

Fayette Metropolitan Housing Authority

NEWSLETTER

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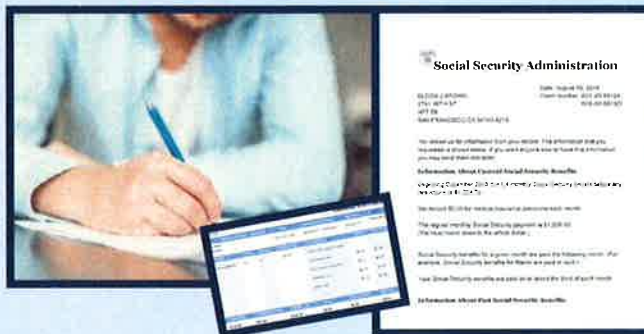
Always Keep The Housing Authority Informed of Changes In Your Household

INCOME CHANGES

Report Income Changes for **ALL Members of your Household within 10 Days of the Change** and make sure the documentation is submitted to the Housing Authority by the **23rd of the month**. Income includes:

- Social Security and SSI
- Child Support
- Alimony
- Jobs & Family Services Cash Assistance
- Pensions & Retirement
- Employment
- Self-Employment
- Unemployment Benefits
- Veterans Benefits
- Stock Dividends, Rental Property Income and all other sources of income.

Simply fill-out a **Reporting Change Form** (located at the Housing Authority front Desk) along with supporting documentation. **Failure to report increased income will result in Termination of Assistance or Repayment to the Housing Authority.**



HOUSEHOLD COMPOSITION CHANGES

Has someone moved out of your Household? Report this within **10 Days of the Change** and by the **23rd of the month**. Simply fill-out a **Reporting Change Form** (located at the Housing Authority front Desk) to notify the Housing Authority.

Do you wish to Add Someone to Your Household?

To add a Child to your Household - simply fill-out a **Reporting Change Form** along with submitting a copy of the **Child's Social Security Card, Birth Certificate and Court Custody Documents** (if applicable).

To add an Adult to your Household - ask the Housing Authority for a **Request To Add A Household Member Packet**. *You may add additional members to the household after the first year lease is completed upon landlord and HA approval.*

Motivational Message for the Month

Here Is Your Time

This time tomorrow, what will you regret not doing today? This is your opportunity to get it done. What have you been meaning to take care of, that you haven't yet found the time to do? Now is when you can jump into action and do it. This moment is too valuable to let it just slip away. It is filled with opportunities for you to make a difference. Consider all the times when you've been working against a deadline and wished you had more time. Here is that time you wished for, now, today, ready for you to put to use. Think of how great you've always felt in the past after a job well done. This is your opportunity to experience that rich feeling of satisfaction again as a result of your efforts. There's an endless list of very good reasons to seize this moment and the opportunities that are in it. Go ahead, and quickly make yourself thankful for your choice to do so.

- Ralph Marston



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
- ♦ Know that somewhere deep within the tree of winter there is still the life that produced last spring's beautiful leaves.
- Madame Jeanne Guyon
- ♦ Snowflakes swirl down gently in the deep blue haze beyond the window. The outside world is a dream.
- Vera Nazarian
- ♦ A lot of people like snow. I find it to be unnecessary freezing of water.
- Carl Reiner
- ♦ Winter, a lingering season, is a time to gather golden moments, embark upon a sentimental journey, and enjoy every idle hour.
- John Boswell
- ♦ A snow day literally & figuratively falls from the sky unbidden & seems like a thing of wonder.
- Susan Orlean

Shoveling Snow Tips

- ◆ *Dress for the occasion. Wear a couple layers of clothes to keep your muscles warm & flexible and put on a hat & gloves.*
- ◆ *Do warm-up stretching of the arms, shoulders, legs and back beforehand.*
- ◆ *Avoid sudden twisting & turning motions.*
- ◆ *Use your knees to lift when shoveling. Squat down and step in the direction you throw the snow. Let the muscles of your legs and arms do the work- not your back.*
- ◆ *Don't shovel towards a sidewalk crack. If you shovel at an angle it will avoid that catching of the crack.*
- ◆ *Angled shovels are good for pushing light snow to the side. Shovels with a wider base and handle on the end help push the heavier snow.*
- ◆ *Put car wax or Pam spray on your shovel to prevent snow from getting stuck on your shovel between scoops.*



Shoveling snow burns about 223 calories per 30 minutes!



Heavy Snow can be a Health Risk

- * Heavy wet snow can put a big strain on the heart
- * Stay hydrated and take frequent breaks
- * Only move small amounts with each shovel pass



Take it slow when shoveling snow

weather.gov/winter



Protecting Yourself From Bitter Cold

Of Injuries Related to Cold ...

- 50% happen to people over 60 years old
- 75% happen to males
- About 20% occur in the home



- ◆ *Keep head warm with a hat*
- ◆ *Cover mouth with a scarf to protect lungs*
- ◆ *Wear several loose-fitting, lightweight & warm layers*
- ◆ *Outer coat should be tightly woven & water repellent*
- ◆ *Mittens are warmer than gloves*
- ◆ *Wool socks and waterproof boots keep feet warm*



What is Frostbite?

- Damage to body tissue caused by extreme cold
- Skin becomes very cold and red, then turns numb, hard and white/pale
- Most commonly affects extremities: Fingers, toes, ears or nose

What is Hypothermia?

Potentially fatal medical emergency that occurs when body temperature drops below 95 degrees Fahrenheit. Warning signs include:

- Uncontrollable shivering
- Irregular breathing, slurred/mumbled speech
- Dizziness, nausea, drowsiness and fatigue
- Clumsiness or lack of coordination
- Confusion, poor decision-making and memory loss

Seek immediate medical attention for anyone suffering from hypothermia! Gently remove wet clothing, then warm their torso slowly with extra clothing and warm blankets. Offer a warm, non-alcoholic/non-caffeinated beverage.

Soup's On!



Slow-Cooker Chicken Enchilada Soup

- ◆ 3 tablespoons Butter
- ◆ 3 tablespoons Flour
- ◆ ½ cup Chicken Broth
- ◆ 2 cups Milk
- ◆ 1 can (15 oz.) Black Beans, rinsed & drained
- ◆ 1 can (14.5 oz.) Rotel Diced Tomatoes
- ◆ 1 package (10 ounce) frozen Corn
- ◆ ½ cup Onion, chopped
- ◆ ½ cup Bell Pepper, diced
- ◆ 1 can (10 ounce) Enchilada Sauce
- ◆ 2 whole Chicken Breasts
- ◆ 1 cup shredded Monterrey Jack cheese

Melt butter in a saucepan over medium-low heat. Stir in flour; keep stirring until smooth and bubbly. Remove from heat and add the chicken broth and ½ cup milk, a little at a time, stirring to keep smooth. Return to heat. Bring sauce to a gentle boil; cook, stirring constantly, until it thickens. In a large bowl, whisk together the enchilada sauce and chicken broth mixture. Gradually whisk in remaining milk until smooth. Set aside. In a crockpot, combine drained beans, tomatoes, corn, onion, and bell pepper. Place the chicken breasts on top of the mixture. Pour sauce mixture over ingredients in cooker. Cover; cook on low heat for 6 to 8 hours or on high for 3 to 4 hours. When you are ready to serve, remove chicken and cut or shred into bite-sized pieces. Add chicken back into the soup, mix together. Top with cheese and serve. Top with slices of avocado, sour cream, and crushed tortilla chips.



Slow-Cooker Chicken Pot Pie Soup

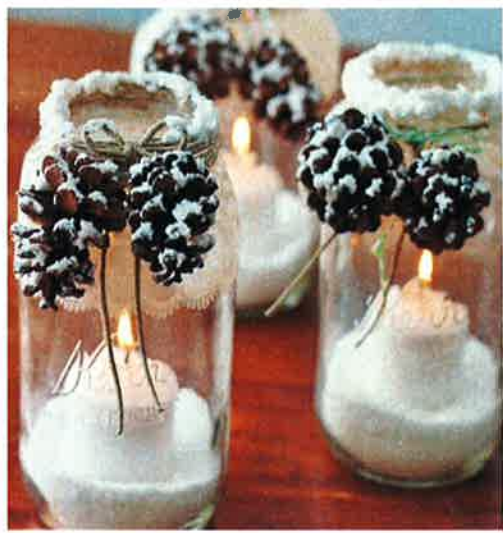
- ◆ 1 lb. boneless/skinless Chicken Breasts
- ◆ 1 large Yellow Onion, diced
- ◆ 3 stalks Celery, diced
- ◆ 3 Carrots, diced
- ◆ 3 cloves Garlic, minced

- ◆ 1 1/2 tsp. Salt
- ◆ 1 tsp. Black Pepper
- ◆ 1 tsp. dried Thyme
- ◆ 1 tsp. dried Oregano
- ◆ 1 Bay Leaf

- ◆ 3 1/2 cups Chicken Broth
- ◆ 1/3 cup frozen Corn
- ◆ 1/3 cup frozen Pearl Onions
- ◆ 1/3 cup Peas
- ◆ 1/2 cup Plain Greek Yogurt

Add the chicken, yellow onion, celery, carrots, garlic, salt, pepper, thyme, oregano, and chicken broth to the slow cooker and stir to combine. Add the bay leaf, cover, and cook on Low for 4-5 hours, or until the chicken is cooked through and the vegetables are tender. Remove and discard bay leaf. Remove chicken breast, shred, and set aside. Measure out 1 1/2 to 2 cups of the liquid and contents from the slow cooker and place into a blender. Puree this until smooth, and then return to the slow cooker. This will serve to thicken the stew. Return the cooked, shredded chicken to the slow cooker, followed by the frozen, peas, frozen carrots, frozen pearl onions and Greek yogurt. Re-cover and cook an additional 30 minutes, until the frozen vegetables have heated through. Season to taste before serving.

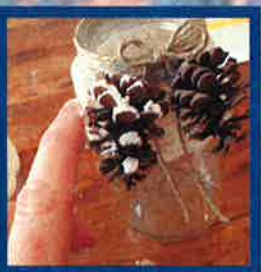
Snowy Pinecone Candle Jars



You'll Need:

- ◆ Quart Canning Jars
- ◆ Pine Cones
- ◆ Lace
- ◆ Twine
- ◆ Hot Glue Gun
- ◆ Snow-Tex Glittering Snow
- ◆ Palette Knife
- ◆ Epsom Salt
- ◆ Votive Candles

To start, cover the rim or each jar with some lace. Wrap the entire rim with twine. Add the pinecones by gluing them directly onto the lace near the rim. Stir up the Snow-Tex using a palette knife. Put some Snow-Tex on the pinecones, then around the rims of the jars as well. Add some Epsom salts to the jars, about an inch or so, then put a candle down inside. Let the Snow-Tex dry for an hour or so.

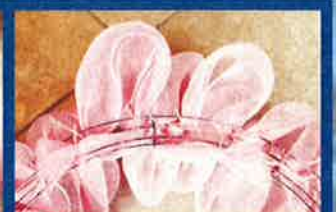
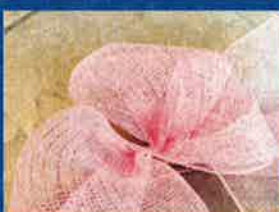
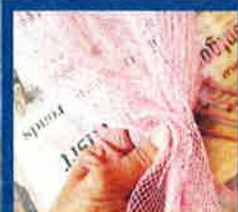


Mess Winter Wreath

You'll Need:

- ◆ Wire Wreath Frame
- ◆ Spray Paint
- ◆ Zip or Wire Ties
- ◆ Scissors
- ◆ Wire Cutters
- ◆ Hot Glue Gun
- ◆ Deco Mesh
- ◆ Embellishments ... Ribbons, Small Wooden Letters, Decorative Ornaments, etc.

Spray paint the wire wreath frame so that it is not visible. Start attaching the mesh to the outer ring of the base. Pinch one end of the deco mesh about 20 cm (8") wide and attach it to the wreath. Continue decorating the wreath with mesh ruffles until you complete the circle. Repeat, this time attaching the mesh poufs on the inner circle of the base. Keep going until you've worked all the way around the frame. Finish off the wreath by cutting the deco mesh. Then, simply decorate your wreath with embellishments.



DRIVING IN SNOW & ICE

Safety On Snow & Icy Roads

- Decrease your speed and leave yourself plenty of room to stop.
- You should allow at least three times more space than usual between you and the car in front of you.
- Brake gently to avoid skidding. If your wheels start to lock up, ease off the brake.
- Turn on your lights to increase your visibility to other motorists.
- Use low gears to keep traction, especially on hills.
- Don't use cruise control or overdrive on icy roads.



If Your Rear Wheels Skid ...

- Take your foot off the accelerator.
- Steer in the direction you want the front wheels to go. If your rear wheels are sliding left, steer left. If they're sliding right, steer right.
- If your rear wheels start sliding the other way as you recover, ease the steering wheel toward that side. You might have to steer left and right a few times to get your vehicle completely under control.
- If you have standard brakes, pump them gently.
- If you have anti-lock brakes (ABS), do not pump the brakes. Apply steady pressure to the brakes. You will feel the brakes pulse - this is normal.

If Your Front Wheels Skid ...

- Take your foot off of the gas and shift to neutral, but don't try to steer immediately.
- As the wheels skid sideways, they will slow the vehicle and traction will return. As it does, steer in the direction you want to go. Then put the transmission in "drive" or release the clutch, and accelerate gently.

If You Get Stuck ...

- Do not spin your wheels. This will only dig you in deeper.
- Turn your wheels from side to side a few times to push snow out of the way.
- Use a light touch on the gas, to ease your car out.
- Pour sand, kitty litter, gravel or salt in the path of the wheels, to help get traction.
- Try rocking the vehicle. (Check your owner's manual first - it can damage the transmission on some vehicles.) Shift from forward to reverse, and back again.

If You Become Stranded ...

- Do not leave your car unless you know exactly where you are, how far it is to possible help and are certain you will improve your situation.
- To attract attention, light two flares and place one at each end of the car a safe distance away.
- Hang a brightly colored cloth from your antenna.
- If you are sure the car's exhaust pipe is not blocked, run the engine and heater for about 10 minutes every hour or so depending upon the amount of gas in the tank.
- Keep at least one window open slightly. Heavy snow and ice can seal it shut.
- Eat a hard candy to keep your mouth moist.

Necessary Equipment

An emergency situation on the road can arise at any time and you must be prepared. In addition to making sure you have a tune-up, a full tank of gas, and fresh anti-freeze, you should carry the following items in your trunk and replenish after use:

- Inflated spare tire, wheel wrench and tripod-type jack
- Jumper cables
- Bag of salt or cat litter
- Tow and tire chains
- Flashlight & extra batteries
- Windshield cleaner
- Tool Kit & Shovel
- First aid kit & Wooden matches
- Scissors & string/cord
- Brightly colored cloth
- Reflective triangles
- Ice scraper/snow brush
- Non-perishable snacks



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