



FSS Newsletter

5 SIMPLE WAYS TO LIVE A LIFE YOU LOVE

**The quickest way to living a life you love
is by learning to love the life you live.**

Here are 5 simple ways to get started:

- **Be Present**—You must be aware of the present and know that you have control over how you see things. Your choice of how you look at life will make all the difference between just living and loving.
- **Practice gratefulness**—Seeing the good in your life will allow you to keep your heart full while you work to change the things you are unhappy about. Try it. Live it. You'll love it.
- **Find Balance**—This can be a tough one. The pursuit of balance requires constant adjustment as your life shifts, but every time you try to find balance, you'll end up happier.
- **Nurture Friendships**—You know the people who welcome you into their lives? Treasure them. Many of us spend far too much time thinking about how some material possession will improve our lives, but a good friend is worth much more!
- **Embrace the simple things**—You don't need to have all your ducks in a row to love the life you're living. You don't need lots of stuff or drama. Instead, try for a simpler approach. In learning to love the basics you'll find a deeper appreciation for the nicer things that come along.

Adapted from article in www.lifehack.com

REMINDER:

1. **MONTHLY CONTACTS**—phone, text, or email to schedule. See Lindsay's schedule on back of this page.
2. Attend **MONTHLY WORKSHOPS!** February is Wealth & Wellness, see below for details.
3. Work on your **GOALS!** Keep us updated on progress and tell Lindsay if you think you need to change one.
4. Questions about **ESCROW?** See back page or ask Lindsay.

MCHA WILL BE CLOSED:

- Monday, February 12th—Lincoln's Birthday
- Monday, February 19th—President's Day
- Every Friday afternoon

WEALTH & WELLNESS WORKSHOP

MCHA will be providing Wealth & Wellness Workshop in Menard County. See enclosed flyer for more information! Dates for Coles and Livingston County will be scheduled in March and a flyer will be sent to FSS participants in those counties.

Menard County: Saturday, February 3rd 10:00 a.m.—1:00 p.m. at 18 Georg Rd., Petersburg



LOCAL COMMUNITY ACTION SERVICES

One of our partners on the FSS Program Coordinating Committee is Community Action. The local Community Action agencies have several services and resources available. Read below for an example of some of these services in your county:

Coles County: STEP—Eligible persons interested in obtaining a CDL license or CNA certification can receive assistance with tuition, supplies, testing and other costs related to successful training completion and job placement. Participants must meet CSBG income guidelines, provide all required documentation, complete college training, and obtain employment. Acceptance depends on meeting program requirements and funding availability.

Livingston County: Practical Money Skills Orientation followed by three income support coaching sessions to create a

monthly budget sheet, and develop short term goals and an action plan. Similar to the services provided in the FSS Program, Mid-Central Community Action works with individuals on goals and increasing financial capability. This program is able to provide the local resources needed. If you are interested, please contact your FSS Coordinator for an Intake Assessment form.

Menard County: Jobs for Life, Homeownership Counseling and Financial Peace are workshops offered by CAPCIL. These workshops will be available in Menard County beginning in May 2018. Contact your FSS Coordinator for more information.

These services are highly recommended to FSS participants!

DON'T FORGET:

Monthly contact with your FSS Coordinator. Call, email or text Lindsay to schedule your February appointment.

Phone: 217-632-7723

Email: lwilken@menardcha.org

Text: 217-717-2551

[FSS February Travel Schedule](#)

Coles County—

Thursday, February 15th

Livingston County—

Tuesday, February 27th

If you are not currently working, it is required to attend monthly workshops. Those working are encouraged to also attend if their schedule allows. These workshops are important and beneficial!

FRUGAL FREEZER MEAL IDEAS

- **Chicken:** Buy a large amount of chicken, divide it into freezer bags with the marinade of your choice, and freeze. The chicken will marinate as it thaws and you will have a tasty dish ready. Just add a side salad and some rice.
- **Beans and Rice:** Healthy, full of fiber, and filling, beans and rice is a yummy frugal meal. No need to make any other side dishes because beans and rice is truly a meal in itself.
- **Chili:** Prepare a simple chili with cans of beans, onions, garlic, tomato paste and chili seasoning. You can add meat if you like but when it is made right, chili with no meat is very good. You can also add fresh tomatoes and other vegetables like bell peppers. Cook the chili, let it cool, and then just freeze.
- **Casseroles:** Some casseroles like tuna or broccoli and cheese don't cost much to make and can be frozen with ease. When you make a casserole for dinner one night, make two. Instead of cooking the second one, once it is prepared, put it in the freezer.
- **Meatballs:** Meatballs are another item that is not expensive to make, can be doubled and frozen. You can find ground beef on sale often and can buy it in bulk in wholesale stores. With meatballs you can make different types to freeze like simple ones for spaghetti, honey barbecued, or teriyaki.
- **Taco or sloppy joe meat:** Who doesn't love tacos or sloppy joes? Again you can get hamburger meat in bulk. The good thing about these frugal meals is that you can cook them or just prepare them and freeze. It really makes creating fun, great, quick meals simple and very feasible.
- **Soups:** Some soups like chicken noodle or split pea can be frozen successfully. You want to be careful freezing soups with potatoes or cream in them. These types of soups do not always freeze well and will make for a gummy, mushy meal for the family.

Freezer cooking can not only be frugal but time saving, convenient, and really easy to do.

From: hillbillyhousewife.com

**MENARD COUNTY
HOUSING AUTHORITY**

MISSION STATEMENT

“To promote and provide quality housing while encouraging upward mobility and a better quality of life.”

VISION STATEMENT

“Creating housing that families and communities can be proud of.”

WHAT IS AN ESCROW ACCOUNT?

With the FSS Program, the Housing Authority establishes an escrow account on your behalf. When you sign your contract for FSS, a “baseline” figure is taken of what your income is at that time.

Once you start earning an income from a job or your income increases, at your next Interim Reexamination or Annual Recertification, your rent will go up due to the increased earned income. When that happens, the landlord gets the additional rent from you and the Housing Authority puts what we are not sending to the landlord on your behalf into an escrow account that can be distributed after you graduate from the FSS Program. This money can be used for your goal that you outlined for your family. Interim disbursements of your escrow can be available upon request at the discretion of the Program Coordinating Committee for such purposes as education, training, transportation issues, etc.

This is a great way to save for a down payment on a home, pay off student loans or get the new car you need for transportation.

Menard County Housing Authority
101 W. Sheridan Road P.O. Box 168
Petersburg, IL 62675-0168

