

Jefferson City Housing Authority Senior Newsletter



September Newsletter 2021



River Region Library Schedule

Hyder - September 21, 2 pm.

Ken Locke - September 29, 2 pm.

Herron - September 23, 2 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.



Senior Food Box Program sponsored by Catholic Charities.

This month's delivery schedule is:

Hyder September 17, from 10-2

Herron September 9, from 12-1:00

Ken Locke is September 7, from 10-11:30

LaSalette is September 7, 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.

BINGO is back in the Clarke Dining Room on Wednesdays. Paper sales will start at 1 pm and game play starts at 2 pm. You must wear a mask, but it can be removed once you are seated at your table. We are still encouraging everyone to social distance.

This is a state licensed bingo for cash prizes.

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.



Activities

- Movie -** September 14th. "Sahara" will be shown in the Herron community room at 2 pm. You may bring your own snacks and a non-alcoholic beverage. Please RSVP.
- Craft -** September 9th, Decorating picture frames or shadow boxes. You can bring an old one or pick a new one up at Dollar tree. Meet in the Clarke dining room at 1 pm.
September 30th, Make fall decorations or a wreath for your door. Meet in the Clarke dining room at 1 pm. Bring supplies or give Dorothy \$5 and she will get supplies for you.
- Exercise class-** Every Tuesdays in the Hyder community room. Learn to stretch and strengthen your core to prevent falls. Classes given by Ben Fury at 2 pm. Except on the 21st, class has been moved to 3 pm.
- Game Days -** Every Monday and Friday in the Hyder Community Room. Cards and Dominos at 1:30.
- Tablet Time-** September 16th in your building's community room. Aging Best will bring 10 tablets and someone will be available to help you learn to use a tablet, look up friends, or information, create an email or Facebook account. See flyers in elevators for more information. Herron 9:30-10:30, Hyder 11-12, Ken Locke 1-2.
- Fun Bingo** September 23 in the Hyder Community Room at 2 pm. Please bring a wrapped gift.

All games/activities limit of 15 people all must wear a mask.

Call Dorothy 573-301-0069 to reserve your spot.



The community rooms are open, but we are monitoring current COVID cases and we will adjust as needed.



We are continuing the search for a new-to-us bus, but there is not a lot of inventory due a chip shortage for new buses. Used buses are not being traded as quickly, since owners are still waiting on their new bus from the factory. We will keep you posted on our progress.



Hy-Vee Shot Clinic Tuesday, October 5 at 10:00-1:30. Flu, Shingles, Pneumonia and COVID Shots available.

Hy-Vee van will be in the parking lot by the door to Clarke Senior Center.

Covid shots are free for all. Flu and Pneumonia shots are *free* if you are over 65 with Medicare B and could be free depending on your insurance if you are under 65. Shingles shots are covered differently depending on your private insurance or Medicaid coverage.

If you are interested in getting any shot, Dorothy will have some paper work for you to fill out and she will need a copy of your insurance/Medicaid card. Please see her before September 29th so HyVee can check your coverage before the shot clinic.

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 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.

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, social distancing and getting the vaccine. This limits possible exposure to others. 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

We are still asking residents to wear a mask in common areas even if you have had both shots.

Thank you for doing your part! ❤️



September 2021				
		1 Country Fried Steak Potatoes/Gravy Corn Dinner Rolls Margarine Pie Milk	2 Parmesan Chicken Noodles Tuscan Blend Salad Cookies Milk	3 Baked Ham Sweet Potatoes Meadow Blend Dinner Roll Margarine Assorted Dessert Milk
	7 Beans & Ham Fried Potatoes/Onions Spinach Cornbread Margarine Jello Milk	8 Tuna Salad Sandwich Peaches Marinated Cucumbers and Tomatoes Pie Milk	9 Sweet & Sour Chicken Rice Oriental Vegetables Baked Pineapple Cake Milk	10 Beef or Chicken Liver Mashed Potatoes/Gravy Zucchini & Tomatoes Bread Margarine Assorted Dessert Milk
13 Baked Chicken Zucchini Stewed Tomatoes Bread Margarine Pudding Milk	14 Battered Fish Coleslaw Green Beans Mac & Cheese Cookies Milk	15 Polish Sausage Kraut Potatoes/Gravy Buns Chocolate Cake Milk	16 Meatloaf Potatoes/Gravy Carrots Roll Margarine Jello Milk	17 Chicken or Turkey Tetrazini California Blend Ambrosia Salad Assorted Dessert Milk
20 Chicken Sandwich Lettuce/Tomato/Mayo Broccoli Carrots Ice Cream Sundae Milk	21 Chili Dog Tater Tots Fruit Cocktail Pudding Milk	22 BBQ Chicken Scalloped Potatoes Baked Beans Bread/Margarine Cobbler Milk	23 Roasted Pork Potatoes/Gravy Green Beans Roll Margarine Baked Apples Milk	24 Spaghetti with Meat Sauce Salad Fruit Assorted Dessert Milk
27 Fish Sandwich Steak Fries Lettuce/Tomato Pickle/Mayo Orange Milk	28 Tacos Refried Beans Mexican Corn Cinnamon Pears Bread Margarine Milk	29 Pulled Pork Sandwich Potato Salad Applesauce Cookie Milk	30 Hamburger Steak Grilled Mushrooms and Onions Roasted Red Potatoes Bread Margarine Fruit Cobbler Milk	

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