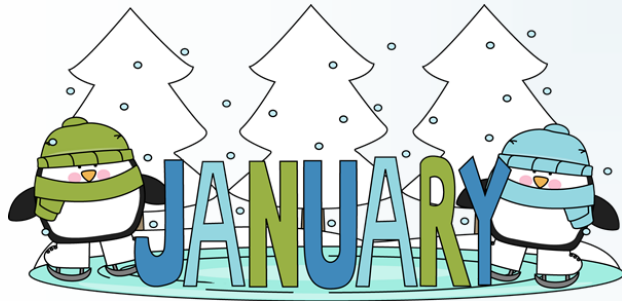


FSS Newsletter



How to Set Goals for the New Year

Every year, people choose a list of resolutions for the new year. Generally, these are habits they will try to do every day, or habits they will try to avoid for as long as they can. Unfortunately, many of these resolutions are forgotten within a month or two. A major reason for this is that it's hard to do. A better alternative is to set new goals for the future. And it helps to work toward them gradually than immediately. Goals are a better plan than resolutions for a few reasons:

- Resolutions stay the same: "I will stop eating junk food." Goals can be tackled in steps, beginning with baby steps and increasing in difficulty.
- Goals give you a direction to aspire to, but with the baby steps you may be taking toward your goal, you can still feel like you've accomplished something and are on the right track, which will keep you moving in the right direction.
- Think of what you would have in your ideal life, and where you'd like to be in two to five years, and see if your goals bring you closer to that picture. If so, they're good goals to stick with.
- Reward yourself with something small for continuing to stick with it, until you make enough progress toward your goals that the progress becomes its own reward. Remember that change doesn't come overnight, but as you work toward developing what is important to you, the change will come, and it will be lasting. Remember this, and enjoy the new year!

From verywellfit.com

January FSS Schedule *(weather pending)*



Coles County— Thursday, January 24th (Lindsay will contact you to schedule a time)

Livingston County— Tuesday, January 15th (Lindsay will be at St. James Place Community Room from Noon-2:00 p.m. and will contact you to schedule a time)

McDonough County— Wednesday, January 9th (Lindsay will be at the River Run Community Room from 1-3:00 p.m. and will contact you)

Menard County— Lindsay will call or text you to schedule a time if you are not currently working

Scott County— Wednesday, January 30th (Lindsay will be in Winchester from Noon-2:00 p.m.)

New Years is all about getting another chance. A chance to forgive, to do better, to do more, to give more, to love more. And stop worrying about 'what if' and **start embracing** what would be.

WWW.LIVELIFEHAPPY.COM

Menard County Housing Authority

HOURS:

Monday-Thursday 8:00-4:30

Friday 8:00-Noon

CLOSED:

January 1—New Year's Day

January 21—MLK Jr. Day

FSS Coordinator

Lindsay Wilken

101 W. Sheridan Rd.

Petersburg, IL 62675

Phone: 217-632-7723

Direct Line: 217-717-2551
(call or text)

Email:

lwilken@menardcha.org



Land of Lincoln Goodwill Industries

Goodwill's mission of supporting people who need a hand-up is at the very heart of what we are about. Whether through employment, vocational training, career development, computer training or mentoring at risk youth, our focus is on people and creating a pathway for self-sufficiency. Faces of Good portrays the people we help – veterans, those with disabilities, adolescent youth, our employees and the unemployed.

Goodwill Industries has been providing services in the central Illinois area since 1938 and has steadily grown in both scope of services offered as well as geographically. In 1976 the organiza-

tion changed its name to **Land of Lincoln Goodwill Industries** and today operates 13 retail stores and donation centers; five Career Centers; a Youth Mentoring program in Springfield, Jacksonville and Lincoln; and vocational training for those with intellectual disabilities in Springfield. Land of Lincoln Goodwill Industries' territory consists of 33 counties in Illinois and four counties in Indiana.

For more information:

www.LLGI.org

“Providing people the skills and resources to become self-sufficient through the power of work.”

6 Reasons to Budget Monthly

1. Helps you figure out your long-term goals and work towards them.
2. Ensures you don't spend money you don't have.
3. Guides you towards saving for your future.
4. Helps you prepare for emergencies and unexpected expenses.
5. Allows you to rethink your spending habits.
6. Gives you control and eases stress over your money.

From Amy Bell

These reasons are just the tip of the iceberg, there are many more benefits to budgeting. **Contact your Housing Counselors, Teresa or Pam to schedule a budgeting appointment: 217-632-7723**

How Can You Protect Yourself from Identity Theft and Fraud?

Every 2 seconds, someone's identity is stolen. Last year, 13.1 million Americans were victims of identity theft. Identity theft, investment fraud and other scams cost Americans \$18 billion last year alone.

How can you outsmart con artists before they steal your hard-earned money?

- Protect your Social Security Number and personal information
- Monitor your bills and financial accounts
- Watch over your credit reports: www.annualcreditreport.com or 1-877-322-8228
- Protect PINS and Passwords
- Protect your information online
- Protect your mail: www.optoutscreen.com or 1-888-5-OPT-OUT
- Sign up for Do Not Call registry: www.donotcall.gov or 1-888-382-1222
- Double-check references
- Verify charities: www.charitywatch.org
- Learn more about outsmarting scammers at www.aarp.org/fraudwatchnetwork

To talk to a volunteer trained in how to spot and report fraud, call the Fraud Fighter Call Center at 1-877-908-3360

Information provided by AARP

Menard County
Housing Authority

101 W. Sheridan Rd.

Petersburg, IL 62675

**Your Provider of Affordable
Housing Services!**

Our mission is to promote and provide quality housing while encouraging upward mobility and a better quality of life.

Our vision is creating housing that families and communities can be proud of.

January Tidbits

- January is named after Janus, the God of the Doorway
- January's birthstone is the garnet
- January is on average, the coldest month of the year in the Northern Hemisphere, but the warmest month of the year in the Southern Hemisphere
- January is National Soup Month in the United States



Menard County
Housing Authority

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Petersburg, IL 62675

Phone: 217-632-7723

Fax: 217-632-7255

Website: www.menardcha.org