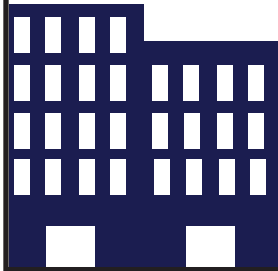


Seniors

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



February 2020

*Take Care
of your Heart!
February is
Heart Health
Month!*

Heart disease is the leading cause of death for both men and women.

You can make healthy changes to lower your risk of developing heart disease.

To lower your risk:

Watch your weight.

Quit smoking and stay away from secondhand smoke.

Control your cholesterol and blood pressure.

If you drink alcohol, drink only in moderation.

Get active and eat healthy.

MATTERS OF THE HEART

-Your Heart is the hardest working muscle in your body.

-Every 24 hours, the heart pumps approximately 2,000 gallons of blood.

-The average adult heart is about the size of two clenched fists.

-Women's hearts beat faster at 78 beats per minute vs. men's hearts at 70 beats per minute

Please Be Courteous Of Your Neighbors

Large trash bags/items can get stuck in the trash chute. These items should be placed in the 1st floor trash room at Walnut Towers and on the lower level at Potomac Towers.

If you use the laundry facilities, please remember to leave the machines clean for the next tenant. Washers, dryers and lint traps should be cleaned after each use.

In observance of Presidents Day the Hagerstown Housing Authority will be closed
Monday, February 17th



Census Maryland

The 2020 Census: Why is it important?

There are many important reasons why all

Americans need to participate in the Census. The results of this once-a-decade count determines the number of seats each state has in the House of Representatives. Also, over the next decade, lawmakers and many others will use the 2020 Census data to make important decisions that will impact your community. The results will show where communities need new schools, hospitals, new roads and services.

The results will also inform how hundreds of billions of dollars in federal funding are allocated to more than 100 programs including Medicaid, Head Start, grants for community mental health services and the SNAP program.

In mid-March, homes across the country will begin receiving invitations to complete the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone, or by mail.

For those who do not respond you will receive a visit from a Census taker. This is a normal part of conducting the Census. Your information is such an important part of the 2020 Census, that if you haven't responded on your own, someone will visit your home to help make sure you are counted for.

If you need assistance with completing your 2020 Census please contact the Resident Services Department and we will be happy to assist you.

IMPORTANT

Notice Regarding February Rent

Orrstown Bank will be closing at 12:30 PM on Wednesday, February 5th. If you pay your rent at the bank please make note of the early closing.

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

Heather Nutter 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

The Resident Services Department is here to help you. For assistance with housing paperwork, applications for Food Stamps, SSI, Medicaid, ect., it is best to make an appointment to ensure your needs are taken care of timely. In addition to our regular extensions the Resident Services staff can also be contacted at our satellite offices.

Potomac Towers 301.733.6911 ext 148

C.W. Brooks 301.733.6911 ext 191

Walnut Towers 301.797.8446

Pest Control Schedule for February

February 5	PT: G16-G29, 113-127
February 6	WTA: 201-214
February 12	PT: 101-112, 216-232
February 13	WTA: 215-216, 301-311
February 19	PT: 201-215, 320-331
February 20	WTA: 312-316, 401-408
February 26	PT: 301-319, 425-432
February 27	WTA: 409-417, 501-504



C.W. Brooks Salon

Call 240.329.5197 to make an appointment



FINANCIAL EDUCATION SERIES!

Head Start Shriver Center, 9:00-10:00am

Hagerstown Housing Authority & Financial Education Partnership-Washington County want to help you reach your financial goals!

Classes – Tuesdays

Topics include:

- ✦ Feb. 4: Daily Money Management
- ✦ Feb. 11: Earn It, Plan It, Keep It
- ✦ Feb. 18: Your Credit Matters
- ✦ Feb. 25: Taxes and Beyond
- ✦ Mar. 3: Pump Up Your Piggy Bank

To register or for more information, contact Tacy at tmyers@hagerstownha.com or 301.733.6911 ext. 157

Financial Education Partnership-Washington County is a collaboration of...



*Location:
Head Start
Sargent Shriver
Center
837 Spruce St.
Hagerstown, MD*

*Plan your
finances*

*Improve your
credit score*

*Save more
Spend less*

After taking the 5-lesson series we can help you open a bank account with a \$50.00 deposit from us!

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
Wednesdays	Blood Pressure Checks	12:00 PM
Wednesdays	BINGO (<i>Food will be served at 4:00 PM- 5:45 PM</i>)	6:00 PM
Feb. 7	Bake Sale	2:00 PM - ?
Feb. 10	Tenant Association Meeting	5:30 PM
Feb. 14	Social Night	7:00 PM

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>)	5:30-8:00 PM
Wednesdays	Blood Pressure Checks	1:15 PM
Daily	Coffee & Conversation	7:30-8:45 AM
Feb. 3	Tenant Association Meeting	5:00 PM

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)	5:30 PM
Mondays	Stamps and Quarter Sales	11:00 - 1:00 PM
Wednesdays	Blood Pressure Checks	2:45-4:00 PM
Fridays	Coloring Group	2:00-4:00 PM
Feb. 13	Tenant Association Meeting	5:00 PM

Valentine's Trivia

Submit your trivia answers by February 12th to the Resident Services office to enter for a chance to win a Valentine's basket. If you would like to e-mail your submission please e-mail scohen@hagerstownha.com

1. What does a red rose symbolize? _____
2. What is the name of cupid's mother? _____
3. Valentine's cards are mostly sent to people belonging to which profession? _____
4. What is the most popular flower that is given on Valentine's Day? _____
5. Valentine's Day is the second largest event in which cards are exchanged. Which event is the first one? A. St. Patrick's Day B. New Years C. Halloween D. Christmas
6. Who is the author of Romeo and Juliet? _____
7. How many cards are sent for Valentine's Day each year in the United States?
A. 5,000 B. 25 Million C. 1 Billion D. 45,000
8. Complete the phrase Roses are red, Violets are _____
9. In which year did Hallmark make its first Valentine card? A. 1890 B. 1913 C. 1945 D. 1986
10. Worldwide, approximately how many roses are given for Valentine's Day each year?
A. 10 Million, B. 50 Million C. 60,000 D. 800,000



FROM MAINTENANCE



Common Bedbug Questions

Can bed bugs survive in the washing machine?

If you wash or dry your clothes at the hottest temperature, your risk of catching bed bugs through shared machines is minimal. "Basically what goes into the dryer at high heat for half an hour comes out safe as long as it is not OVERLOADED. Note that some bugs or eggs could survive a cold water wash.

Can bed bugs survive washing and drying?

Drying will kill the bugs but not clean the clothes. If you want to only kill bed bugs and do not need to wash your clothes, simply putting infested items in the dryer for 30 plus minutes on high heat will kill all the bed bugs.

Do Bed Bugs drown in the washing machine?

Agitating the water, such as in a washing machine, also results in drowning which has the potential to kill the bed bugs. It can therefore be said that the survivability of bedbugs in cold water is inconclusive, but they will definitely die when placed in water at a temperature above 150 degrees Fahrenheit.

What kills bed bugs fast?

Double bag your bedding and wash in hot water and dry for at least 30 minutes (discard the inner bag after putting bedding into the washer, as it could have bed bugs). After vacuuming suspected bed bugs from the bed, take your vacuum cleaner outdoors and remove and discard the bag.

How do I store my cleaned clothing/bedding??

It is important to practice some care when you take your clothes and bedding out of the dryer. The best thing is to get a few new plastic bags and put your items in them. This is especially important if you are using a commercial laundry facility. Seal the bags again. Ensure that you do not put your cleaned clothes on any surface that you have not inspected for bed bug infestation. Take those bags home but only get them out once you have cleared bed bug infestation from your home. It is better to leave your cleaned clothes in the bags and remove clothes as needed. This will help prevent re-infestation of clothes.

Heating Season

Before you call Maintenance for service on your heating season, make sure the room temperature is below 66 degrees. The room temperature must drop to 66 or below for the heat to come on. If the temperature in your unit is 66 degrees or above and you call for service, you will be charged for the call. Overtime callouts are very expensive and you can avoid these charges (minimum of \$95.58) by checking the temperature before you call. Do not force the thermostat beyond the limit on the dial. Broken thermostats are charged to the resident. Keep your windows locked. This provides a much better seal & reduces air leakage at windows.

Remember, using your oven or stove as a heat source is dangerous and a lease violation. This not only poses a serious health risk to you but will also result in damage to your appliance (melted knobs) for which you will be charged.

Slippery When Cold

Please use caution when traveling outside of the building during the extreme cold days of winter. Periods of sun cause the snow/ice to melt and then refreeze later creating instant patches of ice. Take the extra time to avoid such areas for your safety.

Do Not Use Stove For Heat

Do not use your stove as a heater! This is extremely dangerous and is also a lease violation. Violators will be reported to Housing. If the heat is not working in your unit, contact the Maintenance Department for repair.

