



## EAST POINT HOUSING

### AUTHORITY

# Newsletter

<https://www.eastpointha.org/>

Office:(404) 768-0078 fax:(404) 669-0056

3056 Norman Berry Dr

East Point, GA 30344



Rent payments are due on the 1st business day of each month and late on the 6th business day of each month. The last day to pay rent is May 12, 2025. On Tuesday, May 13, 2025, a \$25.00 LATE FEE will be posted to all unpaid accounts. This includes maintenance charges owed and unpaid agreements. Payments made after May 12, 2025, will be considered late. On May 26, 2025, a Dispossession will be filed.

As a reminder, Partial Payments are not accepted. Money orders are no longer accepted without prior approval from the Director of Housing. All payments must be made via our online Tenant Portal. If you need assistance with setting up your account, please contact the Public Housing Department at 404.768.0078 ext. 122 or 127.

## MEMORIAL DAY

Memorial day will be observed on the last Monday of May, 26, 2025

This holiday honors the men and women who died while serving in the U.S. military. You are encouraged to take part in the National moment of remembrance at 3:00PM on this day.

East Point Housing Authority will be closed on Monday, May 26, 2025, in observance of Memorial Day and will re-open on Tuesday, May 27, 2025



Cinco de Mayo, or the fifth of May, is a holiday that celebrates the date of the Mexican army's May 5, 1862 victory over France at the Battle of Puebla during the Franco-Mexican War. Cinco De Mayo will be observed on May 5, 2025.

While it is a relatively minor holiday in Mexico (mostly celebrated in Puebla). In the United States, Cinco de Mayo has evolved into a commemoration of Mexican culture and heritage, particularly in areas with large Mexican American populations.

# **East Point Housing Authority FY 2025 Housing Agency Plan & Five Year Action Plan FY 2025 – FY 2029**

The 30-day Resident Comment Period will end May 9, 2025. You will still have an opportunity to review the 2025 Agency Plans until May 30, 2025, at these locations: Housing Authority Central Office, 3047 John Freeman Way (RC Building) and 1148 Calhoun Ave. (After-School Building), East Point City Hall, East Point Public Library, Housing Authority Website ([www.eastpointha.org](http://www.eastpointha.org)).

A final discussion and input regarding the Agency Plans will be held:

Thursday, June 12, 2025, Central Office/  
Training Room  
3056 Norman Berry Drive, East Point, GA  
30344

## ARTHRITIS AWARENESS MONTH



An estimated 58.5 million adults in the U.S. are affected by some form of arthritis, which breaks down to about 23.7% of the population.

Osteoarthritis mostly affects cartilage. The surface layer of cartilage breaks and wears away. This allows bones under the cartilage to rub together, causing pain, swelling, and loss of motion of the joint.

Here are some tips to help your joint pain and arthritis to be manageable.

Get active. It's a common misconception that if you have arthritis, you cannot exercise. That's just not true. Try some low impact exercises like walking or yoga.

2. Do gentle daily stretches to move your joints through their full range of motion.

3. Stop smoking. Toxins in cigarette smoke can damage connective tissues, which can increase arthritis pain.

## MOTHER'S DAY

Mother's Day is a holiday honoring motherhood that is observed in different forms throughout the world. This year, Mother's Day will be observed on Sunday, May 11.

While dates and celebrations vary, Mother's Day traditionally involves presenting moms and mother figures with flowers, cards and other gifts.



Mother's Day was created by Anna Jarvis in 1908 and became an official U.S. holiday in 1914. She would later spend the latter part of her life trying to remove it from the calendar due to the commercialization of what she thought of as an intimate event of honoring the mother you know.



## NATIONAL DAY OF AWARENESS OF MISSING AND MURDERED INDIGENOUS WOMEN AND GIRLS

May 5th being declared as National Day of Awareness of Missing and Murdered Indigenous Women and Girls was a direct response to the demands for justice following the 2013 murder of Hanna Harris on the Northern Cheyenne Reservation. Due to an inadequate law enforcement response, Hanna's family and friends were forced to conduct their own search. Their relentless pursuit of justice sparked community-led marches and advocacy efforts, not only for Hanna, but for the countless cases that remain unresolved. Since 2017, the national movement to end violence against Indigenous women has continued to elevate May 5th as a day of remembrance, action, and advocacy.

## MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness.

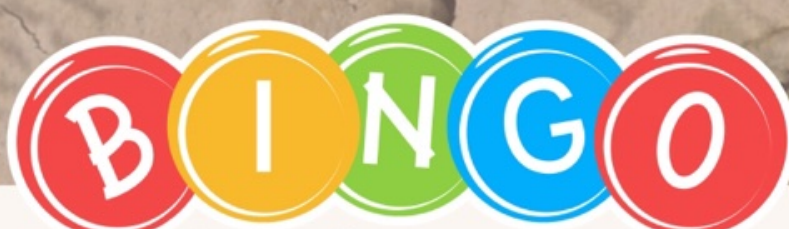
Establish a self-care routine to prioritize your mental health!





**Congratulations to our 2025 Graduates! There's nothing you can't do if you put your mind to it. Hats off to you!**

**CONGRATULATIONS**



**You are invited to Community Bingo Day  
Come have some fun!**

**Wednesday, May 14, 2025  
12:00PM - 2:00 PM**

**Resident Association Building –  
3047 John Freeman Way  
Come join us for some fun, and prizes.  
Ages 18 and older welcome.**

**Come join the Resident Council Meeting  
and Let your voice be heard!**

**Thursday, May 15, 2025, at 6:00PM.**

**Resident Council Building  
3047 John Freeman Way**

**Officers:**

**President: M. Moses  
Email: [mmoses@eastpointha.org](mailto:mmoses@eastpointha.org)**

**Vice – President: J. Tyler  
Email: [jtyler@eastpointha.org](mailto:jtyler@eastpointha.org)**

**Secretary: A. Range  
Email: [arange@eastpointha.org](mailto:arange@eastpointha.org)**

**Treasurer: T. Woodard  
Email: [tonyawoodard84@yahoo.com](mailto:tonyawoodard84@yahoo.com)**

**Parliamentarian: D. Perry  
Email: [dperry@eastpointha.org](mailto:dperry@eastpointha.org)**

**Mentor: Denise Jones  
Email: [djones@eastpointha.org](mailto:djones@eastpointha.org)**

**For more information contact a member listed above.**



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# YOUTH CAMP

S.T.E.M. Activities, Field Trips, Science Activities,  
Arts and Crafts, Music and More!

At Impact Church | Monday - Friday  
June 2 - July 11 | 8:00 a m to 4:00 pm

For more information, contact Lt. Bridges at :  
dbridges@eastpointcity.org or 404-323-2928

**FREE**

**HOUSEKEEPING**

**101**

**Fight F.O.G!**

Keep fats, oils, and grease out of your drains.

Backups and blockages can be caused by  
F.O.G, which is found in meat, fish, butter,  
cooking oil, mayo, gravies, sauces, and food  
scraps.



**REMINDER**

Residents, please refer to your lease  
for porch guidelines. Please note  
that only patio furniture is  
permitted; grills and bicycles are not  
allowed on porches.

## REFERENCES

<https://www.niivrc.org/mmiwr-awareness>

[https://www.samhsa.gov/about/digital-toolkits/  
mental-health-awareness-month/toolkit](https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month/toolkit)

<https://www.dashboard.us/alleywave-2025>

<https://www.history.com/articles/mothers-day>

[https://www.history.com/articles/cinco-de-  
mayo](https://www.history.com/articles/cinco-de-mayo)

[https://www.pbs.org/national-memorial-day-  
concert/memorial-day/history/](https://www.pbs.org/national-memorial-day-concert/memorial-day/history/)