



Jackson

Housing Authority

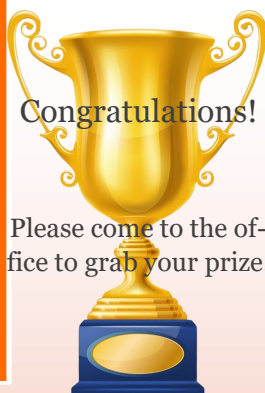


- **After Hours Emergency Maintenance**
770-468-2136
- **Maintenance will be doing inspections throughout the month of November.**

Maintenance Reminder

- **Pest Control:** Scheduled for the first Wednesday and Thursday of November —this year that falls on **11/5 (Wednesday) and 11/6 (Thursday)**,
- **Inspections and Repairs:** Maintenance will also continue routine inspections and apartment repairs throughout the month.

Thank you for your cooperation.



Congratulations!

Please come to the office to grab your prize.



Buzzing with BeLinda



I want to personally thank the residents who came out to help with Community Clean-Up Day — Delores M., Stacey G., Joshua G., Mildred M., Phillis S., Wanda M.,

Oscar T., Yavetta J., and Jayce. Your hard work and willingness to pitch in are greatly appreciated. Thank you for helping keep our community clean and beautiful!

With the government shutdown and uncertainty surrounding SNAP benefits, We want to make sure our residents have access to available resources. The following food banks are available in Jackson:

- **First Baptist Church — (770) 775-3102**
Offers food once per month. Next date: November 8th
ID and proof of residency required
Address: 227 West Third Street, Jackson, GA 30233
 - **Salvation Army — (770) 775-2940**
Has an active food pantry. Please call for more information.
- If you need help getting in contact with any of these services, please don't hesitate to reach out to me .

Contact:

BeLinda Whitaker
Resident Service Coordinator
770-358-3935, ext. 102
ressvcs@barnesvilleha.com

Tenants should respect their neighbors and keep noise to a minimum. Between 10:00pm and 7:00am noise outside should be omitted.

- Parents must supervise their children. Parents will be held responsible for damages to any property by their children.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25	26	27	28	29	30	1 Rent Due Late Day
2 Fall Back Day	3	4	5 Pest Control	6 Pest Control	7	8
9	10	11 Veterans Day	12	13 Have a Great day	14	15
16	17	18	19	20	21	22 Last Day to Pay
23 Thanksgiving Meal 5pm	24 DISPO DAY	25	26 Office Closed	27 Thanksgiving Day Office Closed	28 Office Closed	29
30	1	2	3	4	5	6

After Hours Emergency Maintenance
770-468-2136

Thanksgiving

WORD SEARCH

Can you find the words hidden in the puzzle?

E	L	S	T	O	B	A	P	E	A	R	E
M	C	E	G	A	P	A	C	D	O	A	P
U	Q	A	M	N	C	O	R	N	E	L	I
S	A	P	N	O	E	O	A	R	T	E	N
H	P	O	U	D	N	E	R	C	D	A	E
R	T	R	O	M	L	A	E	N	H	V	C
O	U	A	P	P	L	E	R	Y	S	E	O
O	R	O	S	B	E	H	K	I	W	S	N
M	K	T	R	A	U	T	U	M	N	U	E
A	E	P	U	M	P	K	I	N	E	L	R
Y	Y	C	U	N	D	O	C	T	U	R	S
E	W	U	F	I	R	E	P	L	A	C	E

TURKEY	LEAVES	PINECONE	APPLE
CANDLE	AUTUMN	MUSHROOM	CORN
ACORN	PUMPKIN	FIREPLACE	PEAR

List Tenant Birthdays for the Month

Happy
BIRTHDAY

Congrats
Kash Jkari F.
You are our birthday winner for November!
Please come by the office for your gift.

Emma Ruth S.
Lizzie C.
Martez H.
Randy U.
Dakhari S.
Kizzyonna C.
Caden Trudell S.

Linda C.
Yolanda S.
Kash JKari F.
Marcus J.
Sinthia B.
Yavetta J.
Cornelius D.

Have an amazing day!

Tenant Spotlight



Jackson Housing Authority is shining a spotlight on our tenants who came out on October 14, 2025, for Tenant Cleanup Day. Let's give a round of applause to Delores M., Stacy G., Mildred M., Wanda M., Joshua G., Phyllis S., Oscar T., Yavetta J. and Jayce C.

We truly appreciate these residents for taking time out of their busy schedules to help keep our communities clean and beautiful. After the cleanup, everyone enjoyed food, laughter and good conversation. A true reminder of what community looks like in action.

Keeping our neighborhoods clean takes teamwork, and every effort makes a difference. Let's keep the spirit going all year long. If you see trash, please pick it up and do your part to keep Jackson Housing Authority a place we're all proud to call home.

Community Spotlight



**October
7
1pm-4pm**

**Jackson Housing
Fire Safety**



**FIRE TRUCKS
& SNACKS**

**JACKSON HOUSING
AUTHORITY**
160 CARTER AVE, JACKSON,
GA 30233


**Meet Us
Here**



Jackson Housing Authority wants to shine a sparkling community spotlight on the Butts County Fire Department and the Jackson Police Department for coming out and supporting our Fire Safety Day. There were so many tips and facts given out on October 7 to our residents about how to keep the community safe. If you see these guys around town, tell them thank you for showing our community so much love

Tenant Spotlight



Spooky Night

DANCE - MUSIC
GAMES - SNACKS

OCT. 28
2025

430PM TO
530PM

COSTUME CONTEST
WIN THE GRAND
PRIZE

JACKSON HOUSING AUTHORITY | 160 CARTER AVE.



Did you come to Spooky Night at Jackson Housing Authority? Oh, you didn't? Well, you missed out! Our community came together for an evening full of laughter, treats and Halloween fun. The kids got creative painting pumpkins on wooden plaques while enjoying cookies, candy and juice. Halloween music filled the air as little ghosts and goblins danced, painted and showed off their smiles.

It was a night of joy, creativity and connection, and a perfect example of what makes Jackson Housing Authority such a special place to live.

We can't wait to see everyone again next year.

National Diabetes Month

Let's raise awareness and take action together.

WORLD DIABETES MONTH

Type 1

This is primarily an autoimmune condition where the body attacks insulin-producing cells in the pancreas.

Family History: Having a parent or sibling with Type 1 diabetes increases risk.

Age: Typically develops in children, teens, or young adults, but can occur at any age.

Type 2

This is more common and often related to lifestyle factors.

Obesity: Excess weight, particularly around the abdomen, significantly increases the risk of developing Type 2 diabetes.

Age: Risk increases with age, especially after 45 years.

GESTATIONAL DIABETES

Women who had diabetes during pregnancy are at increased risk for Type 2 diabetes later in life.

DIABETES MONTH WORD SEARCH

Find the words hidden in the wordsearch below!

N	U	T	R	I	T	I	O	N	K	C	L	F	H
P	A	N	R	E	A	S	L	C	I	A	P	I	Y
I	M	F	E	P	T	D	K	O	G	R	R	K	P
F	O	O	T	C	A	R	E	M	L	B	E	G	O
P	N	R	I	H	H	J	T	P	U	O	V	N	G
N	I	J	N	V	W	Y	O	L	C	H	E	E	L
Q	T	I	O	Q	T	E	N	I	O	Y	N	U	Y
U	O	N	P	S	Y	X	E	C	S	D	T	R	C
E	R	S	A	U	P	E	S	A	E	R	I	O	E
K	I	U	T	P	E	R	M	T	A	A	O	P	M
O	N	L	H	P	I	C	R	I	J	T	N	A	I
U	G	I	Y	O	R	I	O	O	B	E	R	T	A
F	W	N	E	R	X	S	V	N	E	S	X	H	M
K	I	D	R	T	E	E	N	S	H	I	R	Y	O

- Insulin
- Glucose
- Pancreas
- Hypoglycemia
- Neuropathy
- Retinopathy
- Ketones
- Carbohydrates
- Exercise
- Footcare
- Monitoring
- Nutrition
- Complications
- Prevention
- Support
- Type1

Healthy Picks for Diabetics

AVOID

SWEETS
Lemonade
Regular sodas
Sugar-sweetened teas

VEGETABLES
Potatoes
Peas
Corn

PROTEIN
Roasts
Dark meats
Bacon
Sausage
Fried meats

FRUIT
Bananas
Melons
Stone fruits

ENJOY

PROTEIN
Seafood
Turkey
Chicken
Lean beef
Pork tenderloin
Dairy foods
Beans
Soy protein

VEGETABLES
Salad greens
Carrots
Zucchini
Mushrooms
Sweet potatoes

FRUIT
Berries

SWEETS
Whatever you desire in a small quantity

9 HEALTHY TIPS For Diabetics

Eat food at fixed hours-Do not overeat!

Do not eat food immediately after a workout.

If you are on insulin make sure you have 3 proper meals with light snacks in between.

Do not eat fast; masticate and munch your food well before you swallow

Drink a lot of water that will help flush the toxins off your system

Make sure the gaps between your meals are short.

Avoid fried foods and sweetmeats

Include fresh vegetable salad in every meal

Do at least 1 hour exercise daily