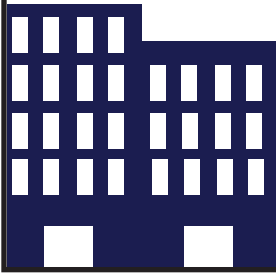


Seniors



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.



March 2021

# Neighbors

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



Sergeant John Yost

On the evening of January 30, 2021, Sergeant John Yost distinguished himself by assisting an elderly resident out of a smoke-filled hallway, caused by a fire in a tenants apartment in Potomac Towers. Sergeant Yost's selfless act undoubtedly kept the resident from serious injury during this emergency event. The unknown resident became trapped in the smoke-filled hallway due to the fire and was hampered by the use of a personal walker, which limited the mobility of the resident. Sergeant Yost's quick thinking and courage in placing his own safety at risk to assist another person in the emergency was above the call of duty and it reflects greatly on Sergeant John Yost and the Hagerstown Housing Authority.

Hero

is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles.

-Christopher Reeve

Do You Like **BINGO**?

Pick Up Your Special St. Patty's Day **BINGO** Goodie Bag on Wednesday March 3rd in the Morning at C.W. Brooks Building (on the patio), Wednesday March 3rd in the Afternoon at Walnut Towers (in the lobby of "A" Building), Friday March 5th all day at Potomac Towers (in the lobby)

Come Early - Available While Supplies Last

Make Sure You Are Decked Out In Your St. Patty's Day Gear When You Play **BINGO** With Us On Our Next Creating Community Connections ZOOM Meeting on Wednesday March 17th at 1:00 pm. There Will Be A Pot Of **GOLD** (Prizes) At The End Of The **RAINBOW**!

ZOOM Meeting ID:  
99121781177

ZOOM Passcode:  
645977

You must be on ZOOM video to play!



## PARTNER UP TO PREVENT TYPE 2 DIABETES New, Free, Online Program to Prevent Type 2 Diabetes



Did you know that 1 in 3 American adults has prediabetes, and most of them do not know it?

If you have prediabetes or other risk factors for type 2 diabetes, **now is the time to take charge of your health and make a change.** The **PARTNER UP to Prevent Type 2 Diabetes** lifestyle change program can help!

Invite your spouse, partner, parent, adult child, or good friend to be your partner and join this new yearlong program with you today. Together, you and your partner will be active participants in the program as you:

- Receive type 2 diabetes prevention education and participate in activities approved by the Centers for Disease Control and Prevention (CDC)
- Learn tips and support for you and your partner to work together for better health
- Participate in classes with a trained lifestyle coach to help you and your partner eat healthier, be more physically active, and manage stress
- Share experiences and get support from others like you and your partner



As a participant in this program, you and your partner will receive:

- A free scale or access to a wheelchair accessible scale if needed
- Other healthy lifestyle supports to aid you through your program, including any needs related to mental and physical disabilities
- A free blood pressure cuff to participate in our free blood pressure self-monitoring program as part of this National DPP class

The next PreventT2 program starts March 29, 2021 and space is limited, so don't delay—contact us for more information and join today by emailing [Deborah.Lehr@meritushealth.com](mailto:Deborah.Lehr@meritushealth.com) or calling 301-790-8626.



Washington County Health Department  
[Washcohealth.org](http://Washcohealth.org)



American Heart Association.  
**Healthy for Good™**

## HOW TO BE MORE ACTIVE



### 1 MOVE MORE

Adults should get a weekly total of at least

**150**

minutes  
of moderate  
aerobic activity

OR

**75**

minutes  
of vigorous  
aerobic activity

or a combination of both, spread throughout the week.



#### BE STRONG

Include muscle-strengthening activity (like resistance or weight training) at least twice a week.



#### ADD INTENSITY

Increase time, distance, amount or effort for more benefits.



#### SIT LESS

Get up and move throughout the day.

## KIDS & TEENS

should get at least 60 minutes  
of physical activity every day.



### 2 TIPS FOR SUCCESS



#### SET GOALS

Set realistic goals and make small, lasting changes to set yourself up for success.



#### KEEP GOING

Once you reach these goals, don't stop. Gradually increase your activity and intensity to gain even more health benefits.



#### WALK MORE

There are many ways to get active. You may find walking the easiest way to start.



#### ADD IT UP

Find ways to move more throughout your daily routine, whether it's at work, on your commute or at home. Every active minute counts toward your goal.



#### MAKE A HABIT

Do something active every day at about the same time so it becomes a regular habit. Put it on your schedule so you're less likely to miss a day.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/BEACTIVE](http://HEART.ORG/BEACTIVE)

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## Family Self Sufficiency Program

### What Is The Family Self Sufficiency Program?

The FSS Program was designed to give recipients the opportunity to fulfill goals that they may have thought of as not achievable. This program is offered through the Resident Services Department of the Hagerstown Housing Authority.

The Family Self Sufficiency Program is a voluntary program designed to provide individual case management services to residents for the purpose of achieving self sufficiency. The participants identify specific goals in which they agree to pursue accomplishing with the assistance of a case manager. These goals are concentrated in the areas of education, job training and placements, budgeting and credit repair, the purchase of an automobile and/or home and much more. Goals will vary based on each individual's needs.

If you would like more information on the FSS program please contact one of the coordinators.

**Tacy Myers 301.733.6911 ext 157**

**Kelly Mills 301.733.6911 ext 158**

**Pamela Schnebly 301.733.6911 ext 167**



## 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**

**Heather Nutter 301-733-6911 ext 170**

**Treyvon King 301-733-6911 ext 171**

**Family Self-Sufficiency Program**

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

**Pam Schnebly 301-733-6911 ext 167**

**Tacy Myers 301-733-6911 ext 157**

**Security**

**301-730-2096**

**Office of Fair Housing 1-800-669-9777**



## ZOOM CHEAT SHEET FOR BEGINNERS

If you've never used ZOOM before, here are a few easy steps to get you started.

### *If you don't have a hyperlink:*

1. Open up your web browser and log into Zoom.com
2. Click on join a meeting
3. Type in the meeting ID and click join
4. You may need to click on [open.zoom.us], especially the first time
5. Click join with computer audio

### *If you were given a hyperlink:*

1. Click on the link and it should take you directly to the meeting.
2. Follow steps 4 & 5 as stated above.

### Helpful Tips:

1. Your microphone and video controls are in the bottom left corner. Please keep on mute unless you are speaking.
2. If you are accessing Zoom from a tablet or your cell phone, you will need to first download the Zoom app.
3. At the top of the page, you will see other participants.
4. Please be respectful of others speaking and wait your turn.

**Washington County Humane Society Meals for Paws food donation drop will be on Friday March 26, 2021 between 9:00 - 9:30 am at Potomac Towers, Walnut Towers, & CWB**

## Please Join Us For Our New Informational Zoom Series: **Creating Community Connections**

- **Wednesday March 10, 2021 @ 2:00 pm**
- **We welcome Lisa Moran the Community Health Advocate for Priority Partners.**
- **Lisa will be providing information about Dental Health.**

- **Wednesday March 24, 2021 @ 2:00 pm**
- **We welcome Hannah Person the Program Coordinator at the Washington County Health Department. Hannah will be providing us with information about Diabetes Prevention.**

- **We hope that you can join us for some FUN with the Resident Services Team and receive some useful INFORMATION from our Community Partners!**

- **These events will be provided through Facebook Live on HHA Facebook Page!**

**Washington County Mediation First**  
**82 W Washington Street, # 309**  
**Hagerstown, MD 21740 240.200.4108**  
**[info@mediation1st.org](mailto:info@mediation1st.org)**

We Strive To:

Train community members who reflect the community's diversity with regard to age, race, gender, ethnicity, income, and education to serve as volunteer mediators.

Provide mediation services at no cost or on a sliding scale.

Hold mediations in neighborhoods where disputes occur.

Schedule mediations at a time and place convenient to the participants

Encourage early use of mediation to prevent violence or to reduce the need for court intervention, as well as provide mediation at any stage in a dispute.

Mediate community-based disputes that come from referral sources including self-referrals, police, courts, community organizations, civic groups, religious institutions, government agencies and others.

Educate community members about conflict resolution and mediation.

Maintain high quality mediators by providing intensive, skills-based training, apprenticeships, continuing education, and ongoing evaluation of volunteer mediators.

Work with the community in governing community mediation programs in a manner that is based on collaborative problem solving among staff, volunteers, and community members.





# FROM MAINTENANCE



## Bed Bugs in my Car??

When bed bugs travel, it is usually because their hiding place is transported while they're inside. Furniture, beds, bedding, boxes, backpacks, purses, and clothing are prime hiding places.

Bed bugs feed over long periods of time, and they can't hatch onto people like ticks can. They only truly vulnerable target in a car are sleeping passengers, or passengers sitting for a long period of time. That's not to say having bed bugs in your car is harmless.

Worst of all, bed bugs in a car rarely stay there long. Instead, they'll find good hiding places in transportable items like clothing, boxes, and bags. When you move those items, the bed bugs will come with them. Bed bugs in a home almost inevitably end up finding a bed, and then you *do* have to worry about them feeding. Unlike mosquitoes or ticks, bed bugs are not known to transmit diseases, but that does not mean you'll be comfortable providing a bloody meal while you are sleeping.

Preventing bed bugs is all about being proactive. Clean out and vacuum your car frequently. Shampoo floor mats, and replace them if they look frayed or damaged. Look for places where the pest might hide. Clean them especially thoroughly not missing the small crevices. Consider what you are putting in your car carefully, especially when you are traveling. Inspect your bags and suitcases after staying somewhere new.

When you return home, take everything out of your car and inspect it. Do not leave boxes and bags in your car overnight. Throw anything you suspect may harbor bed bugs into your dryer for about 20 minutes on high heat. To be really sure, look for them in and around your bed for a few days after a trip. If you find any, clean your car out again along with your bed.

## MAINTENANCE INSPECTIONS MARCH 2021 – APRIL 2021

### AMP 4 – POTOMAC TOWERS

Tuesday, March 2	11 W. Baltimore St	901 - 917
Friday, March 5	11 W. Baltimore St	1001 - 1017
Monday, March 8	11 W. Baltimore St	1101 - 1117
Tuesday, March 9	11 W. Baltimore St	1201 - 1217
Friday, March 12	11 W. Baltimore St	G16 - G29
Monday, March 15	11 W. Baltimore St	114 - 127
Tuesday, March 16	11 W. Baltimore St	219 - 232
Friday, March 19	11 W. Baltimore St	318 - 331
Monday, March 22	11 W. Baltimore St	419 - 432
Tuesday, March 23	11 W. Baltimore St	518 - 531
Wednesday, March 24	11 W. Baltimore St	619 - 632
Thursday, March 25	11 W. Baltimore St	718 - 731
Friday, March 26	11 W. Baltimore St	819 - 832

## Heating Season

Heating levels that will be maintained in the family communities are from 66 degrees to 68 degrees. Before you call Maintenance for service on your heating system, take a minute to look at your thermostat. The bottom portion is the thermometer. If the temperature in your home 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 (\$97.08) 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 as this provides a much better seal & reduces air leakage at windows.

***Remember, using your oven or stove as a source of heat is dangerous & a lease violation. This misuse not only poses a serious health risk to you and your family but will result in damage to your appliance for which you will be charged.***

## WINDY CONDITIONS

Spring is just around the corner. Along with spring, comes breezy/windy days. Be sure items on your balcony are secured to prevent them from blowing off. Also, during times of high winds, we ask that you not go onto roof walkways from the skydeck (Potomac Towers), except in an emergency. It is dangerous and the winds can damage the doors.

## 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.

## MAINTENANCE INSPECTIONS MARCH 2021 – APRIL 2021

### AMP 50 - CW BROOKS

Monday, March 29	45 W. Baltimore St	100 - 202
Tuesday, March 30	45 W. Baltimore St	203 - 221
Monday, April 5	45 W. Baltimore St	222 - 315
Tuesday, April 6	45 W. Baltimore St	317 - 404
Friday, April 9	45 W. Baltimore St	405 - 423

## March 2021 Pest Control Schedule

3/3/21 PT 401-424, 528-531	3/4/21 WTA 505-516	3/10/21 PT 501-527
3/11/21 WTA 601-616	3/17/21 PT 605-632	3/18/21 WTA 701-710
3/24/21 PT 601-604, 709-731 Trash Rooms & Dumpsters		3/25/21 WTA 711-716, 810-816

