



FSS Newsletter

How to Ride the Waves of Change

Change comes whether we want it or not. If we can stay open to life's possibilities, change can actually be the key to being flexible. We can ride the waves of change without getting lost in the undertow.

C—Choose to stay open: As we make the choice to stay open and vulnerable, we can be brave and present to life's experiences.

H—Have awareness of what is unfolding, moment by moment: Notice the little details, such as your thoughts and emotions.

A—Adapt: If we learn to adapt, we can more easily move along with life's flow.

N—Notice how you feel: Most of us just want to feel better, if we are in the moment we may notice an increase in energy and happiness.

G—Generate wisdom: We become more insightful when we are more present.

E—Enjoy life's opportunities: It's important to be open to change. Riding the waves of change means being present. Life can so easily slip past us unnoticed.

Remember to pause, take a breath, and appreciate the ride. *From "Easy Come, Easy Go"*

Speaking of Change...

Our FSS Program is growing! And with this growth, I am going more places and meeting with more people. The past two years, I have attempted to visit each county once a month. However, starting January 2020, I will be visiting each county quarterly (Winter, Spring, Summer and Fall). If you are working or a full-time student, you are not expected to meet with me quarterly unless you have concerns that you need to discuss. If you are unemployed and not a student, you are required to meet with me quarterly and maintain monthly contact via phone, text or email. For those of you hard at work at your jobs and/or school, you must meet with me once a year to review and update your goals. I will contact you to schedule a time to do that. I am flexible with my hours, which will allow me to meet with you in the evening if needed. Regular contact by phone, text or email is appreciated, so if you have any updates to your goals, please let me know!

REMINDER

Office Hours:

Monday-Thursday
8 am—4:30 pm

Friday
8 am—Noon

CLOSED:

Friday, January 1
New Year's Day

Monday, January 18
MLK Jr. Day

FSS Coordinator

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Unexpected Expenses?

If you find yourself with some unexpected expenses to start the year off and don't know where to turn, United Way 211 may be able to help guide you.

The United Way 211 Helpline will forward you to the Regional Calling Center for information about rent and utility assistance or social services you may qualify for. Information on local food banks that could help you save money on necessities and free up money for bills is also available.

It is recommended that you call those you owe and be brutally honest about your situation. Work out a payment plan if they allow.

Earn extra money by doing odd jobs, working extra shifts or selling items you own. To find out what governmental programs you may qualify for go to www.benefit.gov

The Penny Hoarder

Dial 211 for free, confidential services to help find local resources 24/7

Section 8 Family Obligations :

- Notify the PHA and the owner in writing before moving out of the unit or terminating the lease.
- Use the assisted unit for residence by the family. The unit must be the family's only residence.
- Promptly notify the PHA in writing of the birth, adoption, or court-awarded custody of a child.
- Request PHA written approval to add any other family member as an occupant of the unit.
- Promptly notify the PHA in writing if any family member no longer lives in the unit. Give the PHA a copy of any owner eviction notice.
- Pay utility bills and provide and maintain any appliances that the owner is not required to provide under the lease.

Different Ways to Find a New Job

1. **Networking**—Networking can go a long way in locating job opportunities, even if no one you know has knowledge of a job opening, there's a chance they know someone who does.
2. **Referrals**—Individuals you know may get you an invitation to apply for a position.
3. **Job Boards and Career Websites**—Look at local public announcement boards or job search engines on the internet and career-related websites that post job openings such as Indeed.com, Monster.com or CareerBuilder.com.
4. **Job Fairs**—Look online for local job fairs to attend. Bring several copies of your resume and be ready to sell yourself. Some organizations may even offer on-site interviews to candidates that meet their requirements.
5. **Company Websites**—If you have a dream employer in mind, go directly to the career section of their website.
6. **Cold Calling**—If you don't see any job listings posted for a company you're interested in, you might consider making a cold call. Call or email the contact individual directly and inquire about any upcoming vacancies.
7. **Temping or Internships**—Sometimes temporary employment can lead to permanent positions. If you're without work, finding a temporary position is a great way to get a foot in the door.

Bottom Line...finding the very best job opportunities often requires a combination of methods.

Menard County

Housing Authority

Your Provider of Affordable Housing Services!

Our mission is to promote and provide quality housing while encouraging upward mobility and a better quality of life.

Our vision is creating housing that families and communities can be proud

New Year, New Start

A new year means new beginnings and fresh starts. If you can let go of the past, freeing yourself of failures and disappointments, you can embrace a new perspective— a fresh look at the future and all the wonderful possibilities it holds. With the new year comes 365 new and exciting days to mark your destiny.

A graphic of the year 2020 where the numbers are composed of teal and light blue geometric shapes, resembling a low-poly or mosaic style.

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