



HCHA Gazette

Spring Issue

April, May, June 2020

Hall County Housing Authority

HCHA Closings:

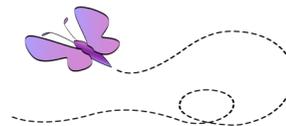
- Friday, April 24, 2020
Arbor Day
- Monday, May 25, 2020
Memorial Day
- The office is currently closed to the public due to COVID-19. Staff are still answering the phones. Residents are encouraged to use the drop box.

New Employee at HCHA

Barb McGowan joined HCHA as the Administrative Assistant on January 6, 2020.

A little bit about Barb:

Favorite color is blue; Favorite animal is an elephant; Favorite sport is boating and camping; Her favorite food is Italian; and her favorite hobbies are gardening, cooking, baking and family.



In This Issue:

- New Employee
- Inspection/Pest Control Schedules
- COVID-19: How to Protect Yourself
- Reminders/Notices/Resources
- Lawn Contest
- Calendar/Holidays
- Water vs. Sugary Drinks
- COVID-19: If You are Sick
- Puzzle/Recipe

Inspection & Pest Control Schedule

Inspection Schedule:

- 5/7/20 Golden Towers
- 6/4/20 Pletcher Terrace, Rainbow Terrace
- 7/2/20 Centennial Floors 6-11
- 7/9/20 Centennial Floors 1-5, Broadwell Courts

Pest Control/Inspection Schedule: Family Units:

- 5/21/20 Orleans, Shady Bend Apartments
- 5/28/20 Shady Bend Villas
- 6/18/20 Scattered Sites, Stolley Park
- 7/16/20 Western, Island Terrace, Doniphan

Coronavirus Disease 2019 (COVID-19): How to Protect Yourself

How it Spreads



- ◆ There is currently no vaccine to prevent coronavirus disease (COVID-19).
- ◆ The best way to prevent illness is to avoid being exposed to this virus.
- ◆ The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within 6 feet).
 - Through respiratory droplets produced when an infected person coughs or sneezes.
- ◆ These droplets can land in the mouths or noses of people nearby or possibly

Steps to Protect Yourself



- ◆ Wash your hands often with soap and water for at least 20 seconds.
- ◆ If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- ◆ Avoid touching your eyes, nose and mouth with unwashed hands.



- ◆ Avoid close contact with people who are sick.
- ◆ Put distance between yourself and other people.

Steps to Protect Others



- ◆ Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- ◆ Throw used tissues in the trash.
- ◆ Immediately wash your hands with soap and water for at least 20 seconds.



- ◆ If you are sick, you should wear a facemask when you are around other people.
- ◆ If you are not sick, you don't need to wear a facemask unless you are caring for someone who is sick

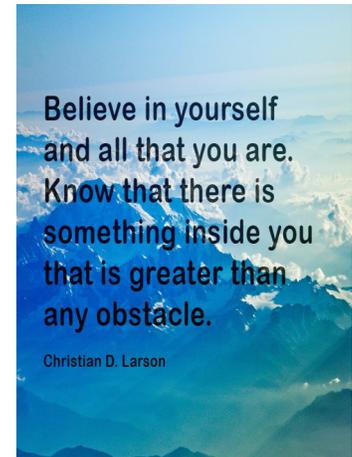
Clean and Disinfect



- ◆ Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, facets and sinks.

REMINDERS:

- If you want to have your rent withdrawn from your checking or savings account (ACH), you can still sign up. Contact the HCHA Office.
- Please make sure the HCHA Office has your current phone number.
- When you have a change of income, you are required to report this to the HCHA Office.
- Work Orders-Emergency work orders will be handled within 24 hours. Non-Emergency work orders can be up to 30 days.
- Tower Residents—Do **not** allow individuals into the building after 5:00 p.m. **THIS IS A HUGE SAFETY ISSUE**, as the doors lock for a reason. If a person is knocking on the door, do **not** let them in. If they are meeting friends/family, that person should meet them downstairs. If they are a



LAUNDRY ROOM REMINDERS:

- A work order **must** be called into the office when a washer and dryer aren't working properly.
- Do **not** overload the machines. Overloading the machines damages the parts and your laundry won't get properly cleaned.
- Please do **not** "save" machines for yourselves or others.
- Please do **not** add extra water to the machines. Extra water dilutes the concentration of the detergent and your clothes won't be cleaned properly.

NOTICES:

- Even though our office is currently closed to the public, we are still answering the phone.
- HCHA Office is in need of interpreters, specifically for Arabic, Somali and Swahili. If you are interested in interpreting, please call the office so you can fill out the Interpreter Information form.
- Julie Liske is now the Property Manager for Golden Towers, Centennial Towers, Pletcher Terrace, Rainbow Terrace and Broadwell Courts. She will remain the Property Manager for Island Terrace, Scattered Sites, Orleans, Western and Shady Bend.

RESOURCES:

•Rent & Utility Assistance

Central Nebraska Action Partnership, 2525 W. Old Lincoln Highway 385-5500;
Department of Health & Human Services (DHHS), 1-800-383-4278



Scattered Site Lawn Contest



All Scattered Site House Residents-It's that time of year again for HCHA to have a "Best Lawn" contest. This contest starts in May and goes through August. The "best lawn" is defined as the most attractive. This includes pulling weeds and crabgrass, trimming, mowing and watering the lawn as needed. There will be prizes given out for this contest.

April 2020

Su	Mo	Tu	We	Th	Fr	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May 2020

Su	Mo	Tu	We	Th	Fr	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June 2020

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Upcoming Holidays :

Apr 5 Palm Sunday

Apr 10 Good Friday

Apr 12 Easter

Apr 22 Earth Day

Apr 24 Arbor Day

May 10 Mother's Day

May 25 Memorial Day

June 14 Flag Day

June 21 Father's Day

Drinking Water...		Sugary Drinks...
<ul style="list-style-type: none"> - Helps with weight loss - Stops hunger pangs - Purifies body from toxins - Better digestion - Better nutrient absorption - Healthy bowel movement - Makes you feel more energetic - Raises cognitive function <p>...and much more</p>		<ul style="list-style-type: none"> - Trigger weight gain - Raise blood sugar - Higher risk of heart disease - Raise cholesterol - Raise inflammation <p>... and more</p>

BrainyWeightLoss.com

Coronavirus Disease 2019 (COVID-19): If You are Sick



- ◆ **Stay home:** People who are mildly ill with COVID-19 are able to recover at home. Do not leave except to get medical care. Stay away from public areas.
- ◆ **Stay in touch with your doctor:** Be sure to get care if you feel worse or you think it's an emergency.
- ◆ **Avoid public transportation:** Avoid using public transportation and ride-sharing.



- ◆ **Call ahead:** If you have a medical appointment, call your doctor's office and tell them you may have COVID-19. This will help the office staff protect themselves and other patients.
- ◆ **If you are sick:** You should wear a facemask when you are around other people and before you enter a healthcare provider's office.



- ◆ **Wash hands:** Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating.
- ◆ **Hand sanitizer:** If soap and water are not available, use an alcohol-based hand sanitizer, covering all surfaces of your hands and rubbing them together until they feel dry.
- ◆ **Avoid touching:** Avoid touching your eyes, nose and mouth with unwashed hands.



- ◆ **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels or bedding with other people.
- ◆ **Wash thoroughly after use:** After using dishes and utensils, wash them thoroughly with soap and water or put in the dishwasher.



- ◆ **Clean and Disinfect:** Routinely clean high-touch surfaces in your "sick room" and bathroom. If there is more than one person in the household, have the other person clean and disinfect high-tough surfaces of your home. High touch surfaces include: phone, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilet, and bedside tables.



- ◆ **Stay away from others:** You should stay in a specific "sick room" and away from other people who live with you.
- ◆ **Limit contact with pets:** You should restrict contact with pets just like you would around other people.
 - Although there hasn't been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals.



Hall County Housing Authority

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Tenant Name
Address
City, NE ZIP

“Discipline is choosing between what you want now and what you want most.”

-Abraham Lincoln

Visit our Website—www.hcha.net

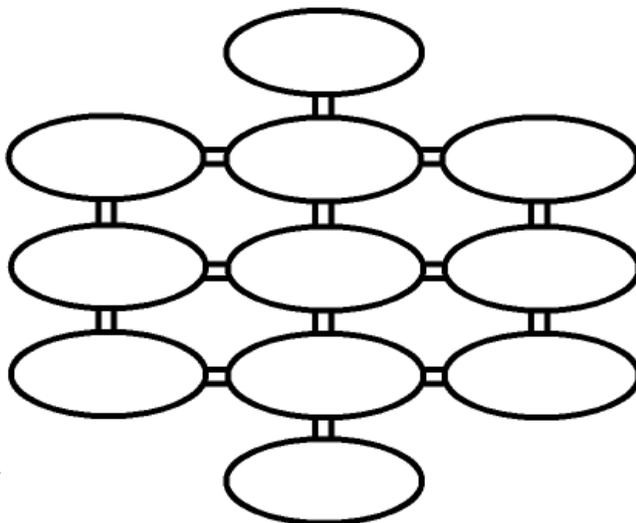
NUMERATOR

Each oval contains a different number 1-11. Follow the clues to find the correct location of each number in the Numerator diagram.

Note: ‘Left’ or ‘Right’ is from your point of view and means any location along the same horizontal line. ‘Above’ or ‘Below’ means any location along the same vertical line.

Clues:

- Number 2 is below 11 and left of 7.
- Number 3 is above 6 and left of 1.
- Number 4 is above 8 and below 10.
- Number 11 is left of 5 and below 9.
- Number 10 is left of 3.



Omelet in a Mug

Ingredients :

- | | |
|--------------------------------------|--------------|
| 1 egg | 2 egg whites |
| 2 tablespoons shredded cheese | salt |
| 2 tablespoons diced cooked ham | pepper |
| 1 tablespoon diced green bell pepper | |

Directions:

Combine egg, egg whites, cheddar cheese, ham, bell pepper, salt and pepper in a microwave safe mug. Microwave on high for 1 minute, stir. Cook until eggs are completely set, 1-1 1/2 minutes longer.

Solution:
9
10, 3, 1
4, 11, 5
8, 2, 7
6