



Complete
Goals
Earn
Escrow FSS
Contract
Housing
Assistance

page

Creation Vacation	1
Free Willamette U course, Tax Preparation, Earned Income Disallowance, Holiday Swims	2
Success Story, Classes, Women's Health Exam	3
10 Rules for Being Human, FSS Admin Policy changes	4
Positive Self-Talk	5
Chemeketa's Evening/Weekend College Program	6
Creation Vacation Application	7

SHA's FSS Team:

Jill Washburn PH FSS

503-588-6460

Rosa Ramirez HCV FSS

503-588-6455


Esther Reinecke HCV FSS

503-763-3104

"There is nothing so useless as doing
efficiently that which should not be
done at all". Peter F. Drucker

Jerry Croft

Executive Director

Housing Authority
of the City of Salem 
360 Church Street SE
Salem, Oregon 97301

For publication information contact
Esther Reinecke, 503-763-3104

Milestones

Winter 2009

The Housing Authority of the City of Salem

CREATION VACATION

A Free Family Camping Experience

August 23-26, 2009 for 20 Salem FSS Families

Creation Vacation is a family camp that takes place at Camp Magruder on the Oregon Coast and is sponsored by the Oregon-Idaho Conference of the United Methodist Church. This year the camp will host 20 Salem Housing Authority FSS families, with **first priority** going to FSS families that have never been to Creation Vacation. **Second priority** will go to FSS families that have attended only one other year. **Third priority** will go to FSS families who have attended only two other years, and **fourth priority** to any FSS family who has attended 3 or more years before. Applications will be received on a first-come, first-served basis within those priorities.

Apply early and apply even if you have attended multiple years before! There are always some interested families who find they are unable to go or cannot attend the mandatory pre-camp meetings. In case of an excess of applications, a waiting list will be developed.

Creation Vacation is a unique camping experience because the whole family goes together. The

camp directors make every effort to assign each family a "family friend" to assist with getting settled at camp, answering questions, giving parents small breaks from the kids, and in general helping the family feel at home! Cabins are provided that have camping mattresses. Families bring their own bedding or sleeping bags if they have them. All meals are provided and served in the dining hall. An afternoon snack is also provided. Age appropriate activities are available, as well as a craft area. Donkey rides are available for younger children and the beach is nearby.

Families will be picked up on Sunday the 23rd by buses at a time & location in Salem to be announced. Families will leave late morning on Wednesday the 26th to return to Salem.

An application is attached. The deadline for applications is 4:30 p.m. Friday, May 1, 2009. Families will be notified if accepted by May 12, 2009. Questions? Esther Reinecke at 503-763-3104 or Jill Washburn at 503-588-6460.

Reduce Stress and Improve Your Life with Positive Self Talk

Develop the Positive Self Help Habit By **Elizabeth Scott, M.S.**

Patterns of negative or positive self-talk often start in childhood. Usually, the self-talk habit is one that's colored our thinking for years, and can affect us in many ways, influencing the experience of stress to our lives. However, any time can be a good time to change it! Here are some ways you can stop yourself from using negative self-talk and use your mind to boost your productivity and self-esteem, and relieve stress.

Notice Your Patterns: The first step toward change is to become more aware of the problem. You probably don't realize how often you say negative things in your head, or how much it affects your experience. The following strategies can help you become more conscious of your internal dialogue and its content.

- ◆ **Journal Writing:** Whether you carry a journal around with you and jot down negative comments when you think them, write a general summary of your thoughts at the end of the day, or just start writing about your feelings on a certain topic and later go back to analyze it for content, journaling can be an effective tool for examining your inner process.
- ◆ **Thought-Stopping:** As you notice yourself saying something negative in your mind, you can stop your thought mid-stream by saying to yourself "Stop." Saying this aloud will be more powerful, and having to say it aloud will make you more aware of how many times you are stopping negative thoughts, and where.
- ◆ **Rubber-Band Snap:** Another therapeutic trick is to walk around with a rubber band around your wrist. As you notice negative self-talk, pull the band away from your skin and let it snap back. It'll hurt a little, and serve as a slightly negative consequence that will both make you more aware of your thoughts, and help to stop them! (Or, if you don't want to subject yourself to walking around with a rubber band on your wrist, you'll be even more careful to limit the negative thoughts!)

Replace Negative Statements:

A good way to stop a bad habit is to replace it with something better. Once you're aware of your internal dialogue, here are some ways to change it.

- ◆ **Milder Wording.** Have you ever been to a hospital and noticed how the nurses talk about 'discomfort' instead of 'pain'? This is generally done because 'pain' is a much more powerful word, and discussing your 'pain' level can actually make your experience of it more intense than if you're discussing your 'discomfort' level. You can try this strategy in your daily life. In your self-talk, turning more powerful negative words to more neutral ones can actually help neutralize your experience. Instead of using words like 'hate' and 'angry' (as in, "I *hate* traffic! It makes me so *angry*!"), you can use words like 'don't like' and 'annoyed' ("I don't like traffic, it makes me annoyed," sounds much milder, doesn't it?).
- ◆ **Change Negative to Neutral or Positive.** As you find yourself mentally complaining about something, rethink your assumptions. Are you assuming something is a negative event when it isn't, necessarily? (For example, having your plans cancelled at the last minute can be seen as a negative, but what you do with your newly-freed schedule can be what you make of it.) The next time you find yourself stressing about something or deciding you're not up to a challenge, stop and rethink, and see if you can come up with a neutral or positive replacement.
- ◆ **Change Self-Limiting Statements to Questions:** Self-limiting statements like "I can't handle this!" or "This is impossible!" are particularly damaging because they increase your stress in a given situation *and* they stop you from searching for solutions. The next time you find yourself thinking something that limits the possibilities of a given situation, turn it into a question. Doesn't "*How* can I handle this?" or "*How* is this possible?" sound more hopeful and open up your imagination to new possibilities?



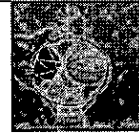
Positive Affirmations as a Stress Management Tool!

OK, so now you're more aware of your negative self-talk (continued from page 2) Here's a condensed version of Ms Scott's suggestions for positive affirmations:

- ◆ **Look at your intentions.** Think about what you are trying to create in your life. A good starting point is to imagine your ideal life, pretend a fairy has given you three wishes, or try to visualize what you were put on Earth to be.)
- ◆ **Create Statements:** Once you get an idea of what you're aiming for, try to put that idea into a few simple statements that reflect what you want to create. Phrase the statements as if they *are already true*, not that you would *like them to be true*. "I am feeling more peaceful each day" rather than "I want to feel more peaceful"
- ◆ **Be sure they're positive:** Rather than "I don't want to feel stress," or "I've stopped feeling stress", use "I'm feeling peace"
- ◆ **Repetition:** Harness the power of affirmations by simply repeating them to yourself on a regular basis. Repeating them mentally several times in the morning or evening can be effective; repeating them aloud is even more effective.
- ◆ **Do-It-Yourself Recording:** You can make a recording of yourself repeating positive affirmations and play it as you drive, or do other activities. Talk in a calm voice, maybe play your favorite soothing music in the background, and you have a recording tailor-made especially for your needs!
- ◆ **On Post-Its:** a fun way to use affirmations is to put them on post-its that you place around the house (on the fridge, bathroom mirror, and other places you are likely to see

FREE WOMEN'S HEALTH CHECK

To qualify for free services women must be over 40 years old, have no insurance, and be low income. For more information, please contact YWCA Women's Health Program at 503-581-9922 ext 304



"I've missed more than 9,000 shots in my career. I've lost almost 300 games. 26 times I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life and that is why I succeed"

Michael Jordan

The ABC's of Homebuying

Free to residents of Salem Housing Authority Saturdays 9:00 a.m. to 5:00 p.m. in the Center 50+ (the new Senior Center) at 2615 Portland Rd NE, Salem

March 21, 2009	June 20, 2009
April 18, 2009	July 18, 2009
May 16, 2009	August 15, 2000
	Sept 19, 2009

To register, call Brent Brimhall at 503-588-6442

FREE FINANCIAL FITNESS CLASS

"Finding Paths to Prosperity"

This class is a requirement for participation in the Family Self Sufficiency Program as well as the VIDA savings account and the Homeownership Voucher Program



All classes will be held at the Southfair Apartments Community Room, 1961 Fairgrounds Rd NE, Salem

Mondays March 9 & 16	6.00-8.30 p.m.
Saturday April 18	9.00 a.m. to 1.00 p.m.
Mondays May 4 & 11	6.00-8.30 p.m.
Saturday June 13	9.00 a.m. to 1.00 p.m.

Open to Salem Housing residents.

To register, call an FSS case manager. Jill @ 503-588-6460, Esther @ 503-763-3104, Rosa @ 503-588-6455, or Brent @ 503-588-6442

e
C
e
n
t
r
a
l

P
r
o
p
e
r
t
i
e
s

w
i
t
h

o
f
f
i
c
e
S
e
c
.

8

H
o
u
s
i
n
g

C
h
o
i

Humanity in Perspective...a free Willamette University humanities course for adults living on low incomes Tuition, books, childcare, and bus tickets are provided **Apply by March 13, 2009**

The class is discussion-based, and students improve their skills in writing, communicating, and critical thinking. Subjects include philosophy, literature, ancient Greek & American history, politics, theater, and writing. For more information and to receive an application contact Sarah Van Winkle at 503-241-0543 or svanwinkle@oregonhum.org. Applications also available at www.oregonhum.org

Earned Income Disallowance is Helpful to Families

This Housing Authority policy encourages people to enter the work force by not including in rent calculations the full value of increases in earned income for a period of time. All public housing adult family members are eligible, while the voucher program restricts the disallowance benefit to family members with disabilities.

For a period of time, this benefit excludes from rent increases income from new employment or increased earnings. To qualify for the disallowance, a family member must

- ◆ Be previously unemployed for one or more years or
- ◆ Have increased earnings during participation in FSS or another self-sufficiency or job training program, including GED, college studies, ESL or JOBS or
- ◆ Have new employment or increased earnings by someone who has received TANF benefits or services within the last 6 months **ASK ABOUT IT!**

Free tax preparation assistance at DHS in Dallas—appointments available now to April 10th. Call 503-623-8118 ext.248 or 237 to make an appointment & receive information on location and what to bring!

A first grade teacher collected well-known proverbs. She gave each child in her class the first half of a proverb, and had them come up with the rest. Their insight may surprise you--

- Better to be safe than Punch a 5th grader
- Strike While the Bug is close
- It's always darkest before Daylight Savings time
- Never underestimate the power of Termites
- You can lead a horse to water but how?
- Don't bite the hand that looks dirty
- No news is impossible
- A miss is as good as a Mr
- You can't teach an old dog new math
- If you lie down with dogs, you'll stink in the morning
- Love all, trust me
- The pen is mightier than the pigs
- An idle mind is The best way to relax
- Where there's smoke there's Pollution
- Happy the bride who gets all the presents
- A penny saved is not much
- Two's company, three's the Musketeers
- Don't put off till tomorrow what you put on to go to bed
- Laugh and the whole world laughs with you, cry and you have to blow your nose
- None are so blind as Helen Keller
- Children should be seen and not spanked or grounded
- If at first you don't succeed get new batteries
- You get out of something what you see pictured on the box
- When the blind leadeth the blind get out of the way

Free Swims

Free admission to Olinger Pool, 1310 "A" St NE, Salem to celebrate these popular holidays!

St. Patrick's Swim

Saturday, March 14

1:30-4:00pm

Easter Swim

Saturday, April 11

1:30-4:00pm

Mom's Day Swim

Sunday, May 10

1:30-4:00pm



Spring is nature's way of saying "let's party!"

Robin Williams



Available to Marion & Polk Families!

Ten Rules For Being Human

- 1 You will receive a body You may like it or hate it But it's yours to keep for the entire period
- 2 You will learn lessons You are enrolled in a full-time informal school called, "life"
- 3 There are no mistakes, only lessons Growth is a process of trial, error, and experimentation The "failed" experiments are as much a part of the process as the experiments that ultimately "work"
- 4 Lessons are repeated until they are learned A lesson will be presented to you in various forms until you have learned it When you have learned it, you can go on to the next lesson
- 5 Learning lessons does not end There's no part of life that doesn't contain its lessons If you're "alive", that means there are still lessons to be learned
- 6 "There" is no better a place than "here". When your "there" has become a "here", you will simply obtain another "there" that will again look better than "here"
7. Other people are merely mirrors of you You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.
8. What you make of your life is up to you You have all the tools and resources you need What you do with them is up to you. The choice is yours
- 9 Your answers lie within you The answers to life's questions lie within you All you need to do is look, listen, and trust
- 10 You will forget all this You can remember it whenever you want

Changes to the FSS Action Plan!

The Housing Authority, along with the FSS Program Coordinating Committee Advisory Board has modified the FSS Action Plan by adding or changing to the following language

- ◆ Escrow advances will not be authorized for the purpose of paying bills, debts, or other needs not directly related to the family's goals In order to be eligible for an escrow advance the family must be current on rent payments with no outstanding debts or payback agreements with SHA or the Landlord Escrow advance checks will ordinarily be made payable to third parties if possible, not the FSS participant
- ◆ All FSS participants will be required to attend the Financial Fitness class at some time during their FSS participation, which will ordinarily be done during the first two years
- ◆ All participants must attend a credit counseling session and review their credit report during the first two years of FSS participation

Chemeketa's Evening/Weekend College programs

When returning to school, one of the biggest hurdles for any adult, especially those with children, is time. There's a lot of competition for time no matter who you are, but Chemeketa's evening and weekend courses are offered at the same times each and every week of the term, including Saturdays. This makes it easier to set up long-term schedules, including childcare.

Chemeketa's Evening/Weekend programs make it convenient for busy, working students to attend class, with more evening and weekend classes than any college in the area, all with affordable tuition. Chemeketa has expanded Saturday offerings in math, science, writing and more, so students can get the credits needed in order to move forward with **education** and **career goals**.

Online options for some courses permit continuous interaction with classmates and instructors throughout the term and facilitate independent learning. In some classes, online components are so intensive that coursework may be completed within five weeks. This spring Chemeketa will begin a new Weekend College format offering courses in an efficient five week hybrid format – **½ time in-class and ½ time on-line**. This gives access to instructors, but with new flexibility. It's an efficient way to include education in a busy life. Check out the new offerings this spring:

Block 1, April 4–May 2		
77893	Public Speaking SP111	9 30 A M –12 20 P M
78079	Intro to Business BA101	8 30 A M –12 20 P M
77812	Sociology/Soc Problem SOC206	1–4 P M

Block 2, May 9–June 6		
77879	American Govt. PS202	9 30 A M –12 20 P M
70004	Art History ART206	9 30 A M –12 20 P M

In addition to the new five-week format, Chemeketa offers traditional full term courses on Saturdays. Check out the schedule:

Weekend Classes		
77849	1st Year Spanish Term 2 SPN102	9 A M –12 50 P M
77850	1st Year Spanish Term 3 SPN103	9 A M –12 50 P M
77851	1st Year French Term 2 FR102	9 A M –12 50 P M
77882	General Biology BI103	9 A M –3 20 P M
77891	Anatomy and Physiology BI232	9 30 A M –3 50 P M
77935	College Textbook Reading RD090	9 30 A M –12 20 P M
77848	English Composition WR121	9 30 A M –12 20 P M
78047	Elementary Algebra MTH70	9 A M –12 50 P M
70892	Intermediate Algebra MTH95	8 30 A M –noon
77993	College Algebra MTH111	9 15 A M –noon (11 week hybrid)
Weekend Workshops		
70002	Death and Dying HUM259	Fri 6–10 P M /Sat 9 A M –5 P M, 4/17–18, 5/8–9, 5/29–30
77886	Resumes and Job Search FE205B	Fri 6–9 P M /Sat, 9 A M –5 P M, 4/24–25
76046	Public Speaking SP111	Fri 6–9 P M /Sat 9 A M –5 P M, 4/17–18, 5/1–2, 5/15–16
76048	Public Speaking SP111	Fri 6–9 P M /Sat 9 A M –5 P M, 4/24–25, 5/8–9, 5/22–23

Learn more about Weekend College by consulting with an advisor and scheduling placement tests all-in-one-session.

**New Student Weekend Orientation is 10:00 a.m. to noon,
Saturday, March 14th in Building 2**