



THE PORCHLIGHT

JANUARY 2012



FRANKLIN HOUSING AUTHORITY

FRANKLIN, TENNESSEE

Lighting your path to affordable housing.

A NOTE FROM DERWIN JACKSON

First, I want to wish everyone a happy and healthy New Year! January is the time when we look back at the last year, think about the coming year, and make resolutions to change our lives for the better. I hope that everyone, residents and staff alike, at the Franklin Housing Authority makes a resolution to do something positive in 2012.



Whatever your resolution, there's probably someone at FHA who can help you achieve it. A common resolution is to start eating better and get more exercise; try coming to the weekly yoga classes at FHA, or start a walking group with your neighbors. Another resolution is save money; why not attend the Residents' Association meeting this month to learn more about credit unions? Do you want to be a homeowner someday? Talk to Tena Hardy or Cyndi Clark to join the ROSS or FSS programs, or learn how you can connect with our local partners like Habitat for Humanity.

If you have a resolution to learn more in 2012, try signing up for a computer training class in FHA's own computer lab, or sign up for the free guitar lessons at the Community Center Building. FHA provides lots of opportunities throughout the year for learning. Be sure to read the Porchlight for news on new classes and events!

The staff at FHA is here to help you achieve your goals all year long, so take advantage of our programs, events and community partnerships. You never know the great things you can accomplish with a little help and a lot of motivation!

Derwin Jackson
Executive Director

NEW YEAR, NEW YOU!

Every year people make New Year's resolutions to lose weight and get healthy. If you are one of them, here are some tips to help you reach your goal. FHA wants all of its residents to improve their lives and being healthy is a great way to start. It is not difficult if you have a plan and a support system in place. Don't forget that FHA now offers yoga on Wednesdays and Thursdays! Call Resident Services or check out the calendar to learn more.

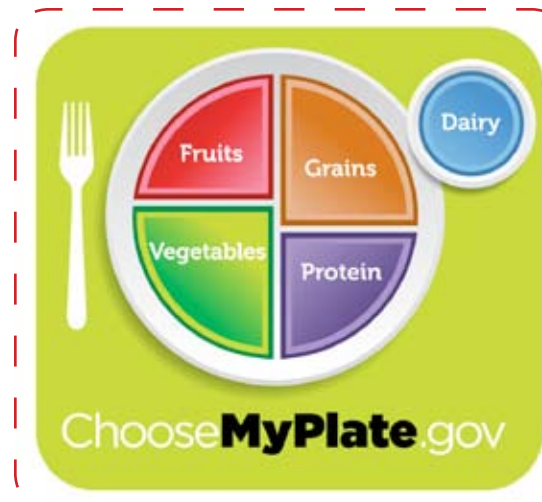


Set Reachable Goals: Choose an obtainable goal and set a deadline, such as losing three pounds in a month. Once you reach that goal, set a new one. This way you can see results more quickly and that will make you strive even harder to reach the next goal.

Keep Records: If you are struggling with overeating, use a food journal to write down everything you eat each day. You might be surprised how quickly a page fills up! Also, keep track of the inches and pounds you lose to keep you motivated.

Workout Buddy: Get a friend to work out with you. A support system is very important. You can encourage and motivate each other to continue to work toward a healthy weight.

Try New Things: Exercising does not have to be boring! Turn on the radio and dance to the music, walk with friends, try free yoga classes at FHA, or rent a Zumba DVD from the Williamson County Library.



Fix Your Own MyPlate During Meals: MyPlate is the replacement for the Food Pyramid, and is an easy guide to filling your plate with lean protein, fruits and vegetables, whole grains and healthy fats. Every time you eat a meal, think about making your plate look like MyPlate! Visit www.ChooseMyPlate.gov for more information.

Post this on your refrigerator to remind you of what your plate should look like.

CHRISTMAS AT FHA

Resident Services staff at FHA was proud to host two Christmas events at the Community Center Building for Christmas, thanks to the hard work of volunteers Wanda Bryant, Linda Starnes, Wilma Alexander, Kim Dixon and Adrian Scruggs, as well as some of our community partners. We especially would like to thank our partners at ProHealth for donating several gifts, the Sassy Seniors who helped to wrap gifts, and a huge thanks to the Nashville Predators, the Community Resources Center and AmeriGroup who generously donated gifts and money so that the party was full of giving and fun. The Global Education Center came in after lunch and really brought some grooves to our jolly moves this season!



each took home a used computer; Linda Brown, Omay Ridley and Adrian Scruggs. The drawing for the tree was won by Adrian Scruggs.

Residents who came to the party decorated wreaths and the kids were given an opportunity to pick out gifts for their

parents and families, which they wrapped at a gift wrapping booth. After lunch, those who stayed were treated to three dance lessons from around the world ZumbAtomic (Latin influence), West African drums (Africa) and salsa (Latin), all led by teachers from the Global Education Center, Tirra, Shannon and Steven. As the kids left, they were each given gifts of books, candy, hats and gloves, plus a little something else from under the tree. We all had a lot of fun and look forward to working with Global Ed each month through May 2012. Watch your newsletter calendar and for flyers to find out when the next Global Adventure will be!



Volunteers who both helped us with party activities and stayed for Global Adventures earned the chance to win a computer (courtesy of FHA) and a brand new, fully decorated Christmas tree (courtesy of AmeriGroup). Three lucky resident volunteers

Black Eyed Peas and Greens

On New Year's Day, the traditional meal is black eye peas and greens!



Black Eyed Peas:

- 1 pound dry black-eyed peas
- Salt and pepper to taste
- 2 onions, diced
- 2 cups chopped, cooked ham
- 1 pinch garlic powder
- 1 (14.5 ounce) can whole tomatoes

Directions:

Place black-eyed peas in 8-quart pot. Add enough water to fill pot 3/4 full. Stir in ham and diced onions, and season with salt, pepper, and garlic powder. Place tomatoes in a blender or food processor, and blend until the tomatoes are liquefied. Add tomatoes to pot. Bring all ingredients to boil. Cover the pot, and simmer on low heat for 2 1/2 to 3 hours, or until the peas are tender.

Collard Greens:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 3 cups chicken broth
- 1 pound fresh collard greens, cut into 2-inch pieces
- 3 slices bacon
- 1 teaspoon salt
- 1 pinch red pepper flakes
- 1 large onion, chopped
- 1 teaspoon pepper

Directions:

Heat oil in a large pot over medium-high heat. Add bacon, and cook until crisp. Remove bacon from pan, crumble and return to the pan. Add onion, and cook until tender, about 5 minutes. Add garlic, and cook until just fragrant. Add collard greens, and fry until they start to wilt.

Pour in chicken broth, and season with salt, pepper, and red pepper flakes. Reduce heat to low, cover, and simmer for 45 minutes, or until greens are tender.

THE NEW YEAR BRINGS NEW OPPORTUNITIES FOR EDUCATION

By: Aris Walker

The New Year brings about new goals and resolutions. It also marks the beginning of a new semester for students! This presents an opportunity for students of all ages to finish out the school year strong. We have five tips that will help you get your child on the right track this semester, and help them to develop habits that could improve his or her academics.

1 Discuss academic strengths and weaknesses to determine areas where he or she may need extra help.

2 Work with your child to create a list of goals for the new semester aimed at improving academics from the previous semester.

3 If you haven't already done so, reach out to your student's teachers to establish a relationship with them this semester. Parent involvement has been proven to increase academic performance in children. When you care, they care!

4 Come up with an incentive so that when your child reaches their goal this semester, they are rewarded. It can be as simple as a trip to a movie, or pizza night with friends. Giving them something to work for helps to build a work ethic.

5 Read. Improving reading and comprehension will positively affect every facet of your child's education and life. Find a subject they have interest in and check out a book from the local library.

FHA RESIDENTS COMPLETE COMPUTER TRAINING CLASS

FHA has started its first basic computer class. The classes were taught by Columbia State Community College. At the end of the class, each resident will receive a certificate of completion and be able to continue on to an advanced class.

The residents are learning the basics of operating a computer, such as keyboarding, how the hardware works, and how to use certain functions on Microsoft software. FHA is very proud of our first computer class attendees!

HIGH SCHOOL SENIORS AND PARENTS

For all parents with high school seniors, it's time to start filling out those college applications! FHA is committed to making sure all residents have access to an education. FHA wants all parents to encourage their children to strive for excellence! Franklin and the surrounding area have various colleges to consider when you graduate from high school. Some of these options are Columbia State Community College, Tennessee State University, or Remington College.

- Remington College
(615) 239-1450
441 Donelson Pike
Ste 150
Nashville
- John A Gupton College
(615) 327-3927
1616 Church St
Nashville
- Aquinas College
(615) 297-7545
210 Harding Pike
Nashville
- Draughtons Junior College
(615) 361-7555
340 Plus Park Blvd
Nashville

Each school offers alternative degrees in a variety of fields. There is a college out there for you, no matter what career you want to have in life.

This year, FHA is offering a scholarship to two seniors. All seniors need to visit their school counselor or Tena Hardy at FHA for an application. If you need additional information concerning obtaining a college education, please contact Tena Hardy at 615-794-1247, ext. 3 then 4.

TURN TO THE GUIDANCE CENTER FOR HELP

The Volunteer Behavioral Health Care System connects people to the medical, social, educational or support services they need, as well as focuses on strengths of individuals and families. They offer case management services through the Guidance Center, which has an office here in Franklin. The Guidance Center will be offering FHA residents an opportunity

to sign up for their mental health services beginning soon. They believe that everyone who experiences crises can move toward recovery and enjoy productive, happier lives. They are standing by to help anyone who may need their assistance. Contact Cyndi Clark at 794-1247, ext. 3, ext. 5, if you need this type of service or would like a referral.

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 FHA OFFICES Closed	3 Rent is Due RA Board Meeting, Conference Room, Community Building, 5 pm	4	5 Yoga at Noon - Tulip Poplar Franktown - Redbud room 3:30 - 4:45 pm Guitar lessons - 4 pm - kids 4:30 pm - adults/teens	6 Sassy Seniors - 11 am- Redbud	7
8	9 The Guidance Center, Conference Room, Community Building, 10 am- 1 pm	10 Late Fees Apply Franktown Tutors, Redbud Room, 3:30 - 4:45 pm RA Members Meeting, Redbud Room, 5 pm	11	12 No Yoga today Franktown - Redbud room 3:30 - 4:45 pm Guitar lessons - 4 pm - kids 4:30 pm - adults/teens	13 Sassy Seniors - 11 am- Redbud	14
15	16 FHA OFFICES Closed Martin Luther King Day 	17 WARRANTS FILED Franktown Tutors, Redbud Room, 3:30 - 4:45 pm	18	19 Yoga at Noon - Tulip Poplar Franktown - Redbud room 3:30 - 4:45 pm Guitar lessons - 4 pm - kids 4:30 pm - adults/teens	20 Sassy Seniors - 11 am- Redbud	21 Global Adventures: Zumba 12:30 -1:30 pm Drum Lessons 1:30 - 2:30 pm Salsa 2:30 - 3:30 pm
22	23 FSS Meeting, Redbud Room, 4:30 - 6 pm Board of Commissioners Meeting, Admin Building, Board Room, 5:30 pm	24 Franktown Tutors, Redbud Room, 3:30 - 4:45 pm	25	26 Yoga at Noon - Tulip Poplar Franktown - Redbud room 3:30 - 4:45 pm Guitar lessons - 4 pm - kids 4:30 pm - adults/teens	27 Sassy Seniors - 11 am- Redbud	28
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RESIDENTS' ASSOCIATION MESSAGE

My fellow Residents,

Happy New Year! 2011 is gone and 2012 is here. Last year was a great year for the Residents' Association and this year is sure to be the best yet.

This month's RA meeting guests will be members from the Southeast Financial Federal Credit Union. They will be talking about the difference between credit unions and banks and how this can benefit you. We hope that all residents will take advantage of this great opportunity and come out for the meeting!

We would like to remind all residents that Residents' Association elections are to be held on March 13, from 9 am to 4 pm. If you still are interested in running for any of the following Directorships, Spring, Park or Shawnee/Chickasaw, you still have time. Also, there will be a place for write-ins on the ballots. We hope that all residents of those three developments will come out to show their support for their candidates and vote.

With this New Year, we would like more resident involvement in the governing of the Association. This organization belongs to all FHA residents and we would like to hear from you on all issues that you feel are important. The way to do that is by coming to the RA meeting, calling your RA office or speaking with your development Director. It is our hope that all residents will use this organization for what it is intended for, to serve in all aspects that pertain to FHA residents. Remember, this is your organization that works for you. We hope to hear from you and get a better idea of what FHA residents would like the Association to do. Let's work together to make this year the very best!

Thanks,

Calvin M. Scruggs

President, FHA Residents' Association



PROPERTY MANAGEMENT REMINDERS:

- Because we are required to file warrants by the 17th, all balances should be paid by then. Michael will be filing the required warrants on the 17th.
- Please ensure that any money order and/or check has been completely filled in prior to mailing or dropping it in the rent collection box or at the reception window. Also, please do not use the abbreviation of "FHA" in the "Pay to the Order of" line. Moving forward, please write out our entire business name, Franklin Housing Authority, on that line.
- Income Reporting: **Please note that ALL income has to be reported, whether it is Child Support, Social Security, Wages from a job, Unemployment and/ or AFDC from the Department of Human Services.** This includes income from all heads-of-household and adult (18 and over), household members. Please understand that HUD has a system in place, called EIV [Enterprise Income Verification System] that can pull all income sources, except child support and AFDC.

It is important to us that you understand these policies. If you have any questions, call 615-794-1247 and speak with Michael.

IMPORTANT DATES FOR JANUARY:

- Rent due on the 3rd
- Late fees apply on the 10th
- Warrants filed on the 17th



RIDDLE OF THE MONTH

What six former U.S. Presidents are portrayed on US coins? You must name them.

Residents should call the RA office at 794-1247, (prompt 3, ext.6) with the answer. **Be sure to speak clearly in your message! Please give your answer, your name and phone number in the message.** If you do not leave a phone number or we cannot understand your message, we do not know how to get in touch with you if you win!

Answer to December's challenge:

- Q) How many reindeer does Santa have? What are their names?
A) Nine. Their names are Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner, Blitzen and Rudolph.

FRANKLIN HOUSING AUTHORITY

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Fax: 615-794-9254
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LIGHTING YOUR PATH TO AFFORDABLE HOUSING

COMMUNITY CENTER

The Social Service Department is full of activities and services to benefit the residents of FHA. Did you know we offer daily access to the computer lab? We also offer referrals to many sources. FHA has partnered with local organizations that can propel you toward self-sufficiency. We also help residents with job searches and computer skills.

FHA encourages all residents to take advantage of the Community Center and the services that are offered! Don't forget that we rent rooms in the Community Center to residents as well for occasions such as birthday parties, showers or meetings. For more information, please contact the Tena Hardy, ROSS Coordinator at 794-1247, ext. 3, ext. 4.

DECEMBER RESIDENTS' ASSOCIATION MEETING

