

NOTICE TO ALL PUBLIC HOUSING RESIDENTS

The Huntington Housing Authority Plans To Establish & Require Minimum Rents

On November 1, 2007, the Huntington WV Housing Authority distributed its “drafted” PHA Plans to all housing sites (in manager's offices). We encourage you to review the Five-Year and Annual PHA Plans in their entirety and offer your suggestions or comments to your site manager. This draft will remain in your manager’s office through December 31, 2007. In January 2008, we will sponsor a public meeting regarding the drafted plans and will submit the final plans to HUD in April 2008.

One of the major changes in PHA Plan for the coming year, which begins July 1, 2008, is a requirement that affects all Public Housing residents who are paying no monthly rent at all to this Housing Authority and those who pay very small rental amounts. **We plan to require all residents to pay a minimum rental payment of \$50.00 a month starting July 1, 2008.** The resident’s inability to pay this rent, based on a special hardship(s), may be considered after extenuating circumstances are reviewed by the HHA manager. Resident comment about this drafted change may be forwarded to your site manager no later than December 31, 2007. Thank you.

A MESSAGE FROM SHELLY ADKINS

Dealing with the “Holiday Blues”

(Information presented here was obtained from MedicineNet.com, Medicalmoment.org, and dradig.com)

Many people experience “the blues” during the Holiday Season. There are many factors that can contribute to having the Holiday Blues. Each person is different and will react differently to the stresses and activities that come along with the Holiday Season. You may experience these symptoms before, during, or after the Holiday Season. No matter when you experience them, it is important to recognize the causes, signs, and symptoms of holiday depression so that you know better how to deal with it.

Some Common Causes of Holiday Depression:

- Stress
- Lack of Rest
- Unrealistic Expectations
- Over-Commercialization
- Financial Stress
- Not being able to be with family and friends

- Isolation, loss of loved one or end of a relationship

Some Signs and Symptoms of Holiday Depression and Stress:

- Headaches
- Upset stomach
- Excessive drinking or drug abuse

- Over-eating or Not eating
- Insomnia
- Sleeping too much

- Moodiness
- Increased feelings of agitation and anger...possibly domestic violence

Tips for coping with Holiday Depression and Stress:

- Have realistic expectations of the holiday season. .
- Pace yourself. Don't take on more than you can handle.
- Make a list and prioritize the important things.
- Try not to put all your energy into one day or a single event.
- Look forward to something positive in the future
- Don't set yourself up for disappointment and sadness by comparing today with the "good old days"
- If you are lonely, try volunteering to help others out.
- Find holiday activities that are free, such as caroling or looking at decorations.
- Limit your drinking. Excessive drinking will increase your feelings of depression.
- Try something new; create a new holiday tradition for yourself and/or your family.
- Spend some time with people who care about you and whom you care about.
- Make a new friend.
- Contact a long lost friend.
- Pamper yourself.
- Let others share responsibilities, don't try to do it all yourself.
- Watch your holiday spending. Overspending can cause problems later and further stress you.
- Don't set expectations too high...recognize what causes you to feel stress. Ask yourself...is it your sister, father, spouse...and try to avoid situations that cause conflict between you and these people.
- If you are a victim of domestic violence call 1-800-799-SAFE for help.

If you feel that you are in need of professional assistance please feel free to contact me, Shelly Adkins, MSW at 526-4436 ext 144 or you may contact your site manager and have them track me down. You may also contact Prester Center at 525-7851. If you feel that you are in crisis and are in need of immediate help you should contact 911 or go to your local emergency room.

A MESSAGE FROM SHELLY ADKINS

A Word About Toy Safety

With the upcoming holiday season I wanted to take a moment to offer some resources to assist you in making sure that the holiday season remains safe and happy for your children. The following are some basic hints on choosing toys that are safe and age appropriate. (*The following information was taken from the Consumer Product Safety Commission, 2007*)

- The most important rule! Be sure that you are choosing toys that are age appropriate. Appropriate ages are always printed on the container the toy comes in. For example (3 and up). Children should never have toys that are not recommended for their age group. This is especially true for children under the age of three, who have a habit of putting toys in their mouths.
- Toys with sharp edges or parts that could be broken off should also be avoided with very young children and should be well monitored by parents of older children.
- Check toys for wear and tear and dispose of any toys that have become broken or which no longer function properly.

- Be sure art materials, including crayons and paint sets are marked with the designation “ASTM D-4236” which means the product has been reviewed by a toxicologist and will, if necessary, be labeled with additional cautionary information.
- Teach older children to keep their toys away from younger siblings.
- If buying “toy” guns, please be sure that the gun is brightly colored and do not allow children of any age to play with “realistic guns” due to the danger of them being mistaken for a real gun.
- Be sure children have appropriate safety gear when using toys. For example helmets and pads when riding a skateboard or bike.
- Follow the news and be sure that your children’s toys are not on any recall list and if it is discovered that a toy has been recalled the toy should be immediately removed from the child’s reach and taken back to the appropriate dealer for further information.
- Many toys have recently been recalled due to contamination with lead based paints. For a full list and extensive information on recalled toys and additional information on recalled toys please go to the Consumer Product Safety Commission page at <http://www.cpsc.gov>
- If you do not have internet access please contact the Consumer Product Safety Commission Hotline at 1-800-638-2772