

The Housing Chronicle



The Housing Authority of the City of Frederick

Bingo and Potluck



An article last month entitled Bingo and Potluck spoke about resident Joanne Rollins efforts in organizing this monthly mixer. We unfortunately referenced the wrong Rollins and it should have been Ms. Frances Rollins. We apologize for our typo and thank Ms. Frances for all her efforts in bringing activities to the Carver community. The article should have read:

Did you know that the 3rd Saturday of each month Carver's Resident Frances Rollins organizes a Bingo Potluck? She passes out flyers in the community and invites others to join them in an afternoon of fun and fellowship. Each person that comes brings a gift for the prizes and a dish. Per Frances, they only spend \$5.00 for the gift. Frances said that the reason she started this was because there was nothing for the older adults to do and she thought this would be fun. All that attend have a good time and they enjoy each others company and she makes homemade vegetable soup. Her hope is that others in the community would come out and share in the fun.



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Black history month

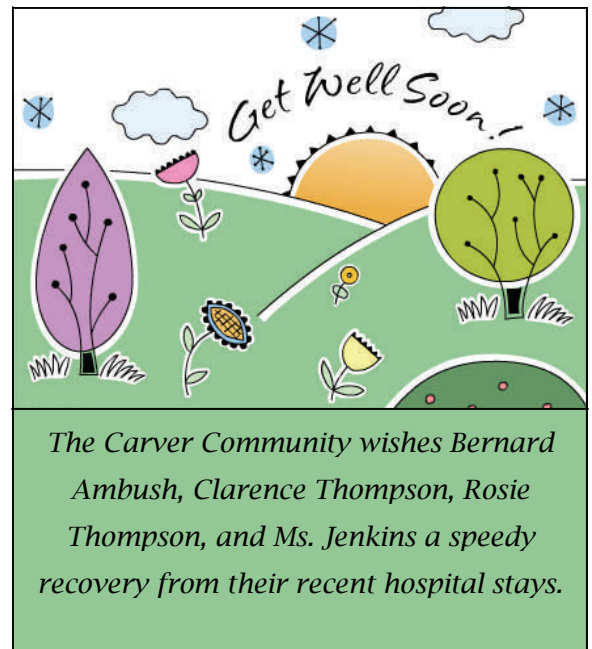
On February 25, 2008 at The Clara Harris Community Center at Sagner, was a Black History Celebration Dinner. This event was well attended as The Bernetta Brown Dance Troupe provided entertainment for the evening under the direction of Mrs. Ruth Brown.

Essay Competition

We have received several inspiring essays to honor Black History Month on the theme of "The African American I Most Admire." The winner will be announced in the April Newsletter and will receive two movie passes!

Congratulations

Congratulations to 13 HOPE VI participants that completed their 8-week computer class and received brand new DELL computers! They are: Robin Alston, Charlene Anderson, Katisha Brown, Simone Edmond, Mindy Harris, Sharon Kelley, Sonia Lebron, Elizabeth McVey, Nathan Metzger, Tinena Newman, Wanda Perry, Lisa Wenner, and Desiree Wentz.



Congratulations

Congrats to Sherry Kline for getting her high school diploma! Way to go, Sherry!!

Congrats, also, to Carrie Duda for making the Dean's List at FCC!!

Guess who's graduating from FCC this May??

Be on the look out in our next newsletter for those we especially need to celebrate!

Family Self-Sufficiency Program

Change: modification, alteration, shift, variation, movement, transformation, mutation, turn, transition....



When these words ring through your head, what are some things that come to mind? Everyone has a comfort zone that they never want to leave...but what happens when we are no longer in our comfort zone? What if there was a program that can help you welcome and encourage change so that you become positively productive? If you are motivated and not afraid of change, and wish to go further in your life, **contact Linda Helms, FSS Coordinator for Public Housing at (301)696-1874** for more information.

NEED MONEY FOR COLLEGE?

Apply for a Housing Authority
Insurance Group Scholarship

Why ? Because you owe it to yourself?

How ? By completing our application! You can get one by visiting this website: www.housingcenter.com, or by calling Ann Ryan at: 301 696 1875

When ? The completed application needs to be post-marked by April 30, 2008

Am I qualified ? If you are a high school senior, college student, or just want to go back to finish a degree, and you have/had at least a 2.5 GPA (or C+ letter grade average), are a resident of the public housing authority, you qualify. (Adults can apply as well!)

**Hurry... application must be postdated by
April 30, 2008!**

We Care Health Fair

The Housing Authority of the City of Frederick - HOPE VI program will be hosting the 2nd "We Care" Health Fair on Saturday, May 10th from 11am to 4pm in the Carver Community located at 201 Madison Street. Our goal is to promote personal health in the community. If you would like to volunteer for the day or assist in planning this event please contact Ayesha Johnson at (301) 662-3691.

You can also send an e-mail to:

ajohnson@hacfrederick.org.

MARCH IS

NATIONAL COLORECTAL CANCER

AWARENESS MONTH

For more information about colorectal cancer and the availability of free colorectal-cancer screening for qualifying individuals, please call 301-600-3362.

From The Maintenance Desk:



March Exterminations:

03/11/08	202 - 234	Lincoln Community
03/12/08	236 - 268	Lincoln Community
03/13/08	270 - 298A	Lincoln Community
03/19/08		All Scattered Sites

"Kick Butts Day"

There will be a special "Kick Butts Day" at Sagner on March 29th. The theme will be how to never START smoking and for those who are trying to quit, special focus on how to do that. There will be activities and sessions at the community room from Noon to 2pm.



Tuesdays With Sherry

Sherry Ames will continue her support groups at Lincoln Apartments on Tuesday mornings at 11am. Here is a chance to connect with other women who can offer support and a listening ear.

Call Linda at (301)696-1874 for more information.

Resident Council Meetings

Resident Council Meetings meet each month. In March: Lincoln will meet 7pm on March 10th. Sagner will meet at 6:30pm on the 17th. Carver will meet at 6pm on the 31st. Come find out what is happening in your community!

REMINDER:

PARTICIPATION IN ALL CLASSES, WORKSHOPS, COUNCIL MEETINGS, AND SUPPORT GROUPS WILL COUNT TOWARD YOUR COMMUNITY SERVICE REQUIREMENT, IF YOU HAVE ONE.












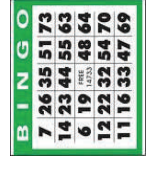









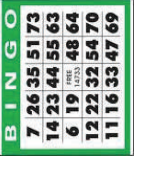


We need roving reporters from Lincoln, Sagner, and Carver to identify who is celebrating what and who might need a kind word in the newsletter. Emily Niessner has volunteered to gather interesting news for Catocin View and Manor.

Let's celebrate each other!

Roving Reporters!

March Senior Calendar

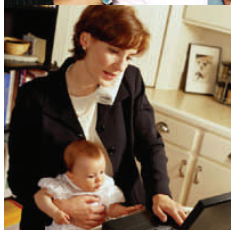
Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Church Services  10:00 A.M. Protestant 5:00 P.M. Catholic	3  10:00 A.M.	4 Charlestown 11:00 A.M. Catoctin Manor Community Room  6:30 P.M.	5	6 Grocery Shopping  Noon	7	8
9 Church Services  10:00 A.M. Protestant 5:00 P.M. Catholic	10  7:00 P.M.	11 WAL-MART 11:00 A.M.  Catoctin Manor Comm. Rm. 6:30 P.M. MOVIE NIGHT 7:00	12  1:00 A.M.	13 Grocery Shopping  Noon	14  TAX DAY 9-12 P.M.	15
16 Church Services  10:00 A.M. Protestant 5:00 P.M. Catholic	17  10:00 A.M.	18  Catoctin Manor Community Room 6:30 P.M.	19	20 Grocery Shopping  Noon	21	22
23 Church Services  10:00 A.M. Protestant 5:00 P.M. Catholic	24  7:00 P.M.	25  Catoctin Manor Community Room 6:30 P.M.	26	27 Grocery Shopping  Noon	28  8:30 A.M.	29 Prayer & Healing Service  6:30 P.M.
30 Church Services  10:00 A.M. Protestant 5:00 P.M. Catholic	31  10:00 A.M.					

Winning Back Your Mornings

If you like me, mornings can be the worse when balancing work and kids. Every morning I wish the alarm clock is wrong and I can get one more hour of sleep. Alas, I drag myself out of bed and remember that yes this is my life, a working mom with 3 kids. My goal every single day— to get out the door on time. Here are some helpful ways to assist all of us moms in the fight to get out the door. Hopefully these tips from the article, ["Stop The Morning Madness!"](#) via Oprah's website are helpful. Until next time Health, Wealth, & Soul.



1. **Lunch rush:** Who has time to cut the crusts off sandwiches in the morning? Save time by prepacking your kids' lunches the night before.
2. **Quicker coffee breaks:** Have the coffee machine prepared so that all you have to do is press "on," or make a pitcher of iced coffee ahead of time. Keep a to-go cup handy so you can have your morning jolt
3. **What to wear:** Prearrange your family's clothes, ironing anything that needs it the night before. When possible, buy wrinkle-free.
4. **Taking turns:** Coordinate the bathroom schedules of the people you live with. Take showers the night before. If you and your children tend to linger too long when you eat breakfast or take a shower, set a timer.
5. **Speedy solutions:** Have a lineup of several routine breakfasts, with at least one being portable.
6. **Backpack panic:** Don't waste precious minutes helping your child look for lost school papers. Instead, create inboxes for each family member. Have kids unload backpacks after school and put important papers in their inbox.
7. **Call ahead for carpool:** Don't spend half the morning making last-minute transportation arrangements for kids' activities. Arrange all necessary transportation as early as possible, at least the day before.
8. **Think ahead:** Prepacking your briefcase and/or purse can shave minutes off your morning routine—the same goes for your children. Ask them to load their backpacks the night before. Put everything they need to take to school near the exit door.
9. **Keep the peace:** Tempers can flare when children are still half asleep. Prevent sibling spats by making sure your house rules cover things like sharing clothes, bathroom etiquette and sharing front-seat privileges on the way to school.
10. **Ignore chores:** Morning is no time to be industrious. If you're hit by the urge to wash a few dishes, pay a few bills or clean up old e-mail and mail—fight it! If you can't resist, divvy out household chores to your children.





dear wendell:

My sister is 20 years old and already has lots of gray hair. Why? And am I going to get gray hair, too?
Signed, Heather

Dear Heather:

It all boils down to that chemical --melanin -- the very same chemical pigment that makes some of you light-skinned and some of you dark-skinned. In terms of hair, black hair has the most melanin; blond hair the least. And, gray hair, you ask?

The answer is, quite honestly, that there is no such thing.

Your sister may look like she has gray hair, but she doesn't have gray hairs. Get the distinction, Heather? If you look up close you'll discover that what she has are a mix of dark hairs and white hairs -- and together they look gray from a distance. You get white hairs when individual cells that make the pigment die off and the hairs have absolutely nothing coloring them.

Heather, you do inherit things like the tendency to have your hair turn gray from your parents. However, there's no simple way to know whether you inherited the same genes from your parents that your sister did! But, listen, don't worry if you do eventually turn gray. Take it from a worm -- gray is an extremely attractive color!

Signed, Wendell

Check out more of Wendell at:
<http://yucky.discovery.com/flash/>



Volunteer Frederick Looking for a Few Good Middle Schoolers!

We have a great opportunity **this summer** to sign up our middle school kids for a special experience through Volunteer Frederick. Have you been wishing there was something positive and fulfilling your kids could do? Has the expense of such programs made them out of reach? Volunteer Frederick has a grant to offer two special programs to our kids. They

can choose among three two-week programs or a month long experience, from 8:30am-3:30pm.

There will be a variety of activities from helping out at horse farm, to working in a community garden, to serving the elderly. It's all good and will be good for them.

The pick-up and drop-off will be at the Clara D. Harris Community Room.

Call Ann at (301) 696-1875 if you have a middle schooler you think could benefit from this opportunity!

