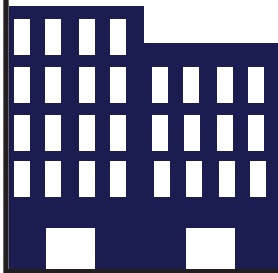


Seniors



The Hagerstown Housing Authority is committed to providing quality, affordable housing in a safe environment. Through partnership with our residents and other groups we will provide opportunities for those we serve to become self-sufficient.



Neighbors

To associate on neighborly terms ♦ To be friendly ♦ Persons who live near others



July 2019

Save the Date

Community FAIR

August 16th

Elgin Station.

Hagerstown Housing Authority

Reminder

The main housing office will close at 1:00 PM every 3rd Wednesday of the month. For the Month of July the office will close at 1:00 PM on the 17th.

Happy Fourth of July

The Hagerstown Housing Authority will be closed July 4th in observance of Independence Day



Senior Survey

The Resident Services Department will begin Senior Survey's starting in July. The goal of the survey is to ensure all our residents 62 & older are receiving the benefits they are entitled to receive. Residents will receive a letter in their door regarding the time and date of the survey.

Please RSVP to Samantha Cohen
301.733.6911 ext 171

Fourth of July Painting Class

Join Resident Services for a step by step paint class!

Tuesday, July 2nd 1:30 at Walnut Towers
Wednesday, July 3rd 1:30 at Potomac Towers

NUMBERS TO KNOW

Hagerstown Housing Authority

Central Office: (301) 733-6911

Maintenance

301-733-6916

Pest Control Coordinator

301-733-6911 ext 132

Non-Emergency Police

240-313-4345

Non-Emergency Ambulance

301-733-1112

Resident Service Staff

Dianne Rudisill 301-733-6911 ext. 125

Deena Holder 301-733-6911 ext. 163

Samantha Cohen 301-733-6911 ext. 171

Jenny Fleming 301-733-6911 ext. 170

Family Self-Sufficiency Program

Kelly Mills-Thompson 301-733-6911 ext. 158

Jill Moore 301-733-6911 ext. 167

Tacy Myers 301-733-6911 ext. 157

Security

301-730-2096

Office of Fair Housing 1-800-669-9777

Pest Control Schedule for July

July 3	PT: 701-708, 814-832 WTB: 101-113
July 10	PT: 801-813, 904-917 WTB: 114-116, 201-210
July 17	PT: 901-903, 1001-1017, 1111-1117 WTB: 211-216, 301-307
July 24	PT: 1101-1110, 1201-1217 WTB: 308-316

Congratulations to Arlene Flora

Arlene, a tenant at Potomac Towers, was recently recognized by the ARIC (Atherosclerosis Risk in Communities Study) for her outstanding contributions to health research through her long-term commitment to the ARIC Study. Arlene has been participating in the study for 30 years!

ARIC has enrolled approximately 16,000 adults from four U.S. communities. The study helps to assess rates of heart attack, hospitalizations from heart failure, and deaths due to heart disease. The findings from this study have shaped clinical guidelines that doctors now use to treat coronary heart disease, diabetes, stroke and chronic kidney failure.



Dehydration is a common and very serious condition for older adults. The best thing to do is try to prevent it from happening, but it's much easier said than done to increase fluid intake! If staying hydrated is difficult for you, here are some tips that can help:

- Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water.
- If you don't like the taste of plain water, try adding a slice of lemon or lime to your drink.
- Drink water before, during, and after a workout.
- When you're feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full.
- If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour.
- Drink water when you go to a restaurant. It will keep you hydrated, and it's free.

Potomac Towers Activities

Date	Daily Activities	Time
Mon./Wed.	Stamps and Quarter Sales	8:00-10:00 AM
Tuesdays	Exercise with Lisa	3:45 PM
Wednesday	Blood Pressure Checks	12:00 PM
Wednesdays	BINGO (<i>Food will be served at 4:00 PM- 5:45 PM</i>)	6:00 PM

July 6	Tenant Association Breakfast	8:00 AM - ?
July 12	Social Night	7:00-10:00 PM

No Tenant Association Meeting until September.

Walnut Towers Activities

Date	Daily Activities	Time
Mondays	Stamp and Quarter Sales	8:00-10:00 AM
Tuesdays	Stamps and Quarter Sales	4:00-5:00 PM
Tuesdays	BINGO (<i>Kitchen is open from 4:00-5:10 PM</i>)	6:00-8:00 PM
Wednesday	Blood Pressure Checks	1:15 PM
Daily	Coffee & Conversation	7:30-8:45 AM

July 8	Tenant Association Meeting	5:00 PM
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C.W. Brooks Activities

Date	Daily Activities	Time
Daily	Computer Lab	8:00 AM- 11:00 PM
Daily	Community Room Open	8:00 AM -11:00 PM
Mondays	BINGO (Bring 3-4 prizes)	7:00 PM- 9:00 PM
	Blood Pressure Checks	2:45-4:00 PM
Wednesday	Coloring Group	2:00-4:00 PM
Mon./Wed.	Stamp and Quarter Sales	11:00- 1:00 PM
Thursday	Playing Spades	6:00 PM

FROM MAINTENANCE

Installing Window Air Conditioners

When installing window air conditioners, be sure to install them in a safe and secure manner. Air conditioner units should be tilted away from the unit. This allows the condensate to run away from the wall and will help to prevent mold/mildew on the walls.

The window air conditioner needs to be installed properly to prevent outside air from entering the unit. If the extendable panels are missing or damaged, air coming in from the outside will cause the room temperature to rise, keeping the air conditioner running. This can cause high electric bills. It is best to seal the openings with foam panels. Cardboard, pillows and blankets are inefficient as they can fall out leaving the window open.

Residents of the high-rise buildings must put a container under the air conditioner to collect any condensation and empty as needed.

Please Do Not Feed the Birds.

We ask that you do not feed the birds on your balconies. Please do not throw bread, donuts or any other food out for the birds. This not only attracts birds but rodents as well. It also makes a mess on the balconies and areas below. We thank you for your cooperation.

As you enjoy your 4th of July this year, please remember to not shoot off any fireworks on Housing Authority property. Your cooperation is greatly appreciated!



Summer Travel Plans?

Prevent Bed Bugs When Traveling!

Over half of pest control providers say that they receive the most calls in the summer months. Why summer? There are more people traveling during the summer due to summer vacations, so there is an increased likelihood that bed bugs will be introduced to hotels, airplanes, summer camps, and even places such as movie theatres and libraries – and that also increases the chances that people could take them home.



Bed bugs can infest anywhere there is a regular meal source – humans! – to feed on. While bed bugs don't spread disease, they can inflict itchy welts when they bite. A large percentage of the population, however, does not react to bed bug bites, making it less likely that someone could notice a problem and accidentally take them home with them. Bed bugs are excellent hitchhikers, and all it takes is one bed bug to hitch a ride on a bag or personal item for them to be introduced to a home.

If you (or a family member) are traveling this summer, you'll want to stay vigilant against bed bugs. With a few easy steps, you can prevent bed bugs from making their way into your home

- Place all luggage on non-upholstered furniture away from bed, such as a desk.

Inspect for bed bugs

- Pull back corners of bedding, check mattress and box spring for bed bugs. Pay special attention to seams. If you notice black marks on the mattress, that could be an indication of a problem
- Inspect the night stand for signs of bed bugs
- Let front desk know if you believe your room or sleeping area has bed bugs
- When you return home, before bringing luggage inside, inspect for bedbugs.
- Before laundering clothing from vacation, place all your clothing in the dryer for 15 minutes even if you didn't wear them. Heat is a proven method of killing bed bugs.