

# Jefferson City Housing Authority Senior Newsletter

## September Newsletter

### COMMUNITY ROOM

Know that we are continually monitoring and reassessing our precautionary measures to ensure that we are making the most prudent and conscientious decisions.

We are pleased with how effective precautions have been. We will continue to move slowly in fully reopening community areas.

**Only residents** are permitted in the community rooms, no more than 10 at one time and **masks** are **REQUIRED**. Please continue to use all proper social distancing guidelines and safety precautions. Keeping resident's safe is a top priority.

Community rooms may be closed once again if the virus spreads in the building, if more than 10 people are in the room, or if social distancing is not observed.

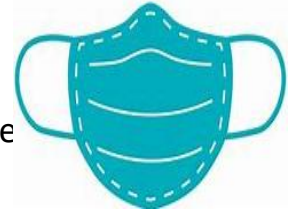
### Movie at Herron

September 8, at 2 pm "Saharah" will be shown in the Herron Community room, limit 10. If more people are wanting to see the movie, it will be shown later that afternoon at 4:30 pm. RSVP to Dorothy at 573-634-1088.



We are requesting all visitors and tenants to wear masks.

We recommend everyone wear masks when outside their units. Masks are now **REQUIRED** in community rooms.



## Senior Food Box Program sponsored by Catholic Charities.

This month's delivery schedule is:

Hyder September 18, from 10-12  
Herron September 10, from 10-11:30  
Ken Locke is September 8, from 10-11:30  
LaSalette is September 8, from 12-1

**Please pickup boxes in your community room. If you are unable to pick up the day and time of delivery, you can have someone pick it up for you. You must make arrangements with your property manager or Dorothy before delivery!**

If you would like to sign up please contact Dorothy at 573-634-1088.



### River Region Library Schedule

Herron September 24, 2-2:45 pm.  
Hyder September 15, 2-2:45 pm.  
Ken Locke September 22, 2-2:45 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.

**Please honor all social distancing measures when checking out books.**


- Be very careful when you are out and about in the community. COVID numbers in Cole County are on the rise.
- When Home Health, or other visitors are in your home, please wear a mask, wash your hand often, and clean when they leave.
- PLEASE report to your property manager if you have tested positive for COVID. This will be kept confidential, but extra cleaning and disinfecting in the common areas or areas you have been within the building will be done to prevent others from getting sick. We have to work together to keep this virus out of our buildings.

## Reminders

Continue to practice social distancing at all times. We need to work together to keep our community safe.

- Stand 6 feet away from the elevator doors or entryways to permit people to safely enter or exit and maintain social distancing practices.
- If you are in any common areas, halls, elevators, or smoking areas, continue to spread out. We recommend that you wear a mask when outside your unit.
- If you are leaving your apartment, we recommend that you wear a mask or cover your mouth and nose, even if you are not sick.
- If you test positive for COVID-19 please let your property manager know immediately.
- Any surfaces you touch on a regular basis such as counters, remotes, doorknobs, medical equipment, or anything that assists in your mobility, phones, or tablets should be cleaned often.
- Experts tell us that smoking may increase the risk of a severe COVID-19 infection. If you smoke, please use extra caution to prevent getting sick.
- Keep yourself healthy and manage stress: Eat healthy foods and drink plenty of water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol and limit the use of tobacco products if you smoke.

**If you need assistance contact the Missouri Department of Health and Senior Services 24 hours COVID HOTLINE 1-877-435-8411, Disaster Distress Helpline: 1-800-985-5990, SUICIDE PREVENTION CRISIS LINE: 1-800-273-8255**

**Smoking is only allowed in the areas marked “Designated Smoking Area”. All other areas are NO SMOKING.** 

Clarke Senior Center is continuing to provide meals to go. We will let you know when the dining room plans to reopen.

The JCHA bus will not be running in September.



Fun bingo and Minute to Win it Games will be played in the community rooms at Herron, Ken Locke, and Hyder this month for tenants only. Sign up with Dorothy to reserve your spot. To honor social distancing guidelines, we will only be able to have 8 players per session.



**September 15**, at 2 pm in Herron  
**September 22**, at 2 pm in Hyder  
**September 28**, at 2 pm in Kenneth Locke

*Please bring a wrapped gift for prizes.*

Call Dorothy if you would like to participate at 573-634-1088



**September 18**, at 2 pm in Herron  
**September 25**, at 2 pm in Hyder  
**September 30**, at 2 pm in Kenneth Locke

Call Dorothy if you would like to participate at 573-634-1088



We will let you know when Bingo will reopen in the Clarke Senior Center.

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