

NAMPA HOUSING AUTHORITY FAMILY SELF-SUFFICIENCY NEWSLETTER

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CHOOSING YOUR NEW YEAR'S RESOLUTION

At this time of year, you may be considering whether you're going to make a New Year's resolution. Maybe you've made them in the past and lost interest over time. Or perhaps you buckled down and followed through. Either way, you're now facing the beginning of another new year.

Even if you're less-than-thrilled with your follow-through in prior years, the new year brings amazing opportunities to challenge yourself in all kinds of ways.

Ideas To Help You Set Up Your Resolutions:

1. Select an area of your life that's important to you. One of the keys to choosing your New Year's resolutions is selecting a goal that truly matters. Ideally, you can find something you want more than anything. This will help keep you dedicated.
2. Be Specific. The whole idea of making a New Year's resolution can seem oversimplified. You'll hear people say, 'My

New Year's resolution is to get in to shape' or 'I want to work less'. *What do statements like, 'I want to spend more time with my family this coming year' really mean? Here's how to be more specific: For the resolution to get into shape, why not state it in more detail? Consider committing to specifics, such as 'I want to lose 2 inches from my waist and 3 inches from my hips.' Another example of being more exacting might be 'I want to increase visual muscle definition in my abdominals and my upper arms.'

3. May your resolution measurable. How will you measure your results? For example, spending more time with your family may manifest as, 'I plan to work 4 hours less per week in the coming year,' or 'I won't work on Saturdays, starting January 1st.'
4. Structure your resolution using mini-

goals. Consider cutting your overall goal into smaller separate goals. Select the first mini-goal to accomplish in the process and designate it as you New year's resolution for the first 3 months. Consider this example: You want to lose 30 pounds.. You've struggled to drop the weight in the past. But you want to get serious now. Here's one way to cut this into mini-goals: Lose 10 pounds in the first 3 months of the year, lose another 10 pounds in the second quarter of the year and drop the final 10 pounds the third quarter of the year. The fourth quarter of the year, plan to focus on maintaining you weight loss.

5. Be realistic. It might not be possible for you to accomplish everything you want in just one year. But you probably can be well on your way to continued on page 4

Dates to Remember:

- January 2, 2012
Nampa Housing Authority closed for New Years
- January 10, 2012
Coupon Class at Nampa Housing Authority 6:30 pm
- January 16, 2012
Nampa Housing Authority closed Martin Luther King, Jr.
- January 24, 2012
Paycheck Planning class at Nampa Housing Authority 6:30 pm



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A WORD ABOUT MARTIN LUTHER KING, JR'S SPEECHES

Dr. Martin Luther King, Jr. was a vital personality of the modern era. His lectures and remarks stirred the concern and sparked the conscience of a generation; the movements and marches he led brought significant changes in the fabric of American life; his courageous and selfless devotion gave direction to thirteen years of civil rights activities; his charismatic leadership inspired men and women, young and old, in the nation and abroad.

Dr. King's concept of somebodiness gave black and poor people a new sense of worth and dignity. His philosophy of nonviolent direct action, and his strategies for rational and nondestructive social change galvanized the conscience of this nation and reordered its priorities. The Voting Rights Act of 1965 for example, went to Congress as a result of the Selma to Montgomery march. His wisdom, his words, his actions, his commitment, and his

dreams for a new cast of life, are intertwined with the American experience. Dr. King's speech at the march on Washington in 1963, his acceptance speech of the Nobel Peace Prize, his last sermon at Ebenezer Baptist church, and his final speech in Memphis are among his most famous utterances (I've Been to the Mountaintop). The Letter from Birmingham Jail ranks among the most important American documents.

'No person has the right to rain on your dreams.'

Martin Luther King, Jr.

'Forgiveness is not an occasional act, it is a constant attitude.'

Martin Luther King, Jr.

'People fail to get along because they fear each other; they fear each other because they don't know each other; they don't know each other because they have not communicated with each other.'

Martin Luther King, Jr.

KEEPING CHILDREN SAFE PANEL FOR REGION THREE

Idaho Citizen's Review Panel Region Three is looking for individuals to be part of the Review Panel. By recognizing the importance of public participation and community engagement, the Keeping Children Safe Panel is de-

signed to examine how Idaho's Child Protection System works and to make recommendations for improving the system. Recommendations are given on a yearly basis to the Director of the Department and reviewed

for implementation.

Contact: Tara Wright at 454-7021, Idaho Dept. of Health and Welfare. Information meeting on January 12 at 3 pm.



COUPON CLASS JANUARY 10TH AT NAMPA HOUSING AUTHORITY

Please join us at 6:30 pm on January 10th at Nampa Housing Authority for a class on basic couponing. Learn how to save money on groceries, cleaning products, and personal hygiene products among other items. How to get

coupons, how to organize them, and when to use them. How to organize a binder to most efficiently store and use your coupons will be presented. Learn what stores offer additional benefits to purchasing sale and coupon

items at great savings.

Even if you already coupon, you can come and share you coupon knowledge. Please reserve a spot in the class by calling 466-2601 and speaking with Amanda.

*'If you can't fly then run,
if you can't run then walk,
if you can't walk then
crawl, but whatever you
do you have to keep mov-
ing forward'*

Martin Luther King, Jr.



*'In the end, we will
remember not the words
of our enemies, but the
silence of our friends.'*

Martin Luther King, Jr.

CURRENT JOB OPENINGS FROM CRAIG'S LIST

Permenant makeup and/or Esthetician:

Boise, Friendly, busy salon with a s spa room open part time to share. Equip- ment and clientele re- quired. Contact Angela or Toni at 208-853-8932.

Homemaker/

Caregiver: Nampa, CCOA-Aging, Weatheri- zation, and Human Ser- vices, Inc is looking for an individual to assist elderly persons with general housekeeping, personal care tasks, and occasional transportation needs. Candidates must be reli- able, able to work inde- pendently, pass a back- ground & fingerprint check, and have a depend- able vehicle. Pt, 19.5 hours, Apply at CCOA, 304 N Kimball Ave, Cald- well, phone 459-0064.

Applebees: Currently accepting applications for servers. G on-line at www.amrestjobs.com. Do Not Call! On-line only.

Electronic Assembly:

Previous experience with electronic assembly, 1 year. 10 hr shifts, no wknds, \$8-\$9 an hour. Send your resume to job -bx97t-2771484516 @craigslis.org.

Sign Walker Needed:

Nampa, Fridays & Satur- days. \$7.25, apply in per- sona at Shape-up (Old Sportsman Warehouse) at 16865 N Market Place Blvd.

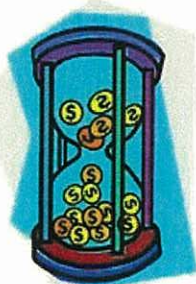
Bilingual Retail: Sprint is looking for friendly indi- viduals to work as retail consultants with a High School detail or GED, 6 months related experi- ence face to face with customers or two years college education and be able to work evening, weekends, and holidays, and fluent in English and Spanish, please apply at [http:// link.sprintcareers.info/r? id=181005](http://link.sprintcareers.info/r?id=181005).

Administrative Assis-

tant: Nampa, preferred experience with the Rey- nolds system and needs to have clear communication skills, ability to work under pressure, strong work ethic, ability to multi-task, detail oriented, communicate with varying personalities, de- pendable, responsible, good attitude, organized, and good phone skills. Apply at 9250 Fairview Ave, Boise on -line at broncomotors.com, or email your resume to jobs@broncomotors.com.

Development Tech: Hu- man Service Alliance, Cald- well is looking for someone to work mornings and after- noon hours. Must have a valid driver's license and car insurance CPR and First Aid required, but can be pro- vided by employer. Call LeRoy Palmer at 250-8871 or Mary Jane Fulp at 724- 3944. Applications are avail- able at 620 Everett St in Caldwell or you can drop off a resume.

PAYCHECK PLANNING WITH DEBT REDUCTION SERVICES



Tuesday, January 24th from 6 pm to 8 pm at Nampa Housing Author- ity. To reserve a spot in the class, call Amanda or Holly at 466-2601, Nampa Housing Author- ity. The class will cover

budget successes and fail- ures, dispelling budgeting myths, and you will leave with a personalized budget. The second part of the class will cover preventing and eliminating excessive consumer debt.

*'I have a dream that my
four little children will
one day live in a nation
where they will not be
judged by the color of
their skin but by the con-
tent of their character.'*

Martin Luther King, Jr.

NEED INTERNET ACCESS TO LOOK FOR WORK?

NAMPA HOUSING NOW OFFERS A CLASSROOM THAT OFFERS NAMPA HOUSING AUTHORITY RESIDENTS THAT OPPORTUNITY. PLEASE CONTACT HOLLY FOR MORE INFORMATION.

Family Self-Sufficiency Program Reminders

- Complete and Turn in Your Monthly Progress Reports Each Month
- Make a Monthly Appointment with the FSS Coordinator, Amanda
- Set smaller goals that will help you achieve your larger goals



The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.
Martin Luther King, Jr.

If you have a child who is a senior and planning on attending college, there are scholarships available to students who are seniors in high school living in public housing. Please contact Amanda if you are interested.

Family Self-Sufficiency Program Escrow

FSS families pay rent in accordance with increases in their income the same as non-FSS families. FSS does not reduce the amount of rent. As a general rule, the amount of the increase in family rent resulting from an increase in earned income is escrowed. Because there are other factors that affect the family rent, it will not necessarily be dollar for dollar. The amount escrowed for the family will depend on whether the family is considered a Very Low or Low Income family.

CHOOSING NEW YEAR'S RESOLUTION

Your goal by the end of the year if your New Year's resolution is within reasonable standards. When selecting your New Year's resolutions, focus on what matters to you. Be specific and make your resolutions measurable.

Use mini-goals and be realistic in establishing whatever resolutions you select. By addressing your resolution as a process rather than just a goal, you're much more likely to succeed. And when you achieve one goal, you're more

apt to set resolutions and accomplish them in the years that follow. Start this year to make each year your best one ever.

-Personal Development Master

