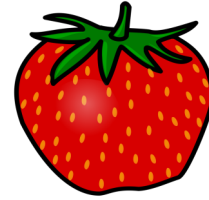
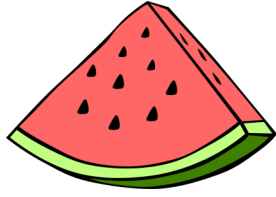


Tenant Newsletter for June 2021



AHA Board Meeting — Tuesday, June 8th from 12 p.m. to 1:00 p.m.

Upcoming Holidays:

Monday, June 14 Flag Day

Sunday, June 20 Father's Day

Tina, Resident Services Coordinator, will be in Aurora to meet with you on Wednesday, June 23, 2021. If you would like to schedule an appointment, call Tina at 308-385-5530.

Reminder:

- **Main Office Building is open from 7:00 am-7:00 pm.**
- **When parking, be sure to park between the yellow lines to avoid parking problems and to provide room for people to get in and out of their vehicle.**
- **Do NOT dispose of furniture items by the trash cans. If the office becomes aware that you have placed furniture by the trash bins, you may be charged a fee to properly dispose of these items.**

Older Adult Falls: (www.cdc.gov)

If you're an older adult, there are simple things you can do to keep yourself from falling and stay independent longer.

- **Tell your doctor if you have fallen, if you feel unsteady when standing or walking, or if you're afraid you might fall.**
- **Ask your doctor pharmacist to review your medications to see if any might increase your risk of falling.**
- **Ask your doctor about health conditions (like depression or osteoporosis) that can increase your risk for falling.**
- **Do exercises that make your legs stronger and improve your balance.**
- **Get rid of trip hazards. Keep floors clutter free.**
- **Add grab bars in the bathroom.**

For routine work orders, you can 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 308-390-5546.