

# Inspire

Marietta Housing Authority Family Self-Sufficiency Program



New Year Goal:  
New Career?

## Staying Motivated & Focused To Achieve Your Goals

Are your goals  
**SMART?**



### 1. Get Organized

- ◆ Make a list of your Goals.
- ◆ What steps are necessary to accomplish them?
  - ◆ Keep it nearby for quick reference
  - ◆ Create a Vision Board

### 2. Break the Goal Down into steps

- ◆ Smaller task oriented steps are more manageable
  - ◆ Be Consistent

### 3. Focus on the Big Picture

- ◆ How will your life improve when the goal(s) are completed?

**Your FSS Coordinators are available to review your goals or to discuss your career plan!**

**Dr. Regina DeLay-rdelay@mariettahousingauthority.org**  
**Nicole Smart-nsmart@mariettahousingauthority.org**



## Health and Wellness



### Develop Healthy Habits for a Healthy Heart

- ◆ Eat more Fruits, Vegetables, Whole Grains, Fish
- ◆ Increase Daily Activity
- ◆ Reduce or Eliminate Alcohol & Tobacco Consumption

For Heart Healthy recipes and more visit:

[www.heart.org](http://www.heart.org)



**Vitamin C helps combat colds, build your immune system  
But did you know about Vitamin C serum for your skin?**

- ◆ Protects against sun damage
- ◆ Reduces appearance of undereye circles
- ◆ Reduces inflammation
- ◆ Improves skin Texture

[www.rahdabeauty.com/vitcserum](http://www.rahdabeauty.com/vitcserum)



**FSS NEWS.**



**MHA & GAHRA  
2020 Adult & High School  
Scholarship Application (s)**

Graduating High School Seniors &  
Adult Students are eligible to apply.

- ◆ Undergraduate Degrees
  - ◆ Vocational
  - ◆ Technical
- ◆ **MHA Deadline for Application Submission: February 28th 2020**
- ◆ **GAHRA Deadline for Application Submission: March 16, 2020**

**Details were emailed in January  
Contact your FSS Coordinator for information**



**WELCOME TO THE FSS PROGRAM!!**

**Shakela Thomas**

**Angelina Gee**

**Fatima James**

**Courtney Goolsby**



## Employment



### Worksource Georgia Workshop Series **FEBRUARY 2020**

February 28th      ***Job Search Tools***  
9am-11am            Using the Internet in your job search

**\*All Attendees must register with [employgeorgia.com](http://employgeorgia.com)\***

For more information:

770-528-4300 or email: [information@cobbworks.org](mailto:information@cobbworks.org)

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### Did you know Cobb Works has a ***Mobile Career Center?***

The Mobile Career Center (MCC) is a state-of-the-art, fully accessible, computer lab on wheels. Access the MCC for free for the following services:

- Computer stations for résumé writing and job search
- High-speed satellite Internet connection for online job searching
- Printer, scanner, and copy services
- Résumé and cover letter review
- Resource and research materials
- Fully accessible ADA workstation with movable table and auxiliary equipment

**\*\*For more information : 770-528-4300 or [worksourcecobb.org](http://worksourcecobb.org)\*\***



## Employment

### Employers Value Soft/Life Skills

Life skills are abilities and behaviors that help you effectively deal with the events and challenges of everyday life. If you are looking for employment, be aware that almost every employer is looking for the skills listed below. When you make it clear to a potential employer that you possess these skills—through your resume, cover letter and job interview—you will maximize your chances of being hired!

#### Cooperation

The ability to get along with others and work as part of a team is critical to not only landing but also keeping a job.

#### Communication

The ability to convey information to others—verbally, in writing and through body language—are important in any workplace. Demonstrate that you will be able to communicate effectively with your boss, your co-workers and your customers.

#### Decision Making

Employers want employees who can analyze situations, weigh options and then make decisions on important matters.

#### Handling Criticism

It is important that an employee have the ability to receive feedback thoughtfully and to grow and adjust behavior based on that input. Self-awareness, thoughtfulness and professionalism are all key to this skill.

#### Information Technology

Computer and phone skills are critical for almost every job. Be prepared to use common computer programs such as Microsoft Word and Excel-<https://www.grhousing.org/pdf/fss-fall17.pdf>

**Don't Forget to  
Check your Email  
regularly for  
upcoming  
Workshops and news!**



Goodwill Career Center in Smyrna  
Offer the following services

Career preparation workshops &  
Classes, resume writing assistance  
specialized training programs much more!

For more information:  
(678) 766-8173

3205 South Cobb Drive  
Smyrna, GA 30080



### Employment Tip

More and more companies are screening applicants online/social media accounts before offering them employment.

One tip is to remember your social media accounts are typically public accounts which anyone can view, even your future boss.

Try to keep your posts positive, remember that poor grammar, unprofessional pictures or vulgar language can deter a potential employer from giving you a chance.

Don't let your social media keep you from being employed.

## Community News

**Cobb Senior Services**  
**February 2020**  
[www.CobbSeniors.org](http://www.CobbSeniors.org)  
#ChangeTheWayYouAge

### East Cobb Senior Center

(3332 Sandy Plains Rd, Marietta 30066; 770-509-4900, District 3)

### **Heart Health 101 #13388**

Monday, February 17  
10:00 a.m.-11:00 a.m.

Free; Registration required. Learn more about heart disease and stroke prevention and how to stay healthy at any age with heart disease. Let's have some fun while learning to take care of our hearts.

### Senior Wellness Center

(1150 Powder Springs St, Marietta 30060; 770-528-5355, District 4)

### **CERT Training #12448**

Wednesdays, February 5, 12, 19  
8:00 am – 5:00 pm

Free; Registration required

The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards through classroom training exercises so that CERT members can assist others when professional responders are not immediately available to help.



**Saturday, February 15, 2020,**

**Location: Smyrna Community Center**  
**200 Village Green Circle, Smyrna Ga**  
**30080 at 11am-6pm**

Speaker and performance schedule beginning at 11:00 a.m. Music, dance, and student performances. kids space, vendors, food, giveaways, historical displays and more.

**Cobb County Libraries Host FREE events**  
**in honor of Black History Month.**

**For more information:**  
**Visit [www.cobbcat.org](http://www.cobbcat.org)**



The deadline to register to vote or to change your address prior to Georgia's March 24 Presidential Primary is Monday, **Feb. 24**. Voters can check their registration, update their addresses, view their precinct and polling locations, see early voting options and view sample ballots by logging in to [mvp.sos.ga.gov](http://mvp.sos.ga.gov). This site can also be used by new voters wishing to register.





# Community Partners Volunteer Appreciation Luncheon



**Special Thanks to all of our FSS Community Partners !**

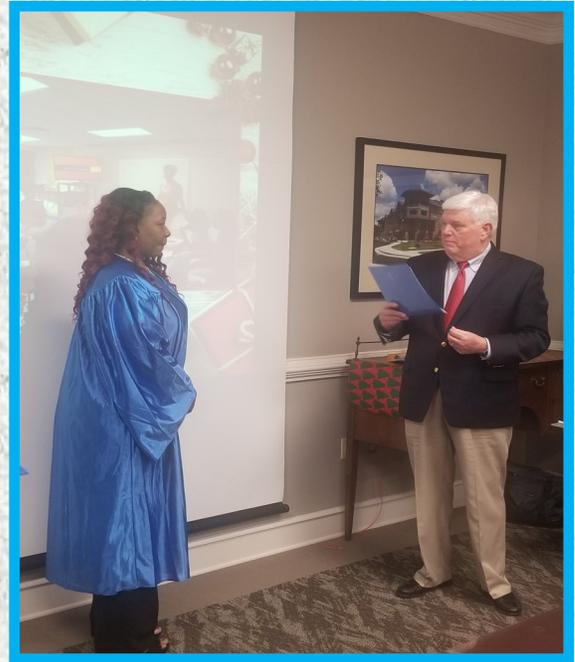


**2019  
Community Partners Volunteer Appreciation Luncheon**





# Community Partners Volunteer Appreciation Luncheon





## Operation Snatchback Youth Awards



The 2nd Annual Cobb Youth Awards recognizes and awards youth who have overcome life's challenges, exhibits good character and moving forward towards becoming a successful adult.



*Alwyn Kerney II  
Award Recipient*

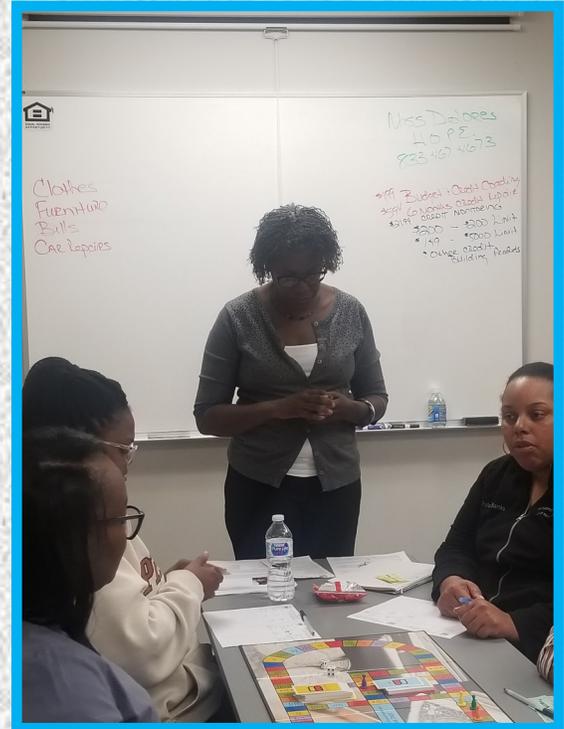


MHA's FSS Program was recognized at the event for their work of transforming the lives of today's youth.





# Income Tax Refund Workshop Presented by H.O.P.E Helping Others Progress Economically



# How to start saving money now!

Saving can be hard, but small sacrifices lead to bigger rewards. Here are a few ways to cut costs so you can start saving \$



- ◆ **Cancel automatic subscriptions and memberships.**

Chances are, you're paying for multiple subscriptions like Netflix, Hulu, Spotify, gym memberships, like Amazon Prime. It may be time to cancel any subscriptions you don't use on the regular. And make sure that you turn off "auto-renew" when you make a purchase. If you cancel it and decide you can't go without it, subscribe again—but only if it fits into your budget.

Consider membership sharing with some family or friends on the subscriptions you do want to keep around. Many streaming services, like Netflix and Hulu, let you watch your favorite shows from two or more screens (with an upgraded account). That way, everyone wins—and saves!

- ◆ **Save money automatically.**

Set up your bank account to automatically transfer funds from your checking account into a savings every month. You can designate a specific amount to be directly deposited every pay period.



- ◆ **Pack lunch (and eat at home).**

According to the Bureau of Labor Statistics, the average household spends approximately \$3,365 on food *outside* of the home each year. That's \$280 per month! Buying lunch a few times a week may seem harmless but the cost adds up quickly but you can save quite a bit of money just by packing a lunch!

Not only that, you can often purchase a week's worth of groceries for the same price as two dinner meals out. Instead, prepare your food at home and watch your savings grow month by month.

[www.daveramsey.com](http://www.daveramsey.com)

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## FREE Tax Preparation with VITA

The Volunteer Income Tax Assistance (VITA) coalition provides free tax preparation services and asset building resources to working families with moderate to low incomes.

For Metro Atlanta location(s):

<https://www.unitedwayatlanta.org/program/vita/>





Here are some frequently asked questions about the census process:

**1) Why are there census takers in my neighborhood?**

You might see census takers in your neighborhood because they are verifying addresses, collecting responses to the census or another survey, dropping off census material, or they may be conducting quality checks on the census.

**2) How can I verify the identity of a census worker?**

Census takers must present an ID badge that includes a photograph of the field representative, a Department of Commerce watermark, and an expiration date. Census takers may be carrying a Census Bureau phone, laptop, and/or a bag with a Census Bureau logo on it.

**3) How can I avoid being visited at home by census takers?**

The best way to avoid being visited at home is to fill out your 2020 Census online, by phone, or by mail. Households will receive an invitation to begin participating in the census by April 1, 2020.

We hope this information will alleviate any concern that might be generated from unknown people on your property or knocking on your door. As always, if you're concerned about suspicious activity, the police department is here to help. But we are aware of the census takers and we want you to be aware, too! Stay safe, Cobb County. And get ready for the 2020 Census!

**How the Census Benefits You!**

Federal funds, grants and support to states, counties and communities are based on population totals and breakdowns by sex, age, race and other factors. Your community benefits the most when the census counts everyone. When you respond to the census, you help your community gets its fair share of the more than \$675 billion per year in federal funds spent on schools, hospitals, roads, public works and other vital programs.

Businesses use census data to decide where to build factories, offices and stores, and this creates jobs. Developers use the census to build new homes and revitalize old neighborhoods. Local governments use the census for public safety and emergency preparedness. Residents use the census to support community initiatives involving legislation, quality-of-life and consumer Advocacy.

For additional info: <https://2020census.gov/en/census-takers.html?#>and [2020CENSUS.GOV](https://2020CENSUS.GOV)



# 2019 FSS Graduates! Congratulations!



**Keyenna Williams**



**Danielle Johnson**



**Johnetta McSwain-Clay**



**Kionti Ross**



**Kateena Edwards**



**Jadalyne Fullwood**



**Twanna Holmes**



**Paraisia Cook**



**Mequanna Wilson**



**Denika Tidwell**



**Ywellen Evans**



**Jennifer O'Neal**