

HARVEST
wishes



Paris



HOUSING AUTHORITY

NOVEMBER 2024

Your Community Team

Michelle Parker

Executive Director

Laurie Kassin

Bookkeeper

Cathy Williams

Occupancy Clerk

Paul Hancock

Maintenance Supervisor

Kenneth Duncan

Maintenance

Office Hours

Monday thru Friday

7:30am - 4:00pm

Closed for Lunch

Daily Noon to 1:00pm

Saturday

Closed

Sunday

Closed

Contact Directory

Main Office

731-642-4451

Office Fax

731-642-4496

Emergency Contact

731-431-8923

Nearest Department

Police Department

731-642-2424

Fire Department

731-642-1413

Daily Gratitude Habits

Having gratitude for both the big and little things makes us happier and healthier. These daily habits can help:

Gratitude journal: At the beginning or end of each day, write down one thing you are thankful for. Work your way up to three or more, or challenge yourself to name a different thing each day.

Exercise: Incorporate gratitude into your fitness routine. Recognize your hard work and effort throughout your workout—it's a good way to motivate yourself to keep going!

Dinner table: Here's an easy way to include other members of your household in your gratitude exercises: Prompt conversation at dinnertime by asking everyone at the table to name something good that happened today.

Show appreciation: Throughout your day, make a point of saying "thank you" to others. Consider writing a thank-you note to someone who went above and beyond to help you.

Have You Thanked A Veteran?

Veterans Day (U.S.) is observed at the eleventh hour of the eleventh day of the eleventh month to commemorate the very moment in 1918 that a temporary cessation of WWI hostilities was declared between the Allied nations and Germany. Since then, this observance has honored veterans of all wars. To thank veterans in your community this November 11, volunteer at local events. Take time to listen to veterans' stories with interest. Deliver meals, handwritten letters and care packages.

Please Communicate With Us

We strongly encourage our tenants to communicate any issues or concerns directly to us and to become familiar with all items in the lease. We value our fantastic tenants and are dedicated to providing a positive and supportive living environment, ensuring everyone feels welcomed and appreciated in their home.

Safe Shopping

Whether you prefer to shop online or in person, it's important to keep your financial information secure. When out and about, keep cash and cards safely tucked in a wallet, not loose in a bag or pocket. Put cards away as soon as you're done using them. For online purchases, use a credit card if possible, since they offer more protection than a debit card. Ensure websites are secure (look for "https" and a lock symbol in the URL) before entering your info. Check your bank and credit card accounts daily so you can catch fraudulent transactions early. Create strong, unique passwords for your accounts, and be wary of emails that ask you to click a link and provide personal information.

Pest Control for November

Servall Pest Control will Bait Inside at Morningside Village and Tige Robinson Apartments on Friday, November 15, 2024.

Paris Housing Authority | michelle.parker@parishousing.org
www.parishousing.org | 917 Minor Street Paris TN 38242



Resident News

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GETTING THE MOST OUT OF SOCIAL MEDIA

For many of us, social media is part of our daily lives as an easy tool for keeping in touch with friends and relatives. As with many tools, though, how we use them influences how positive or negative the outcome is. Here are some tips for keeping your social media pages a source of joy, not stress:

Streamline your friend list. Every so often, take an inventory of the people you're connected with or following. Ask yourself questions like "is the relationship a good one?" or "do I enjoy their content?" If your answer is "no," consider removing the person or brand. If that's too drastic a step, you may be able to snooze, mute or unfollow them but still stay connected.

Be selective with your likes and comments. Interacting with social media pages can be fun and rewarding. Keep in mind that liking a post or leaving a comment will encourage the site's algorithm to show you similar content. Make sure you engage with profiles in a genuine way, so you'll see more of what you actually like.

Follow relevant hashtags. In addition to following people and pages, you can search for or follow hashtags for subjects

you're interested in, ensuring your social media feeds are always offering content that speaks to you.

Report and block harmful content. If something inappropriate or offensive comes up on your screen, simply hide or block the profile that's sharing it. And if you find content that's harmful in any way, don't hesitate to report it using the site's tools. These actions help make social media safer for all users.

Take breaks. Even after you've built an ideal social media environment, don't spend all day mindlessly scrolling through it. Instead, set limits on how often you check your profiles. Turn off notifications so you're not distracted, especially when spending time with others in person. Make an effort to use social media in a purposeful way, and you may find it brings more meaningful purpose to your life!



Recipe: Pecan Tartlets

There's plenty of room on the dessert table for these tasty pecan tartlets!



Ingredients:

- 3/4 cup butter, softened
- 6 ounces cream cheese, softened
- 2 cups all-purpose flour
- 1 1/2 cups packed brown sugar
- 2 eggs
- 1 tablespoon butter, melted
- 2 teaspoons vanilla extract
- 1 1/2 cups chopped pecans

Directions:

Preheat oven to 350° F.

In a large bowl, beat softened butter and cream cheese until fluffy. Gradually add flour and beat until mixture forms a ball of dough. Chill dough in refrigerator for 15 minutes.

In a small bowl, combine brown sugar, eggs, melted butter and vanilla. Mix well, then stir in pecans.

Remove dough from refrigerator. Roll dough into balls and press into the greased cups of a muffin tin. Pour pecan filling evenly into each cup. Bake for 30 minutes.

Trivia: Kitchen Adventures

1. A kitchen on a ship, train or aircraft is called what?
2. In what year did KitchenAid begin offering their iconic stand mixer in multiple colors?
3. Which celebrity chef's 2000 memoir is titled "Kitchen Confidential: Adventures in the Culinary Underbelly"?
4. Virtual restaurants, which prepare meals for delivery only, are also called what?
5. Monica's apartment on the sitcom "Friends" is known for having purple walls. But what color were the kitchen cabinets?

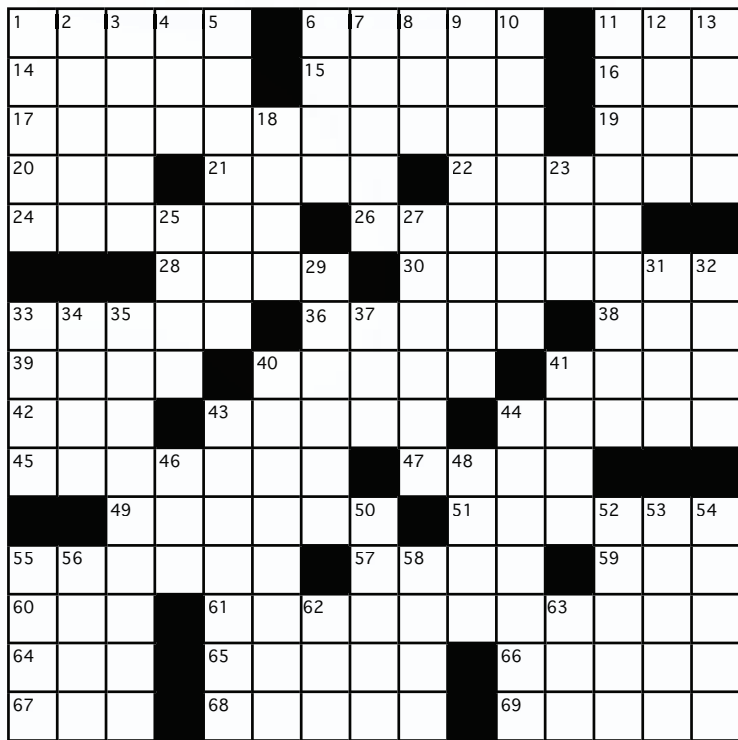


Think you know the answers?

Email your answers with "Kitchen Adventures" in the subject line to triviamaster@residentnewsonline.com for your chance to win cool stuff! Deadline for entry is November 30, 2024. Five winners will be selected by December 15, 2024, and notified via email.

(Last month's "Gone Batty!" answers: 1. True; 2. Echolocation; 3. Over 5 feet; 4. Pups; 5. 15 million)

Crossword Puzzle Fun



ACROSS

1. Sultan's wives
6. Work hard
11. Patient's need, for short
14. _____ acid
15. Nurses' assistants
16. Resort city, familiarly
17. Greedy ones
19. Bird: prefix
20. Stein contents
21. State
22. Benumb
24. Realtor's listing, often
26. Darting pain
28. Shapely legs
30. Approaches in an intrusive manner
33. _____ bear
36. Quickness
38. Floor pad
39. Periods
40. Throwing game
41. Manufacture
42. Shade provider
43. British change
44. Yearns
45. Reconstructed
47. "Phooey!"
49. Eases

51. Organic compounds

55. Give a gift
57. He loves: Lat.
59. Green area
60. Islet
61. Enticing
64. Italian numeral
65. Sea eagles
66. Dull finish
67. Brother of Bobby and Jack
68. Legal documents
69. Duelers' props

27. Used frivolously
29. Run-down home
31. Steal
32. Haloed ones: abbr.
33. Gaze
34. Heraldic border
35. Denounced severely
37. Portion of a circle
40. One of 13 colonies
41. Hand protector

DOWN

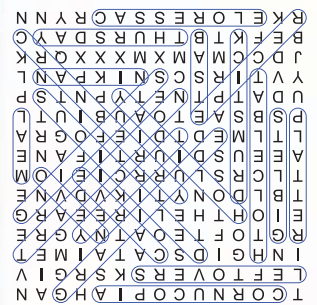
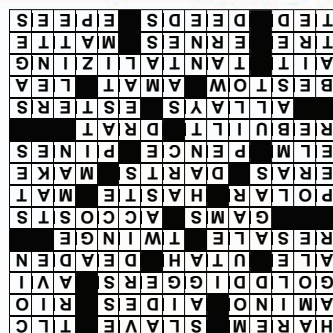
1. Comic strip Viking
2. Soap plant
3. Annoys
4. Stop
5. Like factory-built homes
6. Story of adventure
7. Easy to carry
8. Lemony drink
9. Jury's decisions
10. Gist
11. Merchant
12. Not taped
13. Silver dollar, e.g.
18. Thing
23. Long _____
25. Muslim titles

43. Flew
44. Hobby
46. Final: abbr.
48. Genuine
50. Completely full
52. Cream of the crop
53. French pension
54. Wise ones
55. Cotton fiber
56. Patrick's land
58. Traditional Latin _____; "The most beautiful thing this side of Heaven"
62. 90° from WNW
63. Heat in the microwave











T C O R N U C O P I A H G A N
 L E F T O V E R S K S R G I V
 I N H G I D S C A T A I M E T
 R G T O F T E O A T N Y G R E
 E I O H T H E L I R E E A R G
 T B L D O N Y T I K V D V N E
 T L C R S L U R R C I E I O M
 A E E U S D I U R T I F A N E
 L T L M E D T D I E F O G R A
 P S B S A E T O A U B I U T L
 U D A T P T N E T Y P N T S P
 Y V T I R S C S N I K P A N L
 J D C C M A M X M X X Q R K
 B E F K T B T H U R S D A Y C
 R K E L O R E S S A C R Y N N

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|------------|-----------|------------|
| BASTE | GIBLETS | PLATTER |
| CARVE | GRATITUDE | RECIPE |
| CASSEROLE | HOLIDAY | STUFFING |
| CORNUCOPIA | LEFTOVERS | TABLECLOTH |
| CRANBERRY | MEAL | THURSDAY |
| DELICIOUS | NAPKIN | TRADITION |
| DRUMSTICK | OVEN | TURKEY |

Answer Keys



NOVEMBER 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 THANK A MAILMAN DAY 
3 	4	5 	6	7 	8	9
10	11 	12	13 WORLD KINDNESS DAY	14	15 	16
17	18	19 	20	21 EXERCISE 	22	23
24	25 	26	27	28 	29 OFFICE CLOSED	30

