sparingly, if at all?); feeding (What snacks or drinks are provided for older babies?); sleeping (When are naps offered? How are fussy babies put to sleep?); and so forth. Inquire about the sick-child policy (What symptoms prevent a child from attending?). Also ask whether there's a backup plan should the family day-care provider or in-home caregiver get sick and be unable to work. The more questions you ask early on, the less likely you are to be unpleasantly surprised later.



***No matter what your work hours, you are still your child's essential caregiver -- the most consistent source of love and support in their life. Under your care and guidance, along with the help of your well-chosen caregivers, your child will flourish and grow into a happy, healthy person.***

4. **Drop by and spy.** While word-of-mouth referrals from other parents or trusted resources are important, you need to look at a place for yourself to assess whether it meets your needs. Of course, any child-care environment should be kept clean, childproofed, and well stocked with sturdy books and toys that are age-appropriate. Other details to consider: When older children share the space, toys with small parts (choking hazards) should be kept away from younger babies. Ideally, infants and babies should have their own area where they won't get "loved" too much by older toddlers. A room or separate area dedicated solely to swings and bouncers may look appealing at first glance, but keep in mind that growing babies need plenty of floor time to develop and strengthen their muscles. If possible, try to visit the same centers at different times of the day to get a sense of how the staff interacts with the children and what the routine is. You may want to consider popping in unannounced a few times after you've enrolled your child, just to see how things are going. Sometimes your visits will confirm that the place is right for you, but sometimes they'll be a real eye-opener.
5. **Keep talking.** Until your baby can talk, you will be relying on what the caregiver tells you about your child's day. Make sure you can communicate comfortably with each other. When you first hand off your child in the morning, you should tell the caregiver how your little one slept the night before, if he is teething, and whether he ate breakfast. At the end of the day you'll want to know similar information, such as the number of diapers he went through, when he napped, and if he seemed happy overall. It's always preferable to speak to the caregiver in person. If that's not possible, ask if there's a convenient time to phone, perhaps at nap time.
6. **Problem-solve pronto.** It's inevitable that you'll experience conflicts with your caregiver, both large and small. Address problems right away rather than ignoring them until they grow out of proportion. Some issues can be resolved quickly; others may require more discussion. Whatever the conflict, treat the caregiver in a respectful manner, but don't be afraid to speak up, says Deborah Borchers, MD, a pediatrician in private practice in Cincinnati. When broaching a difficult subject, ask the caregiver's opinion, and hear her out. As the parent, you have the final word with an in-home caregiver, but you're more likely to elicit cooperation if the caregiver knows she has been heard. For example, instead of demanding an earlier nap time to make bedtime easier, ask the caregiver if she has ideas about how to adjust your baby's schedule so he won't grow so overtired in the evening.
7. **Trust your gut.** Every parent knows when something doesn't feel quite right. You may be turned off by a center everyone in town raves about or clash with a highly recommended sitter. If that happens, keep searching. Babies deserve, and thrive under, good, nurturing care. If something just doesn't feel right about your situation, investigate other options.
8. **Be open to change.** You're not married to a particular person or situation, and if things don't work out, you can always make a switch. Yes, you want consistency for your baby, but that doesn't mean you can't alter arrangements. Babies are resilient; as long as they're having a positive experience with their new caregiver, they'll be just fine, points out Dr. Shatoff.

***Becoming Self-Sufficient is not only beneficial to you, but so important to the future of your children. If you are struggling to pay for Childcare while you are accomplishing your goals through continuing your education or working - Please contact Fayette County Department of Jobs & Family Services at (740)335-0350 to learn about their Subsidized Child Care Program.***



## Canning Homemade Mild Salsa



**No store-bought Salsa compares with the taste of Homemade Salsa! In the middle of the Winter, you can enjoy crisp Tortilla Chips paired with your own Homemade Salsa and taste the Summer-fresh flavor of vine-ripened tomatoes.**

- ◆ 6 pounds of Tomatoes (around 24 average-size tomatoes)
- ◆ 1/4 pound Jalapeno Peppers
- ◆ 1/3 cup chopped fresh Cilantro
- ◆ 9 cloves of Garlic, chopped
- ◆ 1/3 cup Lime Juice
- ◆ 1 1/2 teaspoons Salt
- ◆ 1 1/2 teaspoons Cumin
- ◆ 1 White Onion, chopped
- ◆ 1 Yellow Onion, chopped
- ◆ 1 Red Onion, chopped
- ◆ 6 Pint Jars with Lids & Rings
- ◆ Water Bath with Rack

Sterilize jars and seals. Put clean tomatoes in boiling water for 30-45 seconds and then plunge them into ice water. The tomatoes will be easy to peel as a result. Peel tomatoes and cut out cores or bad spots. Chop the tomatoes to desired size (they will cook down so leave them slightly larger than what you want them to be in the salsa). Mix tomatoes, garlic, lime juice, salt and cumin and bring to a boil. Add onion, peppers and cilantro. Bring to a boil and then simmer for 7-10 minutes. Remove 1 cup of the liquid (to thicken the salsa). Put salsa in sterilized jars leaving 1/2 inch of headroom. Wipe the rim of the jar, place sterilized seal on jar and tighten the ring. Place jars in water bath for 15 minutes. Remove jars and let stand for at least 24 hours. *If the jar did not seal, place in refrigerator and use within a week. This recipe will yield 6 Pint Jars!*

### Thank You to Our Local Community Family Self-Sufficiency Incentive Program Sponsors!



#### FAYETTE METROPOLITAN HOUSING AUTHORITY

121 E. East Street  
Washington Court House, Ohio  
43160

Phone: (740) 335-7525

Fax: (740) 335-6644

Jenni Jones  
Program Coordinator

E-mail:  
jenni.jones@fayette-co-oh.com

