



Happy New Year!

Happy New Year Family, Friends & Colleagues too. May this New Year be your best yet, With happiness the whole year through. Let's all join to lift our glasses in a toast to everyone. To the old year now behind us, To the new year, just begun.

There Has Been A Change In Who Manages Clients At The Housing Authority

Effective January 1st, 2017, the following Clients will be assigned to:

Dwayne Seach:

- ◆ Last Names starting with A-G at the Fayette Metropolitan Housing Authority
- ◆ He will continue to manage All Highland Metropolitan Housing Authority Clients
- ◆ All DD (Developmental Disability) Clients in both Fayette and Highland Metropolitan Housing Authorities

Jenni Jones:

- ◆ Last Names starting with H-Z at the Fayette Metropolitan Housing Authority
- ◆ All SRO/Mod Rehab Clients at the Fayette Metropolitan Housing Authority
- ◆ All Shelter Plus Care Clients at the Fayette Metropolitan Housing Authority

Both Dwayne and Jenni are looking forward to working with you in *Our Mission* to provide decent, safe and sanitary housing for low-income families.





Fayette Metropolitan Housing Authority

NEWSLETTER

Volume 5, Issue 1

January 1, 2017

Starting The New Year Off Right

Special Points of Interest:

- ◆ Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home.
- Edith Sitwell
- ◆ I'm ready for winter to be over. Enough is enough.
- Clark Roberts
- ◆ Kindness is like snow - It beautifies everything it covers.
- Kahlil Gibran
- ◆ Like snowflakes, the human pattern is never cast twice. We are uncommonly and marvelously intricate in thought and action.
- Alice Childress
- ◆ The snow did not even whisper its way to earth, but seemed to salt the night with silence.
- Dean Koontz
- ◆ Snowflakes are one of nature's most fragile things, but just look what they can do when they stick together.
- Verna Kelly

Do A Yearly Review

Take stock of where you've been and appreciate all of the accomplishments you've made in the last year. In a typical yearly review, you should answer these types of questions:

- What went well for me last year?
- What accomplishments did I have?
- How did I improve my life?
- How did I improve my relationships?
- What did I remove from my life that is now making me happier?
- What do I wish I had taken more time for?

Keep track of these questions and your responses in a journal that you can refer back to in the future: your answers year over year will be very enlightening. Ask these types of questions about all the important areas of your life, such as family, relationships, financial, career, home, etc. These questions will help you appreciate all you've accomplished in the previous year, and you can use this information to start the new year off right, and set better goals for the next year.

Finish What You Started

Which projects, errands, and general list of to-do items do you have left over from the previous year that you can complete in 2 hours or less? Do them now to clear your mind of the old items. Keeping projects around like pets doesn't do us any good - they just weigh on our minds, and people will spend hours thinking about something that will only take 10 minutes to take care of. Cross those things off your list and give yourself a fresh start.

Be Realistic

Dreaming is fabulous and highly recommended, but if you want to accomplish some improvements in your life, you need to be realistic. As much as you may want something, it's very likely you don't really believe you can have it. (If you did you would already have achieved it.) We have to turn a dream into something we can picture accomplishing before it can become a reality. Take your dream and start breaking it down into milestones: if you want to work from home, what are the steps you need to take? Break those steps down further so you can create a game-plan and start working towards accomplishing that dream.

Focus On What You Really Want

Speaking of dreaming, ask yourself what your dream looks like. What are you doing in the dream? How are you living? Who is in the dream with you? What does a typical day entail?

These questions will help you define what lifestyle you really want, and give you ideas about how you can achieve that lifestyle. For example, if you see yourself relaxing by the fire with a good book and a cup of tea, ask yourself why you aren't spending more time that way now. What things are in your way and how can you re-arrange your priorities in order to have the lifestyle you really want?

Motivational Message for the Month

Time That Is Here

There is time, and it is now. You have time, and you have it today. Instead of waiting for the perfect time, make use of this time, this day, this moment. Rather than wishing for more time, use your energy to more richly fill the time that's here. Each moment bestows upon you a great opportunity. It is the opportunity to make a difference, in the way you choose, for what you love. There is time right now to make a little progress. And when you're done, you'll have the inspiration, the momentum, and a fresh moment of time with which to do even more. Don't hold yourself back by resorting to excuses. Respect, appreciate and make full use of the time that is here, the time that is yours now. Each moment flowing into your life is worth more than pure gold. See that potential value, make it real, and now, make it yours.

- Ralph Marston

Chicken Detox Soup



- ◆ 1 1/2 pounds boneless skinless chicken breast
- ◆ 2 quarts chicken broth
- ◆ 1 large onion, peeled and chopped
- ◆ 3 cups broccoli florets
- ◆ 2 1/2 cups sliced carrots
- ◆ 2 cups chopped celery
- ◆ 1 1/2 cups frozen peas
- ◆ 1/4 cup chopped parsley
- ◆ 3-4 garlic cloves, minced
- ◆ 3 tablespoons fresh shredded or grated ginger
- ◆ 2 tablespoons olive oil
- ◆ 1 tablespoon apple cider vinegar
- ◆ 1/4 - 1/2 teaspoon crushed red pepper
- ◆ 1/4 teaspoon ground turmeric
- ◆ Salt & pepper

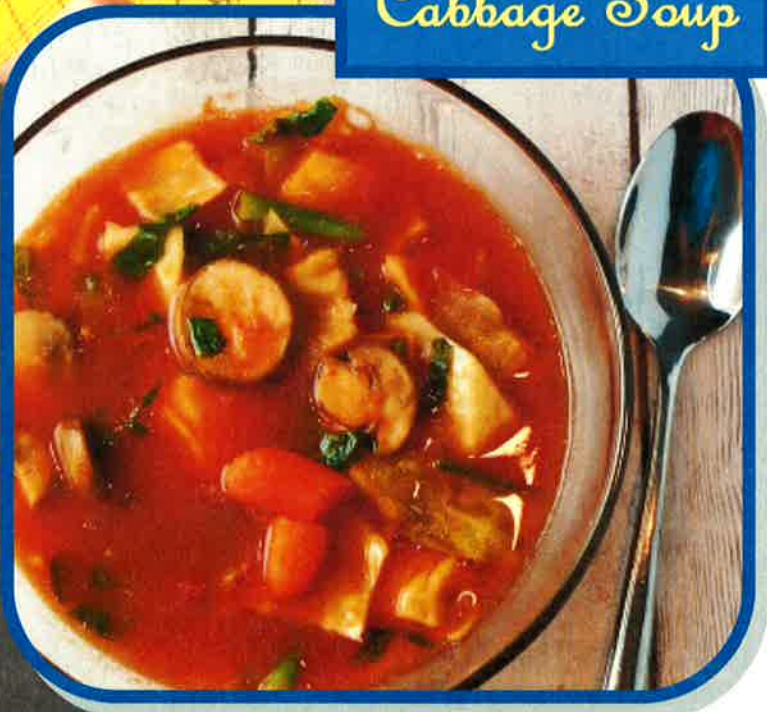
Set a large sauce pot over medium heat. Add the olive oil, chopped onions, celery, ginger, and garlic. Sauté for 5-6 minutes to soften. Then add the chicken breasts, broth, carrots, apple cider vinegar, crushed red pepper, turmeric and 1 teaspoon sea salt. Bring to a boil, lower the heat, and simmer for 20+ minutes, until the chicken breasts are cooked through. Then remove the chicken with tongs and set them on a cutting board to cool. Add the broccoli, peas, and parsley to the pot. Continue to simmer to soften the broccoli. Meanwhile, shred the chicken breasts with two forks, and stir it back into the soup. Once the broccoli is tender, taste, then salt and pepper as needed. Serve warm.

It's a nourishing homemade soup with fresh chicken, loads of veggies, and ginger, to boost your metabolism and immune system, as well as remove toxins to help your body to work as it should. With protein, vegetables, vitamins, and minerals, it provides more nutrients than most of the world's population receives on any given day.

Fat-Burning Cabbage Soup

- ◆ 1/2 head of cabbage, chopped into 1" pieces
- ◆ 1 medium onion, roughly chopped
- ◆ 1 cup carrots, sliced
- ◆ 1 cup green beans, cut into 1" pieces
- ◆ 1 cup mushrooms, sliced
- ◆ 2 cups of baby spinach, chopped
- ◆ 3 cloves of garlic, diced
- ◆ 1 small can tomato paste (156ml)
- ◆ 1 can of diced tomatoes (796ml or 3.3 cups)
- ◆ 4 cups of chicken broth
- ◆ Salt & pepper

Begin by chopping your veggies and heat the oil on medium/high heat in a large pot. Sauté your onions, mushrooms and garlic until they are tender. Add in all of your ingredients except the baby spinach. Allow the soup to come to a light boil, then lower the heat. Add in the baby spinach and simmer until the cabbage and carrots reach the tenderness you like, 20 minutes.



Scented Mason Jar Oil Candles



You will need the following materials:

- ◆ Hammer
- ◆ Nail
- ◆ 1 Glass Mason Jar with a Metal Screw-on Lid
- ◆ 1 Bottle of Paraffin Oil, Olive Oil , Almond Oil or any clean burning unscented oil
- ◆ 1 100% Cotton Fabric Strip or String for the Wick ***It's important that it be all cotton. If there is polyester or anything else in it, it may produce unhealthy fumes when it burns.*
- ◆ 1 pair of scissors
- ◆ Pinecones, Pine Needles, Stones, Crystals , Cranberries, Evergreen Trimmings, Berries, Holly Mistletoe, Seed Pods, Twigs/ Sticks or Whatever you choose.

1.) Place your decorative items in the jar, arrange them until you get the look you want.

2.) Poke a hole through the middle of the Lid using the hammer and the nail.

3.) Fill the jar w/ the oil you choose.

4.) To make the wick - place your fabric strip/string into a bowl. Pour in just enough oil to saturate it. Once it is thoroughly soaked, take out the wick and place it on the paper towel; squeeze out any excess oil to prevent dripping.

5.) Thread the wick through the hole in the metal lid. Screw the lid onto the jar making sure the wick hangs down through the center of the jar and the lid is on tight.



Then, light it enjoying the pretty glow & fragrance from the items in the jar! The Candles are beautiful to look at and your home will smell wonderful. Best of all, they're cheap and easy to make with recycled and reused items.



10 TIPS to Prevent FROZEN PIPES

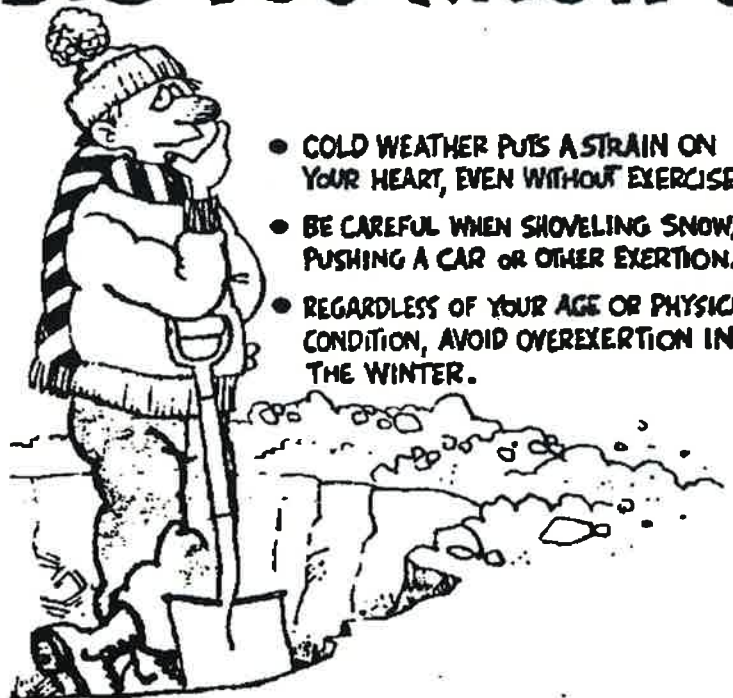
1. Open cabinet doors under sinks and in storage areas to allow heat from the room to circulate around uninsulated pipes.
2. Allow a trickle of hot and cold water to drip overnight; however, be careful not to run the water into a drain line that is exposed to the extreme cold because that line might freeze.
3. Insulate all pipes in unheated areas or against uninsulated outside walls, such as in garages or crawl space
4. Install braided hoses to washing machine.
5. Apply heat tape or thermostat-controlled heat cables around pipes that are exposed and prone to freezing.
6. Keep your thermostat set at 65 degrees or higher.
7. Disconnect outside water hoses.
8. Inspect outside faucets, and repair dripping or leaking faucets.
9. If your home has an interior shut-off valve leading to outside faucets, close them and drain water from the pipes.
10. Cover outside faucets with a faucet insulation kit available at home and garden stores.

Frozen Pipes





DID YOU KNOW ?



- COLD WEATHER PUTS A STRAIN ON YOUR HEART, EVEN WITHOUT EXERCISE.
- BE CAREFUL WHEN SHOVELING SNOW, PUSHING A CAR OR OTHER EXERTION.
- REGARDLESS OF YOUR AGE OR PHYSICAL CONDITION, AVOID OVEREXERTION IN THE WINTER.

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