



Home Matters

Spring 2023

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Spring Events in Georgetown!

Annual Easter Egg Hunt

Saturday, April 8, 2023
10:00am - 11:00am
Kaminski House Museum

Harborwalk Night: Dance the Night Away

Saturday, April 15, 2023 – 7:00pm - 10:00pm
Historic Georgetown

Annual Meatfish Slam Fishing Tournament

Thurs, April 20, 2023 – 6am
Sat, April 22, 2023 – 7pm
Georgetown Landing Marina

55th Blue Marlin Tournament

Wed, May 24, 2023 – 5am
Sat, May 27, 2023 – 6pm
Georgetown Landing Marina

Important Information

Free Tax Prep

Sign up for free tax prep with SC Thrive at scthrive.org.
GHA Community Center

Summer Camp

Coming soon: Details on Summer Camp Contact Mrs. McCray 843-546-9621 ext. 226 after April 17, 2023

Event Ideas or Concerns?

Residents and Resident Council members please call or stop by to give ideas for events or concerns for our community.

If you SEE something, SAY something.

Please report any harmful, suspicious, or illegal activity to the police or the GHA office. Anyone who comes forward with information will remain anonymous.

Spring Children's Books!



If You Plant a Seed: An Easter And Springtime Book for Kids
- Kadir Nelson

Lola Plants a Garden
- Anna McQuinn

From Seed to Plant
- Gail Gibbons

How to Catch the Easter Bunny
- Adam Wallace

It's Not Easy Being a Bunny
- Marilyn Sadler

The Curious Garden
- Peter Brown

Who's Awake in Springtime?
- Phillis Gershator/Mim Green

Fletcher and the Springtime Blossoms
- Julia Rawlinson

and then it's spring
- Julie Fogliano

The Reason for a Flower
- Ruth Heller

GHA Afterschool Program

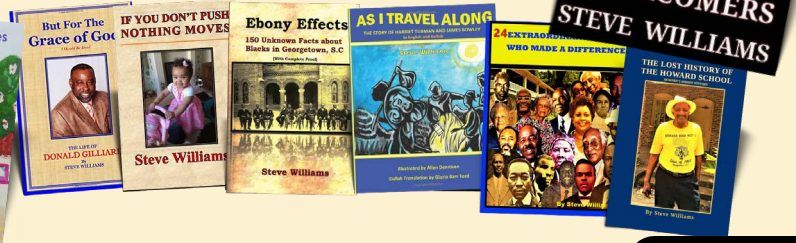
Special Guest: Johnny Ford

Author Johnny Ford spoke and read to the youth of our after school program for Black History Month. His book is about McKenzie Beach in Pawleys Island, the first black owned coastal resort that gave black travelers a safe haven to stay during America's segregation years. With its fascinating history, McKenzie beach had a dining room/club area with a stage where such notable performers Count Basie, Ray Charles, Lena Horne, Ella Fitzgerald, Duke Ellington, Billie Holiday, and others performed. There are still remnants of the motel visible from US Route 17.



Special Guest: Steve Williams

For Black History Month, noted writer, speaker, historian, columnist, and author, Steve Williams dropped in to read from his latest book, "The Overcomers" and to share some local black history with the children.



Meanwhile, in the Garden...



Spring for Safety

As seasons change, so do the hazards they bring. This spring, continue to make safety a priority. By planning your spring cleaning, watching for slippery surfaces, inspecting your car, using safety gear, and making an emergency plan, you can continue to keep you and your loved ones safe this season.

Plan Your Spring Cleaning

Many Americans look to spring as a new beginning, which often includes cleaning out their home and tackling DIY projects. Before you begin any work on your home, ensure you have a spring cleaning safety checklist to help you through your tasks: a checklist can help you stay organized and point out things you may have overlooked, such as cleaning your carbon monoxide detector and replacing the batteries in a smoke detector.



It is also important to properly read cleaning labels before using the product to ensure chemicals are non-toxic and safe for your loved ones and pets.

Watch for Slick Surfaces and Flooring

While April showers may bring May flowers, they can also bring an unexpected personal injury. Use caution for any home surfaces that may have become slick due to the rain, including stairs, ramps, and outdoor areas. If you venture outside your home, always scan an area before you walk, especially if there has been rain. Broken bones, head injuries, bruises, and spinal cord injuries are just some of the consequences of a slip and fall accident.

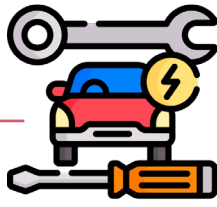


Inspect Your Car

Wintertime can wreak havoc on a car, especially on the tires. To ensure your car is in good working order, consider taking it to a local mechanic or inspect it yourself to ensure everything is functioning properly. Check your lights, tire pressure, and replace your windshield wipers. Always keep an eye out when on the road as new potholes, animals, and rain are all springtime driving dangers.

Use Safety Gear

Safety gear can help prevent injuries before they happen! If you or your loved ones plan on biking, rollerblading, hiking, or participating in any outdoor

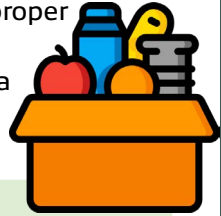


activity, it's important to use proper protective gear. Always opt for helmets and proper-fitting shoes. Sunscreen that protects against UVA and UVB rays should be used every day, in both sunny and cloudy weather to prevent skin damage.



Make an Emergency Plan

Springtime is a great time to go over emergency safety plans with your family or roommates. Ensure you have adequate food and water for yourself and others, including animals, and ample medication. A proper disaster supply kit should have at least three-days worth of food and clean drinking water, a flashlight, first aid kit, and extra batteries.



Top 10 Healthy Spring Foods

Arugula

Leafy greens like arugula, spinach, and lettuces are the ultimate spring foods. Rich in vitamins like A, K, and folate, plus chlorophyll, fiber, and even water, these leafy greens will help reduce inflammation while also hydrating and detoxifying your body.

Artichoke

Available in both spring and fall, artichokes are rich in folic acid, vitamin C, B-complex vitamins, and many minerals. These nutrients help lower cholesterol, ensure healthy pregnancies in women, reduce free radicals, and ensure optimal metabolic cell function.



Asparagus

Asparagus is abundant in vitamin K (which you need for blood clotting, heart and bone health, cancer prevention, and many other functions), as well as copper, selenium, B vitamins, and many other important nutrients. Asparagus can improve your overall health.

Beets

Some foods give you a clear indication of what part of you they'll benefit and that's the case with beets. Their deep and juicy color lets you know they're great for your blood and circulation. They can lower blood pressure, boost your stamina, and support detoxification all due to being a unique source of phytonutrients called betalains.



Carrots

We're all familiar with this classic vegetable but when they're in season locally carrots are delectable. This spring food is rich in vitamin A and other antioxidants, they're great for maintaining healthy hair, skin, and nails, and are therefore considered an "anti-aging" food, plus they're a powerful cancer-fighter.



Spring Peas

Peas typically have a very short growing season of just a few weeks and that makes them more special. They contain a wide variety of vitamins and minerals including vitamins C and K, and several B vitamins, plus manganese, phosphorus, and protein. This makes them an excellent anti-inflammatory food.

Strawberries

Is there anything better than biting into a fresh, ripe, fragrant, and delicious strawberry in late spring/early summer? This decadent food is a healthy indulgence because it is among the top five sources of antioxidant-rich fruit in the U.S. Despite being a fruit and containing fructose, strawberries can help balance blood sugar, and the polyphenols they contain will support immunity, healthy cell renewal, and many other functions.



Spring Onions

Onions contain a high amount of polyphenols, and especially flavonoids, which are compounds that play a major role in disease prevention and reducing the oxidative stress that wears our bodies down when we don't take good care of ourselves. They are also natural antihistamines and have antibacterial and antifungal properties.

Radishes

A great detoxifier, radishes are great at removing waste and toxins from both the stomach and liver. They are also a natural diuretic and help treat urinary and kidney conditions, not to mention fight cancer, hydrate your skin, reduce fevers, and even treat insect bites.



Spring Fun Facts

- ❑ The first day of spring is called the vernal equinox.
- ❑ The term vernal is Latin for "spring" and equinox is Latin for "equal night."
- ❑ The fall and spring equinoxes are the only two times during the year when the sun rises due east and sets due west.
- ❑ On the first day of spring, a person at the North Pole would see the sun skimming across the horizon, beginning six months of uninterrupted daylight. A person at the South Pole would see the sun skimming across the horizon, signaling the start of six months of darkness.
- ❑ Spring almost always arrives on March 20 or 21, but sometimes on the 19th. The reason the equinoxes and solstices don't always come on the same day is that Earth doesn't circle the sun in exactly 365 days.
- ❑ If Pope Gregory XIII would not have established the Gregorian calendar, which most of the world now observes, in 1582, then every 128 years the vernal equinox would have come a full calendar day earlier, eventually putting Easter in midwinter.
- ❑ The first day of spring in the Southern Hemisphere is the first day of fall in the Northern Hemisphere.
- ❑ Holidays that occur in spring include Easter, Passover, April Fool's Day, Earth Day, Arbor Day, Mother's Day, Father's Day, Cinco De Mayo, and Holi (festival of colors in India).
- ❑ Easter always falls on the first Sunday after the first full moon after the spring equinox.
- ❑ The first spring flowers are typically lilacs, irises, lilies, tulips, daffodils, and dandelions.
- ❑ Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs. When it is spring in the Northern Hemisphere, it is autumn in the Southern Hemisphere and vice versa. At the spring equinox, days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progresses until the Summer Solstice in June and December.

Home Matters is published quarterly by the Georgetown Housing Authority. Please send articles by 6/1/23 to: PO Box 209, Georgetown, SC 29442 or fax / email Essence Greene: (843) 546-9621 ext. 227 customersvc2@gtownhousing.org Material is subject to approval.

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UPCOMING EVENTS

APRIL

- 1 – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
- 6 – LATE CHARGES ADDED (morning)
 - Good Friday observed, GHA Office closed
- 11 – Board of Commissioners meeting 6:00 pm
- 15 – MAGISTRATE (for anyone who hasn't paid their bill)
- 20 – Resident Council Meeting 5:30 pm
- 27 – GHA office closed to the public

MAY

- 1 – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
- 6 – LATE CHARGES ADDED (morning)
- 9 – Board of Commissioners meeting 6:00 pm
- 15 – MAGISTRATE (for anyone who hasn't paid their bill)
- 18 – Resident Council Meeting 5:30 pm
- 25 – GHA office closed to the public
- 29 – Memorial Day observed, GHA Office closed

JUNE

- 1 – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
- 6 – LATE CHARGES ADDED (morning)
- 13 – Board of Commissioners meeting 6:00 pm
- 15 – MAGISTRATE (for anyone who hasn't paid their bill)
 - Resident Council Meeting 5:30 pm
- 19 – Juneteenth observed, GHA Office closed
- 19 - 22 – GHA office closed to the public

JULY

- 1 – RENT, RETRORENT & REPAYMENT AGREEMENTS DUE
- 4 – Independence Day, GHA Office closed
- 6 – LATE CHARGES ADDED (morning)
- 11 – Board of Commissioners meeting 6:00 pm
- 15 – MAGISTRATE (for anyone who hasn't paid their bill)
- 20 – Resident Council Meeting 5:30 pm
- 27 – GHA office closed to the public

GHA Main Office Hours

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

Phone Directory: 843-546-9621

Alissa Collington, Executive Director	ext. 222
Nicole McCray, Resident Services Coordinator	ext. 226
Johanna Jefferson, Public Housing Manager - AMP 1 & 2	ext. 230
HCV / Section 8 Coordinator	ext. 223
Essence Greene, Office Manager	ext. 227
Reggie Brown, Maintenance Director	ext. 228
Lois Parsons, Housing Specialist	ext. 237
B Kisner, Bookkeeper	ext. 224
Front Desk / Work Orders	ext. 221
After hours emergency work orders	(843) 946-0908
TTY / TDD	(843) 461-3910

GHA Board of Commissioners

Mr. Kalib Moyer, Board Chair
Mr. Tomas Langley, Vice Chair
Ms. Alissa Collington, Secretary

Ms. Betty Wilson
Ms. Taneka Deas
Mr. Nate Fata

