



Thanksgiving

The year has turned its circle,
The seasons come & go.
The harvest all is gathered in
And chilly north winds blow.
Orchards have shared their treasures,
The fields, their yellow grain,
So open wide the doorway -
Thanksgiving comes again!

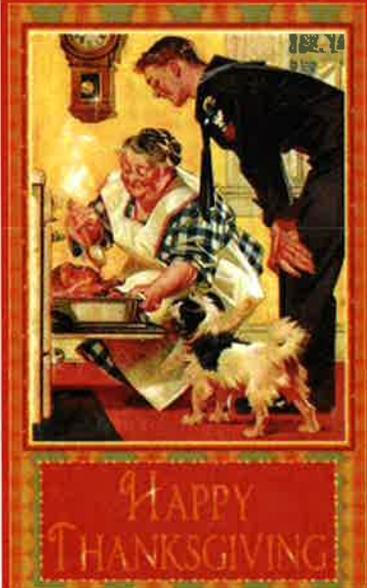
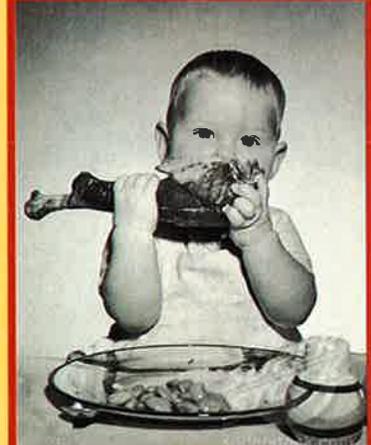
Just a reminder ... Be checking your mailbox around the middle of this month for your next Family Self-Sufficiency Update Appointment Letter and mark your calendars for the first week of December. I will be conducting those appointments during November 30th through December 3rd, 2015.

Be prepared for your appointments by bringing in your

- ◆ Current ID
- ◆ Car Insurance Card/verification
- ◆ Job & Family Services verification
- ◆ Child Support verification
- ◆ Paycheck Stubs
- ◆ School verification (such as Recent Student Loans/Grants, Class Schedules and Grades) Diplomas or Certificates
- ◆ Childcare Verification

Whether you accomplished something big, are still forging ahead with your goals or there haven't been any changes since our August Update Appointment - I still need to see you in December.

**Have a Happy Thanksgiving,
*Jenni Jones***



FAMILY SELF-SUFFICIENCY

Newsletter

FAYETTE
METROPOLITAN
HOUSING
AUTHORITY

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Special Points of Interest:

- ◆ **As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.**
- John Fitzgerald Kennedy
- ◆ **Be grateful for what you have. Your life, no matter how bad you think it is, is someone else's fairy tale.**
- Wale Ayeni
- ◆ **Thanksgiving Day is a jewel, to set in the hearts of honest men; but be careful that you do not take the day, and leave out the gratitude.**
- E.P. Powell
- ◆ **Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.**
- Oprah Winfrey
- ◆ **He who thanks but with the lips thanks but in part; the full, the true Thanksgiving comes from the heart.**
- J.A. Shedd
- ◆ **If the only prayer you said in your whole life was, "Thank You", that would suffice.**
- Edward Sandford Martin
- ◆ **Grace isn't a little prayer you chant before receiving a meal. It's a way to live.**
- Jacqueline Winspear

There's A Lot To Be Thankful For!

Life is full of blessings! Most of the time we don't even see the beauty all around us. Just go outside on some clear night and spend 15 minutes looking at the full moon. Put down your phone and take a long look at your child's miraculous toes or perfect ears. Take a sip of your morning coffee and consider what an unnecessarily lavish gift the sense of taste is. There are gifts and joys everywhere, if we stop to look. Life is truly beautiful. So this Thanksgiving, give thanks for the blessings that fill your daily life: your husband/wife, children, your family & friends, home, health, and freedom, recognizing that each day you have these things is a gift. But more than all this, (depending on your own religious beliefs) don't forget to thank a higher power. So many of us get too busy in our everyday lives to bow our heads for a moment of prayer. At Thanksgiving and everyday, be grateful for the people you love and who love you and all the blessings in your life. Be grateful & thankful for simply being alive to live your life.



*Have
a Very
Happy
and
Safe
Thanksgiving!*

Motivational Message For The Month

Do it

Don't just say it. Do it. Don't just think about it or plan for it, wish or hope or imagine. Make the effort, do the work, solve the problems, meet the challenges, and get it done. Thinking, strategizing and having aspirations are all important and necessary, but not enough. You have to get yourself going, get your hands dirty, sort through the complexity and make it happen. You might fool yourself into thinking that good intentions are enough, but you won't fool anyone else. It takes effort to transform those good intentions into real value. You're fully capable of that effort, and exercising that capability will bring you great satisfaction. So do it. Dream great dreams, set high goals, then do yourself and the whole world a favor and take action. The time is now, life is yours, and you can do it.

— Ralph Marston

Are you looking for Fun & Delicious Alternative Side Dish Recipes for your *Thanksgiving Dinner* this year?



Classic Sweet Potato Casserole

- ◆ 4 1/2 pounds **Sweet Potatoes**
- ◆ 1 cup **Sugar**
- ◆ 1/2 cup softened **Butter**
- ◆ 1/4 cup **Milk**
- ◆ 2 large **Eggs**
- ◆ 1 teaspoon **Vanilla Extract**
- ◆ 1 teaspoon **Salt**
- ◆ 1 1/4 cups crushed **Cornflakes Cereal**
- ◆ 1/4 cup **Chopped Pecans**
- ◆ 1 tablespoon **Brown Sugar**
- ◆ 1 tablespoon **Butter**, melted
- ◆ 1 1/2 cups **Miniature Marshmallows**

Preheat oven to 400 degrees. Bake sweet potatoes for 1 hour or until tender. Let stand until cool to touch (about 20 minutes); peel and mash sweet potatoes. Reduce oven temperature to 350 degrees. Beat mashed sweet potatoes, sugar and the next 5 ingredients at medium speed with an electric mixer until smooth. Spoon potato mixture into a greased 11x17 inch baking dish. Combine cornflakes and the next 3 ingredients in a small bowl. Sprinkle over the casserole in diagonal rows 2 inches apart. Bake at 350 degrees for 30 minutes. Remove from the oven; let stand for 10 minutes. Sprinkle marshmallows in alternate rows between the cornflake mixture; bake 10 minutes. Let stand for 10 minutes before serving.



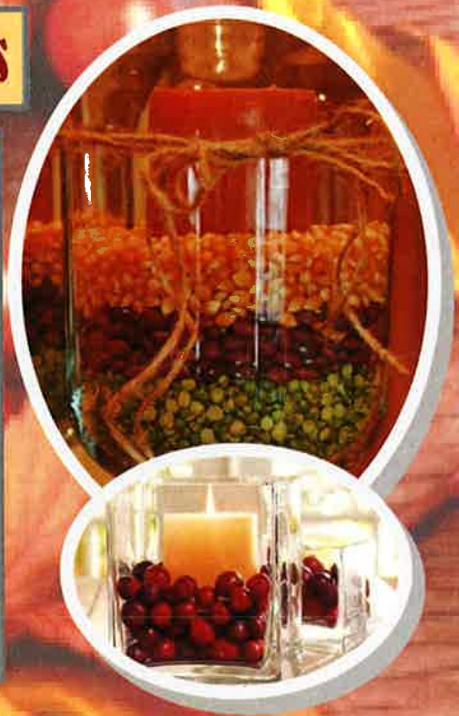
Cran-Orange Gelatin Salad

- ◆ 1 can (15 ounces) **Mandarin Oranges**
- ◆ 2 packages (.3 ounce each) **Sugar-free Cranberry Gelatin**
- ◆ 1-1/2 cups **Boiling Water**
- ◆ 1 can (14 ounces) **Whole-berry Cranberry Sauce**
- ◆ 1-1/2 cups crushed **Pretzels**
- ◆ 6 tablespoons **Butter**, melted
- ◆ 5 tablespoons **Sugar**, divided
- ◆ 1 package (8 ounces) **Cream Cheese**
- ◆ 1 carton (8 ounces) frozen **Whipped Topping**, thawed

Drain oranges, reserving juice in a 2-cup measuring cup; set oranges and juice aside. In a large bowl, dissolve gelatin in boiling water. Stir in cranberry sauce until melted. Add enough cold water to the reserved juice to measure 1-1/2 cups; add to gelatin mixture. Stir in oranges. Chill until partially set. Meanwhile, in a large bowl, combine the pretzels, butter and 2 tablespoons sugar. Press into an ungreased 13-in. x 9-in. dish; chill. In a small bowl, beat cream cheese and remaining sugar until smooth. Fold in whipped topping. Spread over crust. Spoon gelatin mixture over cream cheese layer. Chill for at least 3 hours or until set.

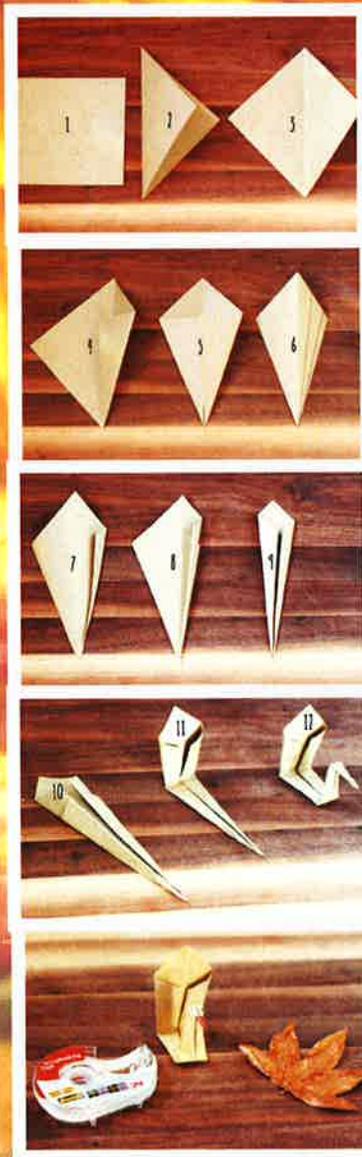
Thanksgiving Candles

Fill a vase with alternating layers of corn kernels, dry seeds, and/ or beans. Place a pillar candle on top of the mixture and add more layers until the candle is securely buried. Have fun finding pretty scented candles, in Fall scents, that match the colors of the corn, seeds & beans. Tie some rustic twine around the vase to add a beautiful final touch. Make a centerpiece with a grouping of candles on a tray surrounded with an assortment of acorns. You can also use cranberries or acorns inside the vases surrounding the candles. You can use an assortment of different shapes & sizes of vases along with different sizes of candles. Another idea is to use twine to wrap your candles with cinnamon sticks, then place on a glass dish.



Cute Thanksgiving Place Cards

- 1.) Start with a 6 x 6 in. square sheet of gold metallic construction paper.
 - 2.) Fold your piece of paper along one diagonal.
 - 3.) Then unfold it so there's just the crease.
 - 4.) Now fold the lower right edge of the square into the crease as shown.
 - 5.) Then fold the lower left edge of the square into the crease.
 - 6.) Next, flip the paper over and map out your next folds with a marker as done in the photo.
 - 7.) Fold right side along the farthest right line you mapped out.
 - 8.) Now fold again along your remaining line so that the folded portion is right along the center crease.
 - 9.) Follow steps 7 and 8 exactly as you did on the right but now on the left.
 - 10.) Your turkey should look like this so far.
 - 11.) Now fold roughly the back third upwards to form the support for your tail. (The wider side).
 - 12.) Then fold the front third upwards as well. Last step for your base turkey is to fold a small portion of the front third down to form your turkeys head.
- Now, you've completed the base turkey for your place setting. Then, with a brown and orange sharpie marker, color the little beak and eyes. For the tail to be really festive, use decorative glitter leaves. This is a regular leaf painted with Mod Podge and glitter. Mix 2 parts Mod Podge to one part glitter and paint a thick coat on the leaf. Once it's dry, flip it over and paint the other side. These leaves keep forever with the Mod Podge! Using double-sided tape, attach the leaf to the base of the turkey's tail. Then, simply write the names of your Thanksgiving Dinner Guests on cute, matching pieces of paper and attach them to the turkey using double-sided tape.



Southern State Community College Offers Outstanding Associate of Applied Science Degree Programs

If you are interested in attending SSSC & beginning a Great Career, go to www.sssc.edu for more information on how to get started!

Heating, Ventilation & Air Conditioning Technology

Individuals with certification in **Heating, Ventilating, Air Conditioning and Refrigeration** maintain the complex HVAC systems used in residential, light industrial and commercial buildings. HVAC technicians install, maintain, repair and inspect heating, air conditioning and refrigeration systems. Trained technicians have job stability and high earning potential. HVAC technicians must use the principles and theories of technical math, mechanical drawing, applied physics and chemistry, electronics, blueprint reading and computer applications and they should also be in good physical condition. Areas of employment and/or advancement include HVAC Technician or specialist, building superintendents, system test and balance specialist, cost estimators, HVAC manager/supervisory position, sales and/or marketing jobs within the field.



Medical Assisting

The **Medical Assistant** is trained to work primarily in a physician's office. They may choose to work as a receptionist in a hospital or physician's office, a transcriptionist, insurance specialist, financial secretary, billing and collection specialist, laboratory assistant or a clinical assistant involved in patient care. The program is designed to be completed in four semesters when taken on a full-time basis. Some students may choose to pursue the degree on a part-time basis (within eight semesters). Students should complete the program within the specified timeframe. Admission to the Medical Assisting Program requires written acceptance by the Medical Assisting Program Director according to the admission requirements listed on the Medical Assisting Program application packet. Students may elect to complete some or all of the general education course requirements prior to being admitted into the Medical Assisting Program. Continuation in the Medical Assisting Program requires a minimum grade of "B" in MAST/ALTH courses with a minimum cumulative and most current completed quarter grade point average of 2.4 to participate in the practicum experience.

Enrollment in Medical Assisting courses is limited. Applicants are accepted on a first-come, first-served basis after the above criteria are met. After acceptance, but before beginning their practicum experience, students will be required to:

1. provide medical examination and immunization information indicating they meet the health requirements (have the physical and emotional stamina) to pursue this career for practicum experiences;
2. complete a criminal background record check at the practicum orientation with results acceptable for placement in practicum experiences; delayed results will require dropping the scheduled practicum;
3. complete a standard drug screen with results acceptable for placement in practicum experiences;
4. purchase student liability insurance;
5. provide proof of or purchase personal health insurance; and
6. purchase the required student uniform.



Every Child Deserves A Little Christmas

Christmas should be a happy time without worry and burden - but for so many families who have found themselves in hard times, it can be very unhappy. The Marine Corps Reserve in Fayette County believes that, "Every child deserves a little Christmas". Since 1947, the Marines' "Toys for Tots" program have been making Christmas wishes come true for needy children. This program embodies the true spirit of Christmas, the gift of a shiny new toy means that someone cares - that no child will be forgotten and Christmas won't pass them by.



If you know a family who is struggling to buy their children gifts for Christmas, let them know about this Website. Go to **Marine Toys For Tots Foundation** www.toysfortots.org or contact Mindi Wickensimer at (740) 971-9020 for more information.



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