

Family Self Sufficiency Program November 2018 Newsletter

Salina Housing Authority 469 S. 5th St. Salina, KS 67401 Phone: 785:827:0441



The Salina Housing Authority is dedicated to providing and advocating affordable, safe living environments and opportunities to become self-sufficient for persons of very low to moderate income.



PH & S8 Family
Self-Sufficiency
Program

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FSS November Highlights

A participant was hired full time at Ashby House.



Salina Housing Authority Holiday Closings

- Veteran's Day, Monday, November 12.
- Thanksgiving, Thursday & Friday, November 22 & 23.
- Christmas, Monday & Tuesday, December 24 & 25.

Candy Pretzel Turkey Bites

Ingredients

- 12 Pretzel Twists
- 36 Pieces of Candy Corn
 - 12 Rolos
- 12 Reese's Pieces
- 24 Candy Eyeballs

Instructions

1. Preheat oven to 300. Line baking pan with foil. Shiny side up.
2. Place pretzels with the salted side down with the double rounded end pointed toward you.
3. Unwrap rolo candies and place one in the center of each pretzel towards the top.
4. Place them in the oven until the chocolate softens, about 1 minute.
5. Begin decorating by placing the candy eyeballs towards the middle, slightly towards the top of the rolos candy. Take a Reese's Pieces and turn it sideways and insert it below the eyes. Finally take three pieces of candy corn and insert them along the top of the Rolos for the feathers.
6. Place them in the freezer to solidify. Store in an airtight container.
Enjoy!



Benefits of Practicing Gratitude

A study of more than one thousand people, from the ages of 8 to 80, found that those that practiced gratitude consistently reported a host of benefits which include:

Physical

- Stronger immune systems
- Less bothered by aches and pains
 - Lower blood pressure
- Exercise more and take better care of their health
- Sleep longer and feel more refreshed upon waking

Psychological

- Higher levels of positive emotions
- More alert, alive and awake
 - More joy and pleasure
- More optimism and happiness

Social

- More helpful, generous, and compassionate
 - More forgiving
 - More outgoing
- Feel less lonely and isolated

***[For ideas on how to practice gratitude visit
https://www.unstuck.com/gratitude/](https://www.unstuck.com/gratitude/)***

Veterans Day

Veterans Day originated as “Armistice Day” on Nov. 11, 1919, the first anniversary of the end of World War I. Congress passed a resolution in 1926 for an annual observance, and Nov. 11 became a national holiday beginning in 1938. Unlike Memorial Day, Veterans Day pays tribute to all American veterans—living or dead—but especially gives thanks to living veterans who served their country honorably during war or peacetime.



10 Interesting Thanksgiving Facts

1. Benjamin Franklin wanted the turkey to be the national bird, not the eagle.
2. Americans eat 46 million turkeys each Thanksgiving.
3. Neil Armstrong and Buzz Aldrin’s first meal in space after walking on the moon was foil packets with roasted turkey.
4. The first Thanksgiving was eaten with spoons and knives, no forks!
5. Heaviest turkey on record weighed 86 pounds.
6. Female turkeys do not gobble.
7. Californians consume the most turkey.
8. The Macy’s day parade began in 1924.
9. Wild turkeys can run 20 miles per hour when scared.
10. The first Thanksgiving was held in the autumn of 1621.

