

Informing ROSS

February
2015

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February Facts

- *Feb. is African-American History Month*
- *Feb. is Children's Dental Health Month*
- *Feb. is American Heart Month*
- *Feb. 2 is Groundhog Day*
- *Feb. 14 is Valentine Day*
- *Feb 16 is Presidents' Day*



Don't Be Afraid to Dream

Article by: *Sydney Peeler*

Do you have dreams and goals for 2015? It may be easy for you to think about your goals, whether it be going back to school, repairing your credit, becoming a homeowner, etc. Did you know that it also helps to write your dreams and goals out and post them where you can see them? Another tool that helps you visualize your goals is by creating a vision board. Experts say to keep your vision board neat and organized with not too many pictures on it. Once you build your dream board, make sure you place it somewhere where you will always see it. Don't be afraid to set goals, they may change over time, but remember no matter how old or young you are you can have a vision!

If you want to get an idea of how to start your dream board you can visit: <http://www.wikihow.com/Make-a-Dream-Board>.

Congratulations – Graduate!

Article By: *Lakisa Russell*

The Family Self-Sufficiency (FSS) Program is "HUD's Best Kept Secret for Promoting Employment and Asset Growth." The FSS program entails case management services that help participants pursue employment opportunities, other goals, and escrow accounts, which the Public Housing Agency deposits the increased rental charges that a family pays as their earned income increase. Families that complete the program's requirements may withdraw funds from their escrow account after five years.



Brandy Lindsey, a FSS member is a shining example and has proudly completed the program's requirements. Lindsey can select to use the funds for a down payment on a home, college tuition, buy a car, or for any purpose.

On behalf of The Housing Authority of Columbus, Georgia, congratulations and good luck Ms. Lindsey on your future endeavors.

If you are interested in becoming an FSS member, please call Lakisa Russell at 706-571-2800, ext. 889.

Nothing Worth Having Comes Easy!

Article by: *Marie Peterson*

Fact is, nothing worth having is never easy. Think about it for a moment...all the best things in life are the result of struggle, pain and perseverance. The end result (victory) makes the good things so much greater, and that's what makes it all worth the effort. For example, education, without it, it's almost impossible to achieve self-sufficiency.

Both **Tekema Nelson** (left) and **Teshebaney Fletcher** (right) recognizes that the key to



self-sufficiency is higher learning and *did not give up* until they earned an Associate of Applied Science Degree in Electronic Medical Records, and an Associate of Occupational Science De-



gree in Medical Assisting from *Miller-Motte Technical College* on Saturday, January 10, 2015.

Congratulations ladies for your endurance!

Tips to Help you Keep your New Year Resolution

Article by: *Tewa Harris*

- ◆ Be realistic
- ◆ Plan ahead
- ◆ Outline your plan
- ◆ Make a "Pros" and "Cons" list
- ◆ Talk about your New Year Resolution
- ◆ Reward yourself for your Accomplishments
- ◆ Track your goals and progress
- ◆ Don't beat yourself up
- ◆ Stick to it
- ◆ Keep trying (don't give up)

What's Up!

Boys of Distinction @ BTW Community Room

Mon. Feb. 9 & 23
6:00pm

Simple Steps @ Wilson & BTW Community Room

Tues. Feb. 10
12:30pm - 1:30pm

Hope Harbour @ Farley 's Community Room

Thurs. Feb. 12
12:30pm - 2:00pm

Habitat for Humanity @ Farley's Community Room

Thurs. Feb. 19
12:30pm - 2:00pm

Simple Steps @ E. Canty Community Room

Tues. Feb. 24
12:30pm - 1:30pm

Columbus Regional Mobile Unit @ Farley & Canty 2nd & 3rd

Wed. each Month
8:30am - 12:00pm

Great Start Georgia of Columbus

Great Start Georgia is a **FREE** group of services that care about helping pregnant mothers and mothers who have children, aged newborn to 3 years old, and their families. Mothers, please contact Great Start Georgia of Columbus at (706) 225-3859 to learn more about keeping your children and yourself healthy, happy, safe, and successful.

For additional information Please Call:
(706) 571-2800, ext. 812 or 859

What Not to Put on Your Resume

Article by: *Tequila Ezell*

How many times have you applied for a job and never heard back? For job seekers, the resume may be the most important document they need. After all, what's on that simple piece of paper can mean the difference between landing an interview and landing in the circular file. Here are a few things to consider before handing your resume over to your next potential employer.

A crazy objective - There is absolutely nothing wrong with being ambitious but, if you sell yourself too much you can come up short. Outlandish, over-confident, or "out there" objective statements almost always ensure that the rest of your resume isn't read.

Irrelevant job experience - If you were employed ten years ago at "Chicken Cluck" as the mascot, maybe you should not put that on your resume if you are seeking a position with a Fortune 500 company such as AFLAC.

Achievements that aren't achievements- Being nominated prom queen is not an achievement, stick to professional and community service awards only.

Physical characteristics- Hiring managers do not care how you look while reviewing your resume. You are not looking for your next potential mate, so please do not describe yourself that way.

Private matters - Religious and political affiliations, marital status, age, and whether you have children should not be included on your resume. Remember to always remain professional.

Poor grammar and obscure words- Describing yourself as a "Very detail oriented multi-taster" is likely to get no other response and your resume tossed to the "no fit" pile.

These are just a few helpful tips that can help you land the job you want. The next time you begin your resume, keep in mind that you only have one good impression to make and it may just be your last.

Homeownership - The American Dream - Make it a Reality! To learn more, please call your ROSS Service Coordinator @ (706) 571-2800, ext. 812 or 859

**Literacy Alliance
FREE Classes - Reading & Math
(706) 748-2609**

Quote

"Nothing in the world is worth having or worth doing unless it means effort, pain, difficulty...I have never in my life envied a human being who led an easy life. I envied a great many people who led difficult lives and led them well."
- Theodore Roosevelt

Christmas Celebration 2014 @ Chase Homes

Article By: *Keyshia Adams*

Oh what a joyous occasion it was at Chase Homes Community Room on Saturday, December 20, 2014. The room was filled with excitement and children chattering about the many blessings that were bestowed upon them by Chase Homes Resident Council members, residents and private donations. The event was a "Grand Occasion," which brought smiles, the Christmas spirit and cheer to everyone. Hats off to all sponsors for a well-organized event!!! If you didn't have the Christmas Spirit before the occasion, you most certainly left with it!!!



Taking Good Care of Your Children



Changing the trend in the rate of child obesity in America is not challenging as long as parents are willing to accept their responsibilities for teaching their children healthy lifestyles. Parents of obese children must begin within the family to identify the problems and make adjustments. Childhood eating habits must be changed, and teen diets adjusted to accommodate their specific nutritional needs.

Parents must teach by example - which means parents must also follow a nutritional and exercise plan that leads to a healthy weight.



If you are between the ages of 18 to 21, you can "Earn While You Learn" with **PAXEN** learning program in Columbus. To learn more, contact **Latrina** @ (706) 505-2597. Hurry - "spots are going fast!"



GeorgiaCares

GeorgiaCares will be on site at E.J. Knight Senior Citizen Nutrition Center - 1121 Fort Benning Road, Columbus, Georgia on the 2nd and 4th Wednesday of the month from 9am-10:30am to answer Medicare questions, help Medicare Beneficiaries apply for extra help with getting their Part B Premium paid, and assist them with completing their SNAP applications.



To learn more, please contact GeorgiaCares at 1 866-552-4464 option 4.

Taxes Done FREE



Free tax services are available if your household income was \$58,000 or less in 2014.

VITA (Volunteer Income Tax Assistance) Locations:

Goodwill Columbus Midtown Career Center

2601 Cross Country Drive, Columbus, GA 31906

(706) 324-4366

Tues. - Thurs.: 10am - 7pm

Fri: 10:00am - 5:00pm

Sat: 9:00am - 3:00pm

Britt David Baptist Church

2801 W. Britt David Rd. Columbus, GA 31909

(706) 322-0357

Mon - Wed: 9:00am - 5:00pm

Tues & Thurs: 9:00am - 7:00pm

Fri: 3:00pm - 6:00pm

Consumer Credit Counseling Service

1350 15th Ave, Columbus, GA 31901

(706) 327-3239

Call for Appointment

Homeless Resource Network

2221 2nd Ave, Columbus, GA 31901

(706) 571-3399

Mon: 9:30am - 12:00pm

Fri: 2:00pm - 4:00pm

Boys and Girls Club

3200 Cusseta Rd, Columbus, GA 31903

(706) 322-0357

Fri: 10:00am - 1:00pm

The Josh Gibson Center

20 Gibson Way, Buena Vista, GA 31803

(Formerly Rogers St.)

(229) 649-3858

Thurs & Sat. : 10:00am - 2:00pm

Goodwill Newnan West Career Center

228 Bullsboro Dr., Newnan, GA 30263

(678) 423-3562

Tues—Thurs: 9:00am - 5:00pm

Fri: 9:00am - 2:00pm

Sat: 10:00am - 2:00pm

Did you know?...

“Tenant agrees to abide by City Sanitation Code posted in the Management Office and accepts responsibility for the control of pest, vermin and objectionable odors stemming from unsanitary housekeeping practices.”
(Section 11b of Lease)

Cancer Prevention Cooking

Article by: Marie Peterson

Did you know that food can be your medicine? Well, it's true. According to The American Cancer Society and The American Institute for Cancer Research, “more than 30 percent of cancers can be prevented through healthy diet, physical activity, and maintaining a healthy weight.” Ms. Collins and Ms. Bentley of The University of Georgia Cooperative Extension, allowed residents to view an informative Power Points presentation, which revealed how nutritional foods can help prevent cancer and help people recovering from cancer. Colorful handouts to include simple evaluation tools and delicious recipes were given to all participants.

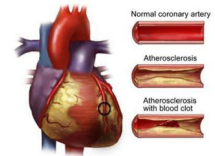


Ms. Collins also prepared simple meals such as turkey tacos, red beans, cabbage and strawberry fluff. The healthy foods were prepared using such spices as onion powder, garlic powder, cumin, chili powder, sugar free frozen strawberries, sugar free cool whip and pecans (foods were prepared using less fat, less sodium and less sugar).



Safeguard your Invaluable Heart

Heart disease is still the leading killer of women in America, so do all you can to fight back! *The American Heart Association* recommends seven simple ways to lower your risk: get active, control your cholesterol, eat better, manage your blood pressure, lose weight, reduce your blood sugar, and quit smoking. To protect your priceless heart, talk to your doctor about assessing your risk.



Job Listings for Job Seekers

Office Coordinator Rush Enterprises Midland, GA

Office Coordinator will support office functions daily through basic office needs. Prepare cash deposits and reconcile daily cash. Keep employee's list and associated benefits reporting up to date. Maintain customer files and keep related computer files up to date. Answer phones, open and distribute mail, maintain and keep credit files up to date.

[Apply @ Rushenterprises.com](mailto:Apply@Rushenterprises.com)

Machining Team Member Pratt & Whitney Columbus, GA

Team member at this level is expected to set up and operate equipment, lend expertise to resolving problems, perform less complicated work on tools and dies, perform periodic preventive maintenance checks and less complicated repairs. Position also requires a mechanical and technical aptitude and an ability to follow work instructions. Must comply with all environmental, health, and safety requirement. Perform other duties as required.

Apply@Utc.com

Papermill Entry Level Production (6757BR)

MeadWestvaco, Cotton/Seal, AL

Cutting, loading, storing, and removing paper cores; assisting in startup of machines, clean up areas. Perform other duties in accordance with Labor Agreement.

[Apply @ mww.com](mailto:Apply@mww.com)

The Joy of Blessing Others!

Article By: *Marie Peterson*

The Christmas 2014 celebration at Wal-Mart Whittlesey Boulevard was nothing



less than phenomenal! Although unable to make a personal appearance, **Edwin Jackson's** kind, caring and generous spirit was positively felt by everyone! **Jackson**, a former



Shaw High School pitcher and currently a professional pitcher with the *Chicago Cubs*, so generously donated *Wal-Mart* gift cards, and refreshments to 36 excited and grateful public housing families. The families enjoyed fun, refreshments and eagerly shopped for Christmas gifts.

Just as eager, The Housing Authority's Resident Opportunities for Self-Sufficiency (ROSS), Family Self-Sufficiency



Housing Choice Voucher (FSS HCV), Neighborhood Networks Resource Center (NNC) coordinators, and *Insights*



Marketing representatives, unquestionably ensured the complete success of the Christmas celebration, which would have been virtually impossible without team involvement!

The families were extremely excited and thankful for the unanticipated blessings provided by **Jackson's** bigheartedness!



On behalf of The Housing Authority of Columbus, Georgia, thank

you **Mr. Jackson** and *Insights Marketing* for putting **LOVE** into action for families in public housing.



Contact Us



ROSS Service Program Coordinator:

Keyshia Adams

BTW, Chase, Warren Williams and Ashley Station
(706) 571-2800, ext. 859

ROSS Service Program Coordinator:

Marie Peterson

Wilson, Farley, Canty, E. J. Knight and Arbor Pointe
(706) 571-2800, ext. 812

Family Self-Sufficiency Coordinator:

Lakisa Russell

Public Housing
(706) 571-2800, ext. 889

The ROSS Program is sponsored through a grant between the Department of Housing and Urban Development and the Housing Authority of Columbus, Georgia.



Neighborhood Networks

Resource Centers:

Elizabeth Canty
(12 computers)

100 Canty Place
(706) 571-2944
Mon. - 10:00am - 12:00pm
Wed. 10:00am - 6:00pm

Booker T. Washington
(18 computers)

500 5th Avenue
(706) 571-2924
Tues. 10:00am - 6:00pm
Thurs. 10:00am - 6:00pm

Nicholson Terrace
(4 computers)

1313 14th Street (1st Floor)
(706) 571-2946

E.E. Farley
(6 computers)

1901 Nina Street
Mon.. 1:00pm - 5:00pm

Warren Williams
(8 computers)

1002 Wynnton Road
(706) 571-2984
Thurs. 1:00pm - 6:00pm

Luther Wilson
(24 computers)

718 35th Street
(706) 571-2918
Mon. 12:00pm - 6:00pm
Tues. 10:00am - 12:00pm
Wed. 12:00pm - 6:00pm
Thurs. 10:00am - 12:00pm

Louis Chase
(6 computers)

120 20th Street
Tues. 1:00pm - 6:00pm

Help Columbus
<http://helpcolumbus.com/>