

HOME MATTERS

Summer 2019



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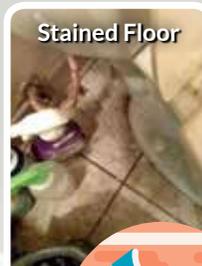
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Inspections - Keep your home safe and save money!

We recently conducted our quarterly inspections. We were **amazed** by the amount and types of work orders reported. As tenants, it is your responsibility to report any damage to the property immediately. Reporting damages in an appropriate time frame will prevent damages from getting worse and becoming major issues. Reporting damages in a timely manner will help save you money in the long run. Broken oven doors, stained linoleum floors, dents that become holes in the wall, clogged toilets, cracked countertops, missing and torn oven gaskets, and overstuffed freezers are just a few of the items we have to fix. When you wait to call in a work order, small dents become big holes and require more time and materials for the maintenance staff. This in turn accounts for higher charges to be applied. Missing and torn oven gaskets, the rubber tube that goes around your oven door, is a **severe** safety hazard! If missing or torn, it will allow heat to escape the oven and can cause severe burns. We want you to be able to live in a safe and clean home.

Please read the tips inside on how to pass an inspection.



READY,



SET,



SUCCESS!

Congratulations to our **READY, SET, SUCCESS** Winners!

February



Jennifer DiPhillipo
North Street Apts.

Food Storage Containers

March



Crystal Bryant
Westside Apts.

Chefman Toaster Oven

April



Jacqueline Simmons
Westside Apts.

Pyrex Food Storage Set

May



Patience Holmes
Maryville Apts.

Non-Stick Pan & Baking Set



How to Pass an Inspection

Before you begin cleaning, keep this very important safety tip in mind:

NEVER MIX HOUSEHOLD CHEMICALS (such as Clorox & Comet). **Mixing chemicals can be deadly!**

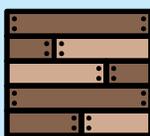
The Outside of Your Home:

- Keep the wall area along the side of the door and window, as well as the front and back porches clean.
- As needed, sweep and scrub porches with hot water and detergent or another cleaning product.
- DO NOT store any type of articles, such as: bags, container, rugs, paper, etc., on your porch.
- DO NOT use furniture that is designed to be used inside of a house on the porch or in the yard.



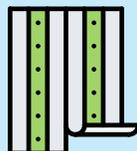
Floors:

- Don't forget to clean all corners, areas close to walls and cabinets, and under and around appliances. Tile floors can be stripped of built up wax by using ammonia and hot water. Area rugs should be vacuumed weekly, spot cleaned when soiled, and shampooed annually.
- DO NOT use bleach (Clorox).** Using bleach on baseboards and floors will break down adhesives and cause them to come loose.



Walls:

- Wash walls with a mild detergent and warm water as needed. **DO NOT use bleach (Clorox).**
- Remove spider webs.
- The area near light switches, the area around the hot water heater, shower walls, stairway walls, the area around the kitchen range and window sills also will be inspected.



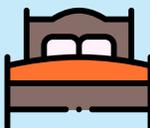
Bathrooms:

- Clean the toilet (inside and outside), sink, bathtub, window sills, shower walls, and floors. **DO NOT use bleach (Clorox).**
- DO NOT use the shower unless you have a shower curtain. Water left standing on the floor will cause the tile to buckle.



Bedrooms, Living and Dining Room:

- Clean walls, windows, window sills, and floors.
- Make sure the rooms are neat and clean.
- DO NOT leave clothes, boxes, or paper stacked in closets or on the floor. This is a fire hazard.



Kitchen:

The kitchen is one of the most important rooms to keep clean in your home. Be especially careful when you clean the kitchen. Remember, **DO NOT use bleach (Clorox)** on appliances. Bleach will cause them to rust.

Stove and Oven:

- Make sure your stove and oven are clean and free of any built-up grease and dirt.
- Clean the grates, drip pans and knobs in hot, sudsy ammonia water.
- Open gas range top and clean the inside.
- Clean the oven.
- Clean the broiler.
- Clean the outside of the range (front and sides). Use oven cleaner or household ammonia to clean the range. **DO NOT use oven cleaner on the outside or top of the range, use it only on the inside.** For more information or help in taking your range apart, contact the maintenance department.
- DO NOT use bleach (Clorox).**



Refrigerator:

- Clean ice trays and inside freezer door.
- Clean the refrigerator compartment as needed. Use a mild detergent and warm water to clean racks, doors, and hydrator (element located in back).
- Clean the outside of the refrigerator, including top, sides, and front. Also, clean behind the refrigerator.
- DO NOT use bleach (Clorox).**

Cabinets:

- Make sure cabinets are free of dirt, grease, and spilled food.
- Cabinet drawers should not be packed with cloth, rags, plastic bags, or papers. Roaches hide and breed in those types of items.



After leaving your apartment, GHA staff will write-up any necessary repairs and maintenance will follow-up to make those repairs. Please feel free to ask any questions. Residents who do not pass the first inspection will have an opportunity to correct problem areas. If those problems are not corrected within a specified amount of time, they will be asked to vacate their unit.

Please keep this sheet for future reference!

Summer Vegetables

1. **Arugula** – an excellent source of folate and vitamin C. It usually best served in a salad with olives, hard-boiled eggs, onions, and salty cheeses, and is most flavorful when paired with lemon juice or vinaigrettes.



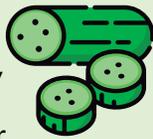
2. **Avocados** – an excellent source of potassium, folate and vitamin C and B6, and are considered a good source of thiamin, riboflavin, niacin, and magnesium. Avocados are a welcome addition to a seasonal chopped salad or mix with pico de gallo for a tasty guacamole.



3. **Blueberries** – are high in antioxidants that protect against free radical activity that can cause cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. Blueberries can be eaten alone or added to your favorite breakfast cereal, smoothie, or protein shake.



4. **Cucumbers** – are part of the squash family and are a refreshing and hydrating addition to any summer menu. Cucumbers are mostly comprised of water. It is also a good source of vitamin C and silica, which is important for healthy skin. The skin of the cucumber is a great source of fiber, potassium, and magnesium. You can add cucumbers to your salad or sandwich. Cucumbers are also flavorful when paired with chives, dill, mint, salt, and vinegar.



5. **Eggplant** – are revered for their excellent fiber content as well as several phytonutrients that play a role in antioxidant activity. Eggplants are tasty grilled and seasoned with oregano, salt and pepper or as a casserole when combined with tomatoes, olives, peppers, onions and fresh oregano.



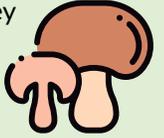
6. **Hot Peppers** – have a hefty dose of capsaicin, a compound that can alleviate the symptoms of migraine headaches, arthritis, inflammation, and even gastric ailments. Hot peppers can also reduce the risk of cancer and can serve as a thermogenic agent to speed up metabolic activity. Hot peppers are high in antioxidant carotenes and flavonoids, and contain about twice as much of vitamin C found in oranges. They are best used to spice up everyday soups, stews, chili dishes, stir fries, salads and salsa.



7. **Kohlrabi** – you are probably saying, “what is that?” It is usually referred to as a cabbage turnip. Kohlrabi looks like an oversized radish. Kohlrabi is an excellent source of vitamin C as well as potassium. You can eat it raw or cooked. You can add it to your favorite salads and veggie platters when served raw. You can steam it to include in a casserole, or hollow out and stuff with meat or vegetable filling and oven bake it, much like a stuffed pepper.



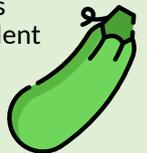
8. **Mushrooms** – are low in sodium and fat. They have high levels of fiber, niacin, potassium and riboflavin. Mushrooms are an excellent way to bulk up a meal without dramatically changing the nutrition content. Mushrooms can be served raw, added to salads, or sautéed. You can also grill or broil to include them in any number of dishes.



9. **Shallots** – of all the vegetables in the onion and leek family, shallots have the highest concentrations of antioxidants. In addition, they have also shown to have anti-bacterial, anti-inflammatory, and anti-allergic properties. When cooking, separate similar to a garlic clove and use as a base for sauces or to add taste and texture to casseroles, stir fries, or other dishes where onions are common.



10. **Zucchini** – Most plentiful among local farmers between May and July. Zucchini are an excellent source of vitamin C and manganese and a good source of dietary fiber, magnesium, vitamin A, potassium, folate, phosphorus, omega-3 fatty acids, protein and several B vitamins. To enjoy, cut in half, drizzle with oil, salt, pepper, and bake at 350 degrees for 20-25 minutes. If you prefer your zucchini raw, it makes the perfect salad or sandwich addition.



You can find these vegetable and plenty more at your local farmers market.

Hurricane Season is Upon Us! Are You Ready? Here are a few tips to help you get prepared:

- Put your hurricane kit together NOW to avoid crowded stores and low supermarket stock.
- Set up a room in your home as a designated “safe room” in the event of high winds.
- KNOW YOUR EVACUATION ZONE!**
Westside Apartments – Zone B
North Street Apartments – Zone B
Maryville South Apartments – Zone A
For more information, call 843-545-3900.
- Update your first aid box, replace expired medicines, and replenish bandages.
- Keep your cell phone charged- if possible have a battery back-up or solar powered recharger on hand.
- Keep a full tank of gas in your car.
- Keep emergency contacts and phone numbers in your hurricane kit.
- Prepare 1-2 weeks supply of emergency items. These should include flashlights, batteries, bottled water, canned and dry foods, baby food and formula, blankets, cash, credit cards, diapers, change of clothes, toilet paper, soap and shampoo, insurance information, valuable papers, utensils, and paper towels.

CHR Community Garden Project

The CHR afterschool and summer camp is well under way here at GHA. Carolina Human Reinvestment has kick started with the Community Garden Project. The Community Garden Project is designed to teach a spectrum of skills, from environmental stewardship to civic engagement and to food production. Gardening in the community has been recognized as an effective method to engage youth for at least a decade. Youth have the opportunity restore, reshape, and make useful otherwise neglected plots of land. They also learn to work together and with others across generations in order to produce something that can enhance their communities. The children have planted tomatoes, red peppers, onions, and watermelons.



UPCOMING EVENTS

JULY

1st – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
 4th – Independence Day, GHA office closed
 6th – LATE CHARGES ADDED (morning)
 9th – Board of Commissioners meeting 6:00 pm
 15th – MAGISTRATE (for anyone who hasn't paid their bill)
 25th – GHA office closed to the public

AUGUST

1st – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
 6th – LATE CHARGES ADDED (morning)
 13th – Board of Commissioners meeting 6:00 pm
 15th – MAGISTRATE (for anyone who hasn't paid their bill)
 29th – GHA office closed to the public

SEPTEMBER

1st – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
 2nd – Labor Day, GHA office closed
 6th – LATE CHARGES ADDED (morning)
 10th – Board of Commissioners meeting 6:00 pm
 15th – MAGISTRATE (for anyone who hasn't paid their bill)
 23rd - 26th – GHA office closed to the public

OCTOBER

1st – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
 6th – LATE CHARGES ADDED (morning)
 8th – Board of Commissioners meeting 6:00 pm
 15th – MAGISTRATE (for anyone who hasn't paid their bill)
 24th – GHA office closed to the public

GHA BOARD OF COMMISSIONERS

Mr. Kalib Moyer, Board Chair
 Mr. Tomas Langley, Vice Chair
 Mrs. Christina Woodruff, Secretary
 Ms. Betty Wilson
 Ms. Taneka Deas

GHA MAIN OFFICE HOURS

Monday – Thursday: 8 am – 12 pm & 1 – 6 pm

PHONE DIRECTORY: 843-546-9621

Christina S. Woodruff, Executive Director ext. 227
 Lois Parsons, Front Desk ext. 221
 Johanna Jefferson, Public Housing Manager - AMP1 ext. 230
 Alissa Collington, Public Housing Manager - AMP2 ext. 222
 Kiara Logan, HCV Coordinator ext. 223
 Katisa Kersey, Administrative Assistant ext. 237
 Joe Geathers, Maintenance Director ext. 228
 B Kisner, Bookkeeper ext. 224
 After hours' emergency work orders (843) 946-0908
 TTY / TDD (843) 461-3910

Home Matters is published quarterly by the Georgetown Housing Authority. Please send articles to: PO Box 209, Georgetown, SC 29442 by September 1st for the next issue. You may also fax or email Chris Woodruff: (843) 546-9621 ext. 227 / chrisw45@gtownhousing.org. Material is subject to approval at editing.