

Family Self sufficiency program

Cheyenne Housing Authority

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FSS PROGRAM CHANGES

Quarterly Meetings will continue to be in January, April, July and October for 2017. This method has had positive feed back and seems to work well with school and work schedules providing ample time to work in 15 minutes 1 day per month to do the meeting which can be by phone to accommodate working persons or students. Remember, you are required to attend 2 of the 4 at minimum every year.

I have had some job responsibility changes the past few months. While I remain the program coordinator for FSS, I am also the program coordinator for the HUD-VASH program which works with homeless vets to find stable housing. In addition to that, I remain

the Senior inspector so you may see me on occasion around town. This past month I was also given Portability to administer and maintain.

As some of you many know, we had a change of ownership with the company in January 2016. Under our new owner, we are seeing many changes coming down, so bear with us and the policy changes as we come into compliance with HUD regulations and requirements.

We are still in the process of implementing the **PCC** and several tenants from both HCV (section 8) and public housing have expressed a desire to participate on the PCC. If you have an interest to be a part of



the PCC board, please let me know.

I will be renewing our connections with **community partners** in the coming months with the intentions of expanding to some new resources that several of you have expressed an interest in that we currently do not offer our FSS families.

UPCOMING TRAINING COURSES

The Wyoming Family Homeownership Program is willing to conduct a course on the home-buying process hopefully, this spring. Dates and times will be announced as soon as they are finalized.

Sensible Nutrition would like to hold a class for the FSS team regarding healthy eating, how to get more groceries for your money, and complete the training course by cooking a meal with the attendees. Each attendee will receive kitchen

items to take home with them.

If you have any ideas or suggestions for upcoming classes for 2017, please let me know!

FAMILY MATTERS

Fall and winter poses unique challenges to families with children. Finding things to do that are fun and educational can be difficult to do when the Wyoming winds blow. Today's Parent offers a 50 project checklist for winter fun ideas, [located here](#). Some of the projects may be oriented towards younger children, but can provide you ideas to customize it to your own kids.

Family Education offers a list of indoor and outdoor activities and can be [found here](#) to get you started.

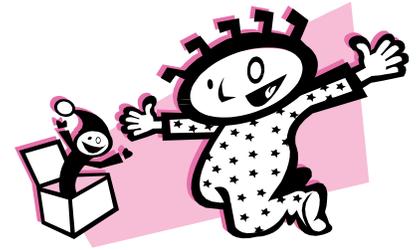
Right at Home gives some creative ways to entertain your kids during the holiday breaks with things that include snow painting and a brand new weekend where everything you do is something new that no one in the family has done. Their list can be [found here](#) and includes ideas for donating time and clothing, helping at shelters and the like this holiday season.

No matter what you chose to do, spending time as a family during the blizzard days and nights, making the most of the time, with your kids, are the memories they will keep with them.

Family Life has some wonderful ideas on how to [develop quality time](#) with the kids, even if religion is not part of your family life, you can gain some wonderful tips and ideas with this article.

Another important aspect to remember is often times, parents are so focused on their children, they forget about themselves. Family Share has some good suggestions on [remembering yourself](#) when small children are part of your life.

Parenting also shares some sweet ideas on swapping kids, rotating Monday night dinners and [TLC for you](#).



While it may be hard to remember yourself, it is also important not to forget yourself along the way. It is hard to give love, compassion and understanding to your little ones if you yourself are running on empty.

You don't even have to be a parent to forget about yourself sometimes. Between work, school and home, life sometimes drags us all down. Life Hacks has some great [ideas for reconnecting](#) with our human side including ourselves, family and friends. They also a wonderful article about why there never seems to be [enough time](#) for some people. It brings to light some amazing points on why some people never seem to have enough time.

CHANGES TO REPORTING INCOME, ASSETS, EXPENSES

In August 2016, the CHA changed its policy on how to report income, assets and expenses.

We are no longer accepting the pink employer form you are accustomed to providing, but will now **only** accept 2 or more consecutive paystubs or a payroll summary print out from your employer. Your income will be calculated based on that average for the year.

We are no longer accepting the yellow asset forms. You will be required to submit your most current bank statement.

We are no longer accepting the purple child care form. You will be required to submit 3 months of verifiable payments to your daycare in or-

der for the deduction to be counted.

We are no longer accepting the yellow medical expense forms. You are now required to submit a print out for the previous year if you are claiming out of pocket medical expenses and have a disability on file with us.

The CHA will no longer do Interim Re-examinations to adjust your rent amount - unless it is a decrease in your income.

But because your escrow is based on increased income, if you experience an increase, you **must** report it to me and put in writing whether you want the increase to be worked in order to build your escrow, or file the increase until your recertification. The

choice is yours, but keep in mind, you're in the FSS program to establish self-sufficiency and become independent from the system, so building your escrow is the way to do that.

While we all need the occasional break to get caught up, it will be in your best interest to work the increase as it comes to allow you a chance to adjust before all your rent is counted.

If we find unreported income on your EIV at recert time, there is a high probability that you will end up owing us money back for unreported income, so it is in your best interest to report changes and make the decision on what to do with those changes.



“When we give cheerfully and accept gratefully, everyone is blessed.” — Maya Angelou