

SPECIAL
POINTS OF
INTEREST:

- Calendar
- Spring Cleaning
- Natural Cleaners
- Maintenance reminders
- Clean your bathroom, bedroom, kitchen, and living spaces.
- Recipes for natural cleaners

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The River Bend

Gallatin, Carthage, & South Carthage Housing Authorities

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Generational Poverty - Breaking the Cycle

Generational Poverty is defined as a family having been in poverty for at least two generations. Unfortunately, as it relates to Public Housing you can find perhaps two, three even four generations of families living poverty. Most people think of poverty as lacking financial resources to meet basic living requirements. Families dealing with Generational Poverty are also challenged with three other forms of poverty: Educational Poverty, Parental Poverty and Spiritual Poverty. The cumulative effect of these different forms of poverty many times creates the most damaging outcome of Generational Poverty – the constant presence of Hopelessness.

Hopelessness is the key factor in creating the cycle – one generation to the next. Without hope and the belief that life can be better, the motivation and energy needed to break the cycle is very low. Typically, people caught in the cycle of generational poverty are focused on surviving. Every day it starts over - fighting to survive by any means necessary. There is a

sense- this is how life was meant to be for me. If someone truly believes they were meant to be poor, it is all like-



Quality homes, and quality jobs help to create opportunity to break the cycle of poverty

lihood they will remain poor.

If a person continues to make the same poor decisions, choices and mistakes... that person will create the cycle which bounds him/her into poverty. Study shows that if a person grows-up in poverty, it's a 90% chance their child or children will grow-up as adults in poverty. And, if the cycle isn't broken their children more than likely will also be born into poverty. That's three generations living in poverty. Politicians, Educators, and Social-Scientists believe education is

the panacea to breaking the cycle of multi-generational poverty. But, education alone without a steady job, with good wages, with health-care and child-care is meaningless.

While attending a recent conference in Washington D.C. there was a panel discussion "Addressing Poverty and Income Inequality in America". The national experts painted a disturbing picture of the ongoing challenge to combat poverty and income inequality in America. The conclusion simply put, public assistance, federal programs, social-service agencies has helped millions of families break the cycle of poverty. Breaking the multi-generational cycle of poverty starts with past down family values, mind-set, skill-set and motivation factors. If it's going to be a break in this life-destructive cycle let it, please start with you.

By Michael Bates,
Executive Director

April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Rent due	2	3 Office Closed	4
5	6	7 Bug Day Gallatin 1, 2, 4, & 5B; GHA Board Meeting 6pm	8 SCHA Board Meeting 7pm	9 10% late fee	10	11
12	13	14 Bug Day Gallatin 5A & 14	15	16	17	18
19	20	21 Bug Day Gallatin 11	22	23 Last day to pay	24	25
26	27	28 Bug Day Carthage & S. Carthage	29	30		



This Month...

- 04/01 — RENT DUE
- 04/03 — Office Closed for Good Friday
- 04/07 — Exterminator to visit Gallatin developments 1, 2, 4, & 5B; Gallatin Board meeting at the office at 6p.m.
- 04/08 — South Carthage Board Meeting at Cherokee Steakhouse at 7p.m.
- 04/09 — 10% late fee added to unpaid rent
- 04/14 — Exterminator to visit Gallatin developments 5A & 14
- 04/21 — Exterminator to visit Gallatin development 11
- 04/23 — Last day to pay before legal action
- 04/28 — Exterminator to visit Carthage & South Carthage

Spring Cleaning



The weather is finally starting to warm up, and it seems like spring has finally sprung. For a lot of us, that means it is time to open the windows, air out the house, and do some spring cleaning. This is the

Its time to think about spring cleaning again!

perfect time to sort through, wash, and store away your winter clothes, perform some regular maintenance on your home, and deep clean places that don't get regular attention. Organize, de-clutter, and get ready for a new season of warmer weather.

Consider trying the four container method to de-clutter before you jump into your spring cleaning. Set

out four containers — Trash, Give Away, Storage, Put Away and sort accordingly. Put any items that you do not need or use but that are not usable or saleable into the trash bin. Think about donating or selling items that may be useful to another family. In the storage bin, put the items that you aren't ready to part with, but that you don't regularly use. Use the Put Away bin for things that you use on a daily basis and develop some organizational tools or behavioral changes to keep them from piling up and turning to clutter.

Several items that most of us keep in the house can be used to make effect and inexpensive household cleaners

Natural & Inexpensive Cleaners

Several items you probably already have in your home can be used as natural and inexpensive household cleaners. Did you know: Baking soda neutralizes acid, softens fabrics as well as deodorizes, and cleans and polishes metals and plastics? Borax deodorizes, prevents mold and mildew, and removes stains, Cornstarch cleans windows and carpets, and polishes furniture.

Isopropyl Alcohol disinfects. Lemon juice deodorizes, cleans glass, and removes stains. White vinegar removes mildew, grease, and wax, deodorizes, cleans windows, brick and stone. Washing soda (sodium carbonate decahydrate) removes grease and cleans laundry. Hydrogen Peroxide is anti-bacterial, as well as anti-microbial and can be used to clean hard surfaces. It will

also brighten the grout in your bathroom, and remove some difficult stains in the laundry. Dryer sheets can remove dust and prevent future dust accumulation. Run them along baseboards, picture frames, etc. to repel dust and give your entire house a fresh, clean scent.

Regular Maintenance Reminders

Filters are changed every other month and April is filter changing month! The first Monday of the month, filters will be changed in developments 1, 2, & 4 (Hull, N. Boyers, Owen, Small, Blythe, and Chambers). The first Tuesday of the month, filters will be changed in developments 5A& 5B (Cosco, Yale, and N. Blakemore). The first Wednesday of the month, filters will be changed in 11 (Lackey, Lake,

Pace, and Alexander). And the first Thursday, filters will be changed in 14 (Chaffin, Womack, Trimble, Santa Monica, and Vine).

April is also OUTSIDE month for pest control. Pest control will be treating the outsides of your buildings unless you have a special concern or request. Please make these concerns or requests known in the main office.

Please also be reminded that if you

call in a work order, maintenance will perform the requested work even if you are not home UNLESS you specify that you want to be present. Make such requests known when making the work order with the main office.



Don't forget, maintenance is changing filters this month!

Spring Cleaning the Bathroom



Any time you start spring cleaning, you want to begin by clearing out any clutter and putting away and items left out. Get rid of any trash and laundry so you can focus on deep cleaning. 1.) Dust down the ceilings and the corners, Wash the walls if necessary and don't forget air vents, switch plate covers, door-knobs, etc. 2.) Dust the vents and fans. You may need a gentle cleanser mixed with water and a cleaning cloth. Carefully remove and gently

wash light fixtures also. Be sure they are fully dry before replacing them. 3.) Take down any curtains, blinds, etc. and wash them according to the manufacturer's instructions. Dust and wash all window sills at this time as well. 4.) Scrub the shower and tub. Don't forget to wipe down the plumbing fixtures. Launder your shower curtain at this time and replace the shower curtain liner. **Do not use lemons and vinegar or other acidic cleansers on tile**

grout as it will erode the grout away. 5.) Scrub down the toilet. Don't forget the handle, crevices on the outside, and underneath. 6.) Wash the inside and outside of the medicine cabinets, linen cabinets, etc. 7.) Wash the sink and mirrors. 8.) Shake out bathroom rugs, launder them, and hang to dry. 9.) sweep and mop the floor, remembering to wipe down the baseboards. 10.) Empty the trash and wash the trash can. Lining the trash cans with grocery bags can save time.

Do the closets first or last. Don't try to start decluttering in the middle. You might get distracted or discouraged and never finish.

Cleaning Bedrooms

Start by putting away any clutter and taking care of laundry. Move on to dusting and cleaning the ceilings and walls. Gently clean light fixtures by removing them, cleaning them, and then putting them back up. Take down drapes, curtains, or shades and launder as indicated by manufacturer. Wash the windows and window sills. Wash all bedding, comforters,

mattress pads, pillows, etc. Vacuum and flip your mattress to provide even wear. Clean out underneath your bed. Put on clean bedding. Dust down all lamps, accents, and knickknacks. Dust down all dressers, chests, and nightstands, and clean any mirrors. Clean the flooring. Dust and mop all hard floors. Vacuum and spot treat any carpets. Use the 4

container method previously mentioned to go through your closets. Put the keep items away in an orderly and organized fashion.

Supplies you'll need: 4 boxed or containers, broom, vacuum, mop, spot carpet cleaner, dust mop, dust cloths, mild cleanser, laundry soap, mirror or glass cleaner.

Clean Living Areas

Dust and clean ceilings and walls just as in the bathroom and bedroom instructions. Be sure to dust any artwork and photographs. Take down and launder curtains, blinds, etc. While they are down, clean the windows inside and out and vacuum and/or wipe down the

window sills. Dust and clean out couches and chairs, using a vacuum crevice attachment or upholstery attachment on a portable rug shampooer. Dust down all lamps, knickknacks, and accent pieces. Remove books from shelves and dust the books and the shelves before replacing them. Dust accent tables and entertainment centers, including TV and audio surfaces. Clean any

carpets and rugs according to the manufacturer's instructions. Clean doormats inside and outside as well as door jambs, door knobs, switch plate covers and outlet covers. Dirty fingerprints can accumulate in these areas.

Supplies you'll need: dust mop, step ladder, cleaning cloths, bucket, sponges, vacuum with attachments, gentle cleanser, rug shampooer, spot remover.



Be sure to clean up any pet fur and stains if you have a pet lease!

Spring Cleaning Your Kitchen



Begin cleaning your kitchen by clearing out the clutter and dirty dishes. Once the trash has been removed and the dishes have been washed and put away, you can begin a real spring cleaning. 1.) Dust down the ceiling and corners of the walls. Determine if the walls need to be washed. Is there food splatter or grease drips on your walls? Take the time to clean the grime, grease, and spills from the walls. Don't overlook air vents, doorknobs, doors, switch plates, and refrigerator and stove handles. 2.) Dust and clean all photographs and wall art. 3.) Dust and clean any ceiling fans. An old pillowcase is a useful tool for cleaning ceiling fans. Just slip it over the blades and scrape the dust into the pillow case. Then wipe down the blade with a soapy cloth. 4.) Take down all draperies, curtains, and blinds to wash or have cleaned per manufac-

Gather supplies before you start to save time.

turer's instructions. Vacuum and clean window sills. Wash inside and outside windows, and rinse off the screens. 5.) Apply oven cleaner to the oven and scrub out the refrigerator. Be sure to leave windows open to vent the smell. Vacuum the coils of the UNPLUGGED refrigerator and sweep and mop underneath it. Throw away old or expired food in the fridge and freezer. 6.) Take the knobs, burners, burner covers, and spill catchers off the stove and clean them. Lift the top of the stove and clean out any spills and crumbs from underneath. 7.) Wipe down toaster, blender, and other smaller appliances. Clean the inside of the microwave. If you have hardened built up food in the microwave, try heating a mug of water to boiling in it. The steam given off should loosen any dried-on gunk. If the microwave smells, boil a mug of lemon juice in it. Also, don't forget to unplug your small appliances before cleaning them. 8.) Clean out kitchen cabinets. Reorganize the contents of your cabinets, throwing away any mis-

matched pieces and lids that don't get used. Wash down the insides and outsides of your cabinets. 9.) Wash down all countertops and backsplashes in your kitchen. 10.) Wipe down and clean out any drawers. This is a great time to install removable drawer dividers to help you organize your kitchen drawers. 11.) Wash down the sink. 12.) Sweep and mop the floors. Don't forget the baseboards! Vinyl baseboards should be wiped down with a soapy washcloth and then rinsed with a separate cloth.

Supplies you'll need:

Dust mop, step ladder, rags, bucket, sponges, all-purpose cleaner, oven cleaner, shelf or cabinet liners and drawer dividers, mop, broom, and towels.

Gather all your supplies together before you get started to save time. You don't want to lose momentum because of a trip to the store. Put some music on or listen to an audiobook while you clean. Creating an enjoyable atmosphere will make the time pass faster.

Natural Cleanser Recipes

Air Freshener: Shallow plates of vinegar in rooms absorb odors; sprinkle borax in the bottom of trash cans to prevent the growth of bacteria and mold that cause odors.

All Purpose Cleaner: 4 tablespoons of baking soda in 1 quart of warm water and shake well.

Disinfectant: half a cup of borax mixed with one gallon of hot water.

Drain Cleaner: half cup of baking soda followed by half cup of vinegar and then cover to clean your drains. After 15 minutes, pour one gallon of hot water down the drain.

Metal Cleaner and Polish: for stainless steel use undiluted white vinegar; for tarnished copper boil the item in a pot of water with one tablespoon of salt and one cup of

white vinegar.

Oven Cleaner: moisten your oven surfaces with water and then sprinkle with baking soda and scrub with steel wool.

Toilet Cleaner: mix one quarter baking soda with one cup vinegar and pour into the toilet. Let it set for five minutes and then scrub with a toilet brush.

