

Fayette Metropolitan Housing Authority

NEWSLETTER



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Is 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. The Housing Authority accepts Annual Reexamination Packets by mail and drop-offs only. When your packet is mailed to you - make sure you are prepared when that time comes by following this simple Check List:

- 1) Have Your Application and Background Check Forms completely filled out and signed by everyone in your household who is 18 years old or older.
- 2) 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.
- 3) Have Your Income Verification Ready - Be prepared to have the following ready, knowing that they will be asked for by the Housing Authority 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) - This is not the Housing Authority Staff's responsibility to retrieve this information for you.
- 4) Have Your Current Utility Bills Ready - (if applicable) Gas Bill, Propane Bill, Electric Bill, Water/Sewer Bill and Trash Bill or Trash Removal Verification.
- 5) 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.



Special Points of Interest:

- ◆ Only I can Change my life. No one can do it for me.
- Carol Burnett
- ◆ No matter how many mistakes you make or how slow you progress, you are still way ahead of everyone who isn't trying.
- Tony Robbins
- ◆ Life is 10% what happens to you and 90% how you react to it.
- Charles R. Swindoll
- ◆ With the new day comes new strength and new thoughts.
- Eleanor Roosevelt
- ◆ You never know how strong you are until being strong is your only choice.
- Bob Marley
- ◆ When you want to succeed as much as you want to breathe, then you'll be successful.
- Eric Thomas
- ◆ Ability is what you're capable of doing. Motivation determines what you do. Attitude determines how well you do it.
- Lou Holtz

Motivational Message

Welcome to now

Every moment comes with a fresh new set of possibilities. Every moment gives you the opportunity to choose the best of those possibilities. Just because you have been disappointed, angry, frustrated, or discouraged, doesn't mean you have to stay that way. Going forward from now, you can make another choice. You gain nothing by remaining stuck in a state that's holding you back. You achieve nothing by expending your energy to maintain a negative perspective. Now is the opportunity to change for the better, so wrap yourself around that opportunity. Realize that you can now exist and function beyond whatever may have been keeping you down. Sure, you may have had a perfectly good reason to be negative. Now, with this new moment, you have an even better reason to move positively forward. Welcome to now and all its brand new possibilities. The best ones are ready for you to bring them to life.

- Ralph Marston



Sunshine

Enjoy the Sunshine! Morning brings a new freshness,
In thoughts, In actions, In things you do,
It feels like everything is so pleasant & new.
Good morning wishes to you, In the brightest way,
have a good morning & a Beautiful Sunny Day!

What is the City TBRA Program?

The Fayette Metropolitan Housing Authority is now offering a temporary rental assistance program to families in need in Fayette County called the **City TBRA Program** which stands for **City Tenant Based Rental Assistance**. Like the Housing Choice Voucher Program, City TBRA is a government funded program in which the Housing Authority was fortunate in being awarded this grant to assist more low income families in the community. It is a temporary program designed to assist families with rental assistance for up to 1 - 1 1/2 years or while funding lasts. It's not a permanent program, but offers families in need a chance to acquire decent, safe and sanitary housing while having a grace period to get their finances in order. What do you do to get started? Inquire with the Housing Authority and while the City TBRA Waiting List is Open - Apply using an online application.

- 1.) Go To www.fayette-co-oh.com website which is the Fayette County-Ohio Government Information Center.
- 2.) On the left, go to **Departments**. Listed in alphabetical order, find the **Housing Authority (HA)** and click to open.
- 3.) Go to the top of the webpage and find **Links**, click to locate the **Wait List Manager**.
- 4.) You will be given 2 counties in which to apply for (Fayette/Highland) - Choose **Fayette**. Simply fill-out the application following the prompts. When presented with the option of which **Wait List** you are applying for - Choose **City TBRA**.

When your name reaches the top of the Wait List, the Housing Authority will contact you by mail with an Eligibility Packet to be completed and submitted to the Housing Authority. Unfortunately, the Housing Authority cannot tell you exactly when you will receive assistance. It is very important that you update any changes in your address or phone number by coming into the Housing Authority office. Not keeping your information updated may prevent you from receiving rental assistance. Do not call the Housing Authority to find out where you are on the Wait List . The Housing Authority is not permitted to give that information.

Bacon, Lettuce & Tomato Macaroni Salad

- ◆ 12 ounces Elbow Macaroni
- ◆ 6 slices of cooked & chopped Bacon
- ◆ 1 cup diced Grape Tomatoes
- ◆ 1 1/2 cups shredded Romaine Lettuce
- ◆ 1/2 cup diced Red Onion
- ◆ 1 jar Lighthouse Homestyle Ranch Dressing
- ◆ Salt & Pepper to taste

Cook macaroni until it's al dente, drain & rinse. In a large bowl, combine pasta, bacon, onion, lettuce, tomato and dressing then chill in the refrigerator until ready to eat.



Grilled Chicken Caprese with Balsamic Sauce

- ◆ Balsamic Vinegar
- ◆ Red & Yellow Cherry Tomatoes cut in 1/2
- ◆ Fresh Sliced Mozzarella Cheese
- ◆ Sliced Basil Leaves
- ◆ Boneless/Skinless Chicken Breasts
- ◆ Extra Virgin Olive Oil
- ◆ Grill Seasoning



Lightly coat the Chicken Breasts with oil, sprinkle with seasoning & grill for 6 minutes on each side over direct heat (internal temperature 160 degrees). In the meantime, in a small saucepan, simmer the Vinegar on the stove until it thickens & reduces about 10 minutes. Remove from the stove & fold in the tomatoes with the sauce. During the last 2 minutes of grilling the chicken, add a slice of cheese to each chicken breast & close the grill lid. Serve the chicken with the tomato & sauce ladled over top with a sprinkling of the basil to garnish.

Grilled Fruit Kabobs with Cinnamon Honey Glaze

- ◆ 1/4 cup Honey
- ◆ 1 teaspoon Lemon Juice
- ◆ 1/4 teaspoon Cinnamon
- ◆ Pineapple, Watermelon & Peaches (cut in 2 inch pieces)
- ◆ Skewers



Combine honey, lemon juice & cinnamon in a small bowl and stir until combined. Microwave for 7 minutes & set aside. Thread fruit onto skewers & lay onto a foil covered baking sheet. Grill for 3 minutes on each side. Remove to the baking sheet & drizzle with the honey glaze.

Flip Flop Wreath

You'll Need:

- ◆ A grape vine wreath
- ◆ Brightly covered rubber flip flops to cover the entire wreath
- ◆ Color coordinated wide ribbon for hanging
- ◆ Flat silk flowers to coordinate with flip flop colors
- ◆ Flat decorative jewels or puffy paint.

Using a glue gun attach the flip flops onto the grape vine wreath with each shoe going in the opposite direction of the previous one (heel to toe). Let glue dry completely and then let the kids decorate with flowers. Add jewels or puffy paint dots to complete project. Once dry attach a ribbon to the wreath for hanging.



Ribbon Flip Flops

You'll Need:

- ◆ 1 pair of flip flops
- ◆ 3/8" wide ribbon cut into 7" strips

You'll need approximately 9 yards of ribbon per pair of shoes. I used (3) 3/8 inch x 3 yard spools that I picked up for \$1.19 each on sale. It's important that each strip of ribbon is cut to the same length, so use your ruler. Starting at one end of the flip flop strap, tie on a piece of ribbon.

You will need to tie a double knot. The double knots should be on the top side of the strap, so that the smooth part of the ribbon will be against the foot. Tie on the next piece of ribbon, pushing it next to the first ribbon. Repeat this process until you have covered the entire strap. That's it! You might want to fluff and adjust a few of the ribbons, but seriously that's it - you're done!

Study Finds Swimming Grows Minds

Kids who swim are smarter. Australian swim coach Laurie Lawrence was part of a research project that surveyed 10,000 swimming students throughout Australia over four years to determine whether swimming aids children's cognitive, physical and emotional development. According to the study, children who participate in swim lessons, start swimming and being active in the water at an early age reach significant developmental milestones earlier than their non-swimming peers. They scored higher in tests and are generally better coordinated. The research study also validated that young competent swimmers appear to be more confident, articulate and intellectual. Swimming is great for children and adults alike!

Health Benefits Of Swimming For Adults

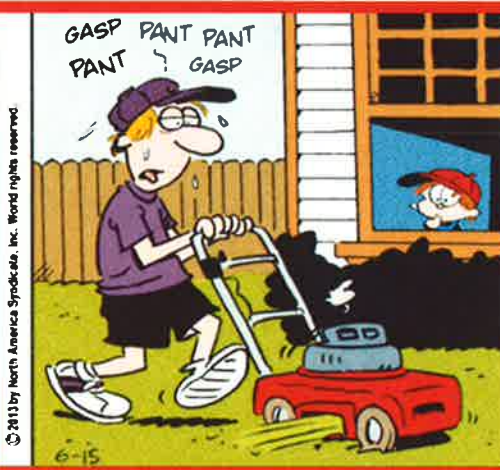
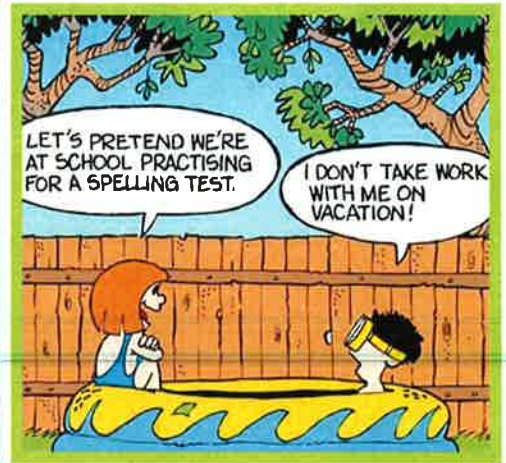
- ◆ **Do More With Less** - Swimming works out your body without harsh impact on your skeletal system, as the human body becomes lighter when submerged in water.
- ◆ **Increased Muscle Tone and Strength** - While jogging only moves through air, swimming moves through water which is approximately 12 times more dense, making swimming a resistance exercise.
- ◆ **Improved Flexibility** - Swimming offers a range of movements that helps the joints and ligaments stay flexible.
- ◆ **Healthier Heart** - As an aerobic exercise, swimming strengthens the heart making it more efficient.
- ◆ **Great For Weight Control** - Swimming is recognized as one of the biggest calorie burners and is great for keeping weight under control.



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.





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