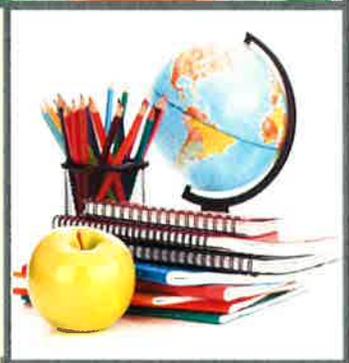


*School days, school days
Dear old Golden Rule days
'Reading and 'riting and 'rithmetic ...*

Now that the kids have gone back to school & the Summer is over ... this is the perfect time to consider going back to college to complete a degree, if you have always wanted to achieve a GED - this would be a great time to do so or even going to college for the first time to pursue a life long dream.



Have you got a New Job, been promoted or received a raise at work?

Then make sure to fill-out a Reporting Change Form and an Employment Verification Form. These forms can be turned into the office manually or even faxed to the office to make the process easier. This is important so that I can keep updated information in your file and also keep your Escrow Savings Account updated. Maybe you haven't started your Escrow Account yet, with updated information you turn in (New Job, raise at work or more hours at work) - I can get a Escrow Savings Account started for you. Please turn in any changes you may have by the 23rd of the month.



Sincerely,
Jenni Jones



Family Self-Sufficiency Newsletter

August 1, 2015

Volume 3, Issue 8

FAYETTE METROPOLITAN HOUSING AUTHORITY

Through Self-Help Housing, This Could Be You!

June was **National Homeownership Month**. On June 17th, 2015, I attended A **Self-Help Housing Ribbon Cutting Event** in Frankfort, Ohio to celebrate the building of a home for a lady named Amy Wilburn and to celebrate **50 Years of the Self-Help Housing Program and the building of 50,000 Homes!** I wanted to share the pictures I took of the event to inspire you. Just like yourself, Amy is a hard working individual who had a dream for herself & her family. That dream was to be a Homeowner and she accomplished her goal with help from the Self-Help Housing Program. I couldn't be happier for her & her three beautiful children. Even though their house wasn't quite finished (it still needed carpeting, shutters, countertops, the dishwasher & mounted microwave installed and landscaping completed) - it was a beautiful house customized to exactly what she wanted! Notice the beautiful deck and stainless steel appliances - so nice! Building began in March and in only 3 Months, look at the progress that was made. I'm sure that by now, the house has been finished and Amy's family is enjoying their new home. **Don't give up on your dream! This could be you!**



Motivational Message For The Month

Get better

Don't just get by. Get better. Don't stop when you've merely done enough. Keep going and take full advantage of the powerful momentum you have created. You have what it takes to exceed your highest expectations. So expect the very best, and then do even more. When you've made a little progress, keep it up. When you're on the right track, keep moving. Instead of rushing to get the job finished, look for all the ways you can extend and expand your efforts. Feel the satisfaction of making a difference, and let it inspire you to make an even bigger difference. Enjoy all that you can achieve. And then build on those achievements to enjoy even more.

— Ralph Marston

Special Points of Interest:

- You may have to fight a battle more than once to win it.
- Margaret Thatcher
- Don't let what you cannot do interfere with what you can do.
- John R. Wooden
- Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no help at all.
- Dale Carnegie
- Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.
- Wayne Dyer
- To accomplish great things, we must not only act, but also dream, not only plan, but also believe.
- Anatole France
- To be successful you must accept all the challenges that come your way. You can't just accept the ones you like.
- Mike Gafka
- You've got to get up every morning with determination if you're going to go to bed with satisfaction.
- George Lorimer
- Motivation is what gets you started. Habit is what keeps you going.
- Jim Ryan

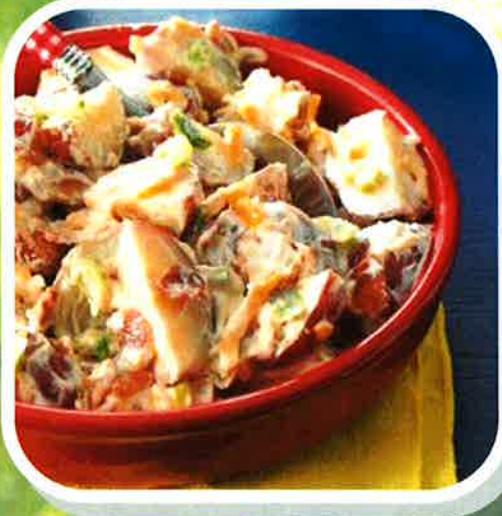


Herbed Grilled Corn-on-the-Cob



- ◆ 8 medium ears of **Sweet Corn**
- ◆ 1/2 cup **Butter**, softened
- ◆ 2 tablespoons of **Original Blend Mrs. Dash**

Soak corn in cold water for 20 minutes. Meanwhile, in a small bowl, combine the butter and seasoning. Carefully peel back corn husks to within 1 inch of the bottoms; remove silk. Spread butter mixture over corn. Rewrap corn in husks and secure with kitchen string. Grill corn, covered, over medium heat for 25-30 minutes or until tender, turning occasionally. Cut strings and peel back husks.



Loaded Potato Salad

- ◆ 2 pounds **Red Potatoes**, quartered
- ◆ 1/2 pound **Bacon Strips**, chopped
- ◆ 1/2 cup **Light Miracle Whip**
- ◆ 1/4 cup **Light Creamy Caesar Salad Dressing**
- ◆ 1/4 cup **Light Ranch Salad Dressing**
- ◆ 3 tablespoons **Light Sour Cream**
- ◆ 1 tablespoon **Dijon Mustard**
- ◆ 3 **Green Onions**, chopped
- ◆ 1/4 cup **Shredded Sharp Cheddar Cheese**
- ◆ **Seasoning** to taste

Place potatoes in a large saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook 15-20 minutes or until tender. Meanwhile, cook bacon in a large skillet over medium heat, until crisp. Remove to paper towels; drain, reserving 3 tablespoons drippings. Drain potatoes and place in a large bowl. Add bacon and reserved drippings; toss to coat. Refrigerate until chilled. Whisk the Miracle Whip, dressings, sour cream and mustard in a small bowl. Pour over potato mixture; toss to coat. Stir in onions and cheese. Sprinkle seasoning to taste.



Strawberry Pretzel Squares

- ◆ 2 cups finely **Crushed Pretzels**
- ◆ 1/2 cup **Sugar**, divided
- ◆ 2/3 cup **Butter**, melted
- ◆ 1 1/2 pkg. (8-oz. each) softened **Cream Cheese**
- ◆ 2 tablespoons **1% Milk**
- ◆ 1 cup **Light Cool Whip**
- ◆ 2 cups **Boiling Water**
- ◆ 1 pkg. (6 oz.) **Strawberry JELL-O**
- ◆ 1 1/2 cups **Cold Water**
- ◆ 4 cups fresh **Strawberries**, sliced

Preheat oven to 350 degrees. Mix pretzel crumbs, 1/4 cup of sugar and butter; press onto bottom of 13x9 inch pan. Bake 10 minutes & cool. Beat cream cheese, remaining sugar and milk with mixer until blended. Stir in Cool Whip; spread over crust & refrigerate. Add boiling water to JELL-O. Mix in large bowl; stir 2 minutes until dissolved. Stir in cold water. Refrigerate 1 1/2 hours - stir in the berries; spoon over cream cheese layer & refrigerate 3 hours.

Stay Cool During Summer Heat

Keep Yourself and Your Family Cool

- Drink plenty of water and other fluids.
- Avoid alcohol and caffeinated drinks such as coffee, soda, and tea.
- Stay indoors and limit activity between noon and 6 pm.
- Use portable and ceiling fans to circulate cool air.
- Wear light-colored, light weight and loose fitting clothing.
- Never leave a child or pets in a parked car.
- Take care of pets: Provide plenty of water, shade, and well-ventilated kennels and bring pets inside during the hottest part of the day.
- If the power fails, go to a friend's house, a local business, the library or a "cooling center."

Health and Safety Checks

During extreme conditions:

- Check twice a day on family members, friends, neighbors, and others.
- Call or visit to be sure they are comfortable and safe.
- Older adults and people with chronic health conditions are at higher risk.



Stay Cool

- Take a cool shower.
- Put a wet towel on your head, neck, or wrists.
- Mist yourself under a garden hose.

Take Action to Prevent Heat Related Illnesses

Contact your doctor regarding special precautions for older adults and for people with chronic conditions.

Heat Exhaustion

- Heavy sweating
- Muscle cramps
- Weakness
- Dizziness

If you feel ill due to heat, take immediate steps to cool off and see a doctor or call 911.

Heat Stroke

- Rapid pulse
- Nausea
- Throbbing headache
- Confusion



For More Information Visit:

www.fcdph.org/staycool



Department of Public Health
www.fcdph.org

Affordable & Fun Ideas for keeping the Kids cool during those dog days of Summer!

Not everyone has the money to afford to buy a Swimming Pool, go to the Pool or on Vacation where there's a Swimming Pool or a Beach Here's where you can be creative!

- ◆ Buy a couple to a few bags of cheap balloons at the dollar store, fill them up with water and let the **Water Balloon Toss** commence!
- ◆ Buy some inexpensive Water Guns & have a fun **Water Pistol Battle!**
- ◆ Get a hold of a Garden Hose to hook up to a Sprinkler to let the kids **Play in the Sprinkler** or if you have some extra money, a **Slip 'n' Slide** is a bunch of fun!
- ◆ Lastly, possibly the funniest way to cool off on a hot day that's completely FREE, is to simply **Play in the Rain!** As long as there's no lightning, you're good to go.

Unless you're playing in the rain, don't forget your Sunscreen - Let the fun begin!



Thank You to Our Local Community *Family* Self-Sufficiency Incentive Program Sponsors!



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Back To School Program

The Fayette County Salvation Army participates with the Ohio Department of Jobs and Family Services to purchase school clothes and shoes each summer for individuals & families who meet TANF eligibility and who have children who will be in grades K-12. The **Back To School Program** can identify school aged children from lower income families in need of help. They can be provided with a free, new backpack, school supplies, notebooks and a gift card to buy new clothes. All these things can go a long way in building confidence and boosting a child's spirit. If you know of a family who is struggling to make ends meet and could benefit greatly in the **Back To School Program**, have them contact Fayette Department of Job and Family Services at (740)335-0350 for helpful information on the program.

15 Simple Steps to Motivating Yourself!

Feeling less than motivated? Here's some practical solutions to that universal motivation-problem ...

- 1.) **Make a deal with yourself.** This is good for overcoming procrastination and getting things done. You can make the deal small or large. Once you have accomplished a goal - reward yourself.
- 2.) **Act like it.** If you don't feel motivated or enthusiastic, then act like it. The strange thing is that after a few minutes of acting motivated - you will become motivated.
- 3.) **Ask uplifting questions in the morning.** What makes me happy & excited?
- 4.) **Move the goalposts.** Set a large & specific goal. This will motivate you much more than small goals.
- 5.) **Do something small & create a flow.** Complete a small task - you'll feel more alert and ready to do the next thing.
- 6.) **Do the toughest task first.** This will ease a lot of your day-to-day worries and boost your self confidence for the rest of your day.
- 7.) **Start Slow.** Instead of jumping into something at full speed, start slow. When you do that your mind will not visualize the task as something hard that you have to do fast, fast, fast.
- 8.) **Compare yourself with yourself. Not with others.** Comparing what you have and your results to what other people have and have accomplished can really kill your motivation. Focus on you, on your life and how you can improve yourself.
- 9.) **Remember your successes.** Think of your successes not your failures.
- 10.) **Act like your heroes.** Read about them, watch them, listen to them. Study what made them successful and let them inspire you.
- 11.) **Remember to have fun.**
- 12.) **Get out of your comfort zone.** Face your challenges head on.
- 13.) **Don't fear failure.** It's a natural part of having a successful life.
- 14.) **Think outside of the box.** Don't imagine your future from the box of where you are in your life now. Don't be limited - there are a lot of possibilities in your future.
- 15.) **Find out what makes you happy.**

