

Manhattan Housing Authority

January 2012



Inside This Issue:

PAGE 2: NEW YEAR'S RESOLUTIONS
PAGE 3: WHAT'S HAPPENING IN
MANHATTAN & AT MHA
PAGE 4: MONTHLY REMINDERS
PAGE 5: KIDS CORNER
PAGE 6: MHA JANUARY CALENDAR

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THANK YOU TO ALL FOR MAKING THE 2011 RESIDENT HOLIDAY SOCIAL A SUCCESS!

The 2011 Resident Holiday Social was held on December 17, 2011, and, thanks to our wonderful residents, it was a huge success, with over 40 residents in attendance. A lunch of chili and chicken noodle soup, made by Flint Hills Job Corp, was served. We also had wonderful entertainment from the First Lutheran Church Hand Bell Choir, who performed songs for the season. As always, a drawing was held at the end of the day, with six lucky residents receiving \$30 gift cards to various stores in Manhattan. For those who were able to attend, we hope you had an enjoyable time and will come again. If you were unable to attend, this is a great event and we hope to see you next year!



The First Lutheran Church Hand Bell Choir performs at the 2011 Resident Holiday Social

Pottawatomie Court Residents Form Resident Association

Residents of Pottawatomie Court will meet on Tuesday, January 10th, 2012 at 4:00 p.m. in the Pottawatomie Court computer lab to discuss forming a Resident Association. Resident Associations provide Public Housing residents with the opportunity to discuss the needs and concerns of their community. By working together, Resident Associations can present their issues and ideas to the Resident Advisory Board and to the Housing Authority, so that their concerns can be addressed more effectively. If you are a Pottawatomie Court resident and would like to participate in the Resident Association, please be sure to attend this important meeting.

NEW YEAR'S RESOLUTIONS: WILL YOU STICK WITH IT?

Every new year, millions of American's set out to make changes in their lives with a list of New Year's resolutions. If you are like many, sometimes these resolutions are easier said than done. Here are a few tips to help you stick with your goals in 2012!

1. **Be Realistic:** The best way to fall short of a goal is to make a goal that you can't possibly meet. Try for goals that will make positive changes in your life, but will also be realistic, like "lose 10 pounds" instead of "look like Mr./Mrs. Universe".
2. **Plan Ahead:** Try to set your New Year's resolutions before New Year's. Waiting for the last minute makes your goals what you are thinking of that day, while planning ahead lets you really think about things. If you don't have your goals set by January 1, it is o.k. to set a later start date, like February 1.
3. **Outline a Plan:** Think about what you will need to do to keep your resolution. Have a plan for what you will do if you are tempted to break your resolution. For example, if your resolution is to quit smoking, have a friend you can call if you are tempted to smoke.
4. **Talk About It:** Don't make your resolution a secret, especially if you will need help to keep it. Finding friends who have similar resolutions to yours can help give you someone to talk to who may have the same temptations that you do.
5. **Reward Yourself:** If you are doing a good job of keeping your resolution(s), do something to give yourself a reward. This doesn't mean that if you are doing a good job of eating better that you eat horribly for a day as a reward. It can be as simple as treating yourself to a movie.
6. **Track Your Progress:** Keep track of the small successes that you have in reaching your goal. Focus on taking small steps toward your goal; remember, these are New YEAR'S resolutions.
7. **Don't Beat Yourself Up:** If you slip up, don't worry. It happens to everyone.
8. **Stick To It:** Experts say it takes 21 days for a new activity, such as exercising, to become a habit. The longer you keep at it, the easier it will be to do.
9. **Keep Trying:** If you have totally lost site of your goal by February, remember, you are probably not alone. But don't worry, there is no rule that says you can't start over with the same goal or a new one at any time of the year.

Here are the top 4 New Year's resolutions:

1. Increase exercise
2. Do better at work/school
3. Develop better eating habits
4. Stop smoking or drinking

Source: www.about.com/cs/mentalhealth/a/newyearresolve.htm

What's Happening in Manhattan & at MHA - January 2012

HOLIDAY BASKET DRAWINGS

Each year the Housing Authority holds drawings for holiday baskets. The baskets have food items to make a holiday dinner for the lucky winners. Two drawings were held this year, one for residents of Apartment Towers and Carlson Plaza, and one for residents of our other communities. Residents were automatically entered into the drawings if they paid their December rent by the 10th of the month. This year's winners are Audra Collins of Hudson Circle and John Trapp of Apartment Towers. We would like to wish all of our residents seasons greetings and a happy New Year!



MANHATTAN HOUSING AUTHORITY OFFICE CLOSINGS

The Manhattan Housing Authority's Administrative Offices will be closed all day on these upcoming dates: Monday, January 2, 2012 (New Years); Monday, January 16, 2012 (Martin Luther King, Jr. Day); Monday, February 20, 2012 (Presidents Day). As always, if you have a maintenance emergency any time that the office is closed, please call 776-8588 and follow the steps to place an emergency work order. Non-emergency work orders will be completed during normal business hours.

HAPPY NEW YEAR

Monthly Reminders - January 2012

MAINTENANCE TIPS

Here are a few home heating tips for this winter:

1. Thermostats should not be below 68 degrees if you are going to be gone from your home for more than a day; this will help to prevent frozen pipes that can damage the unit and your belongings.
2. Setting the thermostat to an extreme temperature DOES NOT make your home warm up faster! Set the thermostat to the desired temperature and let the furnace run its normal cycle. Setting the thermostat too high can cost you a lot on your utility bill, especially if you forget to turn it back down before leaving your home.
3. NEVER use your oven as a heat source! This is a serious fire and safety hazard and will result in a lease violation if you are found to be doing it. If your heat is not working, place a work order immediately so it can be repaired.

KEEP AN EYE ON YOUR COMMUNITY

The Housing Authority makes every effort to be aware of unlawful or disruptive behavior in all of our communities, including checking police reports daily for illegal activity at any of our sites or by any of our residents. Police reports and site visits by staff can only do so much. We need the help of our residents to let us know if they have concerns about their community. If you suspect criminal activity, or if you actually see a crime, such as a break in, please notify the Riley County Police Department FIRST, and also let the Housing Authority know that you filed a report. This will help us follow up on the report with RCPD. If you see activity that you don't think is criminal, but is disturbing the peaceful enjoyment of the community, please let us know so that we can address the issue. Your help can make a big difference in keeping your community safe!

REPORTING INCOME CHANGES

All Public Housing residents must report changes in household income, even if the change will not affect their rent amount. To report a change in income, please go to the Administrative Office and complete a "Change of Status" form. Staff can assist you if you have any questions about reporting changes, and will give you any other forms that you need to complete. Please remember that all changes in income and/or household composition should be reported within ten (10) business days of the change. Changes that are not reported in a timely manner may result in you owing money to the Housing Authority for retroactive rent, or the Housing Authority not being able to decrease your rent amount in a timely manner.



KID'S CORNER!

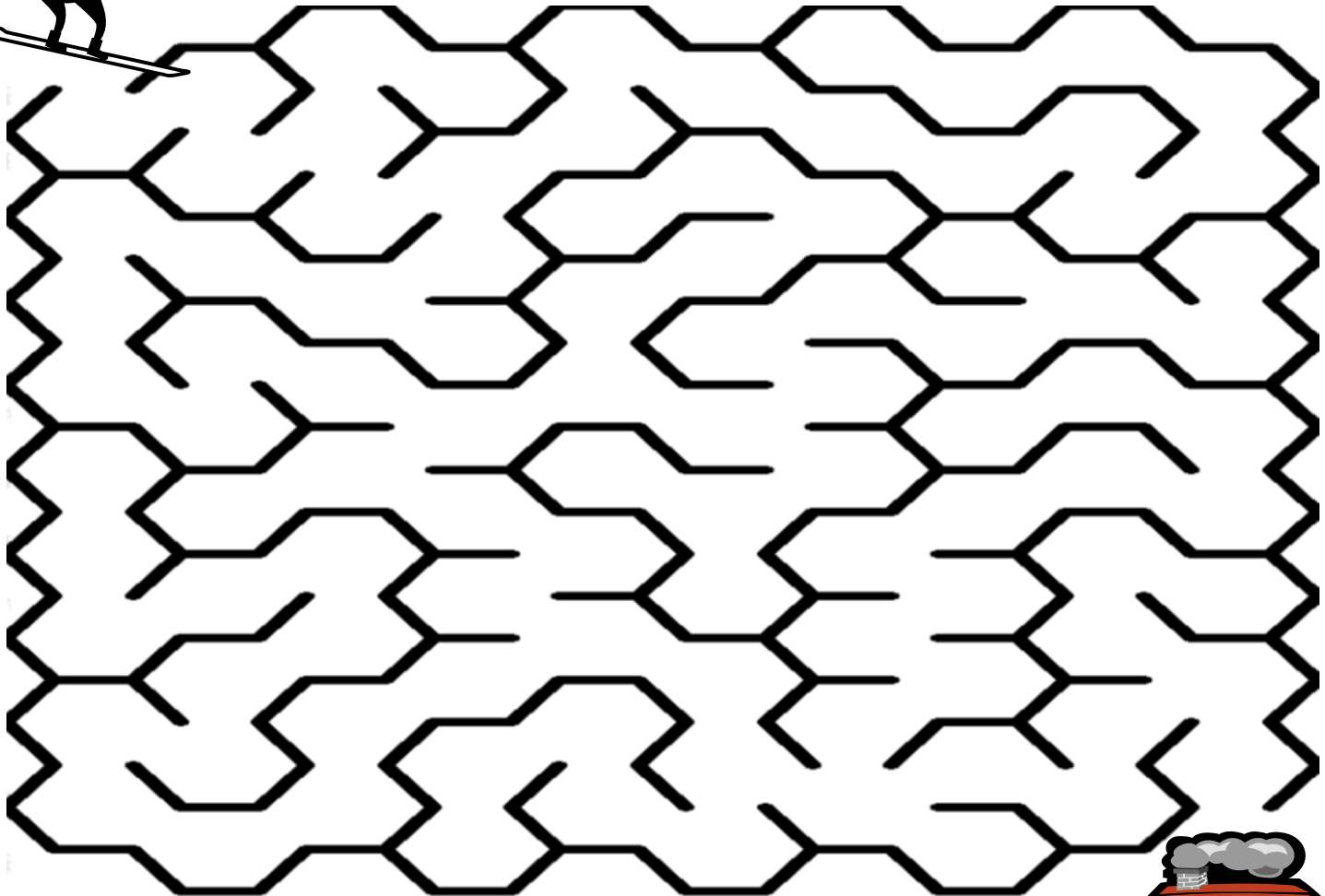
Find these hidden Winter words!

snow, fireplace, frost, snowman, blizzard,
gloves, freeze, snowflake, skate, coat



**Help this skier find his
way to the ski lodge!**

E	V	W	O	E	J	I	E	Q	A	T	L	D	Q	V	L
J	F	E	O	V	D	E	R	N	A	S	C	E	S	A	D
C	R	C	A	R	F	E	S	E	E	G	R	R	D	O	F
Y	E	I	N	B	S	R	N	V	N	M	S	O	R	S	I
N	E	K	A	L	F	W	O	N	S	E	R	O	S	E	R
R	Z	V	S	I	S	L	W	S	H	E	P	V	Q	M	E
L	E	M	S	Z	G	E	M	E	T	A	K	S	H	E	P
W	J	S	T	Z	L	E	A	C	A	A	L	O	E	T	L
N	O	F	A	A	W	O	N	S	I	Y	L	X	E	H	A
T	G	Q	O	R	E	X	A	D	D	X	T	T	A	O	C
R	H	O	L	D	A	H	S	G	U	N	P	B	R	F	E
T	W	M	S	G	X	D	U	P	A	S	T	G	C	G	O
P	V	R	E	A	C	S	O	O	G	R	K	I	S	T	O
T	M	I	B	E	E	L	C	A	T	Y	G	G	J	C	E
C	N	L	K	A	M	T	S	S	O	L	D	R	R	S	M
T	I	V	A	V	D	O	E	U	S	S	I	F	T	L	V



JANUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>Happy New Year's!</i>	2 <i>MHA Offices Closed!</i>	3	4	5	6	7
8	9	10 <i>Last Day to Pay Rent!</i>	11 <i>Late Fees In Effect</i>	12	13	14
15	16 <i>MHA Offices Closed!</i>	17 <i>Pest Control @ Apt. Towers, Carlson Plaza & Pottawatomie Court</i>	18	19	20	21
22	23	24	25	26	27	28
29	30 <i>MHA Board Meeting-5:30 p.m @ A.T.</i>	31				

If you have questions or concerns about the MHA Newsletter or calendar events, please call the Administrative Office at 776-8588.