Northeast Georgia Housing Authority

Serving the cities of...Clarkesville, Cleveland, Cornelia, Demorest, Helen, Homer, Toccoa

Housing Happenings

RESIDENTS SAY:

Thankful for my apartment and love where I live. -- Clarkesville resident (Ritchie St.)

Love living here and my good neighbors. --Toccoa resident (Queen)

It is nice and quiet at night around here and I like that. Staff is also very friendly.

-Cornelia resident (CCK)

Enjoy the pictures of the resident trips. Believe it would be a good idea if you could introduce and profile each of the maintenance team because they deserve it and work hard for everyone, with little or no thanks. Especially are yards. Thanks! God bless! Also, the lady in the front what better person to greet you warmly at office.

--Toccoa resident (Argo)

I am so glad that I live in a safe and loving neighborhood.

-- Toccoa resident

My apartment is quiet and peaceful. My neighbors are amazing and helpful.

Maintenance is also amazing. My apartment is home. ~~Clarkesville resident (Daisy)

If you suspect drug activity in your neighborhood call: 1-706-348-7410

Riddle: I am the breath of relief and depression. What am I?

Answer from last newsletter: A penny.

Win a \$25.00.....Details inside
Gift card

Executive Director Says-



School is almost out and summertime will be upon us! I'm sure everyone will be enjoying the outdoors with BBQ's and fun with family and friends. I want everyone to be able to enjoy this time of year, but please be respectful of your neighbors and not stay outdoors late at night. Your neighbor may have to rise and shine early the next day for work or for an early appointment. I know everyone doesn't have the same sleeping schedule so be respectful of others.

Also, parents please make sure your children do not play in the streets or near the roadways. I know a lot of times they like to ride their bikes in the streets, but that is not a safe place for them to do so. Drivers cannot always see them and we would not want something tragic to happen to your children. So, please make sure your children always have adult supervision. We want to be able to protect you and your neighborhood as well as the housing authority.

HAVE A GREAT SUMMER!

HOUSE RULES REMINDER:

COOKING GRILLS

Outside grilling is enjoyable; however, misuse can be very unsafe and can damage the building or grass if not handled with care and caution. Misuse of gas or charcoal grills is considered a fire hazard. Storage of all outside grills shall be limited to the back porch area of the apartment. The gas tank should remain in the grill at all times and NOT stored separate, on the porch or inside the apartment.

- When in use, gas grills may be used in the rear or front yard only. DO NOT use the grill on the porch as this will melt, stain, and damage the vinyl overhead and is considered a fire hazard.
- Allow the charcoal ashes to cool and then place them in a container to be disposed of. DO NOT dispose of used charcoal ashes in the yards, ground, or bordering woods.
- If a resident displays repeated violations of fire safety, their right to own and keep a grill on the premises will be terminated.

NOISE

Please be considerate of neighbors and refrain from playing music or televisions too loudly at any time. This includes any excessive noise from any persons on the property.

This property has **quiet hours from 10:00 p.m. until 10:00a.m.** This means during these hours, everything quiets down.

Angie Cothran Executive Director



From the Housing Management Department

This was written by a young girl who was in jail for drug charges and was addicted to meth. She wrote this while in jail. As you will soon read, she fully grasped the horrors of the drug, as she tells in the simple, yet profound poem. She was released from jail, but true to her story. The drug owned her.

They found her dead not long after, with the needle still in her arm. This thing is worse than any of us realize.

I AM METH!

I destroy homes, I tear families apart,
I take your children and that's just the start.
I'm more costly than diamonds, more precious than gold;
The sorrow I bring is a sight to behold.
If you need me, remember I'm easily found,
I live all around you – in schools and in town.
I live with the rich, I live with poor,
I live down the street and may be next door.
I'm made in a lab, but not like you think,
I can be made under the kitchen sink.
In your child's closet and even in the

If this scares you to death, well it certainly should.

woods.

I have many names, but there's one you know best,

I'm sure you've of me, my name is Crystal Meth. My power is awesome, try me you'll see, But if you do, you may never break free. Just try me once and I might let you go, But try me twice, and I'll own your soul. When I possess you, you'll steal and you'll lie; You do what you have to just to get high. The crimes you'll commit for my narcotic charms Will be worth the pleasure you'll feel in your arms. You'll lie to your mother, you'll steal from your Dad. When you see their tears, you should feel sad, But you'll forget your morals and how you were raised, I'll be your conscience, I'll teach you my ways. I take kids from parents and parents from kids. I turn people from God and separate friends. I'll take everything from you, your looks and pride, I'll be with you always – right by your side. You'll give up everything – your family, your home, Your friends, your money, then you'll be alone.

I'll take and take, 'til you have nothing more to give. When I'm finished with you, you'll be lucky to live. If you try me be warned – this is no game. If you give me the chance, I'll drive you insane. I'll ravish your body; I'll control your mind, I'll own you completely; your soul will be mine. The nightmares I'll give you while lying in bed, The voices you'll hear, from inside your head. The sweats, the shakes; the visions you'll see,

I want you to know, these are all gifts from me.

But then it's too late, and you'll know in your heart,

That you are mine, and we shall not part.

You'll regret that you tried me, they always do,

But you came to me, not I to you. You knew this would happen; many times you were told,

But you challenged my power and chose to be bold. You could have said no, and just waked away, If you could live that day over now what would you say?

I'll be your master, you'll be my slave,
I'll even go with you, when you go to your grave.
Now that you have met me, what will you do?
Will you try me or not? It's all up to you.
I can bring you more misery than words can tell,
Come, take my hand, let me lead you to Hell.
Submitted by J V Whitlock

Cashenna Roebuck

Director of Sousing Management



Resident Services introduces and links residents with a wide range of programs and services to enhance the quality of life and to encourage upward mobility into the community.

Through Vital community partners we are able to provide a Variety of education, social and cultural programs, health and wellness screenings and recreational activities designed to assist residents in achieving stability, strength and self-sufficiency.

Keep a look out in the mail for information about your next upcoming Resident Association Meeting

Brain Health

Exercise your mind: Exercising you mind may forestall (prevent, lessen) mental decline by strengthening connections between brain cells. Intellectual challenge seems to be crucial.

Make a difference: Feeling in control and believing that what you do makes a difference in your day-today life is strongly associated with successful brain aging.

Exercise your body: Physical activity, especially aerobic exercise and moderately strenuous activity, seems to help preserve mental sharpness.

"It's not the years in your life that count, it's the life in your years that count." -Abraham Lincoln

Chia Seeds

Skipping Breakfast are going to have a lower blood sugar level. This leads to an insufficient supply of nutrients to the brain causing brain

Sleep Deprivation Sleep allows our brain to rest. Long term deprivation from sleep will accelerate the death of brain cells.

> Air Pollution The brain is the largest oxygen consumer in our body. Inhaling polluted air decreases the supply of oxygen to the brain. bringing about a decrease in brain efficiency.

People who skip breakfast degeneration.

Damaging Habit

Chickpeas

Romaine

Chard

Teff

Lentils

Overeating It causes hardening of the brain arteries, leading to decrease in mental power.

High Sugar Consumption Too much sugar will interrupt the absorption of proteins and nutrients causing malnutrition and may interfere with brain development.

Smoking Smoking causes multiple shrinkage and may lead to Alzheimer disease.



Wild Rice

Quinoa



FROM THE DESK OF...

WILLIAM DUNSON, MAINTENANCE MANAGER

IT'S SPRING TIME and the grass contractors have already started mowing. Banks Lawn Service is the grass contractor for all of Northeast Georgia Housing Authority properties this year.

Some of the responsibilities of the grass contractor include mowing and trimming grass, blowing grass clippings off sidewalks, deck pads, and porches. They also have the option of using grass/weed herbicide around buildings, a/c pads, clotheslines post, etc.

PLEASE BE SURE your yard is free of toys, rocks, sticks, paper and other debris. Your cooperation in getting your yard ready for mowing and maintaining your yard is greatly appreciated. By doing this you will prevent charges to your account.

RESIDENTS ARE EXPECTED TO properly take care of their home to avoid problems with their lease and poor housekeeping habits that could result in charges for damages. The stove must be kept clean to avoid fire hazards. The stove tops lift up for convenience in cleaning grease or food spills. Your refrigerator gaskets around the door must be wiped clean to avoid sticking and spills must be cleaned to avoid leakages underneath that attract pests. Your toilet sinks and tub may develop clogs and the housing authority has provided you a plunger, you can also use a mild drain cleaner to dissolve normal problems. Please do not dispose of food, grease or other foreign objects in the drains. We do charge for unstopping the toilet.

THE MAINTENANCE DEPARTMENT will pick up large items that will not fit inside the dumpster/trash cans at no charge to the resident; the items must be put on the curb. DO NOT put these items out until Wednesday afternoon of each week. Any items picked up on Monday and Tuesday could result in everyone in that site being changed a \$30 landfill charge. The truck will be around on THURSDAYS of each week, weather permitting and we are not closed for a holiday. If you have loose items, they must be tied up in a trash bag.

REMEMBER: We cannot treat the inside of your apartment for ants. If you have ants inside your apartment, below is a list of spray cleaner recipes you may want to try...

Clean countertops and surfaces well with one of the cleaners below, these can also be used to spray them directly.

- Vinegar
- Vinegar & water (50/50 mix)
- Cider Vinegar & Water (50/50 mix)
- One of these essential oils: Peppermint, Lavender, Eucalyptus, Tea Tree Oil, Witch Hazel Extract (1 tablespoon) plus water- per spray bottle (these oils also can be used to repel spiders)
- Liquid Dish Detergent & Water (about 1 tablespoon detergent, fill spray bottle with water).



KEEP A LOOK OUT FOR AN UPCOMING EVENT ABOUT GETTING PREPARED FOR NATURAL DISASTERS: READY GEORGIA.

As you probably know, it is now spring time in Georgia and we are entering the hurricane, flood, and tornado season. In addition we must also be mindful of the potential for earthquakes. Needless to say, all of us need to be prepared for whatever natural disaster may happen.

Here are some safety measures to follow:

- If you see or hear a tornado, go to an inner hallway on the lowest level of your home and close all of the doors leading to it. You may want to cover yourself and your family with a mattresses to protect you from debris. If you are in a vehicle, you should leave the vehicle and go to a substantial structure. Also, if there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert with your hands shielding your head.
- You should have on hand emergency supplies of water, canned food that can be eaten without cooking, prescriptions medicines, flash lights and extra batteries.
- You should keep well informed by the television and radio station alerts, and follow them as quickly as possible.
- If your home suffers any physical damage from a potential storm, earthquake or flooding, please contact us immediately.
- > If you or a family member suffers any personal emergency, call 911 immediately.
- ➤ What about a circumstance where something interferes with you being at home to meet the children to get them off the bus from school? Do they know where to go? Do you have a plan that they understand?
- ➤ If you have a fire have you discussed with everyone in your residence how to get out of your home and set a specific location for everyone to meet? You don't want there to be any question whether or not everyone is out of the house.
- > Does everyone in your household understand how to contact emergency personnel in the event of a sudden illness or accident? Does everyone understand what constitutes a real emergency?
- These are certainly a lot of questions, but as a responsible individual these are situations you need to address. You should always discuss these situations with everyone in your household and have a plan of action. You should also have supplies on hand to see you through several days or weeks in the event of any emergency situation.

Thank you for your cooperation, and if you have any questions or concerns about the maintenance of your apartment, please feel free to call @ 706-886-7326 or 1-800-752-8546.

The maintenance office is open 7:30 am to 6:00 pm, Monday thru Thursday for your questions or to request a work order.

May 2018 Newsletter Winners



Ms. Pamella Thurlow of Toccoa Won!

Congratulations to our winners!

For your chance to win a \$25.00 Wal-Mart Gift Card Entries must be received by June 20, 2018



Ms. Gwynne Clark of Cornelia Won!

This could be YOU! Enter to WIN!

Residents: Two winners will receive a \$25.00 Gift Card From Wal-Mart!

Answer the following questions, clip out and mail or bring to the Housing Authority office. Two winners will be drawn. The winners will be contacted and announced in the next newsletter!

1. What is the drug tip hotline number?	
2. What is the answer to the Riddle?	
3. What are the set quiet time hours for all properties?p.m. toa.n	m.
4. What should you pick-up in your yards?	
5. What day of the week should large items be placed on the curbs?	
6. What will you be charged if these items are place on the curb any other day?	
7. In the event of an emergency who is your first contact? The number is	
8. DO YOU HAVE A SAFETY PLAN IN PLACE? Yes No	
Resident Comments:	



LDD: \\ \text{LD0: \\ \text{V06-886-0318}\\ \text{1380}\\ \text{286-9422}\\ \text{296-988-904}\)