

BRIEFLY SPEAKING

LOUISVILLE METRO HOUSING AUTHORITY EMPLOYEE NEWSLETTER



November/December 2008

A WORD OF THANKS

A MESSAGE FROM TIM BARRY, LMHA EXECUTIVE DIRECTOR

I would like to express my appreciation for your involvement in this year's Metro United Way Employee campaign. The need is great in our community, now more than ever, but thanks to your support and caring spirit, we raised over \$12,000. These funds will help support a variety of organizations that help children succeed, build strong families, promote health and independence, and strengthen neighborhoods.

Your gift is an investment in the future of our community. Thank you for your participation and support.



NEWS OF NOTE

THE BIGGEST LOSER (REALLY THE BIGGEST WINNER!!) TAKES IT ALL

The "The Biggest Loser" television show became a real life experience for eleven LMHA employees who recently conducted their own version by holding a competition to see who could lose the most weight.

Beginning in August, the employees met regularly to weigh in and post reports of who had lost the highest percentage (actual weight and number of pounds remained confidential). Similar to the television show whose participants compete to lose weight in hopes of winning a grand prize, these fearless employees put their money "on the line" weekly by putting in \$5 each at weigh in.

When the results were tallied in November, Shelly Winstead came in third place (\$75), LaTasha Kilgore came

in second place (\$225) and the big winner (or should I say the biggest loser) winning \$525 was Yvonne Feger! "It was fun seeing who the biggest loser was each week and who had the lead," said Angela Sharp, Finance. "Although everyone chose their own method of weight loss, the folks who exercised came out as the winners."

Congratulations to the following employees who took part in the competition: Angela Sharp (Finance); Dawn Haynes (Info. Tech.); Ashley Jones (Finance); Janell Coghill (Finance); Linda Nuss (Finance); Shari Wells (Finance); Shelly Winstead (Finance); LaTasha Kilgore (Construction Administration); Vanessa Holland (Occupancy); Willie Drain (Finance); and, Yvonne Feger (Finance).

Editor's Note: We're gauging interest in conducting an agency-wide "Biggest Loser" competition. If you would like to participate, please contact Vikki Stone at vstone@LMHA1.org.

STAFF UPDATE

New Hires

Full-Time

Barry Bradshaw
Maintenance Worker I - Dosker Manor

Ramona Brewer
Senior Social Worker - Special Programs

Kimberly Goodin
Accountant I - Finance

Sherian McLendon
Senior Social Worker - Special Programs

Calvester Swain
Program Manager - Construction Admin.

Hollie Willingham
Senior Social Worker - Special Programs

Promotions

Juan Hunter
Assistant Regional Director - Operations

William Keltee
Maintenance Worker III - Sheppard Square

LaShonda Moore
Maintenance Worker III - Iroquois Homes

Retirements

Ray Atkinson
Maintenance Work IV - Beecher Terrace

Jerry Bodine
Regional Director Region II - Operations

Svetlana Chipiga
Housing Clerk Typist - Vine Street

Sandy Schardein
Senior Social Worker - Special Programs

Resignations

Ronyell Hamby
Maintenance Worker III - Lourdes Hall

Daniel Melendy
Accountant I - Finance

Fred Paul
Maintenance Worker III - Avenue Plaza

Kenneth Payne
Maintenance Worker III - Parkway Place

Angela Roberts
Tutor - Special Programs



WINTERTIME, WHEN SNOW SHOVELING IS NOT SO EASY!

Submitted by Mike Loughmiller, Safety Manager

We've already had a few snowflakes, and many more are surely on the way! When the first big snowfall hits, please note the following safety precautions before you grab the shovel:

- Do not shovel after eating or while smoking.
- Take it slow – shoveling (like lifting weights) can raise your heart rate and blood pressure dramatically.
- Pace yourself and be sure to stretch out and warm up before taking on the task.
- Shovel only fresh snow. Fresh fallen, powdery snow is easier to shovel than the wet, packed-down variety.

- Don't pick up too much at once. Use a small shovel or fill only one-fourth or one-half of a large one.
- Do not work to the point of exhaustion. If you run out of breath, take a break. If you feel tightness in your chest, stop immediately.
- Dress warmly. Remember that extremities, such as the nose, ears, hands and feet need extra attention during winter's cold.
- Individuals over 40, or those who are relatively inactive, should be especially careful.
- If you have a history of heart trouble, do not shovel without a doctor's permission.

Excerpt from National Safety Council



SALUTE TO SERVICE (NOVEMBER – DECEMBER)

25 years

(11/2008) Cathy Salvate, Finance
(12/2008) Cleda Thompson, Lourdes Hall

15 years

(11/2008) Aldean Pleasant, Vine Street
(11/2008) Terry Steiden, Beecher East
(12/2008) Faye Wilford, Dosker Manor

10 years

(11/2008) LaTasha Kilgore, Construction Admin.
(11/2008) Dorene Reed, Sheppard Square
(12/2008) Willie Stephen, HVAC

5 years

(11/2008) William Slemmons, HVAC
(12/2008) Joseph Nalley, HVAC



HAPPY BIRTHDAY TO:

November

Robert Barbour, Beecher Terrace
 Dennis Basham, Finance
 Rosemary Bissinger, Vine Street
 Stephen Bland, Parkway Place
 Mark Calloway, Iroquois Homes
 Teri Carr, Vine Street
 Deborah Caston, Beecher Terrace
 David Clayton, Parkway Place
 Sharon Coleman, Sheppard Square
 Sue Ann Drane, Vine Street
 Vickie Fields, Operations
 Carla Hardaway, Vine Street
 JeRoy Hayden, Dosker Manor
 Mary Hundley, Vine Street
 John Keen Jr., Parkway Place
 Wayne Leeseberg, Sheppard Square
 Diane Lindsey, Operations
 Bridget Long, Vine Street
 Carol Malone, Beecher Terrace
 Victor Malone, Sheppard Square
 Mika McClain, Parkway Place
 Gina McClasky, Iroquois Homes
 Juanita Mitchell, Avenue Plaza
 Shantel Ndiaye, Special Programs
 Aldean Pleasant, Vine Street
 Darlene Seabrooks, Parkway Place
 Deshawn Simpson, Special Programs
 Harold Swoope, Vacancy Prep.
 Yasmin Thompson, Beecher Terrace

December

Valerie Al-Ethawi, Operations
 Gary Bradley, PG&E
 Sharon Cofield, Dosker Manor
 Gregory Crum, HVAC
 Willie Drain, Finance
 Norma Giles, Vine Street
 James Grant, PG&E
 Carlos Grigsby, Dosker Manor
 Kevin Hughes, Bishop Lane Plaza
 Linda Little, Avenue Plaza
 Robert Marshall, HVAC
 Keith McCarthy, Regional Maintenance
 Rodriguez Montgomery, Parkway Place
 Latoya Morrison, Vine Street
 Janie Orr, Sheppard Square
 Philip Reidinger, HVAC
 Vanessa Ryland, Vine Street
 Kathy Scott, Purchasing
 Alyss Simpson, Vine Street
 Jo Ann Smith, Vine Street
 Chiffon Taylor, Iroquois Homes
 John Vandever, Vine Street
 Dennis Weber, Purchasing
 Anthony Williams, Special Programs
 Lana Zusstone, Family Investment Center



ARE YOU PUZZLED?

The following "Fill in the Blank" may present a little bit of a challenge, but that's what makes it fun. The deadline for submission is January 16, 2009. What's in it for you, another great prize of course. Good Luck!

Instructions: Please complete each of the following words by inserting the correct letter. Each word starts and ends with the same letter.

1. ___ rom ___	5. ___ ypis ___	9. ___ ero ___
2. ___ rou ___	6. ___ umm ___	10. ___ eapo ___
3. ___ hrif ___	7. ___ ardia ___	11. ___ ape ___
4. ___ regan ___	8. ___ oas ___	12. ___ rus ___

Submitted by:

Name _____ Dept. _____

Please make a copy of your completed puzzle, and send it to Vikki Stone in the Executive Office by January 16, 2009. The prize winner will be drawn from the correct entries. If you would like to submit any puzzles or brain teasers for future consideration, please send them via e-mail to vstone@lmha1.org.

The winner of the August/September/October 2008 puzzler is **Mike Barnett, Dosker Manor**. Congrats Mike, stop by Executive at your convenience to pick up your prize.

Answers to the August/September/October 2008 puzzler: (1) *Ace is the place with the helpful hardware man.* (2) *The best part of waking up is Folgers in your cup.* (3) *Bounty is the quicker picker upper.* (4) *Built Ford tough.* (5) *G.E. We bring good things to life.* (6) *It's Shake & Bake and I helped.* (7) *If you believe in peanut butter, you gotta believe in Peter Pan.* (8) *Like a good neighbor, State Farm is there.* (9) *Skittles. Taste the rainbow.* (10) *If it says Libby's Libby's Libby's on the label, label, label, you will like it, like it, like it on your table, table, table.*



TASTY TIDBITS

Submitted by Mike Lyall, Construction Administration

Baked Spaghetti

2 jars spaghetti sauce (Ragu, Prego, etc.)
 1 1/2 lbs. ground beef, browned and drained
 1 medium onion, chopped
 Pepper and garlic to taste
 1 tablespoon butter or margarine
 1 can or jar mushroom slices or pieces
 1 pkg. pepperoni slices
 8 oz. mozzarella cheese, grated
 1 pkg. spaghetti, cooked and drained

Sauté the onion, pepper and garlic in butter. Brown the ground beef, then drain. Combine the ground beef, spaghetti sauce, mushrooms and sautéed onion and seasonings. In a 9X13 (large) casserole dish, layer the sauce mixture, cooked spaghetti, cheese and pepperoni. Then repeat another layer in the same manner. Bake at 350 degrees for 35-40 minutes.

GOING GREEN

In consideration of LMHA's GREEN initiative, Briefly Speaking will be published on-line for all computer users (on a trial basis) beginning January, 2009 (www.lmha1.org "Pressroom" page). Please note that printed copies will continue to be made available to all employees who do not have regular access to a computer.

LMHA METRO UNITED WAY EMPLOYEE CAMPAIGN PRIZE WINNERS

Sandra Davis (Finance); Pat Laster (Operations); Deborah Betts (Bishop Lane); Isaiah Evans (Sheppard Square); Shari Wells (Finance); Deborah Gilbert (Vine Street); Vanessa Ryland (Vine Street); Dayrel Wade (Lourdes Hall); Phil Reidinger (HVAC); Emma Robinson (LHS); Janie Orr (Sheppard Square); Will Seay (Operations); Valerie AL-Ethawi (Operations); Latacha Brewer (Lourdes Hall); Kathy Head (Occupancy); Sandy Schardein (Vine Street); Phil Steptoe (Executive);

Christine Smith (Dosker Manor); Marie Tull (Personnel); Carolyn Nichols (Parkway Place); Norma Giles (Vine Street); and, Mary Masden (Beecher Terrace).

The number of chances entered to win prizes was based upon the level of contribution to Metro United Way (the larger the gift, the greater number of chances that were put in the prize drawings).