

# nsider

## Welcome New Agency Partners, Committed to Serving Residents!

Macon Housing Authority is pleased to announce the addition and expansion of two agency partners joining twenty-three other partners on site in public housing developments to provide direct access and assistance to residents. We say welcome to:

**Rightouch, Inc. (752-5158)**

Rightouch, Inc., founded in 2001 by Minister and Mrs. David Little, is a faith-based organization that services high-risk youth ages 7-17 and their families. Its purpose is to provide therapeutic care for youth in a safe, structured, and nurturing environment through the use of public and private community resources. Rightouch Inc. programs include, but are not limited to individual, family and group therapy, music, art and recreational therapy, behavioral and social skills program and academic and vocational tutoring.

**Nu-Vision**, a youth performance choir and production under Rightouch, Inc., has the goal of providing an alternation avenue to allow youth the freedom of expression of their talents through song, dance and lyrics of purpose.

**Community Health Works (752-5013)**



Community Health Works provides health, nutrition, physician and prescription medicine services to persons ages 19-64 who do not have any type of insurance and have at least one of four diseases: Hypertension, Heart disease, Diabetes, or Depression. Cancer will be added as the fifth disease state this year for which Community Health Works can provide health-related assistance and services. Persons enrolled in the program must be low-income and every person accepted will be assigned a physician and receive assistance with the purchase of prescription medications. Community Health Works is also staffed

*continue on page 2*

## Summer 2006

A publication of the Housing Authority of the City of Macon, Georgia

### Inside This Issue

Welcome New Agency Partners, Committed to Serving Residents! . . . pg 1

Youth Workforce Development . . . . . pg 2

Practical Ways to Lower Your Cooling Energy Usage . . . . . pg 2

Free HIV Testing . . . . . pg 3

Domestic Abuse Is A Crime . . . . . pg 3

Know Your Housing Rights . . . . . pg 3

Back to School Extravaganza . . . . . pg 4

Bibb County Public Schools Calendar . . . . . pg 4

Local GAHRA Scholarship Winner! . . . . . pg 5

Snap Shots! . . . . . pg 5

“Trekking To Transformation”! . . . . . pg 6

Providing Employment Opportunities for Residents . . . . . pg 7

LEAP Camp In Full Gear! . . . . . pg 7

Employment Opportunities pg 7

# A Summer Employment Experience!

## (Youth Workforce Development)

Youth Workforce Development is a summer program sponsored by the Mayor's Office of Workforce Development. It allows teenagers from ages 14-18 years old to have a summer job and learn valuable employment skills instead of hanging out on the streets of Macon or getting in trouble.

This year, there are eleven youth assigned to Macon Housing Authority and at various locations, including the Family Investment Center, HOPE VI program at 2009 Vineville, Murphy Homes and the Central Office. The youth are gaining experience and skills in jobs such as front desk reception, summer youth camp leaders, Section 8 occupancy, family supportive services, custodial assistance, security assistance, and more. Three youth workers are on their second assignment with the Office of Workforce Development and Macon Housing Authority

The youth really seem to like their assignments and think it was a good idea. They also think it will help them in the future.

Jasmine Duncan  
Youth Worker

## Practical Ways to Lower Your Cooling Energy Usage



### Cooling

- ⇒ Set your thermostats at 78oF in the summer and leave them there. You can immediately realize at 3% to 5% decrease in energy use for every degree you can adjust the thermostat setting above or below your normal setting.
- ⇒ Make sure furniture, curtains and rugs don't block the flow of air from vents and air registers.
- ⇒ Clean dust from supply and return air grilles and heating outlets.

### In the summer

- ⇒ Keep curtains and shades closed during the summer, especially on the east and west sides of your home.
- ⇒ Avoid using appliances that give off heat during the hottest times of the day as they will make your cooling systems work harder. Do your cooking, washing and cloths drying in the morning or in the late evenings, when the demand on your cooling systems is less.
- ⇒ Use ceiling fans to take some of the burden off your air conditioner. Ceiling fans can make air feel 6o cooler and allow you to adjust your thermostat to an energy-saving temperature.
- ⇒ If your cooling system run continuously, but doesn't seem to be cooling adequately, change your filter. If that doesn't work, have a dealer check to see if refrigerant is low or if the coils are dirty.
- ⇒ Keep plants and bushes at least three feet away from the outside units so they can operate more efficiently.

## Welcome New Agency Partners, Committed to Serving Residents!

*from front page* to processed pharmaceutical applications for free medication and provide case management on an on-going basis. Care Managers also provide basic health and nutrition counseling for its members and others as needed. Most are trained in Smoking Cessation (how to stop smoking) and will be providing this service also.

Community Health Works is providing these services at the Family Investment Center, 905 Main Street, in the Davis Homes community.

Community Health Works is supported and funded by A Robert Wood Johnson Foundation "Community in Charge" with additional support from the MedCen Community Health Foundation, the Georgia Department of Community Health, the U.S. Health Resources and Services Administration, the Access Georgia Philanthropic Collaborative, and many community partners.

# Free HIV Testing

## and Counseling at the Macon-Bibb County Health Department

The Macon-Bibb County Health Department encourages the citizens to get tested for HIV. Testing can be performed without drawing blood. OraSure testing kit will be available.

Those who have had unprotected sex with the opposite sex, same sex, or have used IV drugs are encouraged to have a HIV test.

FREE HIV testing and counseling will be provided to Bibb County citizens at 171 Emery Highway from 8:00 until 3:00 pm, Monday, Wednesday and Thursday and 8:00 - 11:00 Tuesday- Friday.

For more information, contact the **Adult Health Clinic within the Macon-Bibb County Health Department at (478) 745-0104**



## KNOW YOUR HOUSING RIGHTS

*Presented by:*

**Georgia Legal Services Program**  
Macon Regional Office

Attorneys from the Georgia Legal Services Program will discuss your public housing rights and answer questions. Meetings will be held at the neighborhood community center from 6:00 - 7:00 p.m.

### Schedule

Anthony Homes - Mon, 06/26  
Bowden Homes - Mon, 07/10  
Davis Homes - Thu, 07/13  
Murphy Homes - Mon, 07/17  
McAfee Towers - Thur, 07/20  
**Booker T. Washington**-Mon, 07/24  
Felton Homes - Thu, 07/27  
Pendleton Homes - Mon, 07/31  
Shakespeare Homes-Thur, 08/03  
Tindall Heights - Mon, 08/07

*\*Door Prizes and refreshments at each meeting!*

**Georgia Legal Services Program, Inc.**  
**Macon Regional Office**  
241 Third Street  
P.O. Box 1057  
Macon, GA 31202  
(478) 751-6261

The workshop will count as one mandatory workshop credit for those enrolled in the Family Self Sufficiency Program and as Community Service credit for public housing residents. For more information call 752-5146

Don't Be Afraid To Get Help If You Are In An Abusive Relationship. Domestic Abuse Is A Crime.

### **Signs that your partner may be abusive:**

- > Controlling/Manipulative
- > Unpredictable mood swings
- > Isolates you from family and friends
- > Uses force
- > Verbally abusive
- > Threatens violence

### **What to do if you think you're in danger:**

- > Call the National Domestic Violence Hotline 800-799-SAFE (7233)
- > Make a safety plan
- > Make a list of people you can trust for help and their phone numbers
- > Have a emergency kit with

money, medical card, car keys, I.D., medication, important papers, etc. (make sure you can get to it quickly)

### **What to do if he becomes violent:**

- > Call the police or have someone else call
- > Grab your emergency kit
- > Get out and take your children with you

### Important Information

Crisis Line of Middle Georgia  
745-9292

National Domestic Violence Hotline  
1-800-799-SAFE (7233)





**You're Invited!**

**BACK TO SCHOOL  
EXTRAVAGANZA**

**Saturday July 29, 2006  
11:00 am - 3:30 pm  
Hutchings High School  
Riverside Drive  
(next to Red Lobster  
Restaurant)**

Come join other parents, students, school staff and community organizations for a fun day of school news, information, exhibits, workshops, entertainment, gift bags and food ... to provides parents with information about Bibb County Public Schools, local community organizations and resources to help children succeed.

Transportation will be provided from each local high school to Hutchings High School.

No charge for this event sponsored by Macon's local chapter of NAACP, Bibb County Public Schools and a host of local churches, organizations and agencies.

For more information, listen to the local TV and radio stations.

# Bibb County Public Schools 2006-2007 Instructional Calendar

**JULY**

4 Holiday - System Closed

**AUGUST**

3 Staff Planning  
4 Staff Planning  
7 Staff Planning  
8 **First Day of School**

**SEPTEMBER**

4 Holiday - System Closed  
13 1/2 Day Staff Planning (Students Dismissed Early)

**OCTOBER**

6 Staff Planning - Holiday for Students (Make up day for inclement weather, if necessary)  
25 1/2 Day Staff Planning (Student Dismissed Early)

**NOVEMBER**

20, 21, Thanksgiving Break - (Central Office Open)  
22-24 System Closed

**DECEMBER**

19 Last Day of First Semester  
20 Staff Planning - Holiday for Students (Make up day for inclement weather, if necessary)  
  
21, 22, 25, 26, 27, 28, 29 - Winter Break  
21, 22 Central Office Open  
25, 26, 27, 28, 29 - System Closed

**JANUARY**

1,2 Winter Break - System Closed  
3 Staff Planning - Holiday for Students (Make up day for inclement weather, if necessary)  
4 First Day of Second Semester  
15 Holiday - System Closed  
31 1/2 Day Staff Planning (Students Dismissed Early)

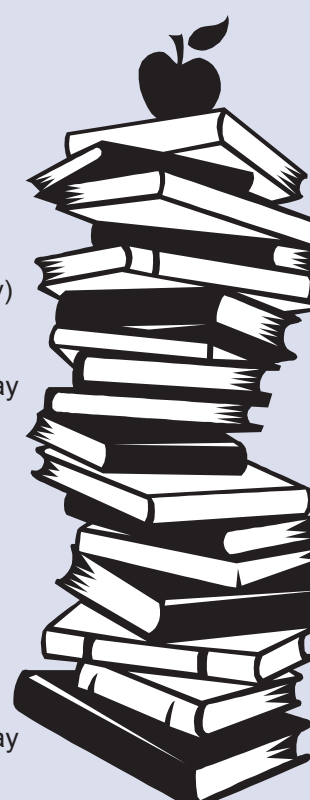
**FEBRUARY**

16 Staff Planning - Holiday for Students  
19 Holiday - System Closed

**MARCH**

**APRIL**

13 Staff Planning - Holiday for Students (Make up day for inclement weather, if necessary)  
16-20 Spring Break (Central Office Open)



**MAY**

23 Last Day of School / End of Semester  
24, 25 Post Planning  
24, 25 Graduation  
28 Holiday - System Closed

**JUNE**

# Local GAHRA Scholarship Winner!

Congratulations to Chelsea Culler, 2006 Central High School graduate, daughter of Ms. Sharon Culler and 3rd place recipient of the Georgia Housing and Redevelopment Authority Association (GAHRA) Scholarship Award program. Chelsea was presented the scholarship award at GAHRA's Annual Spring Conference, held in Macon May 14-16 at the Crowne Plaza Hotel, along with other scholarship award winners from public housing and from across the state. GAHRA awarded a total of \$16,000 to graduating high school seniors of member authorities.



*(l-r) Macon Housing Authority's Resident Initiative Director, Roslyn Foster Chelsea is shown pictured with her mother, Sharon Culler.*

In addition to Chelsea's outstanding application approved for submission by the Macon Housing Authority's Executive Director John Hiscox, she was also selected

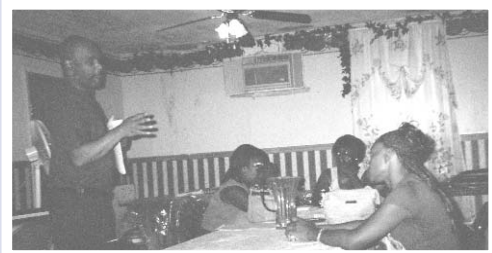
for a personal interview with the Scholarship Committee. Chelsea shared the success and motivation behind her 3.53 grade point average, her class rank of 37 out of 193, her extra curricula activities of cheerleading, Spirit Club, TAPs, Black History and Culture Club and much more. Chelsea has applied for admission and has been accepted at Georgia Southern University in Statesboro GA.

Chelsea is also a candidate for Macon Housing Authority's own Scholarship Award program, which is sponsored annually by the Authority's Board of Commissioners for deserving and aspiring youth in public housing and/or the Section 8 housing assistance program.

Congratulations Chelsea! You make our community proud!



## Snap Shots!



Residents attend Summer Lunch Food Service training with Ken Meadow of II Corinthians 5:17, Inc.



MHA supports National Crime Victims' Rights Week with exhibit from the Office of the District Attorney



Residents and staff enjoy a fun-filled day at annual Family Fun Day

Destiny Zeigler, wins "biggest fish" award at Fishing Rodeo with a little help from her friend.



Residents, young and old, participate in Cherry Blossom's Fishing Rodeo

# You're Invited To Join 49 Other Women Who Will Be "Trekking To Transformation"!

A "new you" lifestyle journey is in store when you commit to join our eight-month health and wellness program designed to improve the physical, mental and social condition of the body, mind, and soul. The program will be filled with the most useful and current health and nutrition information, in addition to a routine "trekking" (walking) campaign to help get you on the road to a "new you"!

## "Trekking to Transformation" will feature:

- Kick-off program August 29th, 2006
- @ 6:00 pm Held at Wesleyan College
- Sept. 2006-April 2007 membership
- Walking sessions three times per week
- Monthly health and nutrition sessions
- T-shirts and goody bags filled with surprises
- "Buddy system" to help keep you going
- And much, much more!

## Sponsored by:

Lane Center for Community Engagement  
at Wesleyan College  
Junior League of Macon, Inc.  
LINKS, Inc.  
Macon Housing Authority

In order to reserve your space at no charge, you must PRE-REGISTER no later than Tuesday August 15th by completing the attached form and returning to Macon Housing Authority's Resident Initiatives Department, 2015 Felton Avenue, Macon GA 31201

**PRE-REGISTER**  
by August 15th, 2006

## "Trekking to Transformation" Pre-Registration

Your Name: \_\_\_\_\_

Address: \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_



# Family Care Solutions

## Providing Employment Opportunities for Residents

Macon Housing Authority is delighted to have a new and promising relationship with Family Care Solutions, owned and operated by Dr. Pamela Roshell, who has many years of education, training, experience and expertise in the area of health care. Family Care Solutions provides in-home quality care and assistance to seniors, expectant moms and new families, the disabled and those recuperating from illness or injury. It is a company committed to achieving excellence in the quality of service to its customers and clients. At Family Care Solutions, Caregivers are val-

ued members of the team and are acknowledged as essential roles in the delivery of quality service to clients. Therefore, Caregivers employed with Family Care Solutions are adequately supported in their role.

If you are caring, dedicated individual currently residing in public housing, and you want to make a difference in the lives of others and earn livable wages, Family Care Solutions may be the right employment opportunity for you. You are encouraged to express your interest in the jobs listed on this page by call-



**Dr. Pamela Roshell**

ing the number listed. You will then receive a letter inviting you to an informational session conducted by Dr. Pamela Roshell so that you may learn more about the company and the employment opportunity that awaits you!

## LEAP Camp In Full Gear!

What do you get when you cross sixty-five youth ages 6-12 with six eager instructors and a daily summer lunch program for six weeks? You get a LEAP Camp!... a fun, enrichment summer event full of Leadership, Education and Arts Programs. What makes it so fun, and enriching is the awesome planning with instructors and agency partners, the orientation held with parents, then the variety and quality of instructions provided with African drumming and story-telling, reading and math tutorial classes, computer classes, field trips, chorus classes, arts and crafts, human sexuality classes, money matters, martial arts, and so much more!

am - 3:00 pm daily at the Family Investment Center at 905 Main Street. Drop in to see and feel the excitement of youth involved in meaningful activities in a structured and nurturing environment. If you didn't get your child in this year, be sure to do so next year!



LEAP Camp is in session now through July 21, Monday - Thursday from 10:00



## EMPLOYMENT Opportunities

### Personal Care Aide (PCA)

Will provide specifically defined, non-medical care services under the supervision of a Registered Nurse to enable the client to remain in the home.

Contact MHA's Resident Initiatives Department by calling 752-5145 or 752-5146  
Deadline to apply 8/4/06

### Home Companion

The Home Companion provides specifically defined, non-skilled health care services under the supervision of a Registered Nurse to enable the client to remain in the home.

Contact MHA's Resident Initiatives Department by calling 752-5145 or 752-5146  
Deadline to apply 8/4/06

**24 HOURS**  
**Emergency Maintenance**  
**752-5115**



## Important Numbers

<b>CENTRAL OFFICE</b> .....	<b>752-5000</b>	<b>INTER-NEIGHBORHOOD</b>
<b>EXECUTIVE DIRECTOR</b> .....	<b>752-5071</b>	<b>RESIDENT ASSOCIATION</b> ...
<b>MAINTENANCE</b> .....	<b>752-5115</b>	<b>742-9160</b>
<b>HOUSING MANAGEMENT</b> ...	<b>752-5031</b>	<b>TINDALL HEIGHTS</b> .....
<b>SECURITY COORDINATOR</b> ..	<b>752-5031</b>	<b>752-5002</b>
<b>HOPE VI</b> .....	<b>752-5078</b>	<b>BOWDEN HOMES</b> .....
<b>TEAM WATCH</b> .....	<b>752-5036</b>	<b>752-5003</b>
<b>RESIDENT INITIATIVES</b> .....	<b>752-5146</b>	<b>MURPHY HOMES</b> .....
<b>SOCIAL SERVICES</b> .....	<b>752-5032</b>	<b>752-5004</b>
<b>FAMILY INVESTMENT CENTER</b> .....	<b>752-5185</b>	<b>PENDLETON HOMES</b> .....
<b>RESIDENT ORGANIZATIONS</b> .....	<b>752-5033</b>	<b>752-5005</b>
		<b>FELTON HOMES</b> .....
		<b>752-5006</b>
		<b>DAVIS HOMES</b> .....
		<b>752-5008</b>
		<b>ANTHONY HOMES</b> .....
		<b>752-5010</b>
		<b>MCAFFEE TOWERS</b> .....
		<b>752-5011</b>
		<b>SCATTERED SITES</b> .....
		<b>752-5021</b>

## Neighborhood Outreach Programs

Aunt Maggie's Kitchen Table-Anthony Homes	781-9289
DFCS-Child Care Center-Anthony Homes	788-0819
DFCS-Child Care Center-Murphy Homes	751-6414
Economic Opportunity Council-Anthony Homes	738-3251
Family Self Sufficiency Program-Murphy Homes	741-3844
Head Start-Felton Homes	743-4502
Head Start-Murphy Homes	742-4291
Head Start-Pendleton Homes	788-7891
Inter-Neighborhood Resident Assoc. -Felton	742-9160
Meals on Wheels	745-9140
Women's, Infants & Children-WIC	752-1732

<b>Adult Learning Center</b> .....	<b>742-5185</b>
<b>Community Health Works</b> ...	<b>752-5013 or</b>
	<b>752-3798 or 752-373</b>
<b>Family Counseling</b> .....	<b>752-5177</b>
<b>Family Self Sufficiency Coordinator</b>	
.....	<b>752-5097</b>
<b>FIC-Computer Class</b> .....	<b>752-5185</b>
<b>Mercer Education Opportunity</b>	
<b>Righttouch, Inc.</b> .....	<b>752-5158</b>
.....	<b>752-5253</b>
<b>Sashei African Dance Class</b> ..	<b>461-7602</b>

**MACON HOUSING AUTHORITY**  
**P.O. Box 4928**  
**2015 Felton Avenue**  
**Macon, Georgia 31208**

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