

MARIETTA
HOUSING
AUTHORITY
FAMILY
SELF-
SUFFICIENCY
PROGRAM

INSPIRE

VOLUME 3, ISSUE 4

FALL 2020

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FSS NEWS!!

- ◆ **Progress Reports were mailed out on July 22nd. If you have not returned it, please be sure to complete and return.**

If you would like to discuss your individual service and goal plan or have any questions or concerns, Phone or Virtual appointments are now available. Contact your FSS Coordinator to schedule.

Please remember to check your Emails daily for important information from the FSS Department!



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**GREAT WORKS
ARE PERFORMED,
NOT BY
STRENGTH,
BUT BY
PERSEVERANCE**



Free or Low Cost Internet Service

Comcast– Internet Essentials

Affordable home internet service for just \$9.95 per month– with no contract, credit check or installation fees. You automatically qualify for the Internet Essentials package if your child participates in the school lunch program, you are receiving HUD housing assistance, a low-income senior, a community college student in Colorado or Illinois or a verified low-income veteran. You will also have the option to purchase a laptop or desktop computer for only \$149. <https://internetessentials.com/>



Free Digital Resources

eBooks, eAudiobooks, comics, newspapers and magazines, streaming video, databases, and way more — 24/7 with your library card or Library PASS account. Check out books and more at any of our libraries for free with your library card or Library PASS account.

Tutoring: Get free, one-to-one, on demand tutoring with TutorATL.
<http://www.cobbcat.org/students/>

HarvestFest– Marietta Square

(formerly the Harvest Square Arts and Crafts Festival)



The Fall arts and crafts festival features a wide variety of unique handmade items and fun for the entire family.

The Marietta Square Farmers Market will also take place at the festival from 9am to noon.

For the kids: games, candy, prizes for children ages 12 and younger includes and a costume contest. There is even a costume contest for pets.

No registration is required for the costume contests.



Date: Saturday, October 17, 2020

Time: 9am to 5pm

Address: Glover Park, Marietta Square 75 E Park Square Marietta, GA 30060

Parking: Marietta Square Parking

Health & Wellness



Reduce the spread of the Covid-19 Virus by wearing a mask

Cobb and Douglas Public Health staff asking residents to practice the three "Ws"

1. Wash your hands frequently
2. Wear your mask when you are out in public
3. Watch your distance – stay at least 6 feet apart

October is Breast Cancer Awareness Month!
1 in 8 women will be affected by
Breast Cancer in their lifetime.
For information on
Self –checks, Screenings
<https://komenatlanta.org/>



Free COVID-19 Testing and Food Distribution event

Congressman David Scott is hosting a free drive-thru COVID-19 testing event

9 a.m.-3 p.m.

Saturday, Sept. 19th

Word of Faith Cathedral

212 Riverside Pkwy, Austell



Atlanta Community Food Bank will also provide healthy and nutritious food to families in need.

Food will be distributed on a first come, first served basis to the first 600 vehicles.
All food recipients must stay in their vehicles and, prior to arriving on site, make sure trunks are cleared out so volunteers can load food with safe social distancing.

To register visit davidscott.house.gov/covid19testing.

MIND, BODY, & SPIRIT: Self Care for Families

Developing a self-care plan can help you and your children improve your emotional, physical health, and manage stress.



Steps to Care for Yourself

- ◆ Try to eat Healthy, Exercise, Adequate Rest
- ◆ Connect with a friends or family host zoom parties and plan Social Distance activities
- ◆ Take Breaks: Make time to unwind, Spend time with kids try to return to activities that you enjoy
- ◆ Ask for help; talk to trusted individuals; counselors, clergy members, doctors, or contact SAMHSA.
- ◆ Substance Abuse & Mental Health Services hotline 1-800-985-5990 Text “TalkWithUs” to 66746

Steps to Care for kids

- ◆ Talk with them about concerns answer questions
- ◆ Set a good example by taking care of yourself
- ◆ Limit exposure to media and social media coverage
- ◆ Create “Calm Corners” quiet space with stuffed animals, favorite books, soft music, to make space comfortable

Teas to reduce Stress

- ◆ Chamomile Tea
- ◆ Green Tea
- ◆ Peppermint Tea
- ◆ Rose Tea



Common signs of distress:

- Feelings of feelings of fear, anger, sadness, worry, numbness, or frustration
- Changes in appetite, energy, and activity levels
- Difficulty concentrating and making decisions
- Difficulty sleeping or nightmares
- Physical reactions, such as headaches, body pains, stomach issues
- Worsening of chronic health problems



EMPLOYMENT

Learn how to transition to virtual environment and stay competitive in job market

Cobb Library System staff has teamed up with Google and CobbWorks Mobile Career Center staff to host a unique job assistance and workforce development webinar. The free "Grow with Google" class will be held noon-2 p.m., Thursday, Sept. 10. This webinar is designed to help those who have to transition to a virtual environment to compete for employment. It will include an overview of how and what tools Google offers to help give an edge in the job search.



Webinar objectives:

- Learn the importance of using Google Tools
- Learn how to translate job searches online using Google search engine
- Create resumes using Google Documents templates
- Learn to conduct job searches using Google Job Search
- Learn workforce tips on resume writing
- Learn tips on translating job searches and interviewing online

The link to the LIVE event on Google Meets will appear online closer to the event. To register for the webinar, [click here](#). For more information, visit cobbcat.org/google.



GOODWILL OF NORTH GEORGIA CAREER CONNECTOR

Online environment of job resources similar to their physical locations.

Create a FREE account for access to benefits such as:

- Job Boards
- Resume Builder
- Virtual Job Clubs
- Skills Assessment
- Career Planning Tools
- Community Resources

Contact Career Center of Smyrna: (678) 766-8173

PERSONAL FINANCES: BUDGETING

- ◆ Budgeting is the process of creating a plan to spend your money. This spending plan is called a budget. Creating this spending plan allows you to determine in advance whether you will have enough money to do the things you need to do or would like to do.



- ◆ What is budgeting?

It is an important planning and forecasting process to help you manage your money by balancing your expenses with your income. Budgeting is simply balancing your expenses with your income. If they don't balance and you spend more than you make, you will have a problem. Many people don't realize that they spend more than they earn and slowly sink deeper into debt every year. If you don't have enough money to do everything you would like to do, then you can use this planning process to prioritize your spending and focus your money on the things that are most important to you.

- ◆ Why is Budgeting so Important?

Since budgeting allows you to create a spending plan for your money, it ensures that you will always have enough money for the things you need and the things that are important to you. Following a budget or spending plan will also keep you out of debt or help you work your way out of debt if you are currently in debt. -<https://www.mymoneycoach.ca/budgeting/what-is-a-budget-planning-forecasting>

PERSONAL DEBT FAQ



The Fair Debt Collection Practices Act (FDCPA) is the main federal law that governs debt collection practices. The FDCPA prohibits debt collection companies from using abusive, unfair or deceptive practices to collect debts from you.

- ◆ How Long Can Old Debts Be Collected?

Each state has a law referred to as a "statute of limitations," which spells out the time period during which creditors or collectors may sue borrowers to collect debts. In most states, they run between 4-6 years after the last payment was made on the debt.

- ◆ Can I Ignore the Collection Agency?

You might get sued. The debt collector may file a lawsuit against you if you ignore the calls and letters. If you then ignore the lawsuit, this could lead to a judgment and the collection agency may be able to garnish your wages or go after the funds in your bank account.

- ◆ Do Debts Go Away After Seven Years?

A common misconception exists that credit card debt you owe disappears after seven years when it disappears off of your credit report. In reality, credit card debt you left unpaid does not go away. However, a creditor has a limited time in which to sue you for the debt, called the statute of limitations.

- ◆ How Much Debt Can You Have and Qualify for a Mortgage?

Divide your amount of debt, including the proposed mortgage payment, by your gross monthly income. This figure is your DTI. If it exceeds 45 percent, you will need to lower your DTI to qualify for a mortgage. To calculate how much total monthly debt you can have, multiply your gross monthly income by 0.45

- ◆ Can I file a Complaint on a Debt Collection Agency?

If you're having trouble with a debt collector, you can submit a complaint with the CFPB online or by calling (855) 411-CFPB (2372). You can also report any problems to your state's attorney general. You also may be able to sue a debt collector in state or federal court. -<https://www.debt.org/faqs/>

John Lewis
U.S. Congressman



C.T. Vivian
Civil Rights Activist/Minister



John Lewis and C.T. Vivian

“Beacons of light and hope that illuminated an era to the pathways of justice.”

We honor two figures of the American civil rights movement. Both died Friday July 17, 2020. Both men were the epitome of "good trouble" -- Lewis' favorite saying and approach to confronting injustices without violence. They worked alongside the Rev. Martin Luther King Jr. in the forefront of the historic struggle for racial justices in the 1960s.

A major loss for a nation still grappling with protests and demands for racial equality decades later. John Lewis age 25, helped lead a march for voting rights on the Edmund Pettus Bridge in Selma, where he and other marchers were met by heavily armed state and local police who attacked them with clubs, fracturing Lewis' skull. Images from that "Bloody Sunday" shocked the nation and galvanized support for the Voting Rights Act of 1965, signed into law by President Lyndon B. Johnson.

C. T. Vivian too led a group of people to register to vote in Selma, Alabama, despite defiance by a local sheriff who blocked the group. He stated, "We will register to vote because as citizens of the United States we have the right to do it," he told the sheriff. The sheriff responded by beating Vivian until blood dripped off his chin in front of rolling cameras. C.T. Vivian created an educational program in 1966 that helped 700 students in the state to attend college on scholarships, now known as Upward Bound national program.

After the mass shooting in Orlando, Fl 2016 John Lewis led a sit-in comprised of approximately 40 House Democrats on the floor of the House of Representatives in an attempt to bring attention and force Congress to address gun violence by taking definitive legislative action. In addition to continuing his work in Congress. He appealed to this generation to get involved in this great revolution. Explaining the right to vote is precious, almost sacred. It is the most powerful nonviolent tool or instrument we have in a democratic society. “We must not be afraid to make some noise and get in good trouble, necessary trouble”

After years of arrests, confrontations and unyielding demands for justice, they received the highest civilian honor from the nation's first Black President Barack Obama. Both Civil Rights icons fought for freedom, equality, basic human rights.

<https://www.cnn.com/2020/07/18/us/john-lewis-ct-vivian-dead/index.html>



Cobb County working to make absentee voting process easier for the upcoming November Election. Register to vote in general election; request your absentee ballot online. Voting is one of our foundational rights in this country. Every election, we help shape our local communities and nation as a whole by participating in the process. Many have fought, and some have paid the ultimate price, to secure and protect our right to vote. There is still time to register to vote in the November general election.

To register, or change your address, visit www.mvp.sos.ga.gov.

If you are already a registered voter, you can easily apply for an absentee ballot by visiting ballotrequest.sos.ga.gov. Elections staff will begin the mailing process for the November election on Sept. 15. Cobb County will have up to 16 absentee ballot drop off locations available, giving voters more secure and convenient choices for dropping off their completed ballots rather than using the mail.



Be a Poll Worker in the upcoming Election

Benefits of being a Poll Worker

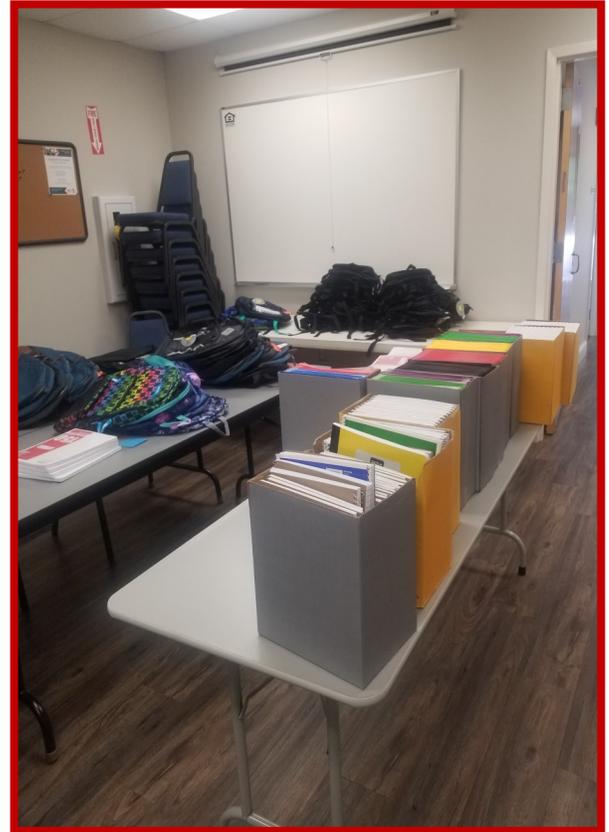
- **Get paid to serve your community**
- **Experience the fundamental part of the voting process**
- **Cultivate an interest in the election process**
- **Work side by side with your neighbors**
- **Gain Resume Experience**

To Apply:

<https://www.cobbcounty.org/elections/employment/election-day-poll-worker-jobs>



FSS SCHOOL SUPPLY



MHA FSS Program packed backpacks of school supplies for the children of our participants.

A “Drive Thru” pick up was held for the health and safety of everyone. We Hope to see everyone face to face soon!



Back to School Event





Congratulations to our FSS Graduates!!



Roshonda Pinner



Davita Thomas



Jeanine Carson



Fallon Banks



Jeanette Coney



Lisa Moss

Jennifer Allen

Candis Bullock



Carolyn Richardson

