Thanksgiving: An Attitude of Gratitude

Thanksgiving is a good time to stop and reflect on all that you have. In fact, the first Thanksgiving in 1691 was a time to celebrate a good harvest season and give thanks for life and health. Many things have changed since then.

Unfortunately, the holiday season has become a time where people focus on material things spending time and money on things that only bring temporary happiness. Several studies show that stress, debt, and weight all increase during this time of year. We’ve come a long way from a season on being thankful for what we have to spending time trying to get more things.

This holiday season, we challenge you to embrace the true meaning of the season. From now until Thanksgiving Day, write down one thing you are thankful for as soon as you wake up in the morning or before you go to bed at night. It will make all the difference. If you want to share what you post, tag us on Facebook and Instagram! We can’t wait to share all the things we are thankful for… starting with you!
PROPERTY MANAGEMENT & MAINTENANCE

RECERTIFICATION WORKSHOP
Tuesday, November 6, 2018 and Tuesday, November 20, 2018. Workshops will start at 9 a.m.

HOUSEKEEPING
November 1-5, 2018 Buildings 101-408
November 5-9, 2018 Buildings 501-812
November 12-16, 2018 Buildings 908-1108
November 19-21, 2018 Buildings 1201-1412

Housekeeping Workshop for New Move-Ins
November 15, 2018 at 9: a.m.

PEST CONTROL
Norwood Street - November 14, 2018
Gassaway Street - Nov 21, 2018

FOOD DISTRIBUTION
Norwood Street - November 7,14,21,28
Regency Place - November 1,8,15,22,29
Olive Street – November 2
Gause & Welborn - November 9
Rebecca Street – November 16
Gause & Welborn – November 23
Olive Street - November 30

RESIDENT SERVICES

WorkSource Coastal will be hosting monthly career workshops at the Housing Authority. All workshops are 10 a.m. - 11 a.m. (Evening workshop will be added soon). Call Mrs. Monica Woulard at (912) 532-9167 to sign up or stop by the front office.

Tuesday, November 13 — Resume Building & Dress for Success
Tuesday, December 11 — Interview Skills & Body Language
Tuesday, January 8, 2019 — Job Search Methods & Goal Setting

Bingo Night will be held the 3rd Thursday of each month starting in December 2018.

Lite Housekeeping for the Holidays Drawing. Please come into the office to register for a housekeeping drawing. Registration is from November 5 - November 23. Winner will be announced in the December newsletter. Please call Ms. Monica Woulard (912) 532-9167 for submissions.

Angel Tree. Please submit the name of your child/children, age, grade, and size for our annual Angel Tree Drive. All submissions should be in by December 3. Please call Ms. Monica Woulard (912) 532-9167 for submission.
The 2019 PHADA Scholarship Program offers scholarships for high school seniors living in public or assisted housing at a PHADA agency. Two $5,000 scholarships and one $7,000 scholarship will be awarded. Contact Mrs. Serene Lee for details and application at (912) 977-6002.

HINESHOUSE GIRL SCOUTS has room for more girls to register. Registration is open to the community. Our meetings are every 2nd & 4th Thursday of each month at 6:15 - 7:15 p.m. Contact the scout leader Serene Lee (912) 977-6002.

Go vote! Election Day is November 6, 2018. Polls are open from 7 a.m. to 8 p.m. in Liberty County. For locations, dates, and times call (912) 876-3310 or visit the Liberty County Voters Registration and Election Office at the Historic Courthouse located on Main Street in Hinesville, Georgia.

A Service of Songs, Prayer, and Thanksgiving. The City of Hinesville will host the Mayor’s 16th Annual Thanksgiving Service on Sunday, November 18, 2018 at 6 p.m. – 7:30 p.m. This year’s event theme is “New Beginnings” and will be hosted by the Cathedral of Praise at 406 South Main Street. All offerings given at this program will benefit the United Way of the Coastal Empire – Liberty County.
Your rent is due on the 1st day of the month. Your rent must be paid by the 5th day of the month. Rent must be paid by check or money order. Residents who pay their rent after the 14th day of the month will be turned over to the courts.

Vehicle Registration has begun. The community gating project is now in process. All residents with a vehicle must register their vehicle by Nov. 15, 2018. To complete a form, visit the front office or [www.hinesvillehousingauthority.org/residnets/forms](http://www.hinesvillehousingauthority.org/residnets/forms)

Residents are not allowed to tamper with the smoke detectors. This is an automatic violation of your Leasing Agreement and can result in termination of residency. If you should experience any issues with your smoke detectors, please put in a work order request right away.

THANK YOU everyone who came to the Hneshouse Fall Festival.
We had a great time celebrating with you!
In recognition of BREAST CANCER AWARENESS month learn about commonly held myths of risks associated with breast cancer and what you need to do all year to maintain breast health.

MYTH 1. Antiperspirants cause breast cancer. There is no research to prove the use of antiperspirants can cause breast cancer.

MYTH 2. Having children and breast feeding is guaranteed protection for not getting breast cancer. While it is true that having at least two pregnancies before you are thirty and breastfeeding your babies can lower your risk of getting breast cancer, it is not a guarantee of protection.

MYTH 3. Bras cause breast cancer. The American Cancer Society says that no scientifically valued studies have shown that any type of clothing, including bras, cause breast cancer.

MYTH 4. Surgery spreads breast cancer. The roots of this rumor stem from the days when little was known about Germ Theory. Three hundred years ago, very few patients lived long after surgery for breast cancer. Death resulted from infections and excess blood loss were common causes of death after breast surgery. According to the American Cancer Society, “It is unlikely that surgery caused the cancer to spread. Cancer spreads itself by rapid cell division, diverting the body’s blood and nutrients to feed the tumor, and by traveling through blood and lymph systems. Modern imaging techniques were unavailable…metastasis couldn’t be properly detected. So, if the cancer had spread before the surgery, a doctor could not combat it effectively.”

Myth 5. If breast cancer isn’t in my family, I can’t get it. This is not true. Anyone with breast tissue, male or female, is at risk for breast cancer. The risk is higher in women. As we age, the risk increased. If blood relatives have had breast cancer, then you have a bit higher risk than someone with no history of the disease in their family.

In conclusion, it is important to know the FACTS: get regular mammography screening (beginning at age 40), complete monthly breast self-examinations, and complete your annual physical. It is also important to adopt a healthy lifestyle of regular exercise and healthy eating.

- Mary Ann Streeter, Quad E cofounder

According to Hosea 4:6, we don’t want our physical man “to be destroyed because of lack of knowledge.”
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<td>Rivers of Living Waters Worship Every Sunday at 10 a.m. Call (912) 429-6980 <a href="http://www.rolw.net">www.rolw.net</a></td>
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<td>Career Workshop 10 a.m. GAME NIGHT 6p Housekeeping Buildings 908-1108</td>
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<td>Housekeeping Buildings 1201-1412 Monthly Board Meeting at Hinesville City Hall 3 p.m.</td>
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