

Jefferson City Housing Authority Senior Newsletter



April Newsletter 2021



River Region Library Schedule

Hyder April 20, 2 pm.
Ken Locke April 27, 2 pm.
Herron - April 15, 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 April 16, from 10-2
Herron April 8, from 12-1:00
Ken Locke is April 6, from 10-11:30
LaSalette is April 6, 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!

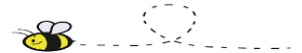
If you would like to sign up please contact Dorothy at 573-634-1088.



Independent living and avoiding scams

Independent living means watching out for scams. Never respond to phone solicitations for products or winning sweepstakes. And NEVER give out ANY personal information to ANYONE who contacts you by telephone. Tell them you're not interested and hang up the phone.

Exercise for independent living seniors



Whether it be gardening, exercising, running errands...whatever...part of independent living is knowing what our 'limit' is without adding stress, aches and pains. At the beginning of each week, make a list of things we want to accomplish for that week, then break down to no more than one 'hard' task per day. Write down what you want to do in a daily-planner or your convenient wall calendar. If you 'miss' a task, add it to next week's list. We'll find ourselves more flexible and not as rushed (or achy)!

Just simply stretching and going for a walk daily can make a big difference in your health, mobility and enjoyment of life. Join a friend and go for a walk while the weather is beautiful and things are in bloom.

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 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 May 1, 2021.

The JCHA bus will not be running in April.




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

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.



We have had very few cases of COVID reported in our buildings. 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 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. *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! 

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.

April 2021				
Mon	Tue	Wed	Thu	Fri
			1 Goulash Salad Italian Blend Garlic Bread Cake Milk	2 Fish Sandwich Lettuce/Pickle Potato Salad Margarine Assorted Dessert Milk
5 Easter Roasted Ham/ Deviled Eggs Mashed Pot/Gravy Glazed Carrots Roll/Margarine Coconut Pie Milk	6 Oven Fried Pork Chops Sweet Potatoes Green Beans Biscuit/Margarine Applesauce Milk	7 Chicken Fettucini Alfredo Salad Broccoli Garlic Breadstick Cheesecake Milk	8 Taco Salad Lettuce/Tomato/Onion Refried Beans Tortilla Chips Bread/Margarine Cookies Milk	9 Parmesan Crusted Fish AuGratin Potatoes Grilled Brussel Sprouts Bread/Margarine Assorted Dessert Milk
12 Tamale Pie Pinto Beans Meadow Blend Bread/Margarine Fruit Milk	13 Ham & Cheese Sandwich Vegetable Soup Baked Potato Margarine/Sour Cream Pudding Milk	14 Oven Fried Chiken Gravy Mashed Potatoes Corn on the Cob Roll/Margarine Baked Apples Milk	15 Bean with Ham Spinach Fried Potatoes & Onions Cornbread/Margarine Cake Milk	16 Beer Battered Pollock Coleslaw French Fries Hushpuppies Bread/Margarine Assorted Dessert Milk
19 Fiestada Pizza Salad Mixed Vegetables Bread/Margarine Fruit Milk	20 Pot Roast Roasted Potatoes Carrots Roll/Margarine Pie Milk	21 Chicken & Noodles Mashed Potatoes Peas & Carrots Bread/Margarine Brownies Milk	22 Beef Stroganoff California Blend Peaches Bread/Margarine Cake Milk	23 Brunch 3 Scrambled Eggs/ Sausage or Ham Hashbrowns Juice Pancakes/Margarine Strawberries & Bananas, Milk
26 Country Fried Steak Gravy Mashed Potatoes Zucchini & Tomatoes Roll/Margarine Fruit Milk	27 Sloppy Joes Roasted Rosemary Potatoes Margarine Green Beans Pudding Milk	28 BBQ Chicken Sluggers Steak Fries Meadow Blend Bread/Margarine Baked Apples Milk	29 Turkey Dressing Mashed Potatoes Gravy Cranberry Salad Roll/Margaine Pumpkin Bars Milk	30 Tuna Salad Potato Chips Cucumber/Tomato Salad Bread/Margarine Assorted Dessert Milk