

-- OUR CORNER --

THE HOUSING AUTHORITY OF AMERICUS NEWSLETTER

"Building Bridges For Better Communication"

JULY 2017

BACK TO SCHOOL BASH 2017



L-R are Mr. Gary Woods (*Housing Manager*), Mrs. Shelia DeLoach (*Finance Manager*), Mrs. Diana Roberts (*Resident Services Coordinator*), and Mr. John Cal Anderson (*Chief Executive Officer*)

The Housing Authority of Americus recently teamed up with Phoebe Sumter Medical Center and other local agencies to sponsor their *Back To School Bash 2017*. The event was held at "The Columns" at the Recreation Department on Rucker Street. The Management Staff was on hand to pass out bookbags and other school items to all residents of the Public Housing and Section 8 programs. In addition to our residents, items were also distributed to other parents and students of the community. Special thanks to Sumter County Family Connections and CareSource for donating additional school supplies directly to the Housing Authority of Americus for distribution.

(Continues on page 4)

A GUIDE TO EASY HOUSEKEEPING

Why clean house?

***Sanitary reasons.** Many respiratory problems come from unsanitized living conditions.

***Keeps your belonging in better condition.** Cleaning on a regular basis will keep appliances, pots & pans, towels, sheets and furniture in better condition and they will last a lot longer.

***Self-esteem.** Having a clean home gives you a feeling of accomplishment. Family members will feel good about their surroundings and will begin to pick up after themselves and keep their rooms clean.

What is a clean house?

*All trash carried out, stored in closed containers.

***DON'T** leave food or trash out overnight. This will attract rats and roaches.

*No insects or vermin in the house.

*Clean kitchen and bathroom: clean fixtures and free of dirt and hair; clean drains, sink, tub, toilet.

*Clean kitchen utensils, eating utensils, dishes.

*Food properly stored and covered.

*Clean bedding and well made beds.

*Clean laundry, folded, put away. **WET** clothes and towels lying around or in piles causes roaches and mildew.

*Neat surroundings outside the home, free of trash.

When to clean?

Some things require cleaning on a daily basis, while other things may only need to be cleaned weekly or monthly.

Daily:

-Wash dishes after meals and wipe off kitchen counters.

-Mop or sweep up kitchen floor.

-Make beds.

-Put dirty laundry away or wash if there is a load ready. Hang up clothes.

-Empty trash, especially if it contains food items.

Weekly:

-Mop kitchen and bathroom floors.

-Wash out garbage cans if trash liners are not used.

-Vacuum floors and rugs; more often if pets are kept inside.

-Dust furniture and clean mirrors when needed.

Monthly or When Needed:

-Wash windows, clean curtains, dust blinds.

-Clean closets, cabinets and drawers.

-Defrost refrigerator.

-Clean oven.

Methods of cleaning

When you have to clean, you want it to be quick and easy if possible, a pleasant experience. Organize your work and materials. Make a list of what needs to be done and the tools and supplies needed for the job.

Put all supplies in a basket or box to carry them from room to room. Before you start cleaning, pick up all the clutter throughout the house such as newspapers, clothes, trash, etc.

Decide which is easier for you – to clean a room at a time or to do the same job in every room before you change tools or supplies. Once you get a system that is easiest for you, then you will not dread the task.

Cleaning tools and supplies

*Laundry detergent

*Dishwashing liquid

*Ammonia or vinegar

*Bleach

*Pine-Sol, Comet, Ajax

*Paper towels

*Dust rags

*Brillo pads

*Trash bags and trash can liners

*Lysol

Rewards

Reward yourself and other members of the family who have helped you clean the house. Rewarding yourself may be as simple as sitting down, relaxing and reading a book or watching television. Or maybe taking a nap or a bubble bath. But try to arrange some time for yourself to do something you enjoy after you have accomplished your cleaning task.

Reward your children after they have done their cleaning chores. This will make it easier for you to get them to help you next time.

Be sure to praise them for their accomplishments. Some ways you may reward them is to read them a story, take them to the park, or let them have their favorite snack.

Whatever the reward may be for you or your children, be proud of your accomplishment. It WILL make you feel better.



Clean House Clean Spirit

And the
Winners
are...



Samples of bookbags

The Americus Housing Authority held a “Logo Contest” amongst residents ages 6 to 16 to determine what slogan would be engraved on the bookbags for the *Back To School Bash*. All entries were turned in to the Resident Services Department. Entries were then forwarded to the Housing Authority Board of Commissioners who made the final decisions.



L-R: T'Aisha Brown, Eddie Queenie Jr., Kearria Washington, John Cal Anderson (Unavailable for picture – JyQuavious Pitts)

The winning quote was submitted by JyQuavious Pitts. It said.... **The true sign of intelligence is not knowledge but imagination** by Albert Einstein. As the 1st place winner, JyQuavious received a \$100 Wal-Mart gift card. The 2nd place winner was T'Aisha Brown who received a \$50.00 Wal-Mart gift card. There was a tie for 3rd place with Eddie Queenie Jr. and Kearria Washington; both of whom received a \$25.00 Wal-Mart gift card.



L-R: John Cal Anderson, T'Aisha Brown and her mother Veronica Brown



L-R: Sandra Washington (Mother), Kearria Washington, Eddie Queenie Jr., Tonya Queenie (Mother) with John Cal Anderson

**CONGRATULATIONS TO
ALL OUR WINNERS!!!**

We are so very proud of each of you!!



BACK TO SCHOOL BASH

(Continued from front page)

This was the 2nd consecutive year for the Housing Authority to host a Back To School Bash for our residents. After dealing with the extreme heat in 2016 in the Barbara Battle Way area, the decision was made to move the event indoors. So we teamed up with Phoebe Sumter Medical Center and other vendors to make this year's event bigger and better.



Little ones wondering "What should I choose?"



Parents and children enjoying the giveaway.



THANKS to maintenance techs Johnny Durham and Lloyd Thomas for helping with the setup and take down at the event.

Combining our Back To School Bash 2017 with Phoebe Sumter 2017 Children's Health Fair made many more activities available to both our Public Housing and our Section 8 residents. A nutritious breakfast and lunch were provided. There were free screenings for children ages 5-17: Weight, BMI, Blood Pressure and Blood Sugar. Blood sugar testing was done by finger stick and parents had been notified that children were to not eat anything after midnight the night before in order to receive an accurate blood sugar screening. There were music, games, Zumba, kickball, basketball, dance contests, and of course plenty of free back-to-school supplies. At the end of the event, more than 500 children had been served. Everyone's hard work and generosity really paid off and made a big difference in the lives of many children in our community.



Housing Authority staff busy serving our residents.



Kids ages 6 to 12 get ready for the "Dance Off" Contest.

There was plenty of fun for kids of all ages. The youngsters pictured above were eagerly awaiting the music to start so they could show off their latest dance moves. The 1st and 2nd place winners received "well-earned" \$25.00 gift cards from Wal-Mart.



Americus-Sumter basketball players were in attendance, showing off their shooting and dribbling skills.



Enjoying serving our families and the community.

Shatoria Lewis and her sons Braylen and Tyrece wait in line to get their supplies. In addition to bookbags, the Housing Authority also gave out notebook paper, index cards, coloring books, notebooks and color markers. Items other than the bookbags were donated to us from Sumter County Family Connection and CareSource. Special thanks to the non-profit agencies that supported us in this effort.



Look who else was at the Back To School Bash!!

On behalf of our CEO, Mr. John Cal Anderson, the entire Americus Housing Authority staff and our Board of Commissioners, we say **THANK YOU** to all of our residents for coming out in support of our Back To School Bash 2017. The event could not have been a success without your participation. We are here to serve **YOU!!!**



RENT EVICTIONS AND LEASE TERMINATIONS
April 2017 – July 2017

Reddick Drive
1 (Non-Payment of Rent)

Andersonville
1 (Unauthorized Member)

Douglas Circle
2 (No Utilities)

Ridge Street
1 (Failure to Complete Community Service)

Cherokee Street
1 (Non-Payment of Rent)

**BARRED FROM
THE HOUSING AUTHORITY**



RONDARIOUS MILES

3 Months

Northside Homes, bounded by Northside Drive, Rucker Street, N. Lee St., Brinson Dr., N. Jackson St., Reddick Dr., Masonic Dr., and Peach Circle

TRENELL O'NEAL DURHAM

Indefinitely

Lakeview Court, bounded by Lakeview Circle and East Furlow Street
Hawkins-Dykes Apartments, bounded by E. Lamar St., Hanson Dr., Cherokee St., Dixon Dr., and Horseshoe Circle

COURTNEY SHEFFIELD

1 Year

Jan Bryant Homes, bounded by Mary Blount Street and Bozeman Circle

TIPS FOR A GOOD NIGHT'S SLEEP

Did you know that poor sleep could raise your risk of high blood pressure, diabetes and heart disease? And that a lack of proper sleep can contribute to being overweight or obese? Here are some tips that may help you shape up your sleep habits.

Keep a regular sleep schedule. Go to bed and get up at about the same time every day.

Limit caffeine. Limit food or drink with caffeine after the late afternoon, if you are sensitive.

Quit smoking. Nicotine is a stimulant that may keep you awake and cause lighter sleep.

Avoid alcohol before bed, if you choose to drink at all. Small amounts of alcohol may be relaxing and help you fall asleep, but alcohol can interfere with staying asleep.

Avoid heavy meals close to bedtime. Eat dinner early in the evening, at least two hours ahead of bedtime.

Get regular exercise. But exercising too close to bedtime may make it harder to get to sleep.

Avoid naps late in the day. If you really need to catch a few winks, do it early in the afternoon, and don't sleep for more than 20 minutes.

Maintain a comfortable sleeping area. Turn the temperature down, avoid the light of TVs and digital screens, and keep it quiet and as dark as possible.

To unwind before bedtime, try creating new rituals like turning off electronics, taking a warm bath, listening to soft music or reading a relaxing book.



SENIORS VISIT STATE FARMERS MARKET

The Senior Bingo Club recently visited the **State Farmers Market** in Cordele, GA. This is an annual field trip that everyone eagerly looks forward to being a part of. Twenty-one (21) seniors made the trip this year. The weather was beautiful and the vegetables were plentiful.



L-R: Mr. Charlie Monts, Ms. Pearlie Kinnebrew, Mr. Walter Floyd, Ms. Shirlene Johnson

Prior to stopping at the Farmers Market, the seniors had enjoyed a delicious anniversary luncheon at **Golden Corral**. The Senior Bingo Club celebrated its **26th Anniversary**.



Fresh okra for Ms. Geraldine Angry, Mr. Donnie Lewis and just maybe Ms. Pearlie Kinnebrew also

If you desire to join our senior group, please contact Diana Roberts @ 924-3732 on Monday thru Thursday from 7:30 am to 5:30 pm.



Ms. Kay Jones, Pearlie Kinnebrew and Shirlene Johnson

Fresh okra and tomatoes are always the favorite items. Most items are picked fresh by the sellers each morning.



Resident Commissioner, Mr. Dwight Chavis

We are delighted to have Mr. Dwight Chavis, who is our Resident Commissioner, as part of our Senior Bingo Club. Mr. Chavis rarely misses a field trip.

There is always one final stop to be made on this field trip before returning to Sumter County. That stop happens to be **Stripling Meat Market**. After all, who can possibly cook fresh vegetables without the right boiling meat? Finally after buying sausages, souse and other meats, we get back on our bus and head home. These group of young-at-heart residents had a well spent and most enjoyable day. Everyone agreed, however, that the first order of business was going to be a good, long nap.

RECIPE CORNER

NOT YO' MAMA'S BANANA PUDDING

(Courtesy of Paula Deen)



Ingredients:

- *2 bags of Pepperidge Farm Chessmen Cookies
- *2 cups milk
- *1 (5 oz.) box instant French Vanilla Pudding
- *1 (8 oz.) package cream cheese, softened
- *1 (14 oz.) can of sweetened condensed milk
- *1 (12 oz.) container frozen whipped topping thawed, or equal amount of sweetened whipped cream.

Directions:

- Line the bottom of a 13x9x2 inch dish with 1 bag of cookies and layer bananas on top.
- In a bowl, combine the milk and pudding mix; and blend well using a handheld electric mixer.
- Using another bowl, combine the cream cheese and condensed milk together and mix until smooth.
- Fold the whipped topping into the cream cheese mixture.
- Add the cream cheese mixture to the pudding mixture and stir until well blended.
- Pour the mixture over the cookies and bananas.
- Cover with the remaining bag of cookies. Refrigerate until ready to serve.

Serves: **12 servings**

EASY CAKE MIX COOKIES



You will need:

- *1 package of any flavor cake mix
- *1 large egg
- *1/4 cup of oil
- *1/4 cup of water
- *1 cup of chopped nuts, raisins, oatmeal, coconut, chocolate chips, M&M's, etc. (anything that you like in cookies)

Preheat oven to 350 degrees.

Directions:

- *Combine cake mix, egg, oil, and water.
- *Beat until well blended.
- *Stir in remaining ingredient(s).
- *Drop by teaspoon about 1 inch apart onto greased cookie sheet.
- *Bake for 15 minutes or until done.

YIELD: About 4 dozens

INCREDIBLY DELICIOUS!!!!

it's
**Cookie
Time!**

DOWN PAYMENT PROGRAMS

How do you go from dreaming of owning a home to holding your first set of keys? If you're like most first-time buyers, the down payment is your biggest hurdle. But, it could pay off big time to know your down payment options.



What are homeownership programs?

Programs can include loans, grants, tax credits and other programs for eligible homebuyers that can help them achieve the down payment faster, cover closing costs and get into a home sooner than they would have otherwise.

It is also important to know that a first-time homebuyer is defined as *someone who hasn't owned a home in 3 years*. So if you have owned in the past, but are renting now, you may be a first-timer again! Plus, over 37% of programs do not have a first-time homebuyer requirement.

3 Most Common Types of Programs

DOWN PAYMENT PROGRAMS

These programs are normally soft second or third mortgages or grants, providing benefits such as 0% interest rates, deferred payments and forgivable loans. The assistance amounts will range from a few to tens of thousands of dollars and can be used towards the down payment, closing costs, prepaids, principal reductions and/or repairs.

If you are purchasing a home in a target area designated by the housing finance agency, you may

receive special benefits such as higher assistance amounts, more lenient income requirements and if there's a first-time homebuyer requirement, it may be waived.

AFFORDABLE FIRST MORTGAGES

Many large housing finance agencies, particularly at the state level, offer first mortgages to accompany their downpayment assistance programs. These first mortgages typically cover a below market interest rate, and may even have reduced closing costs, fees and no mortgage insurance requirements.

They are often funded by state housing finance agencies and may subsidize portions of the interest to offer effective rates below what the normal market can provide, helping lower your buying costs and monthly payments.

The USDA also has two first mortgage programs: the *Rural Direct Loan* and the *Rural Guaranteed Loan*. Both loans are primarily used to help low- and moderate-income individuals or households purchase homes in rural areas. Funds can be used to acquire, build (including purchase and prepare sites and provide water and sewage facilities), repair, renovate or relocate a home.

MORTGAGE CREDIT CERTIFICATES (MCC)

This *annual federal income tax credit* is designed to help first-time homebuyers offset a portion of their mortgage interest on a new mortgage as a way to help qualify for a loan. As a *tax credit*, not a *tax deduction*, the MCC helps you reduce your annual taxes dollar for dollar. The mortgage credit allowed varies depending on the state or local government that issues the certificates, but is capped at a maximum of \$2,000.00 per year by the IRS. MCCs can often be used alongside another down payment program.

As an example, if you were to receive an MCC that offers a 25% credit on a \$200,000 loan for 30 years with a rate of 4%, the allowable tax credit (**\$2,000.00**) would be figured as shown here.

$$\mathbf{\$200,000 \times 4\% = \$8,000.00 \times 25\% = \$2,000.00}$$

Plus, you can continue to receive a tax credit for as long as you live in the home and retain the original mortgage.

2017 SUMMER READING PALS PICTURES



Ms. Sandra Mitchell gives daily instructions.



Summer Reading Pals pose for a picture with Chuck E Cheese.



Commissioner Ricky Arnold and Ms. Mitchell observes the Reading Pals at work.



Markenus Blue in a race with a big kid, Henry Roberts.



Aaliyah Brown & Alaziah Thompson hard at work.



Diamond Richardson displays her strawberry shortcake creation.



Commissioner Bill Krenson is always a favorite guest reader.



Ms. Katina Garrett and the Summer Reading Pals waiting for the Albany Mall to open up.



**L'Jasmine Williams wonders....
"Why is Ms. Roberts interrupting my work"?**



It's play time everybody!!



Reading Pals sit patiently waiting for the Storyteller to begin at the library.



Ms. Myra Mitchell keeps the Reading Pals in line while walking thru the Albany Mall.

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CURRENT RESIDENT OR



THANKS for helping to prepare us for the new school year!!!
WE WILL MAKE YOU PROUD OF US!!