

# Clay Center Housing January 2020

**Office Hours:**  
**10 AM—4 PM**  
**Monday—Friday**

## **WINDOW HOURS are Tuesday & Friday from 10 AM to 1 PM**

Only at these times may tenants purchase stamps, get change, cash checks or pay rent in person. Rent checks and money orders may be placed in the drop box slot on the office door. Newsletters and statements are available after the 25th of each month. **Each household is responsible for reading ALL the information provided every month.**

When calling the housing office number, please listen to ALL phone options. The work order - #1 and application - #2, options are set up to take messages only. For a work order, **CALL THE OFFICE and select option 1, then leave a detailed message**, stating unit number, nature of problem and whether maintenance has permission to enter. If no one answers when calling option 3 - 6, please leave a message.

Packages are available to be picked up in the outer office Monday through Friday. Make sure you get only your own packages.

**Only in the evenings or on weekends, if you have an emergency, i.e. lockout, elevator issues or water leak, should you call 785-447-9352.**

330 West court Street, Clay Center, KS

Telephone: 785-632-2100 Fax: 785-632-6363

Website: [claycenterhousing.com](http://claycenterhousing.com)

Like us on Facebook!

KS Relay Center TDD 800-766-3777



# 27 Health & Nutrition Tips That Are Actually Evidence-Based

## 1. Don't drink sugar calories

Sugary drinks are among the most fattening items you can put into your body. This is because your brain doesn't measure calories from liquid sugar the same way it does for solid food. Therefore, when you drink soda, you end up eating more total calories. Sugary drinks are strongly associated with obesity, type 2 diabetes, heart disease, and many other health problems. Keep in mind that certain fruit juices may be almost as bad as soda in this regard, as they sometimes contain just as much sugar. Their small amounts of antioxidants do not negate the sugar's harmful effects

## 2. Eat nuts

Despite being high in fat, nuts are incredibly nutritious and healthy. They're loaded with magnesium, vitamin E, fiber, and various other nutrients. Studies demonstrate that nuts can help you lose weight and may help fight type 2 diabetes and heart disease. Additionally, your body doesn't absorb 10–15% of the calories in nuts. Some evidence also suggests that this food can boost metabolism. In one study, almonds were shown to increase weight loss by 62%, compared with complex carbs.

## 3. Avoid processed junk food (eat real food instead)

Processed junk food is incredibly unhealthy. These foods have been engineered to trigger your pleasure centers, so they trick your brain into overeating — even promoting food addiction in some people. They're usually low in fiber, protein, and micronutrients but high in unhealthy ingredients like added sugar and refined grains. Thus, they provide mostly empty calories.

## 4. Don't fear coffee

Coffee is very healthy. It's high in antioxidants, and studies have linked coffee intake to longevity and a reduced risk of type 2 diabetes, Parkinson's and Alzheimer's diseases, and numerous other illnesses

## 5. Eat fatty fish

Fish is a great source of high-quality protein and healthy fat. This is particularly true of fatty fish, such as salmon, which is loaded with omega-3 fatty acids and various other nutrients. Studies show that people who eat the most fish have a lower risk of several conditions, including heart disease, dementia, and depression

## 6. Get enough sleep

The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. What's more, poor sleep is one of the strongest individual risk factors for weight gain and obesity. One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults, respectively.

## 7. Take care of your gut health with probiotics and fiber

The bacteria in your gut, collectively called the gut microbiota, are incredibly important for overall health. A disruption in gut bacteria is linked to some of the world's most serious chronic diseases, including obesity. Good ways to improve gut health include eating probiotic foods like yogurt and sauerkraut, taking probiotic supplements, and eating plenty of fiber. Notably, fiber functions as fuel for your gut bacteria.

## 8. Drink some water, especially before meals

Drinking enough water can have numerous benefits. Surprisingly, it can boost the number of calories you burn. Two studies note that it can increase metabolism by 24–30% over 1–1.5 hours. This can amount to 96 additional calories burned if you drink 8.4 cups (2 liters) of water per day. The optimal time to drink it is before meals. One study showed that downing 2.1 cups (500 ml) of water 30 minutes before each meal increased weight loss by 44%.

## **9. Don't overcook or burn your meat**

Meat can be a nutritious and healthy part of your diet. It's very high in protein and contains various important nutrients. However, problems occur when meat is overcooked or burnt. This can lead to the formation of harmful compounds that raise your risk of cancer. When you cook meat, make sure not to overcook or burn it.

## **10. Avoid bright lights before sleep**

When you're exposed to bright lights in the evening, it may disrupt your production of the sleep hormone melatonin. One strategy is to use a pair of amber-tinted glasses that block blue light from entering your eyes in the evening. This allows melatonin to be produced as if it were completely dark, helping you sleep better.

## **11. Take vitamin D3 if you don't get much sun exposure**

Sunlight is a great source of vitamin D. Yet, most people don't get enough sun exposure. In fact, about 41.6% of the U.S. population is deficient in this critical vitamin. If you're unable to get adequate sun exposure, vitamin D supplements are a good alternative. Their benefits include improved bone health, increased strength, reduced symptoms of depression, and a lower risk of cancer. Vitamin D may also help you live longer.

## **12. Eat vegetables and fruits**

Vegetables and fruits are loaded with prebiotic fiber, vitamins, minerals, and many antioxidants, some of which have potent biological effects. Studies show that people who eat the most vegetables and fruits live longer and have a lower risk of heart disease, type 2 diabetes, obesity, and other illnesses.

## **13. Make sure to eat enough protein**

Eating enough protein is vital for optimal health. What's more, this nutrient is particularly important for weight loss. High protein intake can boost metabolism significantly while making you feel full enough to automatically eat fewer calories. It can also reduce cravings and your desire to snack late at night. Sufficient protein intake has also been shown to lower blood sugar and blood pressure levels.

## **14. Do some cardio**

Doing aerobic exercise, also called cardio, is one of the best things you can do for your mental and physical health. It's particularly effective at reducing belly fat, the harmful type of fat that builds up around your organs. Reduced belly fat should lead to major improvements in metabolic health.

## **15. Don't smoke or do drugs, and only drink in moderation**

If you smoke or abuse drugs, tackle those problems first. Diet and exercise can wait. If you drink alcohol, do so in moderation and consider avoiding it completely if you tend to drink too much.

## **16. Use extra virgin olive oil**

Extra virgin olive oil is one of the healthiest vegetable oils. It's loaded with heart-healthy monounsaturated fats and powerful antioxidants that can fight inflammation. Extra virgin olive oil benefits heart health, as people who consume it have a much lower risk of dying from heart attacks and strokes.

## **17. Minimize your sugar intake**

Added sugar is one of the worst ingredients in the modern diet, as large amounts can harm your metabolic health. High sugar intake is linked to numerous ailments, including obesity, type 2 diabetes, heart disease, and many forms of cancer.

## 18. Don't eat a lot of refined carbs

Not all carbs are created equal. Refined carbs have been highly processed to remove their fiber. They're relatively low in nutrients and can harm your health when eaten in excess. Studies show that refined carbs are linked to overeating and numerous metabolic diseases.

## 19. Don't fear saturated fat

Saturated fat has been controversial. While it's true that saturated fat raises cholesterol levels, it also raises HDL (good) cholesterol and shrinks your LDL (bad) particles, which is linked to a lower risk of heart disease. New studies in hundreds of thousands of people have questioned the association between saturated fat intake and heart disease.

## 20. Lift heavy things

Lifting weights is one of the best things you can do to strengthen your muscles and improve your body composition. It also leads to massive improvements in metabolic health, including improved insulin sensitivity. The best approach is to lift weights, but doing bodyweight exercises can be just as effective.

## 21. Avoid artificial trans fats

Artificial trans fats are harmful, man-made fats that are strongly linked to inflammation and heart disease. While trans fats have been largely banned in the United States and elsewhere, the U.S. ban hasn't gone fully into effect — and some foods still contain them.

## 22. Use plenty of herbs and spices

Many incredibly healthy herbs and spices exist. For example, ginger and turmeric both have potent anti-inflammatory and antioxidant effects, leading to various health benefits. Due to their powerful benefits, you should try to include as many herbs and spices as possible in your diet.

## 23. Take care of your relationships

Social relationships are incredibly important not only for your mental well-being but also your physical health. Studies show that people who have close friends and family are healthier and live much longer than those who do not.

## 24. Track your food intake every now and then

The only way to know exactly how many calories you eat is to weigh your food and use a nutrition tracker. It's also essential to make sure that you're getting enough protein, fiber, and micronutrients. Studies reveal that people who track their food intake tend to be more successful at losing weight and sticking to a healthy diet.

## 25. If you have excess belly fat, get rid of it

Belly fat is particularly harmful. It accumulates around your organs and is strongly linked to metabolic disease. For this reason, your waist size may be a much stronger marker of your health than your weight. Cutting carbs and eating more protein and fiber are all excellent ways to get rid of belly fat.

## 26. Don't go on a diet

Diets are notoriously ineffective and rarely work well in the long term. In fact, dieting is one of the strongest predictors for future weight gain. Instead of going on a diet, try adopting a healthier lifestyle. Focus on nourishing your body instead of depriving it. Weight loss should follow as you transition to whole, nutritious foods.

## 27. Eat eggs, yolk and all

Whole eggs are so nutritious that they're often termed "nature's multivitamin." It's a myth that eggs are bad for you because of their cholesterol content. Studies show that they have no effect on blood cholesterol in the majority of people. Additionally, a massive review in 263,938 people found that

egg intake had no association with heart disease risk. Instead, eggs are one of the planet's most nutritious foods. Notably, the yolk contains almost all of the healthy compounds.

### The bottom line

A few simple steps can go a long way toward improving your diet and wellness. If you're trying to live a healthier life, don't just focus on the foods you eat. Exercise, sleep, and social relationships are also important.



## Winter Compound Word Search

WYYRESUHTARNGTF  
DHFEDNIIIFGAPNLI  
DUQKORORZMXIMUR  
EAVCOFUCWDMPOUE  
YOEANIKOERYJLAP  
JZYRTENOENGZLBL  
DDSCBSVPYFISUAU  
LUATBRPEXZVPBIC  
JKDUWEEVRYIAWOE  
ERTNPYLGKGQIOLC  
QNORMNCZNERWNFE  
TAOCREVOVIHESZD  
WINTERTIMEGMEEF  
FMOUITGMESEOTNB  
XDQGGJOYALNTTXKL

Evergreen	Peppermint
Fireplace	Pinecone
Fruitcake	Snowball
Gingerbread	Snowman
Nutcracker	Wintertime
Overcoat	

## TENANT NOTICES

**WINTER PARKING** - Please remember when parking, especially during snowy weather: **DO NOT park over the sidewalks.** Maintenance cannot clear the walkways if the frontend of your vehicle is over the sidewalk. If you must pull clear up to the curbing, at least backup a bit after touching the curb.

**SNOW REMOVAL** - Housing maintenance will clear all sidewalks around all the buildings when there is an accumulation of snow. Ice melt is used to help with freezing rain, sleet and to prevent refreezing. The drives and entryways are cleared but your auto is your responsibility. They will not scoop around any vehicles.

**NO SMOKING or VAPING** - Don't get evicted, don't smoke in your apartment! Vaping isn't allowed either as it still creates a residue, odor and causes breathing problems for others. It doesn't matter how cold and nasty it gets or how tired you are. You may only smoke in the designated areas and right in front of the building entrances isn't one of them. And yes, we can tell if you have been smoking in your apartment, just **DON'T** do it.

**THERMOSTAT SETTINGS** - This is a reminder, for Parkview & Apollo tenants, that setting your thermostat at unreasonable temperatures will earn you a lock box for said control. **Below 74 in the summer and above 75 in the winter are NOT reasonable!**

**RENT PAYMENTS DUE BY THE 10TH OF EACH MONTH** - Rent is past due if not paid by the close of business on the tenth of each month. A late fee of \$25 will be on your next statement and you will receive a 14-3 notice of eviction if rent is not paid.

**2020 BENEFIT LETTERS** - One of everyone's most important documents is their benefit letter. Everyone, regardless the type of benefit from the government, will receive a new benefit letter for the year 2020 because there will be a change in your benefit amount. These could be VA bene-

fits, pension from any government job, Social Security or SSI. There is a COLA of 1.6% for the new year. Also, if you pay a Medicare premium (taken automatically out each month), that amount is going to \$144.60. **Please remember to bring your benefit letter to the housing office as soon as you receive it.** This way there is already a copy in your file when your recertification rolls around in the new year.

**COMMUNITY ROOM** - The Apollo Community Room is open for tenant use Monday through Friday. Feel free to use the room during the day. There is a new big screen TV, assorted puzzles, markers, pencils, and coloring pages. Once construction starts at Parkview, it would be a place to go to get away from the noise and activity.

## TENANT ACTIVITIES

**COFFEE HOUR** - Monday, Wednesday, Friday at 9:45 AM in the Apollo Towers Community Room. **Coffee is 25¢ a cup and available any day.** There is a bible study on Wednesday at 10 AM lead by one of the local area ministers.

**POTLUCK** - Join your fellow tenants at 6 PM Friday January 10th in the Apollo Community Room for some shared food, fun and friendship. Potluck is the second Friday of each month.

**BINGO** - Every Tuesday at 1:30 PM in Apollo Towers Community Room.

**SUPER SUPPER SUNDAY** - St. Paul Lutheran Church with the help of tenants Mark & Janet Thurlow are sponsoring a meal on the 4th Sunday of each month (unless that Sunday is a holiday). Join the group for an enjoyable evening this month on the 26th.

**MEALS KITCHEN** is looking for volunteers, Monday through Friday, 10 AM - 11 AM & 11:30 AM - 1 PM. Even as a volunteer, you must follow all health and safety regulations while in the kitchen.





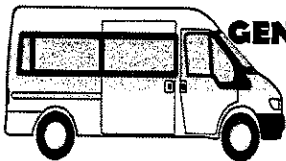
The housing office will be closed January 1st & 20th. There will be no office, maintenance or cleaning staff available. In case of a lock-out, plumbing emergency or elevator issues please call the housing cell 447-9352. Leave a message and someone will return your call.

**SPRAY DAY** - All units at Apollo Towers will be sprayed Wednesday January 8th starting around 7:30 AM. Spray day is the second Wednesday of each month, Apollo in the odd months, Parkview & Tolin the even. We **WILL** spray every unit, this is a condition of your lease.

**UNIT INSPECTIONS** - On January 9th Tolin Terrace units 1 - 10 will be inspected between 2 & 4 PM. These inspections will take place whether you are home or not.

**TOLIN FURNACE FILTERS** will be replaced January 2nd.

**FRIENDSHIP MEALS**—For information or questions please call the Nutrition Office at 785-632-5767. The nutrition office is now located across the hall from maintenance.



**GENERAL PUBLIC TRANSPORTATION MINI-BUS**

Call 785-632-2447 and schedule your ride today!

*Beauty Shop—Arlene Stewart*

*Located on first floor of Apollo Towers*

*by the community room. For an appointment call 785-630-0742*

