#MHAFamilyTogetherAlone

#AloneTogether; #StrongerTogether, #AtHomeTogether; #QuaratineandChill are some of the popular hashtags that are trending right now. I am posing a new one, #MHAFamilyTogetherAlone! This has been unprecedented times for all us and has been a true testament to who we are as a community, as an agency, and as family. I would be remiss if I did not dedicate this quarter’s “Marcia Message” to the staff of MHA, to the community that surrounds us, and to those we serve.

Like many of us, we were taken by storm as protocols had to be changed on a dime for the protection of our staff and residents. How would we do business under rules we never encountered before? How do we manage property and work from a distance? How do you implement a whole new way of doing work for people who have always done their work a certain way? We had to think about how Safer at Home Orders were to be communicated and encouraged; identify essential roles; and determine how families would be supported while maintaining the personal safety of ourselves and our families. I personally started my educational journey planning to be a teacher but only utilized that learning in the education of adults in other roles I have held. Never was I expecting to see educating our children move from the classroom to the living room. Who knew that I would be absolutely no help to my grandchildren because my methods of reaching the answers are not how it is done any more! Telework has become the new normal while ensuring families’ basic needs are provided.
Mobile food pantries have been popping up along with stations to pick up school lunches. When families are without transportation, picking up a 50lb box of food is impossible. A special thank you to Venson Center Resident Council President and Resident Advisory Board VP, Gregory McNeal, for coordinating food distributions for his site and ensuring others were included. Our staff along with community volunteers stepped in and brought a mobile food pantry and school lunches directly to our multi-family site eliminating the transportation barrier. We have had Resident Council Presidents teleconference meetings and they have helped us navigate the maze of communication and helping from a distance. Laptops have been provided for our children.

Property managers and our human services partner, Urban Strategies, have conducted well checks and served as a conduit for the delivery of much needed supplies. We have also benefitted from a grant through the Community Foundation with support from the City of Memphis to employ a call service to educate our residents about the signs of symptoms of the virus, prevention techniques, and where to go for testing should the need arise. Since our community entered a state of emergency nearly 5 weeks ago, every week I have been amazed how our everyday heroes have gone above and beyond the call of duty. Thank you all tremendously for your generosity and selflessness to care for the needs of our residents. #MHAFamilyTogetherAlone!

Stay connected with the latest updates about MHA by following us on social media

@MemphisHousingAuthority
@Housing_Memphis
Humans are social beings, and the social distancing that is necessary to flatten the coronavirus curve is hard on everyone. The forced change in social behavior and the resulting isolation can affect people’s mental health in many ways. Whether you are home alone, with a sick family member or with kids out of school, isolation can increase stress and anxiety.

Depending on your situation, isolation can impact you in different ways. From loneliness to feeling cramped, dealing with these feelings on top of worrying about the COVID-19 outbreak can be overwhelming.

**GENERAL TIPS**

- Keep in touch with your social support groups virtually through social media, FaceTime, Skype, online games and other digital platforms.
- If the weather is nice, go outside and get some fresh air. Maintain a 6-foot distance from others.
- Stay busy. Read, play games or work on a project.
- Decrease the time you spend watching or listening to upsetting media coverage.
- Draw on skills that you have used during difficult times in the past to manage your emotions. That may include deep breathing, meditation, positive self-talk, etc.
- Maintain a healthy lifestyle. Stay hydrated, eat nutritious meals, exercise and get enough sleep.
- Avoid using tobacco, alcohol or other drugs to cope with your emotions.
- Access information that can help you cope with stress, worry and confusion during the pandemic. Visit Magellan Healthcare’s COVID-19 response website for information and links to self-assessments, videos and other resources.
- Get the facts about your risk and how to take precautions. Use trusted national and international resources including the World Health Organization, Centers for Disease Control & Prevention and State Departments of Health.

**TIPS FOR PEOPLE LIVING WITH CHILDREN**

- Remember that during times of stress, it is common for children to seek more attachment and be more demanding on parents.
- Be honest when discussing COVID-19, but do so in an age-appropriate way. If your children have concerns, help them ease their anxiety.
- Make sure you model good behavior. Children will observe adults for cues on how to manage their own emotions during difficult times.
- Help children find positive ways to express their fears about the situation. Every child has their own way to express emotions. Sometimes engaging in a creative activity such as drawing can help this process.
The Memphis Housing Authority (MHA) is excited to announce we are now an **AmeriCorps** site in partnership with the **Tennessee Community Cares Association**. AmeriCorps offers thousands of opportunities to be the change you wish to see in the world. Over 75,000 Americans use their skills and experience to impact the community and become the solution to rising problems. Those who become AmeriCorps members directly engage with their community and spark a difference in the lives of others. Many members who spark this difference, can be involved in focuses such as education by mentoring and teaching students; or may combat poverty through rebuilding communities, or challenging food insecurity and food deserts. AmeriCorps not only provides an opportunity to make a difference, but provides a living allowance, professional skills and experience, and education awards. AmeriCorps is open to Americans of all ages to serve, live, and experience being apart of a project that leads towards a greater good.

Raqhelle Millbrooks is the MHA's new AmeriCorps member, and she will be directly impacting the Memphis community through community engagement efforts. Raqhelle is a recent summa cum laude graduate from the University of Memphis, with two degrees in International Business and Spanish. A Grand Rapids, MI native, she has a passion for traveling the world and exploring new places, people, and cultures. She loves teaching and inspiring others on exploring the world's wonders. In addition to her passion for traveling, she is involved as an Assistant Director for STS Enterprise, one of the top leadership development programs for high school students in Memphis. Her volunteer work also extends to fighting food insecurity and teaching English for Su Casa Ministries. In her free time, she loves to travel the world, go to brunch, try new restaurants, and dance. During quarantine she has been busy building her business Raqhtheworld, working on her travel blog, and teaching

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**Dreams of Homeownership Come True**

Jennifer Key ported in from Fort Smith, AR Housing Authority January 2017 with twins (girl & boy age 7). Eager to become independent, Ms. Key signed up for the Family Self Sufficiency program in August of the same year. She immediately scheduled a meeting with a financial coach to improve her credit score and learn money management skills. A single parent, raising two children, Ms. Key managed to save money for a down payment, with the assistance of our Program Coordinating Committee Partners. Two years later she is a proud homeowner. Ms. Key’s accomplishment was recognized at the January 2020 MHA Board of Commissioner’s meeting. Congratulations Ms. Key!
Thousands of Pounds of Food Feeds Hundreds with the Help of the Mid-South Food Bank

The Memphis Housing Authority (MHA) partnered with the Mid-South Food Bank to host a mobile food pantry to offer love and support to the residents of MHA and the surrounding community. Staff and family members of the MHA and Urban Strategies along with volunteers from the BPC, Germantown Christian Center, Girl Scout Troop 10293, the Community Reinvestment Association, and the Memphis Police Department worked together to distribute over 13,000 pounds of food. 221 families were provided a 14 day supply of food. Families who participated in the mobile food pantry shared over and over their appreciation and gratitude for offering this level of support during this challenging and uncommon time in our community. Many thanks to all who made this event a success!
Thousands of Pounds of Food Feeds Hundreds with the Help of the Mid-South Food Bank

Mobile Food Pantry's in response to the corona virus pandemic have increased across the country to aid communities and residents during this hard time.

To access information on future Mobile Food Pantries being held during throughout the summer please visit the Mid-South Food Bank website.

Ensure you bring a valid Driver’s license or current utility/other bill that verifies your address in the county the distribution is taking place.

Registration forms must be filled out and are normally distributed at the mobile food pantry site.

Refrain from exiting your cars to limit contact with volunteers.

Mobile Pantry’s may distribute meat, produce, care packages, diapers, menstrual products, and important COIVD-19 information. Spread the news and share Mobile Food Pantry dates and information to your family, friends, and community. These pantries are open to all as we all have experienced hard times due to COVID-19 in some shape or form.
Residents were able to participate in the Black History Month Celebration earlier this year in February 2020 spreading information and knowledge on Black culture and history.

Musical talent thrives in Black culture including musical melodies of the blues, soul, and R&B that have spear headed high energy dances like line dancing!
Enchanted, a local nonprofit that supports seniors and children, donated a smart TV for the community room at Kefauver Terrace. It will be used for movie night and other activities to engage the residents of Kefauver Terrace. We thank them for their generous donation!

A dedication and naming ceremony was held in honor of Estella Mayhue-Greer, the former leader of the Mid-South Food Bank. The former directly recently retired after exceeding a goal of $12.5 million for a new facility in South Memphis. A portion of South Perkins street was named in her honor in February. What a huge honor!

Keisha Walker with Community Development at MHA worked tirelessly with the National Guard to issue free Covid-19 testing at each housing development. The testing was held on May 18th and 19th allowing residents to obtain results to ensure the safety of their friends and family members. We thank the national guard and Keisha Walker for arranging these efforts to ensure a healthy and safe housing community.
10 senior participants attended the Art and Healthy Eating Program on Tuesday, March 3 from 11:30 am-1:00 pm.

The seniors were able to create a delicious chicken, pasta, and vegetable dish with the use of a crock pot for less than $7.6 for the main ingredients! They took away valuable information on creating a healthy meal that doesn’t hurt your pockets. In addition, they were surprised to learn about new spices that could replace salt to encourage lower sodium intake.

In addition to a filling healthy meal, the seniors learned how to make a low sugar snack using pecans, 2 tablespoons of sugar free maple syrup and 1 tablespoon of light brown sugar. Yummy, yummy!

Thank you to Inger Upchurch for hosting this event and sharing valuable cooking information with our seniors. Stay tuned for the next Healthy Snacks Program and Seniors Healthy Eating Outreach Events!
Central BBQ
Summer location, kids under 11 get free dinner Mondays and Tuesdays.

El Toro Loco
Kids under 6 eat free with adult entree.

McAlister’s
Kids eat FREE on Tuesdays & Saturdays, Two kids meals with any adult meal after 4 p.m. | “Found another one! I went to the McAllister’s on Mendenhall (next to the Paradiso) on Tuesday night and I got 2 free kids meals with my adult meal purchase (I only expected 1 free meal, so I was pleasantly surprised). We all drank water so all three of us ate for $8!”

El Porton
65 S Highland St
Kids eat free on Mondays

Russo’s
Germantown has kids eat free on Tuesday night

Danver’s
Kids eat free on Tuesday night with a purchase for an adult and it comes with a cookie too!!

Firehouse Subs
Germantown-2 kids eat free with an adult meal after 4 pm.

Holiday Ham
Tuesday and Thursday after 3 pm.

Pancho’s Mexican Restaurant
Kids eat free at Pancho’s on White Station and Summer Wednesday nights!

Patrick’s
Patrick’s on Park had kids eat free on Thursdays (with the purchase of an adult)

Steak & Shake
Saturday & Sunday – For every $9 spent during the dine-in experience, one child in the party will receive their Kids Plate for free.

IHOP
Kids ages 10 & under eat for half-price with purchase of an adult entree.

Humdinger’s
On Sundays from 4 PM – Close, kids 12 and under can enjoy their favorite Humdinger’s Kids meal for only $.99!

Lost Pizza Co.
Free kids cheese pizza with the purchase of $10 (call to confirm offer)

Ikea
Tuesdays Kids Eat Free (value $2.99) from 11:00 am – close! Kids (12 and under) can choose one combo meal.

Buffalo Wild Wings
On Wednesdays, the kids’ menu is $1.99 with purchase of an adult entree.

Belly Acres
Wednesdays – Free kids meal with the purchase of an adult meal

Pizza Rev
Wednesdays – Free kids meal with the purchase of entree pizza or salad.

Logan’s Roadhouse
Wednesdays – For guests 10 and under. One kid’s meal per adult entree purchase

Moe’s
Tuesdays or Thursdays – Kids eat free with the purchase of an adult entree. Depends on your location. Call the one you go to check which day they offer this.

Perkins
Kids eat free on Tuesdays!! Maybe Saturday’s as well I’m not sure. Kids 12 and under eat free – one freebie with the purchase of adult entree. Plus every day, kids ages 12 and under get free milk, soda, or juice, plus a free dessert with purchase of a kids meal.

Red Robin
$1.99 kids meal Wednesdays.
McDonald’s
Discounts on coffee and beverages (55+)

Whataburger
Free drink with purchase of a meal, based on location (55+)

Wendy’s:
Free coffee or other discounts based on location

Piccadilly Cafeteria
10% discount with “Prime Time for Seniors” card

Subway
10% off (60+) varies by location

Krispy Kreme
10% off (50+)

Perkins Restaurants
Fifty-Five Plus menu offers special deals (55+)

KFC
Free small drink with any meal based on location (55+)

Burger King:
10% discount on purchase based on location (60+)

IHOP:
10% discount (55+) and a menu for people aged 55 and over at participating locations

MEMPHIS PUBLIC LIBRARIES

Library Programs and events are being held virtually in compliance with COVID-19, if held in person, please remember to bring your mask and practice social distancing for the months of June and July.

Family Fun Night at Cordelia’s Market
Weekly on Wednesdays from 5-7pm

Tech Time with Daria
Weekly on Tuesdays from 4:30-5:30pm

Need more information about library programs? Call 901-415-2765

Senior Outreach Schedule

Techie Seniors – Geared towards individuals who want to learn the basics of how to use their iPad or tablet. The classes generally follow a two-part curriculum ranging from basic functions to accessing library services. We can supply iPads and tablets for participants to use, but they are more than welcome to bring their own. Request Techie Seniors. For more information, contact Taylor Thomas, (901) 415-2850, taylorm.thomas@memphistn.gov.

JobLinc
https://www.memphislibrary.org/joblinc/

Linc-211
https://www.memphislibrary.org/linc-2-1-1/
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(Virtual) Firework Wreaths
Wednesday, July 01 | 2:30-3:30PM
Bartlett Library

Virtual Kids Cooking Class
Monday, July 06 | 12:00-1:00 PM
Tuesday, July 7th | 12:00-1:00 PM
Thursday, July 9th | 12:00 - 1:00 PM
Friday, July 10th | 12:00- 1:00 PM
South Library

901Voices Oral History Recording Session
Tuesday, July 07 | 10:30am-5:30pm
Thursday, July 9th | 12:30-2:30pm
z901Voices

Toddler Storytime
Wednesday, July 08 | 10:15-11:15am
Benjamin L. Hooks Central Library

Game Day!
Friday, July 10 | 1:30 PM - 2:30 PM
Benjamin L. Hooks Central Library

Magnetic Magic
Monday, July 13, 2020 | 1:30-2:30 PM
Benjamin L. Hooks Central Library

(Virtual) Two Minute Movies: Live Showing
Tuesday, July 14, 2020 | 3:00 PM - 4:00 PM
Bartlett Library

(Virtual) Write your own Story time
Wednesday, July 15, 2020 | 10:30-11:30 AM
South Library

Community Playdate
Saturday, July 18, 2020 | 10:15-11:00 AM
Benjamin L. Hooks Central Library

South Branch’s Block Party
Saturday, August 1 | 10am-12pm
South Library

Free Saturday Legal Clinic
Saturday, August 8 | 10am-12pm
Benjamin L. Hooks Library

Take Back Your Life: Credit & Money Management Workshop
Tuesday, August 11 | 5-6:30pm
Benjamin L. Hooks Library

Cooking Matters: Six Week Long Cooking Class
Wednesday, August 19 | 2-4pm
South Library

Paint & Sips (Family Art Classes)
Thursday, August 27 | 4-5pm
South Library
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