



*A bell is no bell 'til you ring it.
 A song is no song 'til you sing it.
 And love in your heart
 Wasn't put there to stay -
 Love isn't love
 'Til you give it away.*



Do you know someone in the Housing Authority Program that would be perfect for the Family Self-Sufficiency Program?

Remember, like yourself, the likely candidate must be the Head of Household in their family, be interested in becoming Self-Sufficient by achieving their GED, going to College, starting a good Career all while earning an Escrow Savings Account. If so, tell them about our program & what it's done for you. And if you don't mind, give them my name & have them give me a call. The FSS Program is always open to families like yours who are seeking a better future.

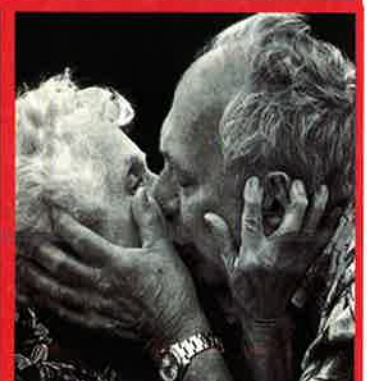


Is someone you know looking for a Job?

Are you or somebody you know looking for full time or part time work? Don't forget about the big "Looking for a Job?" Bulletin Board located in the Waiting Room at the Fayette Metropolitan Housing Authority. Every 2 Weeks I update the board with the most current Help Wanted Ads in Washington Court House and the surrounding area.



**Happy Valentine's Day,
 Jenni Jones**



Family Self-Sufficiency Newsletter

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Loving Yourself

Most of us understand what it means to love another person. The feelings of intense desire, admiration and emotional investment in another person are likely familiar. We go through great lengths to nurture our love towards others. But loving yourself? That can feel like a foreign concept to many of us.

Self-love is a combination of self-acceptance, self-possession (different than self-obsession), self-awareness, and kindness and respect for ourselves. Self-love is both conceptual, an idea that you are worthy of self respect and gentleness, and an action, treating yourself with compassion and nurturance. Put simply, self-love is positive self-regard in action. **Overcome negative beliefs about yourself.** Many people have trouble letting go of negative thoughts that they have about themselves. These negative thoughts often come from outside people whose opinion we value and from whom we seek love and acceptance. **Avoid perfectionism.** Some people have trouble accepting anything less than perfection from themselves. If you find yourself pursuing perfectionism and feeling negatively about yourself when you are less than perfect, take three simple steps. Stop your current line of thinking, then focus on the effort that will be required to work towards a goal, then steadily apply the required effort. **Discard your negative filter.** Focusing only on the negatives in your life is a bad habit. Excessive focus on negative or less favorable events in your life can make these events seem disproportionately important. If you find yourself complaining that everything that happens to you is bad, try to find a little evidence to the contrary; it is very unlikely that everything is really bad. **Never call yourself names.** Calling yourself a name is reducing yourself from a human to a single element of yourself that you do not like. **Do not assume the worst can happen.** It can be easy to fall into the assumption that the very worst outcome will happen with every situation. Rewrite your internal script.

Motivational Message for the Month

You are needed

Because you've achieved, you now have the chance to do it again. Because you've persisted, you now can gain great value from continuing to persist. Did you think this would be easy? Did you think you would be able to make one leap and then never have to make any effort again? That's not the way it works, and you wouldn't want it to anyway. What gives richness to your life is the opportunity to participate, again and again, in making good things happen. You are needed, you are necessary, you are in demand as someone who can make a difference. Consider what a blessing that is, and then think of what you can do about it. All your effort has bought for you the opportunity to make even greater effort. That's a very good and desirable thing. You are needed to make a difference in life, today and every day. Feel how great it feels to be so needed, and enjoy fulfilling your beautiful obligation.

- Ralph Marston

Special Points of Interest:

- ◆ I believe that everything happens for a reason ... People change so that you can learn to let go, things go wrong so that you appreciate them when they're right, you believe lies so you eventually learn to trust no one but yourself and sometimes good things fall apart so better things can fall together.
- Marilyn Monroe
- ◆ For it was not into my ear you whispered, but into my heart. It was not my lips you kissed, but my soul.
- Judy Garland
- ◆ Don't forget to tell your favorite people that you love them.
- Shirley Temple
- ◆ You know you're in love when you don't want to fall asleep because reality is finally better than your dreams.
- Dr. Seuss
- ◆ Love isn't something you find. Love is something that finds you.
- Loretta Young
- ◆ Love is the flower you've got to let grow.
- John Lennon
- ◆ Where there is love, there is life.
- Mahatma Gandhi
- ◆ When you realize you want to spend the rest of your life with somebody, you want the rest of your life to start as soon as possible.
- from "When Harry Met Sally"

Texas Cowboy Chili

- ◆ 3 tbsp. Vegetable Oil
- ◆ 2 lbs. Stewing Beef, cut into 1/2-inch cubes
- ◆ Salt and Pepper, to taste
- ◆ 1 diced Green Bell Pepper
- ◆ 1 diced Onion
- ◆ 2 tsp. minced Garlic
- ◆ 1 1/2 tsp. ground Cumin
- ◆ Pinch ground Cinnamon
- ◆ 1 tsp. dried Oregano
- ◆ 1/4 cup Tomato Paste
- ◆ 1/2 cup Brewed Coffee
- ◆ 2 1/2 Beef Stock
- ◆ 1 tbsp. Worcestershire Sauce
- ◆ 1 tbsp. Brown Sugar
- ◆ 1 tbsp. Apple Cider Vinegar
- ◆ 2 Bay Leaves
- ◆ 1 (19 oz.) can pinto beans, drained/rinsed

Garnish with: diced Green Onion, crumbled cooked Bacon, sliced Jalapeno Pepper, Light Sour Cream, shredded Sharp Cheddar Cheese and Hot sauce (optional) - Serve with Cornbread!



In a large Dutch oven over medium high heat, add oil. When oil is hot, add stewing meat and season with salt 'n' pepper. Brown well on both sides, about 10 minutes. Add bell peppers, onions and garlic, cumin, cinnamon and oregano. Cook, stirring, until peppers and onions start to soften, about 5 minutes. Add tomato paste. Stir and cook for 1 minute. Add coffee, stock, Worcestershire sauce, brown sugar, apple cider vinegar and bay leaves. Bring to a boil. Reduce heat and let chili simmer covered, for 1 hour. Add beans. Continue to simmer, uncovered, stirring occasionally, until beef is tender and chili is thick, about 1 hour more. Taste and adjust for seasoning. Garnish & serve!

Strawberry Parfait

- 1 package (3oz) Sugar-free Strawberry Jell-O gelatin mix
- Water
- 1 cup sliced fresh Strawberries
- 1 cup Light Cool Whip

Prepare Jell-O according to box directions. Tilt wine glasses (or water goblets) on a diagonal in a bread loaf baking pan. Add sliced strawberries to the warm Jell-O liquid and then add the mixture to the glasses - only filling them half way. Let the Jell-O cool and set in the refrigerator for 1 hour. In the meantime, combine the remaining Jell-O mixture with the Cool Whip and refrigerate. Once the Jell-O has set, set the glasses upright and spoon in the pink Cool Whip mixture. Refrigerate for an additional hour so that your parfait will completely set. Top with a dollop of Cool Whip and garnish with a couple slices of strawberry. Enjoy!



Candy Grams

All you need is Creativity, some Candy Bars, Poster Board & a Marker and you have an adorable & clever gift for your sweetheart for Valentines Day!



Southern State Community College Offers Great Associate of Applied Science Degree Programs

If you are interested in attending SSSC & beginning a Great Career, go to www.sccc.edu for more information on how to get started!

Human & Social Services: Chemical Dependency

Professionals in the field work in a variety of settings including therapeutic communities, rehabilitation centers, inpatient facilities, residential programs, outpatient clinics, mental health centers, detox units and other organizations focusing on addictions treatment, education or prevention. They may organize and lead group activities, assist clients in need of emotional support or crisis intervention or they may monitor and keep case records on clients and report progress to supervisors. The amount of responsibility and supervision they are given varies a great deal as do actual job duties. Various job titles in the field include addictions educator, case manager, caseworker, chemical dependency counselor, home visitor, intake specialist, residential treatment facility associate and social work assistant.

The program provides students with a foundation in social and behavioral sciences, a focused study in addictions and career-oriented clinical/practicum experiences leading to the development of competent addictions counselors. The curriculum places strong emphasis on application of knowledge to problems and practices in the fields of human services and chemical dependency treatment, intervention and prevention. Courses in the program address basic human services and counseling skills, pharmacology and addictions theory as well as a selection of liberal arts topics to provide a broad understanding of the human experience. Academic and clinical application coursework is built around the knowledge, skills and competencies necessary to help clients move from life threatening addictions to recovery. Classes focus on the following: psychological and sociological understanding of human interactions, addictive behaviors and various treatments utilized with chemically dependent persons, pharmacological effects of alcohol and other chemicals, understanding the various needs of special populations and their differing help seeking behaviors, ethical issues including confidentiality, appropriate boundaries and dual relationships and counseling theory and techniques. Program requirements address the competencies identified by the Ohio Department of Alcohol and Drug Addiction Services (ODADAS). Graduates will have completed the necessary coursework requirements for eligibility as a Licensed Chemical Dependency Counselor II, a credential awarded by the Ohio Chemical Dependency Professionals Board. Additional requirements for LCDC II include a period of supervised experience some of which students are expected to complete after graduation from the program. Program graduates planning to work as chemical dependency counselors must apply for and receive this credential in order to practice legally in the State of Ohio. In addition, the program meets the educational requirements of the State of Ohio Counselor, Social Worker and Marriage and Family Therapist Board certification of Social Work Assistant.

A minimum grade of "C" is required in all courses for graduation. Any required course in which a grade below a "C" is received must be repeated. Life experience credit may not be used to fulfill graduation requirements in this program. Students completing the Chemical Dependency major must complete their entire practicum experience at a chemical dependency counseling/treatment facility.



Law Enforcement

Law Enforcement professionals work in a variety of environments which require the ability to conduct investigations, to provide security and service and to communicate with varied constituencies. A broad working knowledge of criminal and civil law, especially in regard to police procedure, is required. A large number of new and replacement personnel in law enforcement are projected to be needed for the next decade. Job titles within the field of law enforcement include bailiff, criminal investigator, detective, patrol officer, sheriff and sheriff's deputy.

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



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10
Tips

Get Ahead of the Winter Freeze

It's not too early to begin preparing for the heating season. Check these 10 tips off your list and get ahead of the winter freeze.

- Our furnace has been inspected and serviced by a qualified professional during the last 12 months. (A furnace should be serviced at least once a year.)
- Our chimneys and vents have been cleaned and inspected by a qualified professional. I have checked for creosote build-up. (Not cleaning your chimney is the leading cause of chimney fires from built up creosote. This service needs to be done at least once a year.)
- Our wood for our fireplace or wood stove is **dry, seasoned wood**.
- Our fireplace screen is **metal or heat-tempered glass**, in good condition and secure in its position in front of the fireplace.
- We have a **covered metal container** ready to use to dispose cooled ashes. (The ash container should be kept at least 10 feet from the home and any nearby buildings.)
- Our children know to stay at least **3 feet away** from the fireplace, wood/pellet stove, oil stove or other space heaters.
- Our portable space heaters have an **automatic shut-off**.
- Our portable space heaters will be **plugged directly into an outlet** (not an extension cord) and placed at least three feet from anything that can burn; like bedding, paper, walls, and even people. (Place notes throughout your home to remind you to turn-off portable heaters when you leave a room or go to bed.)
- We have **tested our smoke alarms** and made sure they are working. (You need a smoke alarm on every level of the home, inside each bedroom and outside each sleeping area. For the best protection, the smoke alarms should be interconnected so when one sounds, they all sound.)
- We have **tested our carbon monoxide alarms** and made sure they are working. (Carbon monoxide alarms should be located outside each sleeping area and on every level of the home.)



Tips for Avoiding Winter Bugs:

- **Get vaccinated against flu**
- **Wash your hands often**
- **Limit exposure to infected people**
- **Keep stress in check**
- **Eat right**
- **Sleep right**
- **Exercise**