

Jefferson City Housing Authority Senior Newsletter

January Newsletter 2021

Staying Active with a Walking Challenge



January and February, we will be hosting another walking challenge. Please record each 10 minutes of activity you complete on the little slips of paper that can be found in either your lobby or community room in your building. Place slips of paper in the plastic container marked "Activity Challenge" and a winner will be drawn weekly for each building. You can walk, use soup cans like weights, or simply stretch. All activity counts for our challenge. Being active helps digestion, circulation, depression, and even helps preventing falls.

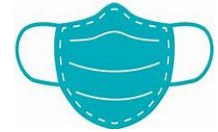
We do ask that if you are exercising in common areas, you wear a mask and use social distancing measures.

Staying Active keeps you Healthy!

If going outside remember to bundle up and watch your step. This time of year, there could be slippery spots on walking surfaces. Getting fresh air is great for you. Stay Healthy!



We are now requiring everyone to wear masks within the building. Please let all your visitors and health aids know that when **anyone** is outside your unit they need to be wearing a mask. This includes halls, elevators and community rooms.



Senior Food Box Program sponsored by Catholic Charities.

This month's delivery schedule is:

Hyder January 22, from 10-2
Herron January 14, from 12-1:00
Ken Locke is January 12, from 10-11:30
LaSalette is January 12, from 12-1

Meet Catholic Charities at the main door of your building during their scheduled time. Wear a mask when you come to pick up your box. *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 Dorothy before delivery!

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

River Region Library Schedule

Hyder January 19, 2-2:45 pm.
Ken Locke January 26, 2-2:45 pm.
Herron - January 21, 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.

Smoking is never allowed in units. This includes E- Cigarettes, Juuling and Vaping.

We know going outside is inconvenient, but we are a smoke free facility. We will enforce all smoking restrictions. Please only smoke in designated smoking areas.

But did you know... that Medicare can help with smoking cessations products at no cost to you, even if you do not want to quit forever? By using a smoking cessation product, you may be able to avoid going outside, and keep from the temptation to smoke in your unit. These products are covered by Medicare: Nicotine Nasal Spray, Nicotine Inhaler, and bupropion (Zyban) and varenicline (Chantix). If quitting forever is your plan you can also get free counseling to help. For more information, please call 1-800-QUIT-NOW. They are available 24 hours a day, 7 days a week and takes about 10 minutes.



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 spread out so you are 6 feet apart.
- **If you test positive for COVID-19 please let your property manager know immediately.**
- **If you test positive you must stay in your unit to protect the health and safety of other residents.** Endangering others is a lease violation and you could lose your housing.
- In your unit you should be cleaning any surfaces you touch on a regular basis such as counters, remotes, doorknobs, phones, tablets, medical equipment, or anything that assists in your mobility.
- 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.

We are aware people are still choosing to smoke within their units. This is a lease violation and you will lose your housing. You are welcome to smoke in designated smoking areas only. By choosing to break these rules you increase the risk of fire/smoke damaging your unit or the whole building.

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, marijuana legal in your unit.



We have had very few cases of COVID reported in our buildings. You all are doing great overall. Thank you for your compliance in working to keep our buildings safe for you and your neighbors. Thank you for continuing to do your part by wearing masks, washing your hands and social distancing. This limits others to possible exposure. Also, by reporting if you become sick, we are able to order extra cleaning in areas of the building you may have been in the last few days. Thank you for doing your part! ❤️

Activities will look a little different this month. With daily positive COVID cases in town, planning activities in advance is difficult.

Watch for Pop-Up activities. Pop-Up activities occur with little advance notice- they just Pop-Up for a fun time.

They will only be held if deemed low risk. We will post flyers in elevators announcing possible activities for the following week. NOTE: the activity may have to be cancelled if the virus is present in our properties.

No community rooms will be available for private parties through February 1, 2020.

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 January.



Missouri 24 Hour Hotline: 877-435-8411

The Missouri Department of Health and Senior Services (DHSS) activated a statewide public hotline for citizens or providers needing guidance regarding COVID-19. The hotline is being operated by medical professionals and is available 24 hours a day, 7 days a week.