

# 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.

## 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 Worker 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



## 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](mailto:vstone@LMHA1.org).*



## 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  
Rodriquez 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 \_\_\_\_

2. \_\_\_\_ rou \_\_\_\_

3. \_\_\_\_ hrif \_\_\_\_

4. \_\_\_\_ regan \_\_\_\_

5. \_\_\_\_ ypis \_\_\_\_

6. \_\_\_\_ umm \_\_\_\_

7. \_\_\_\_ ardia \_\_\_\_

8. \_\_\_\_ oas \_\_\_\_

9. \_\_\_\_ ero \_\_\_\_

10. \_\_\_\_ eapo \_\_\_\_

11. \_\_\_\_ ape \_\_\_\_

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](mailto: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](http://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 Stepteau (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).*

Briefly Speaking is a bi-monthly employee newsletter published by the Public Information Office (PIO) for the LMHA. For more information contact Vikki Stone, PIO officer, (502) 569-3421 or [vstone@lmha1.org](mailto:vstone@lmha1.org). Executive Director: Tim Barry; Deputy Executive Director – Operations: Will Seay; Deputy Executive Director – Finance: Wavid Wray; Website: [www.LMHA1.org](http://www.LMHA1.org)