



Happy Easter

Bunnies are brown, bunnies are white. Bunnies are always an Easter delight.
Bunnies are cute, they're soft & small, But I like the chocolate ones best of all!



Housing Quality Standards Inspections

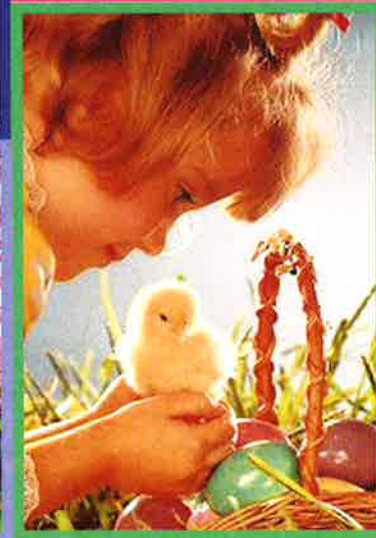
Once you have been a participant in the Section 8 Housing Choice Voucher Program for 1 year, in order to be recertified for another year, the Housing Authority must conduct an Annual HQS Inspection. It is the tenant's responsibility to make certain entry can be gained to the unit, common areas spaces and heating facilities at the appointed time. Your landlord may be present for the inspection. Please be prepared for the inspector on the date and time scheduled. If you are not able to be there, please assign a representative over the age of 18 for this inspection. If you (or a representative) are not present when the inspector arrives, you will be charged a rescheduling fee of \$15.00. If you have pets, please contain your pet to have NO ACCESS to the inspector or you may be charged a rescheduling fee of \$15.00. In accordance with the Section 8 Housing Choice Voucher Program requirements, all rental units must be inspected annually to continue participation in the program. If you find it necessary to re-schedule this appointment, please do so 24 hours, in advance of the inspection date. Please be advised that failure to allow the inspection or to reschedule the inspection within a reasonable time period may result in the abatement of HAP payments and/or termination of your unit from the program.



Maintaining Your Rental Unit

In addition to passing an Annual HQS Inspection every year, It is stated in the Section 8 Family Obligations of the Housing Authority Program - You Must:

- ◆ Maintain your unit in good condition. This includes paying for any utilities that are your responsibility and supplying and maintaining any appliances you agreed to provide.
- ◆ Repair any damage caused by you, any household members or your guests in a timely manner.
- ◆ If your home is dirty, cluttered or otherwise poorly attended (this also includes your yard), you will be warned and expected to correct the problem immediately. You may also be required to attend special classes to enforce better housekeeping habits. If the problem is not corrected or continues, you may be evicted under the terms of your lease agreement for failure to maintain your unit. If you are evicted for this reason, you will be terminated.



Fayette Metropolitan Housing Authority

NEWSLETTER

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Special Points of Interest:

- ◆ Spring shows what God can do with a drab and dirty world.
- Virgil Kraft
- ◆ I am going to try to pay attention to the Spring. I am going to look around at all the flowers, and look up at the hectic trees. I am going to close my eyes and listen.
- Anne Lamott
- ◆ Came the Spring with all its splendor. All its birds and all its blossoms. All its flowers and leaves and grasses.
- Henry Wadsworth Longfellow
- ◆ Easter is the only time when it's perfectly safe to put all your eggs in one basket.
- Evan Esar
- ◆ Spring is nature's way of saying Let's Party!
- Robin Williams
- ◆ Where man sees but withered leaves, God sees sweet flowers growing.
- Albert Lighton
- ◆ And Spring arose on the garden fair, Like the spirit of love felt everywhere; And each flower and herb on earth's dark breast rose from the dreams of its wintry rest.
- Percy Bysshe Shelley

Let's Go For A Walk!

Taking a walk a day is kind of like that proverbial apple: There's a good chance it'll keep the doctor away. From helping you lose weight and de-stress to lowering your blood pressure and reducing your risk of many chronic diseases - going for regular walks is one of the best and easiest things you can do for your health. You know how sometimes it takes a glass of wine or a square (or three) of dark chocolate to blunt the edge of a rough day? Well, going for a walk is a zero-calorie strategy with the same benefits. Research shows that regular walking actually modifies your nervous system so much that you'll experience a decrease in anger and hostility. What's more, when you make your walks social - you stride with, say, your partner, a neighbor, or a good friend - that interaction helps you feel connected. Walking outdoors exposes you to natural sunlight which can really benefit your mood. Whether you're feeling stuck at work or you've been searching for a solution to a tricky problem, research shows it's a good idea to get moving - going for a walk can spark creativity. Researchers have administered creative-thinking tests to subjects while seated and while walking and found that the walkers thought more creatively than the sitters. As you continue to walk, you may notice your pants begin to fit more loosely around your midsection, even if the number on the scale isn't moving much. That's because regular walking can help improve your body's response to insulin, which can help reduce belly fat. Walking every day is one of the most effective low-impact ways to mobilize fat and positively alter body composition. Daily walking increases metabolism by burning extra calories and by preventing muscle loss, which is particularly important as we get older. The American Diabetes Association says walking lowers your blood sugar levels and your overall risk for diabetes.

BENEFITS OF WALKING

1. Weight loss
2. Increase metabolism
3. Healthier heart
4. Increased self-esteem
5. Toned muscles
6. Improved self image
7. Increased energy
8. Stronger bones and joints
9. Relieves stress
10. Strengthens immune system
11. Reduced risk of high blood pressure



As we age, our risk of unsightly varicose veins increases - walking is a proven way to prevent those unsightly lines from developing. The venous system includes a circulatory section known as the second heart which is formed by muscles, veins and valves located in our calf and foot. This system works to push blood back up to the heart and lungs - walking strengthens this secondary circulatory system by strengthening and preserving leg muscle which boosts healthy blood flow. If you already suffer from varicose veins, walking daily can help ease related swelling and restlessness in your legs. If you currently praise coffee for keeping your digestive system going strong, get ready to start thanking your morning walk instead. That's because a regular walking routine can greatly improve your gastric mobility. When you become a regular walker, you will have a regular routine and you are more likely to be active and take on healthy behaviors. Let's take a walk!

Motivational Message for the Month

Keep up the good work

Each act of kindness you offer makes the world a better place. Every word of encouragement lifts life a little higher. All the times you choose to do what's right, and good, and valuable, you create new goodness. By speaking the truth, and living authentically, you make truth itself more powerful and present. You're making a difference, making life positive and meaningful. Today is another opportunity to keep up the good work. Your efforts create value, and that value grows. Your love and generosity inspire new richness, and the richness expands. You know how good it feels when you leave people, places, situations better off than when you found them. It feels so good because it is so good, and you'll have many more chances to do it again. You are at your best when you're enabling love, hope, goodness and joy. And every day is a day to be your best.

- Ralph Marston

Welcome **SPRING** with Fresh *Fruits & Vegetables*

Seven Layer Salad

- ◆ Head of Iceberg Lettuce, chopped
- ◆ 5 Roma Tomatoes, diced
- ◆ Small bag Matchstick Carrots
- ◆ 10 oz. bag Frozen Peas, thawed
- ◆ 1/2 Red Onion, diced
- ◆ 1 English Cucumber, diced
- ◆ 4 Hard Boiled Eggs, sliced
- ◆ 1 Packet Hidden Valley Buttermilk Ranch Mix
- ◆ 1/2 cup Light Sour Cream
- ◆ 1/2 cup Light Miracle Whip
- ◆ 1/4 cup 1% Milk
- ◆ 3 cups Shredded Sharp Cheddar Cheese
- ◆ 1 lb. Cooked Bacon, chopped

Using a pretty glass bowl or a rectangular glass casserole baking dish Layer the first seven ingredients. Combine the seasoning mix, sour cream, Miracle Whip & milk to make the dressing to spread over top of everything. Layer the cheese and then top it all off with the bacon.



Mini Fruit Cheesecakes

- ◆ 2 packages (8 oz. each) Light Cream Cheese, softened
- ◆ 2/3 cup Sugar
- ◆ 2 Eggs
- ◆ 2 teaspoons Pure Vanilla Extract
- ◆ 1/2 teaspoon Pure Almond Extract
- ◆ 12 vanilla wafers
- ◆ Your Choice of Fruit Toppings ... Strawberry Slices, Blueberries, Kiwi Slices, Mandarin Oranges or Raspberries - All with a little Chocolate Drizzle (if desired).

Beat cream cheese and sugar in large bowl with electric mixer on medium speed until light and fluffy. Add eggs and extracts; beat well. Place a wafer in bottom of 12 paper-lined muffin cups. Spoon batter into each cup, filling 2/3 full. Bake in preheated 325°F oven 22 to 24 minutes or until edges are lightly browned. Cool in pan on wire rack. (Mini cheesecakes will deflate in center upon cooling.) Refrigerate 4 hours or overnight. Garnish with desired toppings.



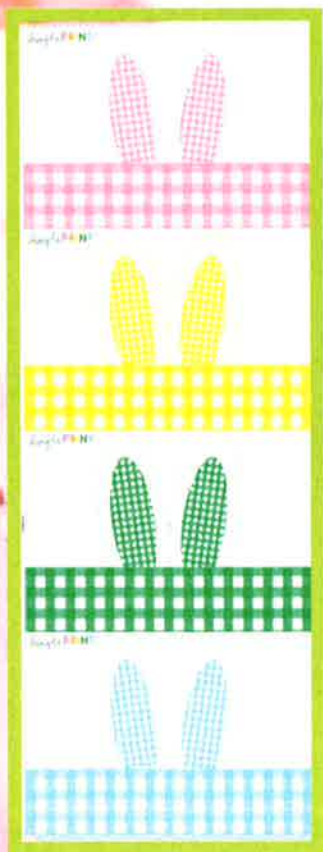
Nifty Easter Centerpiece Ideas

Simply by using Glass Vases or Mason Jars and some creativity you can put together some Beautiful Table Arrangements. You can use Fresh or Artificial Spring Flowers with Artificial Easter Eggs, Lemon Slices or Carrots with the tops left on them. For Fresh Flowers, add water to your vases or jars.



Cute & Easy Napkin Rings

Using a thick & sturdy white paper and highlighter markers in Yellow, Blue, Green & Pink - Come up with a template like this, cut them out and close the back of your Napkin Rings with a piece of scotch tape. These are perfect to use around plastic knives, forks & spoons wrapped in a paper napkin for an Easter Buffet in a cute bucket full of Easter Grass!



The TRUTH About SMOKING CIGARETTES



If you smoke, there are compelling reasons for you to quit. The rewards of quitting are tremendous, and they begin immediately. You'll experience the benefits of not using tobacco within 20 minutes of quitting, and as your tobacco-free days accumulate, the benefits will accumulate, too. Quitting smoking will improve your health, your finances, your self-esteem and your everyday life – immediately and over the long term – in ways you may never have imagined. **Smoking is the leading cause of preventable death in the United States.** Cigarette smoking and exposure to secondhand smoke cause an estimated average of 438,000 premature deaths each year in the United States. 40 % of deaths are from cancer. Cigarette smoking causes many types of cancer, including cancers of the lung, esophagus, larynx (voice box), mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute myeloid leukemia. 35 % of deaths are from heart disease and stroke and 25 % are from lung disease. This includes chronic lung diseases, bronchitis, emphysema, and asthma. **Smoking changes the brain.** According to recent research at the National Institute on Drug Abuse, nicotine addiction caused by smoking produces long-lasting chemical changes in the brain similar to changes that take place when someone uses drugs like heroine or cocaine – more evidence of the addictive, destructive nature of nicotine. **It's not too late to reverse the effects of smoking.** An overwhelming amount of damage to your health can be reversed by quitting. Studies have shown that quitting at around age 30 reduces the chance of dying from smoking-related diseases by more than 90%. If you quit at around age 50, you reduce the risk of dying prematurely by 50% compared with those who continue to smoke. Even those who quit at around age 60 or older live longer than those who continue to smoke. **Smoking is expensive.** In fact, the amount of money you spend on smoking may surprise you. Multiply how much money you spend on tobacco every day by 365 to see what you spend every year on smoking. Now multiply that by the number of years you have been using tobacco. Then, multiply the cost per year by 10 for the upcoming 10 years. If you're a one-pack-per-day smoker, you'll probably save over \$15,000. Ask yourself what you would rather do with that much money!



DISEASES CAUSED BY SMOKING

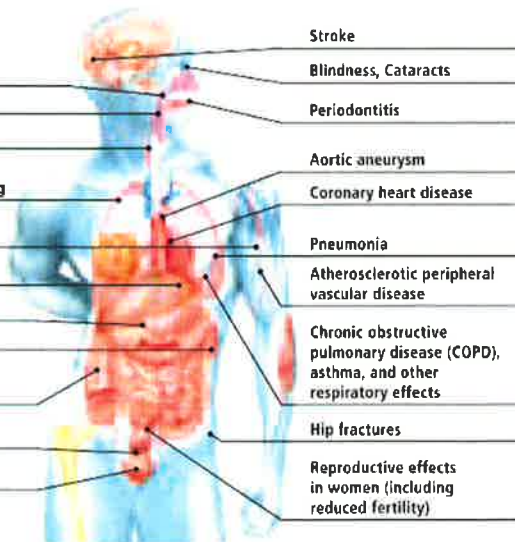
The SMOKER

CANCERS

- Larynx
- Oropharynx
- Oesophagus
- Trachea, bronchus or lung
- Acute myeloid leukemia
- Stomach
- Pancreas
- Kidney and Ureter
- Colon
- Cervix
- Bladder

CHRONIC DISEASES

- Stroke
- Blindness, Cataracts
- Periodontitis
- Aortic aneurysm
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease (COPD), asthma, and other respiratory effects
- Hip fractures
- Reproductive effects in women (including reduced fertility)



DISEASES CAUSED BY SECOND-HAND SMOKE

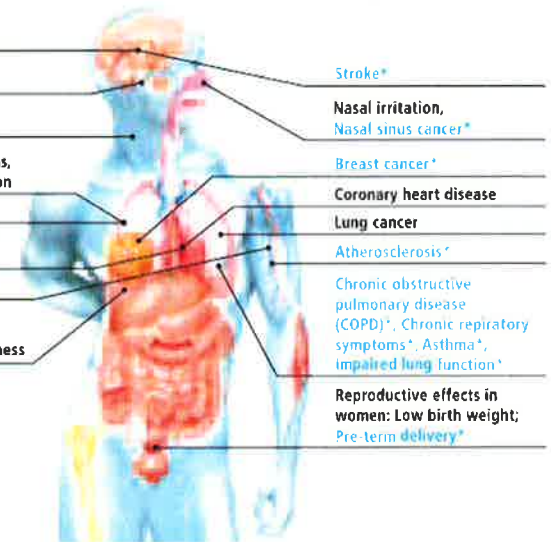
Everyone Around The SMOKER

CHILDREN

- Brain tumours*
- Middle ear disease
- Lymphoma*
- Respiratory symptoms, Impaired lung function
- Asthma*
- Sudden Infant Death Syndrome (SIDS)
- Leukemia*
- Lower respiratory illness

ADULTS

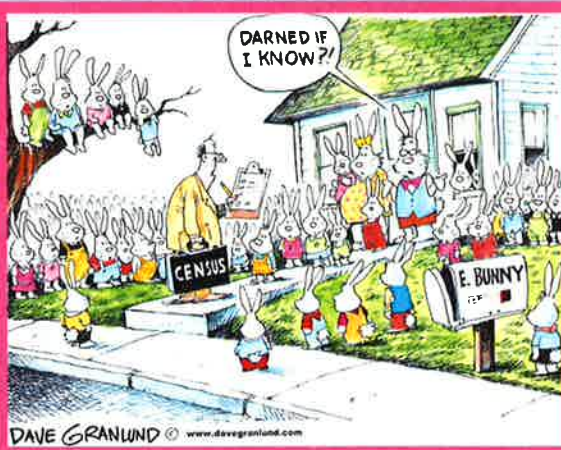
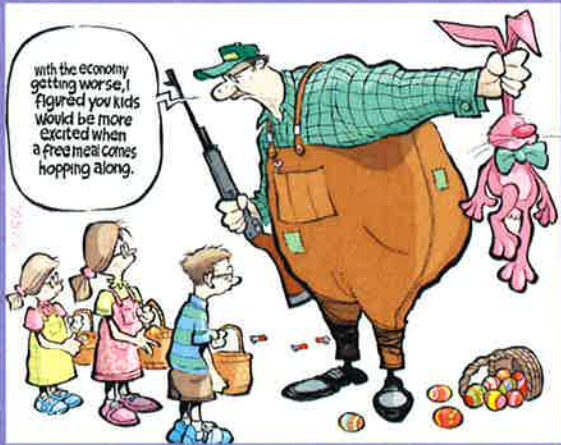
- Stroke*
- Nasal irritation, Nasal sinus cancer*
- Breast cancer*
- Coronary heart disease
- Lung cancer
- Atherosclerosis*
- Chronic obstructive pulmonary disease (COPD)*, Chronic respiratory symptoms*, Asthma*, Impaired lung function*
- Reproductive effects in women: Low birth weight; Pre-term delivery*



* Evidence of causation: suggestive
 Evidence of causation: sufficient

Source: U.S. Department of Health and Human Services. *The health consequences of smoking: a report of the Surgeon General.* Atlanta, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004 (http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2004/chapters.htm, accessed 5 December 2007).

Source: U.S. Department of Health and Human Services. *The health consequences of involuntary exposure to tobacco smoke: a report of the Surgeon General.* Atlanta, U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 (<http://www.surgeongeneral.gov/library/secondhandsmoke/report/fullreport.pdf>, accessed 5 December 2007).



SPRING CLEANING 101

The first day of Spring has officially arrived! For many of us, this time of year means getting rid of clutter. We've put together a handy checklist for each room in your home.



66% of spring cleaners do so in March & April.

- Clean rugs, floors, & baseboards
- Wash windows, light fixtures, & ceiling fans
- Replace old light bulbs
- Change smoke alarm batteries



BATHROOM

- Clean out medicine cabinet
- Dispose of expired meds
- Clean under bathroom sinks

- Clear pantry, toss old food
- Clean refrigerator & freezer
- Wash cabinets
- Clean oven & range

KITCHEN

LIVING ROOM & BEDROOMS

- Shampoo sofa cushions
- Organize DVDs, magazines, & books
- Clean out closets & donate unwanted items
- Rotate mattress



98%

of people feel good when their house is clean.

FAYETTE METROPOLITAN HOUSING AUTHORITY

121 E. East Street, Washington Court House, Ohio 43160

Phone: (740) 335-7525

Fax: (740) 335-6644

Website: www.fayette-co-oh.com

