

Scattered Sites News



Fall 2012



Maintenance

The Housing Authority would like to remind all Public Housing tenants to report any and all maintenance needs. Whether you find something extremely minor (such as replacing a light bulb) or you notice something very serious (such as a loose handrail, missing outlet cover plate, or a plumbing concern), the GBHA needs to be notified as soon as possible to be able to repair the issue. Failure to report the concern results in a failure to repair, and in the end no one's happy! :) So PLEASE, report everything.

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How to Clean the Bathtub

Nothing makes my back ache more than cleaning the bathtub! Even thinking about it causes me to cringe. This is the time I wish I had magic powers; just wave my wand and presto! Grime's gone! Lacking magic powers, however, here are some practical tips that make it a little easier on the back :)

- Assemble the right tools—liquid detergent, spray bottle, protective gloves, mild abrasive cleansing product, and a scrubber. Mix together a “sprayable” solution of a degreasing liquid detergent and hot water in a spray bottle (Palmolive makes a good one—earth friendly with nice scents).
- Pick up and put away all your bottles of shampoo and conditioner, soap, etc. Your work will be easier and faster if these things are out of the way. It looks better in the end, too! Spray the solution you just made all over the tub and let it sit for about 10 minutes, which should be enough time for it to work its way into the soap scum and dirt.
- Before you start the heavy scrubbing, wet the bathtub down and, using the sprayable detergent, begin lightly scrubbing at the heavily grimed areas of the tub. Spray the tub again with the detergent and allow it to “work” for about 10 minutes. When the time is up, go back to scrubbing and the dirt should come off fairly easily.
- After cleaning a section, spray or splash with clean water to mark your progress. If the dirt is still not coming off easily, you can spray with a mildly abrasive cleaning product and let it sit for a few minutes before you tackle it again.

When it's all done, practice regular maintenance for a few weeks, then give it another good cleaning.

Hot Water

Temperatures & Scalding

Hot water temperature and its impact on the incidence of scalding and Legionnaires' disease is a hot topic in the industry at the moment. The issue is being discussed at Plumbing Code hearings and not a month goes by that the subject is not mentioned in trade magazines.

Young children are especially vulnerable to burn-related injury and death. They do not perceive danger, have less control of their environment, and have a limited ability to react promptly and properly to a burn situation. A child in hot water will scream, but may not withdraw from the water. Additionally, children's skin is thinner than that of adults and therefore burns at lower temperatures and more deeply. For example, a child exposed to hot tap water at 140°F for three seconds will sustain a third degree burn, an injury requiring hospitalization and skin grafts.

To ensure that your water heater is set to a safe temperature for use, use the industry chart below to provide guidance to avoid scalding.

Time/Temperature Relationship in Scalds

Water Temperature	Time To Produce a Serious Burn
120°F (49°C)	More than 5 minutes
125°F (52°C)	1½ to 2 minutes
130°F (54°C)	About 30 seconds
135°F (57°C)	About 10 seconds
140°F (60°C)	Less than 5 seconds
145°F (63°C)	Less than 3 seconds
150°F (66°C)	About 1½ seconds
155°F (68°C)	About 1 second

Table courtesy of Shriners Burn Institute



October is Fun with Fall Month

THE PUMPKIN PATCH

Pumpkins say fall is here, along with crisp cool evenings, turning leaves and the holidays are right around the corner. Use pumpkins to decorate a harvest theme, Halloween in October, and Thanksgiving bounty in November. Use artificial pumpkins or real ones.

STACKED

A totem pole of jack o' lanterns greeting trick-or-treaters is three or four times the fun of just one. Cut off the tops of the pumpkins as level as possible. Carve the faces. Fill each pumpkin with battery-operated holiday lights. Leave the on and off switch outside the pumpkin in the back so you don't have to unstuck the pumpkins to turn the lights on and off. Stack the pumpkins with the largest one on the bottom and the smallest on top. In most cases the pumpkins don't need anything to stay stacked, but if you're concerned they may topple, secure them to each other with wooden skewers.

FLOATING

Scary or friendly, these pumpkin faces eerily float when night falls. Hollow out your pumpkins remain. If you can't find that kind of planter, paint the planter orange to match the pumpkin. Place a votive candle in the pumpkin or use a battery-operated light. If electricity is nearby, use a small wattage Christmas light. Hang from trees, the eaves of the roof or from hooks in the beams of the porch. In the evening, the planter will disappear. The pumpkins will appear to float in the air!

BLACK

Black and orange are the colors of Halloween. These pumpkins take advantage of both and are spooky too! Spray paint the pumpkins black. Hollow them out and carve them into scary faces. The orange of the flesh of the pumpkin really pops against the black when lit. Other colors to try are deep witch green and goblin purple! For an added touch in the daytime, spray glitter that matches the paint color on the surface of the pumpkin after it has been carved.

GILDED

Cinderella went to the ball in a transformed pumpkin made of gold. Bring that Midas touch to your Thanksgiving decorations. Use white pumpkins gilded with gold paint. Rub the paint on so it highlights the ridges of the pumpkins. Add gold silk leaves from a craft store to the stems of the pumpkins. Copper, gold, bronze and silver work well. Spray paint a few mini pumpkins completely gold.

HALLOWEEN JOKES

- What does a vampire never order at a restaurant?
A stake sandwich.
- Why do mummies have trouble keeping friends?
They're so wrapped up in themselves.
- What did the mother ghost say to her children ghosts in the car?
Fasten your sheet belts.
- Why don't skeletons go to scary movies?
They don't have the guts.
- What do you get when you cross Bambi with a ghost?
Bamboo!
- Knock Knock! (who's there?) Boo! (Boo who?) Gee, you don't have to cry about it!
- What should you do if you see a monster on Halloween?
Hope that the monster doesn't see you!
- What should you do if your Jack-o-Lantern falls off the front porch?
Put on a pumpkin patch!
- What kind of candy do vampires like best?
Suckers!
- Why does everyone hate Dracula?
He has a BAT temper.
- What holiday is after Halloween on Dracula's calendar?
Fangs-giving.
- How did the skeleton know it was going to rain?
He could feel it in his bones.

November is National Good Nutrition Month

Fun Traditions to Start for Thanksgiving

While we may picture a traditional Thanksgiving as a family all dressed up seated quietly at a formal table, for most American families Thanksgiving is a more casual affair. If you are like most families, Thanksgiving is a lot about family and food. But if you would like to inject some more fun in your Thanksgiving Day consider giving some of these fun traditions a try!

Apron of Thanks

For that special someone in your family make up an apron of thanks for a family tradition that can go from year to year. The fun will be in seeing how the handprints change from year to year.

What you will need:

- A white chef's apron
- Autumn fabrics (small swatches are fine)
- Puffy fabric paint

Trace the handprints of any children in attendance on the fabrics. Using fabric glue attach them to the white apron. You can then use the fabric paint to make the handprints look like turkeys or add other decorations.

Kernel of Thanks

For a fun way to have everyone express their gratitude for Thanksgiving blessings, consider the following activity.

What you will need:

- 3 kernels of corn for each family member or guest
- A basket large enough for all the kernels to be placed in

After telling the story of the first Thanksgiving, pass around the basket to each family member and have them tell three things they are grateful for as they place their kernels in the basket.

Tree of Thanks

Here is a really fun way to decorate your home and start a fun family tradition at the same time.

What you will need:

- Brown construction paper
- Markers
- Fallen leaves
- Contact paper
- Tape

Cut out a tree trunk that will be large enough to frame your leaves. If you need larger than standard size construction paper, you can buy paper by the yard from a local craft store. After the trunk has been cut out label it 'Tree of Thanks'. Tape the trunk to the wall where you want your leaves to be displayed. Then using permanent marker, write on each leaf something you are grateful for. Give the ink a few minutes to dry and then carefully cover the leaf in contact paper. Tape each leaf around the trunk in the pattern of a tree.

Family Reconnection

Between the frenzy of school and holiday parties, shopping, cooking, and spending, sometimes the spirit of the season seems anything but happy. Stress, over-extended schedules, and concerns over how the money just seems to be flying out of the wallet can turn the season of joy to that of anxiety and hassle. Here are some ways to help families reconnect and enjoy the season.

1) Ways to Strengthen the Relationship Between Parent and Child

It's better to give than to receive, right? Then turn the saying into a true practice by volunteering TOGETHER as a family. Where? How? The options are endless. A best bet is to choose as a family. Here are some options to get the brainstorming started: Salvation Army bell ringers, helping to sort and inventory items at a local food bank or clothing collection agency, or helping to groom and care for animals at a local shelter. And double bonus: these hours could go towards your required 8 hours of community service per month!

2) Emphasize Gifts from the Hearts and Hands

Why would anyone want a homemade gift when money can buy the latest and greatest on the market? Parents, if your child thinks this, then this is a value that really should be stressed this season. The holidays are a time to celebrate families and to show love and appreciation to those they love, and not just for the gifts. And what better gesture than a gift made from the hands and heart? Gifts can be as simple as a cherished handprint, a scrapbook, or a service such as housecleaning.

3) Help Kids Learn about Dollars and Sense

Children can start learning about the value of money at a young age, and a good time to teach about budgeting and finances is around the holidays. Letting children shop for an inexpensive gift is a great way to teach how far—or not—a dollar will go. It's okay for parents to talk about how much things cost. Educate kids that spending is a choice, and that there is a difference between a "want" and a "need."

4) Making Memories and Establishing Traditions

Does your family have a special holiday tradition? If not, add one and enjoy how it adds to the sense of family tradition and togetherness. How about sharing memories during a special meal? Decorating the tree as a family? Opening one special gift with just your family that has special meaning? Have a family pajama night. Building traditions can add to the holiday joy and strengthen families.

December is National Awareness Month

MUSIC TRIVIA

Test your knowledge of Christmas music with the Name That Song quiz:

“Round yon virgin mother and child”:

- *Jingle Bells*
- *Silent Night*
- *I’ll Be Home for Christmas*
- *We Three Kings*

“Bearing gifts we traverse afar”:

- *Jingle Bells*
- *Silent Night*
- *I’ll Be Home For Christmas*
- *We Three Kings*

“And Heaven and nature sing”:

- *Away in a Manger*
- *Joy to the World*
- *While Shepherds Watched*
- *Jingle Bells*
- *God Rest Ye Merry Gentlemen*

“Tis the season to be jolly”:

- *Deck the Halls*
- *While Shepherds Watched*
- *Jingle Bells*
- *God Rest Ye Merry Gentlemen*

“God and sinners reconciled”:

- *O Come O Come Emmanuel*
- *O Come All Ye Faithful*
- *Hark the Herald Angels*
- *The First Noel*

“Disperse the gloomy clouds of night”:

- *O Come All Ye Faithful*
- *O Come O Come Emmanuel*
- *Hark the Herald Angels*
- *The First Noel*

“Joyful and triumphant”:

- *O Come All Ye Faithful*
- *Joy to the World*
- *Deck the Halls*
- *Ave Maria*

“Looked down where he lay”:

- *The First Noel*
- *Little Town of Bethlehem*
- *Joy to the World*
- *Away in a Manger*

New Year Superstitions

As much as New Years is associated with a joyous spirit, it is also known for some myths and symbols attached with it. In fact, no New Years is complete without talking about the superstitions and legends that surround it. As time goes by, people told new stories and make-believe tales about the New Year. They make good stuff for great time-pass! Some of the most popular New Year superstitions have been given below. It’s a popular belief that what we do on the first day of the New Year affects our entire year; so choose your legend carefully!

Kissing at the Stroke of Midnight

One of the most popular beliefs around the world is to kiss your beloved and dear ones at the stroke of midnight. It exudes warmth and affection and shows how much you care for your loved ones. It is said that those who fail to do so will have cold relations with their loved ones for one full year.

Settling Old and Unpaid Bills

The New Year should not begin with unsettled amounts and unpaid debts. It is always said that all money settlements should be dealt with before the old year closes. It is the time to bury the foregone and begin fresh.

Brand New Clothes

It is believed that one should begin the New Year by wearing brand new clothes. Not only is it favorable, but it also ensures that you have a steady flow of new clothes for the entire year, to jazz up your wardrobe!

Loud Noises

Greet the New Year by making loud noises. Not only would you enjoy doing that, but also it is believed that it scares away evil spirits, thus ensuring you have a hassle free New Year.

Letting Out Money

Make sure that you don’t pay back loans or lend money to anyone on January 1. It indicates that you shall be paying all year long and money would be flowing out, instead of the other way around.

Damage and Wreckage

Make sure you don’t break or wreck anything on the New Year. If you do, you shall have a damaging New Year. In other words, it indicates that ‘wreck’ will be your companion. It is also recommended that you remain happy and cheerful on the first day of the year as it ensures that you shall have a cheerful year ahead.

First Visitor

It is a popular belief that the first person who enters your home indicates and influences the kind of year you will have ahead. It is considered lucky if a tall, dark-haired man sets his foot in your house on the New Year. Such a visitor should be greeted warmly and treated generously. It is even better if he gets a gift for you. Blondes and redheads are supposed to bring bad luck, so keep them away. Also, it is bad luck if a woman enters your home first, so try to keep them away too!

I KNOW I SHOULD.....

Does this sound familiar? I know I should lose weight. I know I should start to exercise. I know I need to quit smoking. I know I need to eat better. I know I need to _____ (fill in the blank). We know what we need to do; the question is why aren't we doing it?

Why is it so hard to make the healthy changes that we know can help us feel better and live longer? And why is it so hard to make them last? We know that change is always possible. You are also never too out-of-shape, too overweight or too old to make healthy changes.

Some of the most common lifestyle changes are losing weight, getting more physical activity, eating more nutritious foods, quitting cigarettes, cutting back on alcohol, reducing stress and sleeping better. No matter which healthy lifestyle change you know you should do, research suggests that some common strategies can boost your chance of making the change a habit, a part of your daily lifestyle.

While making a change is one thing, sticking to it is something else. Maintaining a change requires continued commitment until the change becomes a part of your life, like brushing your teeth or washing your hair. Those who can maintain or engage in efforts to change their behavior, and do it for 6 to 8 weeks, are more likely to be able to support that effort longer term.

- The biggest challenge is that we often set unrealistic goals. We can quickly become frustrated and give up. Anytime we are making lifestyle changes we need to include small goals that are definable and accompanied by a solid plan on how you'll get to that goal. For instance, a goal to lose 30 pounds may seem overwhelming. Instead, try setting smaller goals of losing 5 pounds a month for 6 months. Think baby steps rather than giant leaps.
- Next, develop an action plan. You might decide to walk a half hour each day to burn calories. You might stop buying vending machine snacks. Or you might limit and keep track of your daily calories. Set specific behaviors that could help you meet your larger goal of losing 30 pounds.
- To make a long-lasting change in your life, prepare yourself for the challenges you might face. Think about why you want to make the change. Is it important to you? Or, is it mostly influenced by others—like your doctor, your spouse or a friend? Research suggests that if it's something you really want for yourself, if it's meaningful to you, you're more likely to stick to it.
- Think of how this goal will improve your life. For example, when you stop smoking, your risk plummets for cancer, heart disease, stroke and early death. Making even small improvements in your physical activity, weight or nutrition may help reduce your risk for disease and lengthen your life, decreasing your risk for diabetes. Keeping facts like this in mind can help you maintain your focus over the long haul.
- Setting up a supportive environment is another step toward success. Think about the physical support you'll need, like the right equipment for exercise, appropriate clothing and the right kinds of foods to have at home. Remove items that might trip up your efforts. If you're quitting smoking, throw away your ashtrays and lighters. To improve your nutrition, put unhealthy but tempting foods on a hard-to-reach shelf, or get rid of them.
- Social support is also key. Research shows that people's health behaviors—like smoking or weight gain—tend to mirror those of their friends, family and spouses. You can enlist friends and family to help you eat better, to go on walks with you and to remind you to stay on track. The best thing to do is to find things that are fun to do together, and you'll be more likely to stick with it.



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WHAT'S GOING ON IN GREEN BAY?

ZOO BOO

Oct. 12-13, 19-20, & 26-27 (3:00 pm - 8:00 pm)

Location: Northeastern Wisconsin Zoo

Contact Phone Number: 434-7841

“Haunted hayrides, music entertainment and treat stations for trick or treating. Hay rides start at 5pm.”

Green Bay Holiday Parade

Nov. 17, 2012 (10:00 am)

Location: Downtown Green Bay

Contact Phone Number: 437-5972

WPS Garden of Lights

Nov. 23 - Nov 25,

Nov 30 - Dec 2

Dec 7 - Dec 9

Dec 14 - Dec 16

Dec 21 - Dec 23

Dec 28 - Dec 30

Location: Green Bay Botanical Garden

Contact Phone Number: 490-9457

