

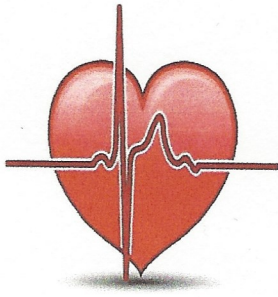
Mind Body and Spirit

February 2019

Bristol Redevelopment & Housing Authority

February

Is American Heart Month



Are you at risk for Heart Disease? During the month of February, Americans see the human heart as a symbol of love. Everyone should show themselves some love and stay heart healthy for yourself and your loved ones. Cardiovascular disease (CVD) including heart disease, stroke and high blood pressure is the number 1 killers of men and women in the United States. Many CVD deaths could be prevented through healthier habits, healthier living spaces and better management of high blood pressure and diabetes.

You can control this thru diet, exercise, and proper medication just to name a few. As you take this new journey keep in mind...don't be over-whelmed, partner up with friends and family, don't get discouraged and reward yourself. Make this journey fun. Enjoy!

How do I love thee? Let me count the ways.

—Elizabeth Barrett Browning



HAPPY VALENTINES DAY

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Housing Happenings

- New Key Cards were provided for Stant Hall and Jones Manor residents. Please turn your old card into the main office (809 Edmond Street) if you haven't already done so. Thank you!
- GED Classes: Each Monday and Wednesday from 10am– 12 noon at the Residents Services Building (709 Clinton Ave.) Call for more information. 276-821-6269.
- Loom Knitting class. 2 pm at the RSB February 7th and February 21.
- Heart to Heart Valentine Party, February 14, 2019 2pm–4pm at RSB, (276-821-6269)
- Walking or Exercise activities. Please contact the FAWP office to sign up. (276-821-6269).
- Checker Meet at Stant Hall Lounge. 10am–12 noon, February 8, 2019. If interested please call or drop by the FAWP office located in Stant Hall. 276-821-6269.
- We are always open for good positive ideas of activities or events we could do. If you have any thoughts, jot them down and leave in mailbox on the FAWPlus office door. Thanks!

Heart Healthy Foods

Green Tea

Olive Oil

Popcorn

Oranges

Bananas

Pomegranates

Berries

Apples

Avocados

Tomatoes

Dark Chocolate

Nuts

Soybeans

Salmon/Fish

Whole Grains

Spinach

Garlic

Grapes

Raisins

Yogurt



NOTICE: Public Housing Participants

Amendment to Administration and Continued Occupancy Policy (ACOP)
This notice is to inform all Public Housing participants that the ACOP will be updated/revised in thirty (30) days to include policies/procedures on the below:

Over Income Families (per HUD 24 CFR 960.261: FR Notice 7/26/18)
and Method Applications are received.

A public hearing is scheduled for February 20, 2019 at the BRHA Office.

The new policies/procedures are available for review upon request.

GED Classes

Do you have time on your hands?

Do you appreciate a challenge?

BRHA hosts a GED class on Monday and Wednesday mornings from 10:00 a.m. – noon at the Resident Services Building. It doesn't matter how old you are or how long it has been since you were in school. Mt. Roger's Adult Education provides this free class just for you. The teacher is excellent and will spend time with you to help you succeed. **2019 is your year!!!** If you have questions, please call Vickie Green at: 276-821-6269.



Your Guide To Avoiding Winter Illnesses



Over the course of one year, one Billion Americans will suffer from the common cold, according to the Centers for Disease control and Prevention (CDC). The CDC also report that winter is peak cold season. This should come as no surprise when you think about how many people you see sneezing and coughing during the colder months. Fortunately, you can keep these illnesses at bay and be healthy with little effort.

Here's how:

- * Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- * Wash your hands often using soap and warm water to protect against germs.
- * Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- * Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.
- * Don't touch your eyes, nose or mouth if your hands aren't clean.

Baked Honey Mustard Chicken

6 skinless, boneless chicken breast halves

Salt and pepper to taste

1/2 cup honey

1/2 cup prepared mustard

1 teaspoon dried basil

1 teaspoon paprika

1/2 teaspoon dried parsley

Preheat oven to 350 degrees F

Sprinkle chicken breast with salt and pepper to taste, and place in a lightly greased 9x13 inch baking dish. In a small bowl, combine honey, mustard, basil, paprika and parsley. Mix well. Pour 1/2 of this mixture over the chicken, and brush to cover.

Bake in the preheated oven for 30 minutes. Turn chicken pieces over and brush with the remaining 1/2 of the honey mustard mixture.

Bake for an additional 10 to 15 minutes, or until chicken is no longer pink and juices run clear. Let cool 10 minutes before serving.

Recipe of The Month



Date 02/14/2019

Time 2pm -4pm



Heart to Heart Valentine Party

Resident Services

Building

709 Clinton Avenue

**For All Find A Way Plus
Residents**

Please RSVP to

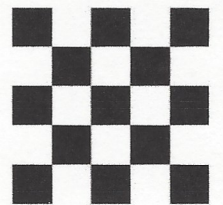
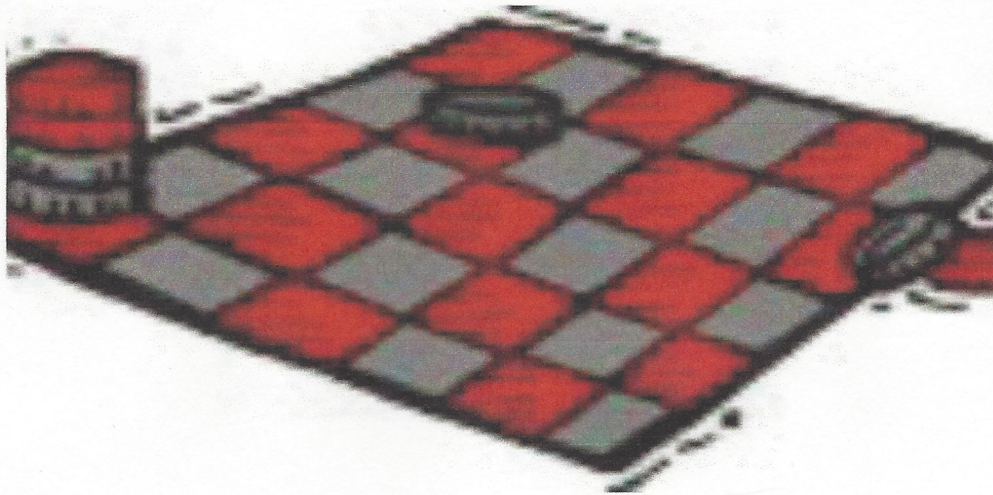
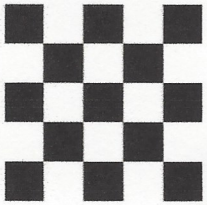
Vickie Green

276-821-6269

**COME JOIN
US!**

**We will have music, do the
cupid shuffle, heart healthy
snacks and door prizes.**





Checker Meet

Friday, February 8, 2019

10 am—12 Noon at Stant Hall Lounge

Total of Four Games going on at any given time.

Please sign up at the FAWPlus office if you would like to play.

We will meet weekly to play!

Door prizes and refreshments provided for players.

