



FSS Newsletter



Don't Let Anyone Dull Your Shine

Someone, somewhere is going to see your happiness and try to damper it. They are going to see your positivity and question it. They are going to see how you act—full of life with a smile on your face—and poke fun, or judge, or wag their finger in front of your nose and tell you all the ways you're wrong. *Don't let them.*

If there's a career or person you're crazy about, a goal you're fighting to pursue—keep going. Don't let the world define who you become. Don't let people's opinions change who and what you love, or how you act.

This is your opportunity to grow, to shift, to step out of the shadows and let your light be seen. Don't let anyone dull your shine!

from Marisa Donnelly

Section 8 Families Must Not...

- Own or have any interest in the unit (other than in a cooperative, or the owner of a manufactured home leasing a manufactured home space).
- Commit any serious or repeated violation of the lease.
- Commit fraud, bribery or any other corrupt or criminal act in connection with the program.
- Engage in drug-related criminal activity or violent criminal activity or other criminal activity that threatens the health, safety or right to peaceful enjoyment of other residents and persons residing in the immediate vicinity of the premises.
- Sublease or let the unit or assign the lease or transfer the unit.
- Receive housing choice voucher program housing assistance while receiving another housing subsidy, for the same unit or a different unit under any other Federal, State or local housing assistance program.
- Damage the unit or premises (other than damage from ordinary wear and tear) or permit any guest to damage the unit or premises.
- Receive housing choice voucher program housing assistance while residing in a unit owned by a parent, child, grandparent, grandchild, sister or brother of any member of the family, unless the PHA has determined (and has notified the owner and the family of such determination) that approving rental of the unit, notwithstanding such relationship, would provide reasonable accommodation for a family member who is a person with disabilities.
- Engage in abuse of alcohol in a way that threatens the health, safety or right to peaceful enjoyment of the other residents and persons residing in the immediate vicinity of the premises.

Reminders

Office Hours:

Mon—Thurs 8am—4:30pm

Fri 8am—Noon

CLOSED:

February 12th—
Lincoln's Birthday

February 17th—
Presidents Day

FSS Coordinator

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Family Support Services

Lutheran Social Services of Illinois (LSSI) provides services focused on dealing with family issues that affect both children and parents.

Services include Intact Family Services. Intact Family Services provides intensive case management and follow-up services to families who have been reported to the Illinois Department of Children and Family Services (DCFS) for any type of neglect and/or abuse of the children. Intact Family Recovery pairs a child welfare caseworker and an alcohol/drug counselor to provide intensive services to parents to enable the family to remain together.

For further inquiries, please contact regional offices:

Blue Island (Northern IL) 708.489.2894
Canton (West-Central IL) 309.647.3325
Des Plaines (Chicago) 847.635.4690
Harrisburg (South East IL) 618.252.7361
Marion (Southern IL) 618.997.9196
Vienna (Southern IL) 618.658.9521
West Peoria (Central IL) 309.671.0300



"We strive to provide the same level of service we would want if the client were a member of our own family," Intact Senior Supervisor, LSSI

What is the Purpose of the Housing Authority?

Our goal is to provide drug-free, decent, safe, and sanitary housing for eligible families and to provide opportunities and promote self-sufficiency and economic independence for residents.



3 Ways to Learn to Love Yourself

It's not simple. We often believe that we do love ourselves, but our actions don't always show it. Loving yourself is important for your personal growth, to reach your goals, and to have healthy, happy relationships with others.

1. Care as much about yourself as you do for others: It sounds simple, but many of us don't do this because we think we are being selfish or that our own needs are not important. They are. It is not selfish to care about yourself.
2. Maintain your boundaries: Write a list of things that you need emotionally, things that are important to you and that upset or hurt your feelings when they are ignored or violated. Whatever is important to you is important. And when someone ignores what's important to you or crosses your boundary, it hurts. Let people know what your boundaries are and what you will and will not tolerate. If they apologize, you can forgive them. If they don't, or continue to ignore your boundaries and needs, you should create consequences and/or reconsider the relationship. Relationships should be a two-way street.
3. Do what you need to do to be you: First, figure out what makes you feel good. It doesn't matter what it is, but become aware of how you feel when you do things. Find out what makes you feel good and do it, as often as you can. Enjoy gardening, writing poetry, volunteering, reading? Whatever it may be, make time to do what you need to do to be you. You will feel better, you will be better able to really be there for others—and you will like yourself more. You may even love yourself.

All of these things can help you to develop a sense of accomplishment, a sense of pride in what you are doing and who you are, and a realization that you are a worthy, talented, capable, lovable person who deserves to be loved.

And the most important person to believe that is you.

Deborah Ward, Sense and Sensitivity

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 of.

File your Taxes for FREE

Visit www.myfreetaxes.com to file your taxes for free! It is the only free, national, online tax filing offered by a nonprofit for any household with income less than \$66,000 unless you need to file a Schedule C (profit or loss from a business), Schedule D (sale or exchange of a capital asset) or Schedule E (income or loss from rental real estate). United Way has partnered with H&R Block to help file taxes that are easy, secure and guaranteed to be 100% accurate. Their software scans for any tax credit you're entitled to, making sure you get your maximum refund.



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