

Jefferson City Housing Authority Senior Newsletter

June Newsletter 2020

COMMUNITY ROOM

We are pleased at how effective our precautions have been. We will not remove them without proper consideration. We continue to comply with the Governor's order on reopening the state. Know that we are continually monitoring and reassessing our precautionary measures to ensure that we are making the most prudent and conscientious decisions.

Starting June 1, we will to open some of our community rooms to **residents only**, no more than 10 at one time. Please continue to use all proper social distancing guidelines and safety precautions. Keeping residents safe is a top priority.

Community rooms may be closed once again if there is an outbreak of the virus, if more than 10 people are in the room, if social distancing is not observed, or the Governor orders it.

Hyder Beauty shop is now open by appointment only. Call 573-635-8223 to set yours up today.



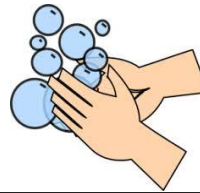
Clarke Senior Center is continuing to provide meals to go. We will let you know when the dining room plans to reopen.

We know our newsletter looks very different then it has in the past. We are still giving you a great source of information of events happening near you, but just a little different. We can't wait to get back to normal and provide wonderful outings and activities for you to enjoy.

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



We will let you know when Bingo will reopen.



Senior Food Box Program is a program sponsored by Catholic Charities.

If you are 60 or older and live in the Hyder, Herron, LaSalette or Ken Locke, you likely qualify for a FREE monthly food box from Catholic Charities, delivered to your door! The first 20 eligible residents who sign-up will receive their first box that day!

The sign-up event will be held at **Hyder community room on June 16, 10-12 pm** and at **LaSalette community room on June 11 from 9-12 pm.**

Becky will be able to sign anyone interested at Herron June 17 or later. You will need to Bring: Proof of Age: (Driver's license, birth certificate, Missouri ID, military record showing age) Proof of Residency: (Utility bills, lease agreement, recent piece of mail, doctor or hospital record, voter registration card)

All social distancing guidelines and protective measures will be followed at the event.



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, to spread out.
- If you are leaving your apartment, consider wearing a mask or covering your mouth and nose, even if you are not sick.
- Wash your hands often and try to not touch your face.
- 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.
- Keeping yourself healthy and managing stress: Eat healthy foods and drink plenty of water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol and limit use of tobacco products if you smoke. These tips will help you manage any stress and anxiety you may be feeling at this time.

If you need assistance contact 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

Rent is still due and must be paid. If your income has changed contact your property manager to see if you qualify for a rent change. Until July 24, 2020 there will be no evictions if the only reason is unpaid rent. If your rent is not paid in full or you do not have a payment plan on July 24, 2020 eviction proceeding may be started. Other lease violations can still be processed at this time – so please follow the rules to keep your housing.

Concerns

All properties are smoke free but there is still a smell of cigarette smoke in the halls. The smell is caused by lit cigarettes. Smoking inside the building is a lease violation which can lead to eviction.

Social distancing requires 6 feet between people. We have observed violations on the elevator, waiting for the bus, and in the designated smoking areas. Please respect others and stay 6 feet away.

FREE Zoom Classes



Preventing/Living with Diabetes and Prediabetes beyond Covid Zoom Sessions sponsored by Lincoln University. This class is Free, plus you have a chance to win a gift certificate for free fruits and vegetables. This is a 3-class event starting June 17th, 24th & July 1 at 10:30-11:15 am. Please contact Sarah at 573-681-5329 or e-mail at EberS@lincoln.edu if interested.

Healthy
= LIVING =

Eat Smart and Living Strong Zoom sponsored by MU Extension. This is a Free class, plus you can earn participation prizes. This is a 6-class event starting June 9th at 2pm. Call Kevin at 573-634-2824, or e-mail at lawrenceke@missouri.edu if interested.

What do I need to Zoom? You will need an email address, internet access and a device (computer, tablet, smart phone) to sign up and attend these classes.

1. Call or email contact to the class you want to attend.
2. Give your email address and Kevin or Sarah will email you a link for the class you are signing up to attend.
3. Click link shortly before class starts and the Zoom app will open. If you do not already have the Zoom app on your device, click the *download button after you clicked on the class link*. Zoom will download and then the class will open.
4. Attend the class. You will be able to see the presenter and, if you have a microphone built into your device, you will be able to talk. If your device has a camera you can turn that on, and the presenter can see you if you want.

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