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Family Self Sufficiency Program

May 2020

SHA, Food Stamps, Stimulus Payments and Makin' Sense of It!

FSS is here to help you figure some of this out! With the stimulus packages out there we want to make sure you understand what needs to be reported to Salina Housing Authority. Please report ANY monetary changes such as stimulus payments, increase in food stamps or loss of employment. It will not count against you but we need to account for it. If you can, feel free to fax, email or scan information to our office.

Also, if you need any assistance navigating any of the above or anything FSS related, please give me a call! FSS it to help you build and grow no matter what is going on! **Call me. I'm here to help!**

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Shower and Flowers

As they say, "April showers bring May flowers." Over the course of two months, the entire planet has received April's showers but hopefully it's now time for a bright new change. By now, the kids have gotten cabin fever and you are exhausted because you are not only a full-time parent, teacher and caregiver but for many of you, you are also essential employees! Although we are not in the clear from this horrid virus reeking havoc on our already chaotic lives, we still have so much to do to prepare for the amazing time we are all going to have in the future! Let's use May as a time to "blossom" our lives by evolving our relationships, experiences, talents and our pockets! (*You knew I was going to say that!*)

Shower the Love: Call a cousin, aunt/uncle or friend you haven't talked to in years! Make sure they are okay and catch up. Video chat anyone!

Blossom your Brain: There are a plethora of free online educational sites to help expand your knowledge! Harvard University offers webinars and "classes" on concepts from business to humanities <https://online-learning.harvard.edu/catalog/free>. TEDx Talks on YouTube are also stimulating! There are so many different presentations from romance or motivation to mental health! Try Tali Sharot's-How to Motivate Yourself to Change Your Behavior but

Dig into culture: Try new thing like theatrical arts, Metropolitan Opera is offering free operas at <https://www.metopera.org/season/on-demand/>. Watch plays such as Shrek or American Son on Netflix!

Grow Your Knowledge: Learn a language! Duolingo.com offers 35 different languages. Did you know being fluent in another language means some employers pay you more for your ability to communicate with their clientele? *Plus you can speak the language when you visit Germany or France!*

Smell the Money: Gaze into your finances! Take a look. This is a good time to review how you can make your money work for you now and forever! Smart About Money offers great resources to help you during this time and to help you better prepare for your future

<https://www.smartaboumoney.org/>!

SHA Mission Statement

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.

Whatever you choose to do make sure it helps you become the best you! Expand your horizons! Think outside the box! Educate yourself! If you need help with ideas or brainstorming hobbies, please call me and we can figure it out!

Introducing the graduating class of...

CLASS OF 2020



The last few months have been so challenging. We are all going through it and trust me it stinks! But you know there is still good occurring during of all of this...May Graduations!! I would like to announce the academic graduation of two of our FSS participants!

Congratulations to Rhonda Howell and Alexa Zeller! Both will be graduating in May with degrees in Licensed Practical Nursing from Salina Area Technical College! Both of them have faithfully persevered to be where they are today and they continue to strive for better for their families.

Rhonda plans to go into the hospice field with her degree. With her kindness, patience and compassion for others, she will do great in this field.

Alexa will be planning on working in the Home Health field. And no wonder with her endurance and outgoingness she is absolutely a fit for this field!

The Family Self-Sufficiency Program is proud of the two of you and your accomplishments and continued efforts to strive for your absolute best by reaching for the stars!

Congratulations to the Graduating Class of 2020!

Kansas State University Polytechnic

Kansas Wesleyan

Bethany College

Salina Area Technical College

Central High School

South High School

St. Mary's High School

Salina Adult Education Center

Southeast of Saline

Graduating One of Our Own

FSS Coordinator would like to congratulate another FSS participant for graduating the program! This person chooses to remain anonymous so for the sake of humor we will just call her "Miss Missy" or "Missy" for short. "Missy" is truly an inspiration to us all! She has dealt with life's battles and continues to march on! She has found employment at a job where she is comfortable and with management who understand her as a whole. We are confident she will continue to work on building and managing her retirement finances for her future! We're so proud of you "Miss Missy" for being the best you!

So Stinkin' Awesome!!

To all of our FSS participants, families and friends, Salina Housing Authority's FSS Program appreciates your hard work and tenacity!

Important Dates

World Laughter Day

May 5

Cinco Day Mayo

May 5

Mother's Day

May 10

Memorial Day

May 25