

Jefferson City Housing Authority Senior Newsletter

April 2020 Edition

Safety First! In these uncertain times we need to do all we can to keep ourselves and our neighbors safe. Wash your hands often, stay at least 6 feet away from other people, no more than 10 people in the community rooms, and minimize skin contact with elevator buttons and door knobs. Keep in contact with friends and family by phone or email. Visitors can only be in your unit, not the community rooms or lobbies. We are following the directives of local government. As those change, we will too. We want everyone to be safe and healthy. Please do your part. Thank you.

Visitors To reduce the spread of the virus we are only allowing tenants, not visitors, in the community rooms and lobby. If you have a visitor, they must go directly to your apartment upon entering the building. No lingering in the hallways or elevator or entering community rooms. Please do not permit any visitors who are sick into the building.



What is social distancing?

Social distancing is a public health practice that aims to prevent sick people from coming in close contact with healthy people in order to reduce opportunities for disease transmission. It can include large-scale measures like canceling group events or closing public spaces, as well as individual decisions such as avoiding crowds. With COVID-19, the goal of social distancing right now is to slow down the outbreak in order to reduce the chance of infection among high-risk populations and to reduce the burden on health care systems and workers.

Please keep a distance of 6 feet apart even outside.

Please remember to wash your hands and do not touch your face to prevent the spread of

COVID-19!



Watch for symptoms like

- Fever
- Cough
- Shortness of breath

Let's see how much you know about the corona virus.

Join Dorothy Colter to play some games like crosswords, word scramble, and word searches. You will need to call Dorothy and sign up because we can't have more than 10 people in the room at one time and all will sit 6 feet apart. Games will begin at 1 p.m., if more than 10 want to play we can do it again at 3 p.m. You can only participate in the building you live in.

April 6 at Herron April 8 at Hyder April 10 at Kenneth Locke

Main Office 635-6163 Maintenance 635-3232, after 4 p.m. & weekends 1-877-599-3627 pager #1318
Herron 636-0194 Kenneth Locke 636-4555 Hyder 634-3058
Clarke dining room 634-8020 Hyder Beauty Salon 635-8223 Handi Wheels 634-6477

Pineapple Angel Food Recipe

- 1 - box of white angel food cake mix
- 1 - 20oz. can of crushed pineapple.



Empty cake mix in a large bowl and dump undrained 20 ounce can of crushed pineapple and stir with spoon. Don't use electric mixer. The mixture will fluff up. Then dump in a 9 x 13 greased regular cake pan not a Bundt pan.

Bake for about 25-30 minutes.

River Region Library Schedule

Herron April 27, 10-10:45 am.

Hyder April 27, 11-11:45 am.

Ken Locke April 28, 2:30-3:15 pm.



The library sets up items for check out in each of these community rooms. If you do not have a card, no problem, just bring proof of address and you will be able to check out items that day. **The library will be discontinuing services in buildings that do not have enough participation.**

Dates are subject to change.

Dorothy Coulter will be out of the office April 20-24.

Do you need Renter's Insurance?

Renters insurance is a safety net for you and your belongings. Along with loss or damage due to theft, fire, vandalism, some types of water losses like burst pipes, etc., it also covers temporary living expenses and certain medical/legal fees. When signing up for a renter's insurance policy, you'll have to select your coverage amount. That means you'll have to decide up to what dollar amount you'll want your insurance policy to cover. To obtain rental insurance or get a quote contact anyone that sells insurance.

Medical Marijuana

Just a reminder. Your lease states that you can lose your housing for engaging in drug related criminal activity. Medical marijuana is illegal under federal drug laws. Having a state issued patient card does not make possession of, or the use of, or growing marijuana legal under federal law.

Spring Door Decorating Contest



With all the bad news of sickness in are world we would love to unite and celebrate Spring. JCHA is hosting a spring door decorating contest for each building. Start decorating now.

Bonus points if your door has a hat or bonnet theme. Hats can be beautiful, funny, show support for a favorite team or activity. We will take photos of doors to post on the website the week of April 13.

REMINDERS

- Do Not let strangers in through any door.
- There is a limit on how long a guest may stay in your unit. Guest who stay too long are a lease violation and you can lose your housing.
- Be careful what you put down your toilet. **Please do NOT flush** any kinds of wipes (baby, facial, cleaning or flushable), medications, condoms, grease, trash, paper towels, diapers or feminine products.

Rules of owning a Pet

Please be a good neighbor. Not everyone is a pet person. Some people have allergies or are fearful of animals. Please do your best to make your neighbors feel comfortable. Remember you must:
**Keep your pet on a leash **Always clean up after your pet **Not let your pet use the bathroom near smoking areas, park benches, or any other area where others sit **Keep your pet quiet.
**Also, pets cannot be tied/chained inside or outside at any time.

Please remember your buildings are Smoke free. This includes **NO** E-cigarettes, or Juuling in your units or in the building. **You can only smoke in the designated smoking areas outside even in rainy/snowy weather.** Thank you for your continued cooperation.



Statewide Tornado Drill
March 3 at 10 am

Where should you go:

- Seek a small interior room or hallway on the lowest floor possible
- Stay away from doors, windows, and outside walls
- Stay in the center of the room, and avoid corners because they attract debris
- Rooms constructed with reinforced concrete, brick or block with no windows and a heavy concrete floor or roof system overhead

Where do you plan to Shelter?

Participation in this drill is recommended.



Game Days

Mondays and Fridays in Clarke Dining Room at 1 p.m.:

If you are interested in playing or learning to play Pinochle, Mexican Train Domino's, or Rummikub, please join in for some fun. We are looking for players, teachers and anyone who wants to learn. All are welcome. If you are interested in playing games at **Herron** on Thursday afternoons at 1 p.m. please contact Dorothy.

