

June

Far up in the deep blue sky,
Great white clouds are floating by;
All the world is dressed in green;
Many happy birds are seen,
Roses are bright and sunshine clear
Show that lovely June is here.
F.G. Sanders



When Your Annual Reexamination Time Is Approaching

Your Annual Reexamination falls yearly on your anniversary date of when you came into the Housing Authority Program (rounded off to the 1st of the month). If you have Moved since your original start into the program - Your Annual Reexamination will fall on the anniversary date of your last move every year. Make sure you are prepared when that time comes by following this simple Check List:

- **Have Your Application and Background Check Forms completely filled out and signed by everyone in your household who is 18 years old or older.**
- **Submit Copies of All Your Documents** - It is not the Housing Authority Staff's responsibility to make copies for you and being prepared makes the process much less complicated for everyone.
- **Have Your Income Verification Ready** - Be prepared to have the following ready, knowing that they will be asked for by your Housing Specialist every year:
 - (6) **Current Paystubs** (if you are employed)
 - **Current Social Security and/or SSI Award Letters**
 - **Current Pension or Retirement Verification**
 - **Current Child Support and/or Jobs & Family Services Cash Assistance Verification** (this can be obtained by notifying their office or simply by going online to obtain the information) - There again, this is not the Housing Authority Staff's responsibility to retrieve this information for you.
- **Have Your Current Utility Bills Ready** - (if applicable) Gas Bill, Propane Bill, Electric Bill, Water/Sewer Bill and Trash Bill or Trash Removal Verification.
- **Have Your Current Bank Statements and/or Life Insurance Cash Value Verification Ready**

All this will aid in making your Annual Reexamination Process a smooth and less complicated experience.



Fayette Metropolitan Housing Authority

NEWSLETTER

June 1, 2017

Volume 5, Issue 6

What It Takes To Be A Great Dad!

Whether you are a Dad, Step-Dad, Foster-Dad or Adopted Dad ... Being A Father is the most important privilege you'll ever have. Here are a few helpful tips to be the best Dad you can be.

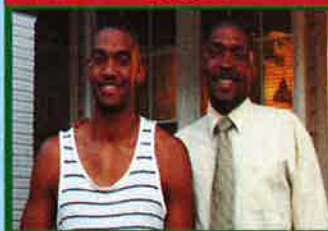
Cherish your time with them. One thing that will amaze you is how quickly the years will fly. The time you have with them is short & precious - make the most of it. Spend as much time as you can with them, and make it quality, loving time. Try to be present as much as possible while you're with them too - don't let your mind drift away, as they can sense that.

Don't look at anything as "mom" duties - share responsibilities. While there are a lot of good things from our grandparents' day that we should bring back, the traditional dad/mom split of parenting duties isn't one of them. Some men still look at certain duties as "mom" duties, but don't be one of those dads. Get involved in everything, and share the load with your baby mama. Changing diapers, giving baths, getting them dressed and feeding them.

A little patience goes a long way. As a parent, it is easy to lose your patience and temper. However, allowing yourself to react in anger or frustration is not the best thing for your child, and you must remember that. That means you need to take a deep breath, or a walk, when you start to lose your patience. Practice patience with your child and your relationship, and your child, will benefit over the long run.

Don't be the absent dad. The biggest mistake that dads make are not being there for their children. Always, always set aside time each day and each week for your children. Don't let anything violate this sacred time. And at those big moments in your child's life - a soccer game, a music recital, a science fair - do your very best to be there. It means the world.

Model good behavior. It's one thing to tell your child what she should do, but to say one thing and do another just ruins the message. In fact, the real lesson your child will learn is what you do. Your child is always watching you, to learn appropriate behavior. Excessive drinking, smoking or drug use by parents, for example, will become ingrained in the child's head. Bad manners, inconsiderate behavior, sloppy habits, anger and a negative attitude, laziness and greed ... all these behaviors will rub off on your child. Instead, model the behavior you'd like your child to learn.



Special Points of Interest:

- ♦ Any man can be a father, but it takes someone special to be a Dad.
- Anne Geddes
- ♦ My father gave me the greatest gift anyone could give another person: He believed in me.
- Jim Valvano
- ♦ The greatest thing a father can do for his daughter is to love her mother.
- Elaine S. Dalton
- ♦ By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong.
- Charles Wadsworth
- ♦ Sometimes the poorest man leaves his children the richest inheritance.
- Ruth E. Renkel
- ♦ Becoming a father, I think it inevitably changes your perspective of life. I don't get nearly enough sleep. And the simplest things in life are completely satisfying.
- Hugh Jackman

Motivational Message for the Month

Today, fulfill the promise

Life is filled with wonder and great promise. Today, live to fulfill that promise. What you think right now can be turned into action, and those actions will make a real and lasting difference. Here, in this place, think the positive thoughts and be willing to take the actions that set it all in motion. Whatever dreams, goals, ambitions, desires you have for life are yours for a reason. Do what you must do to bring them into being. Later is nothing but an excuse, and now is the time you have to work with. This is the moment when you can act to fulfill the promise, so do. As big as the challenges may be, they are outweighed by the possibilities. Focus on those possibilities, be willing, and you'll find your way through every challenge. Today is the culmination of everything in your life so far. Today, fulfill the promise you've been working so long and hard to create.

- Ralph Marston

Melon Popsicles

- ◆ 1 cup cubed Honeydew Melon
- ◆ 1 cup cubed Cantaloupe
- ◆ 1 cup cubed Watermelon
- ◆ Coconut Water
- ◆ (6) 3 ounce Paper Cups
- ◆ (6) Craft Sticks
- ◆ A Blender

- 1.) Place cantaloupe cubes with 2 tablespoons of coconut water into the blender and blend for 30 seconds.
- 2.) Pour the cantaloupe mix in the cups and fill 1/3 way. Place the craft sticks into the cups and freeze for 30 minutes.
- 3.) Blend honeydew cubes with 2 tablespoons of coconut water into the blender and blend for 30 seconds.
- 4.) Pour the honeydew mix over the cantaloupe. Adjust the craft sticks so that they are straight up and freeze for 30 minutes.
- 5.) Blend watermelon cubes with 2 tablespoons of coconut water into the blender and blend for 30 seconds.
- 6.) Pour the watermelon mix over the honeydew and freeze for 3 hours.
- 7.) To remove the ice pops from the cups - peel off the cup & pull up on the stick.



Oreo Pudding Pops

- ◆ 1 box White Chocolate Instant Pudding
- ◆ 16 Oreo Cookies
- ◆ 2 cups Milk
- ◆ Coconut Water
- ◆ (6) Craft Sticks
- ◆ (6) 3 ounce Paper Cups

- 1.) Break up 10 Oreos into pieces. Add milk to pudding and stir to mix. Add Oreo pieces to pudding.
- 2.) Put 6 Oreos in food processor and crush.
- 3.) Put pudding mixture into cup and top with crushed Oreos.
- 4.) Place stick in cup and place in freezer for at least 4 hours.



Make A Water Blob For Your Kids!

All you need is one big roll of 4mm thick plastic sheeting, duct tape and water!

1.) Fold the plastic sheeting in half and tape the three open sides with duct tape (it helps to have assistance) but leave open a small hole for the water hose. Add some bright blue food coloring or some glitter for that wow factor (you could also add confetti or small gummy items like worms or fish for a theme party - just make sure the items are very soft with no pointy edges).

2.) Put the water hose in it and let it fill (use a chair to hold the hose for you). When it's totally full, tape the small opening shut and let the kids loose.

It is that simple and that fun! You will get a few small leaks on the edges throughout the day but simply fix them by applying more tape to the leaky spots. It is super simple. The blue food dye will fade the longer the blob sits in the sun. After a few hours, the blue food coloring will be totally gone but the kids wont care and it is a great way to teach them about the power of the sun. Finally, if it gets a hole in it & a small puddle forms - the kids will have fun playing in the water. This would be a great idea for a toddler aged party.



It's Time For A Swim!

Summer has arrived! Whether going for a swim with family & friends in a swimming pool, a pond or a lake - Keep in mind these helpful Tips.

The four major causes of drownings are

- ✓ Not wearing a life jacket;
- ✓ Abuse of alcohol;
- ✓ Lack of sufficient swimming skills;
- ✓ Hypothermia

**Wear your
life jacket!**



6 TIPS FOR HEALTHY SWIMMING

PLEASE don't swim when you have diarrhea

PLEASE don't swallow pool water

PLEASE shower with soap before swimming

PLEASE take kids on frequent bathroom breaks

PLEASE change diapers in specified changing area

PLEASE wash children thoroughly before swimming



Revised April 2008 www.compass.org

10 Tips for Kids Swimming Pool safety

- ▶ Never leave children unattended, not even if they can swim, not even for a few moments.
- ▶ Use a buddy system and maintain eye contact.
- ▶ Keep pool area locked and secure when not in use.
- ▶ Swim only in supervised and approved areas
- ▶ Keep rescue equipment near the pool.
- ▶ Enroll children in swim lessons.
- ▶ Enforce water safety rules. Especially no running, pushing or dunking.
- ▶ Take all toys out of the pool when not in use so that children will not be tempted to go in after them.
- ▶ Learn CPR and other water rescue techniques.
- ▶ Never falsely claim to need help in the water.



NEVER SWIM ALONE



USE THE BUDDY SYSTEM





BE SUN SMART



Put on a Shirt



Put on Sunscreen



Wear a Hat



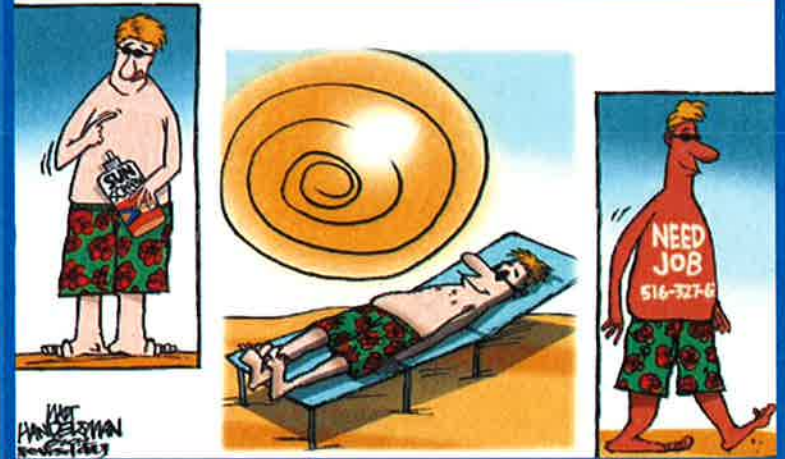
Wear Sunglasses



Stay in the Shade



SHARE THE SUN SAFE STORY WITH YOUR CHILD



PUBLIC SWIMMING POOLS

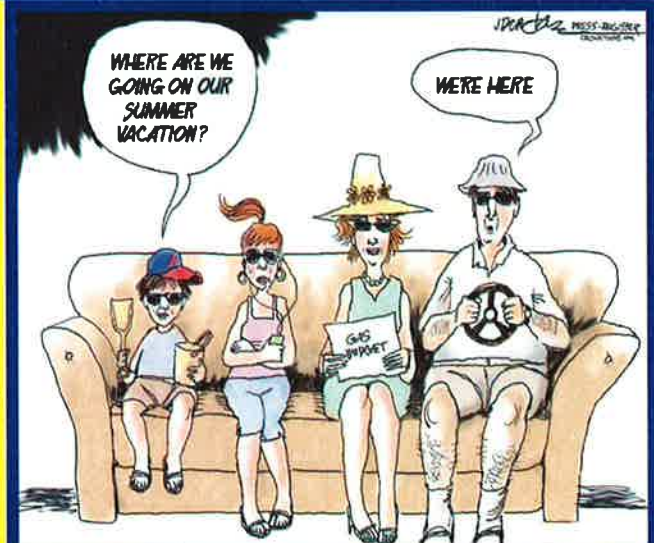
THE HOPE

AHHHH... SO COOL. SO REFRESHING.



THE REALITY

I AM LITERALLY MARINATING IN PEE AND BAND-AIDS.



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