

# **Tenant Newsletter for February 2020**

TOPS Meets on Mondays 11:30 am to 1:30 pm in the Community Room

*Resident Advisory Board Meeting — Tuesday, February 11th, 2020 from 10:00 to 11:00 a.m.*

*AHA Board Meeting — Tuesday, February 11th, 2020 from 11:30 a.m. to 1:00 p.m.*

*(If you wish to be put on the agenda, please contact the office)*

**February 14th**

**Valentine's Day**

**February 17th**

**President's Day**

**AHA & HCHA offices closed**

**POT LUCK DINNER WILL BE ON**

**THURSDAY, FEBRUARY 27TH AT 12:00 PM**

**Please do not leave clothing, books, magazines, or household items in the laundry room or community room for others to take or have. If you would like to donate items that you no longer need or want, please take the items to a donation center or agency that accepts donations.**

Furthermore, please check and double check that you have collected all of your laundry from the washers and dryers before leaving the laundry room. Recently, it's been reported that items are being left behind in the machines.

In honor of Valentine's Day, here are some tips for keeping your heart healthy according to the Mayo Clinic: \*Control your portion size \*Eat more fruits and vegetables \*Eat whole grains \*Limit unhealthy fats \*Reduce your sodium intake from food

*Reminder: Work orders can be requested by filling out a work order form and placing in the drop box located in the laundry room. You can also call the office Monday through Friday 8:00 a.m. to 4:30 p.m. at 402-694-3292.*

*For emergency work orders after hours, call the maintenance on-call phone at 308-383-6156. If unable to reach someone at that number, call Richard Thomas at 402-340-5000.*