



2023 is forging right ahead into February! Cold air and wintry weather will be at its peak. We hope residents stay warm and safe as we look forward to the Spring months ahead! **The SHA offices will be closed this month on Monday, February 20, 2023 in observance of President's Day.** The office will reopen on Tuesday, February 21st at 9:00am. Maintenance may be contacted for emergencies at 704-239-1235.



### Family Self-Sufficiency (FSS) News



Do you love your **life** as it is right now?  
OR Do you want **M.O.R.E.....**

**M**oney. ..**O**pportunities.. and.. **RE**sources

*The FSS Program Can Help You Achieve It By:*

- ◇ Getting you out of debt
- ◇ Improving your credit score
- ◇ Finding a permanent job that you love
- ◇ Getting access to free career training

If you are ready for **MORE**, contact **Stephanie Bruce** 704-636-1410 extension 113.

*Call Today and Get Started Building a Better Life!!*



## HOUSE RULES

All SHA residents are required to follow House Rules, which are outlined in the SHA lease. By breaking one of these rules, residents may be faced with the possibility of eviction. Over the past few months, there have been several issues with parked vehicles in SHA parking lots. These vehicles are broken down, have flat tires, with expired or no tags, etc. Our maintenance staff has tagged several of these vehicles. This gives the resident 7 days to remove the vehicle before it is towed. Two cars have been towed so far.

**As a reminder to our residents, please review House Rule #6:**

*“Vehicles may be towed at the owner’s expense for the following: improper tag, no tag, inoperable, on blocks, or being illegally parked on the grass or other “unauthorized space”. Vehicles may not block dumpsters, access ramps, or fire lanes. No vehicle repairs on SHA lots.”*

The SHA staff works hard to provide residents with decent and well maintained living areas. Residents are asked to do their part and follow all House Rules!



### New Employee Spotlights



The SHA would like to welcome our newest employee! Mr. Frank he has over 25 years experience in Pest Control. He will be exterminating one apartment at a time. Frank will become a familiar face to all.

Frank is from Massachusetts. He loves to run the 5K and , enjoys gardening. Frank is excited to begin his career at the SHA! We are happy to have him join our SHA family!

*Welcome to the Team Frank!*

Pay your rent online at [www.salisburyha.com](http://www.salisburyha.com)



February is Black History Month!





- February 1 - **RENT IS DUE**
- February 7 - New Resident Orientation; 10:00am
- February 6 - **LATE FEES ADDED TO RENT**
- February 14 - Valentine's Day
- February 20 - Presidents Day (SHA closed)



**February 10th, 2023– No School / Teacher Workday**  
**February 13th, 2023– No School/ Teacher Workday**  
**February 13th, 2023– Potential Inclement Weather Make-up Day**

<https://www.rssed.org>

**American Heart Month**



February is American Heart Month. Did you know that high blood pressure, high cholesterol levels, and physical inactivity increase your risk of having a heart attack? To reduce your risk of a heart disease the American Heart Association recommends:

- Do not smoke cigarettes.
- Have your blood pressure checked regularly and if it is high, follow your doctor's advice to control it.
- Eat foods low in saturated fats and cholesterol. Avoid junk foods and eat more fresh fruits and vegetables.
- Maintain proper weight.
- Visit your doctor and have regular medical checkups.
- Stay physically active. Check with your doctor before starting an exercise program. Exercise can help you feel better, look good, reduce stress, and improve your sense of well being. Only thirty to sixty minutes of exercise 3-4 times a week can help your heart.

**ZUMBA®**  
toning

**SHAKE THINGS UP WITH A FULL BODY WORKOUT!**  
**MONDAYS / WEDNESDAYS**  
**2:15 - 3:00 PM**

— Rufty-Holmes —  
**Senior Center**  
 "Adding Life to Years"

**TO REGISTER:**  
 CALL 704-216-7701  
 OR EMAIL: [FITNESS@RUFYHOLMES.ORG](mailto:FITNESS@RUFYHOLMES.ORG)

**DADDY**  
*daughter*  
**DANCE**

**27th Annual**  
**Father/Daughter**  
**Dance**

Saturday, February 4, 2023  
 6:00pm - 9:00pm  
 At the Salisbury Civic Center  
 \$11 Tickets  
 Registration: [www.salisburync.gov/play](http://www.salisburync.gov/play)



SALISBURY HOUSING AUTHORITY  
 PO BOX 159  
 SALISBURY NC 28145-0159



ADMIRER  
 CRUSH  
 AFFECTION  
 ATTRACTION  
 BEAU  
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 HEARTS  
 CANDLES  
 CANDY

COUPLE  
 ADORE  
 DARLING  
 CHOCOLATES  
 DATE  
 DEAR  
 DEVOTION  
 FANCY  
 FLAME  
 FEBRUARY

FLOWERS  
 FONDNESS  
 FOREVER  
 FRIENDSHIP  
 GIFT  
 GIRLFRIEND  
 JEWELRY  
 LIKE  
 LOVEBIRDS  
 LOVERS

CUPID  
 PARTNER  
 ROMANCE  
 ROSES  
 SENTIMENT  
 SUITOR  
 SWEETHEART  
 RESTAURANT  
 PROPOSAL