If March comes in like a lion, it will go out like a lamb...

Is there any truth to this saying? In the beginning of the new year we challenged everyone to set goals for 2018. As we approach the end of the first quarter of the year, ask yourself how far have you come in meeting your goals. What needs to change? Are there any obstacles in the way of your dreams? Do not be afraid to reevaluate your goals. You may have tried something and discovered that it does not work for you...and that is ok.

Setting "intentions" is a great way to re-evaluate and achieve your goals. Setting intentions seems less rigid and more open to healthy changes in direction, if you're stuck on old goals.

4 Tips for Setting New Intentions

1. Remember that your life and dreams change. The goals you set last year – or last month – may no longer be worth pursuing for various reasons. Instead of focusing on the negativity that surrounds quitting, recognize that a goal set at any given time may no longer be useful, beneficial, or worthy later on.

2. Replace old goals with new intentions. Even though you may not think of your new intentions as "goals", make sure you set yourself up for success! Follow the SMART goals formula, and make sure your intentions are realistic, achievable, and measurable. Clarify your definition of success, and identify the small steps it takes to get there.

3. Focus on internal rewards – not the expectations or accolades of others. Emotional signals reveal when you're not resonating with your goals. If your goals do not honor who you are, you'll experience performance anxiety, nervousness, and depression. Other emotional signs are hopelessness, frustration, and self-doubt.

4. Recognize that you are more than your intentions. Your intentions or goals don't define who you are as a man or woman. And, letting go of a goal doesn't change who you are and neither does achieving your goals. No matter what intentions or goals you set, remember that they're simply a part of who you are. Your goals don't define you. #2018GetUpandGOal!
Property Management Corner:
In upcoming months we will be issuing new parking decals and updated house rules.

Please keep breezeways and steps free of debris and dead plants. Reminder to residents that notices to vacate are accepted between the 1st and the 5th of the month only.

Any bikes found in breezeways will confiscated and will require a parent signature in order to be returned. Subsequent violations will result in disposal.

Formal Notification, Housekeeping Inspections
March 5-9th Regency 101-408
March 13-16th Regency 501-81
March 19-23rd Regency 908-1108
March 26-30th Regency 1201-1412

The property management office was sent flowers from a veteran family that recently moved in. The card read “we appreciate you”. Thanking the property management staff for all that they did to move them from homelessness into permanent housing.

The property management team was met by Ms. Sonia Garcia (translator for some of the natural disaster victims) with lunch for the PM staff family. Ms. Garcia thanks us for all our help in housing these families. She says the entire pm team is very helpful and nice.

Hineshouse Property Management and Maintenance Staff would like to thank Ms. Plummer for the delicious breakfast she prepared for us. The breakfast consisted of sausage, grits, salmon cakes, fried fish and a strawberry cake.

Maintenance Corner:
Please do not flush personal hygiene products down the toilets. There will be a resident charge if they are found in any unit drain system.

Resident Initiatives & Development Corner:
Need help with job searching, resume writing, cover letters, interviewing skills, school searching, school applications, financial aide; Call Mrs. Serene Lee (912) 977-6002 to schedule an appointment to reach your bigger and better opportunities.
#2018GetUpandGOall

In Other News

SERVICES PROVIDED

GED CLASSES
Will continue in summer 2018

FOOD DISTRIBUTION
Wednesday 10:00 a.m.
Cedar Walk - Norwood & Gassaway

Thursday 10:00 a.m.
Regency

Friday 10:00 a.m. Rotated with in Cedar Walk/Vet Housing Properties

**See monthly calendar for details**

Transportation Services
Elderly & Disabled 62 & older
Every Tuesday
9:00 a.m. - 12:00 p.m.
Spaces are limited, please call to reserve dates for Cedar Walk, Regency Park Apartments and Hineshouse Way residents only.
Call resident services: (912) 368-3465 Ext. 105 or (912) 977-6002

Health & Wellness
JUST MOVE
Monday and Thursday
Regency Community Room
9:00 a.m., to 9:45 a.m.
For Our Kids

After School Enrichment Program

Our student enrichment program is a great place for your children to grow their social skills.

Monday - Friday
Hours are as follows:
2:30 p.m. to 6:00 p.m.

FREE SNACK
FREE DINNER
FREE TUTORING
HOMEWORK ASSISTANCE

Open to all Liberty County Residents please contact our office for further information.
(912)-977-6002

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Hineshouse Summer Adventures 2018

Camp Begins June 4, 2018 – July 20, 2018

Monday - Friday 8:30am – 4:45pm
(Camp is closed the week of the of July 2nd – 6th)

Property Campers Fee for 1 camper is $25.00 per week and $15.00 per week for any additional campers

NO CASH OR CHECKS – MONEY ORDERS ONLY

WRITTEN OUT TO: HPMMS

The price includes the following
Breakfast, Lunch, Snacks, Camp T-Shirt, Pool Admission,
Trips

(Will be announced at the parent orientation)

For any questions or concerns please contact Serene Lee
912-977-6002

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JOIN US FOR AFTER SCHOOL DINNER

MONDAY - FRIDAY

DINNER IS SERVED FOR ALL CHILDREN AT 4:00 p.m.

(students do not have to be enrolled in our afterschool program to participate)

For any questions or concerns please contact Serene Lee 912-977-6002
Please call to place work orders
The work order desk number is
912-255-5077
TAKE A GUESS
HOW MANY JELLY BEANS ARE IN THE JAR!
WIN A SPRING PRIZE
Contest ends March 23, 2018

HOW MANY JELLY BEANS ARE IN THIS JAR???
Closest Guess to the actual number wins
(Number must be within 10)
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