



May

Summer is coming, oh, summer is near
with the leaves on the trees
and the sky blue & clear,
small birds are singing their fond notes so true
and wild flowers are springing in the May morning dew!



Applying To The Housing Authority Waiting List For Rental Assistance

It is the Fayette Metropolitan Housing Authority's mission to provide decent, safe and sanitary housing for low-income families. H.U.D. (Housing and Urban Development) is a government funded program. **THE WAITING LIST IS CURRENTLY OPEN.** In order to qualify for assistance for the following statuses - there must be supporting documentation provided:

- If you apply for the **Veteran Waiting List** - You must be able to provide your **DD214** Honorably Discharge Document.
- If you apply for the **Terminally Ill Waiting List** - You must be able to provide a **Letter from your Physician stating that you are Terminally Ill.**
- If you apply for the **Disabled Waiting List** - You must be able to provide a **Letter from your Physician stating that you are Disabled or produce a current Social Security Disability Award Letter and/or a Social Security Income (SSI) Award Letter.**

Once you have applied to the Waiting List, be aware that it may take several months to a couple of years before you will be contacted for an Eligibility Appointment. Unfortunately, there are so many Families in need of assistance in Fayette County. Families are selected from the list in the order in which they applied. It is very important to keep the Housing Authority updated on your current Address and Phone Number in order to be contacted when your application comes up on the Waiting List.

Waiting List Applications can only be completed on-line by going to www.fayette-co-oh.com.

Go to **Departments** and drop down to **Housing Authority**, find **Helpful Links** and follow the prompts. If the applicant does not have access to a computer or requires assistance completing an application - the Housing Authority offers a Computer in the Waiting Room with assistance if needed.



Happy
Mother's
Day

Fayette Metropolitan Housing Authority

NEWSLETTER



May 1, 2017

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Making Good Choices

7 Ways to Make Good Choices

We're all confronted by countless choices each day. Some have minimal consequences, such as whether to have our ice cream in a cup or cone, while other decisions can be life changing. And while some of these choices may impact our lives today, other choices may not affect us for years to come. The important thing to remember is that we are a product of the choices we make. Each decision helps to define who we are and how we're different from one another. Making good choices begins with taking charge of the decision-making process.

- 1. Manage the big stuff.** It's very easy to get sidetracked by insignificant issues in life. If you spend a lot of time on trivial stuff, you won't have time to contemplate things that matter.
- 2. Values matter.** Make decisions that are consistent with your core beliefs and values. The alternative invariably leads to regret.
- 3. Learn from the past.** Learn from your experiences and the experiences of others. Identify situations where you've had a similar choice in the past. How can you apply those lessons learned to the existing situation?
- 4. Know what you know and what you don't know.** Don't try to be an expert in everything. Seek input and advice when variables lie outside your comfort zone.
- 5. Keep the right perspective.** View an issue from every vantage point. What do the facts say? What is your intuition telling you? Is your conscience trying to tell you something? Listen up.
- 6. Don't procrastinate.** You'll rarely have all the information that you need to make a "perfect" decision. So don't demand perfection. The philosopher Voltaire warned against letting the perfect be the enemy of the good. That advice still holds true today.
- 7. Once you make a decision, don't look back, make it work.** Don't second-guess yourself. You can't relive the past. It's a waste of valuable time and energy.

Life's not about checking an item off your to-do list or trying to impress others with how busy you are. Life's about being content with where you've been, where you are now, and where you're going. It's about being proud of who you are, what you represent, and the impact that you're having on others. This begins and ends with the choices that you make. So give some serious thought to every choice you face. As Albert Camus once said, "Life is a sum of all your choices." Are you happy with the path that you're choosing for yourself? The choice is yours.

Motivational Message for the Month

Big Enough

Be bigger than the pettiness. Be bigger than those who may hurt or disrespect you. Be big enough not to return negativity. Be big enough to set your own course, based on your values, not on what this person said or that person did. Be big enough to care, to show it, to act on your caring. Be big enough to not let the disappointments stop you. Be big enough to be generous. Be big enough to forgive. Be big enough to respond with love. Be big enough to choose the most positive way forward from a difficult situation. Be big enough to be humble, patient, kind. Be big enough to make life great for yourself and for everyone else.

- Ralph Marston

Special Points of Interest:

- ♦ If you watch how nature deals with adversity, continually renewing itself, you can't help but learn.
- Bernie Siegal MD
- ♦ Begin each day with a little courage, a little curiosity and a little spring in your step.
- Doe Zantamata
- ♦ Keep your face towards the sunshine & shadows will fall behind you.
- Walt Whitman
- ♦ You may have to fight a battle more than once to win it.
- Margaret Thatcher
- ♦ May the stars carry your sadness away, may the flowers fill your heart with beauty, may hope forever wipe away your tears.
- Chief Dan George
- ♦ Where flowers bloom so does hope.
- Lady Bird Johnson
- ♦ To plant a garden is to believe in tomorrow.
- Audrey Hepburn

It's Time for a Picnic!

Roast Beef Tortilla Pinwheels

- ◆ 1 Extra Large Tomato or Whole Wheat Tortilla
- ◆ Sliced Deli Fresh Roast Beef
- ◆ 1/4 cup Shredded Mozzarella Cheese
- ◆ 1/4 cup Light Mayonnaise or Light Miracle Whip
- ◆ 1 tsp Dijon or Spicy Mustard
- ◆ Green Leaf Lettuce

Mixing the mayonnaise (or Miracle Whip) and the mustard together - spread them over the tortilla. Cover 1/2 of the tortilla with the roast beef. Sprinkle the cheese down the center of the tortilla. Place a few lettuce leaves down the center of the tortilla along side the cheese. Starting on the meat side, roll the tortilla as tight as you can. Immediately wrap the tortilla in plastic wrap & refrigerate for an hour. Then, remove the plastic wrap and cut into 1 1/8 inch pieces. 1 tortilla should make 10 pinwheels.



Turkey Tortilla Pinwheels

- ◆ 1 Extra Large Spinach or Whole Wheat Tortilla
- ◆ Sliced Deli Fresh Turkey
- ◆ 1/4 cup Shredded Sharp Cheddar Cheese
- ◆ 1/4 cup Light Mayonnaise or Light Miracle Whip
- ◆ 1 tsp Dijon or Spicy Mustard
- ◆ Green Leaf Lettuce
- ◆ Diced Roma Tomato

Mixing the mayonnaise (or Miracle Whip) and the mustard together - spread them over the tortilla. Cover 1/2 of the tortilla with the turkey. Sprinkle the cheese down the center of the tortilla. Place a few lettuce leaves down the center of the tortilla along side the cheese. Sprinkle some tomato over the cheese. Starting on the meat side, roll the tortilla as tight as you can. Immediately wrap the tortilla in plastic wrap & refrigerate for an hour. Then, remove the plastic wrap and cut into 1 1/8 inch pieces. 1 tortilla should make 10 pinwheels.



Strawberry Lemonade Bars



Crust:

- ◆ 1 3/4 cups All-Purpose Flour
- ◆ 2/3 cup Confectioner's Sugar (+ extra for topping)
- ◆ 1/4 cup Cornstarch
- ◆ 3/4 tablespoon Salt
- ◆ 1 1/2 sticks Unsalted Butter (+ extra for greasing pan)

Filling:

- ◆ 4 Eggs, lightly beaten
- ◆ 1 1/3 cups Granulated Sugar
- ◆ 3 tablespoons All-Purpose Flour
- ◆ 2 teaspoons finely grated Lemon Zest
- ◆ 2/3 cup fresh, strained Lemon Juice
- ◆ 1 1/4 cups fresh chopped Strawberries
- ◆ 1/3 cup Whole Milk
- ◆ 1/8 teaspoon Salt

For the Crust: Lightly butter a 9x13 baking dish and line the pan with a sheet of parchment paper. Lightly butter the parchment and lay a second sheet across it, so that they are in two different directions. In a medium bowl, combine flour, confectioner's sugar and salt. Slice butter into small pieces and then cut into flour mixture using a pastry cutter or two knives. Work until mixture resembles coarse meal. Pour mixture into the pan and press firmly into the pan so that there is about a 1/4 inch thickness on the bottom and crust goes up the sides about an 1/2 inch. Refrigerate for 30 minutes. Bake at 350 degrees for 20 minutes or until golden brown. **For the Filling:** In a medium bowl, whisk together eggs, sugar and flour. Puree the lemon zest, lemon juice, strawberries, milk and salt in a blender. Whisk together egg mixture with lemon mixture & pour over the warm crust. Bake at 325 degrees for 25 minutes. Completely cool, peel off paper, cut into bars and sift with confectioner's sugar.

River Rock Garden Markers

- ◆ River Rock in the desired Shapes
- ◆ Outdoor Acrylic Paint in the desired Colors
- ◆ Paint Brushes

Such a Cute Idea - Simply paint the River Rock Markers, let dry & set in your garden around your plants!



Wooden Spoon Garden Markers

- ◆ Wooden Spoons
- ◆ Outdoor Acrylic Paint in the desired Colors
- ◆ Paint Brushes
- ◆ Mod Podge

Another Cute Idea - Simply paint the Spoons and let dry. Then, paint a layer of Mod Podge over the paint, dry and stick them down into the ground in your garden around your plants!



Camping Safety is important!

Enjoy a trouble-free weekend away with these reminders!

Prevent bug bites and rashes

- Bring along enough bug spray with DEET for everyone to use. Spray it on clothes, too!
- Check yourself - and your children - for ticks.



Just in case

- Check the weather before you leave so you know what to expect and pack accordingly.
- Tell family and friends where you'll be.
- Pack a small kit for an emergency. Include a first aid kit, compass, map, flashlight, blankets, batteries and clothes.



Prepare for the elements

- Too much sun can be harmful, so be sure to use plenty of sunscreen.
- Take advantage of natural shade whenever you can. Wear hats and sunglasses when you can't.
- The high temperatures of summer call for light, loose, breathable clothing.
- Take breaks between physical activities to rest and drink lots of water.



*Camping Health and Safety Tips and Packing Checklist. © Cdc.gov, Centers for Disease Control and Prevention, n.d. Web. 8 Jan. 2015. <<http://www.cdc.gov/family/camping/>>

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Auto & Home Insurance



HOW TO PACK A COOLER

Start with a cool, clean cooler.

Use water-tight, reusable containers to store food items.

Place any bagged items on top of the ice layer.

Pack the cooler full so no warm air sneaks in.

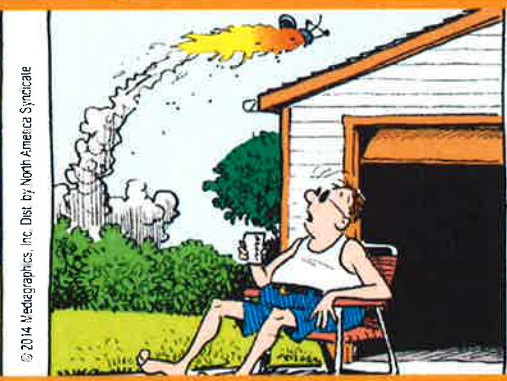


Add cans and bottles to the bottom of your cooler first, where they'll stay cooler longer.

Add a layer of ice over your drinks and food containers, ensuring ice falls between any crevices.

Chill everything first, especially adult beverages and perishable food items.





Lawn Mower Safety Tips

PROTECT

- Children should not play on or around lawn mowers – this includes riding along or on top of the lawn mower
- Children under 12 should not be allowed to operate a push mower and children under 16 should not operate a driving mower

PREPARE

- Pick up objects such as stones, sticks, or toys before mowing to prevent injuries from flying objects
- Wear sturdy shoes to operate the lawn mower (no sandals)
- Keep pets locked up while mowing

SUPERVISE

- A responsible adult should ALWAYS supervise
- Children should be supervised indoors while the lawn is being mowed



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