

# Clay Center Housing October 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. At this time we are requesting no cash payments. Rent checks and money orders may be placed in the rent 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 your name & unit number, nature of problem and whether maintenance has permission to enter. **DO NOT CALL THE MAINTENANCE EXTENTION!!!**

Packages are available to be picked up in the outer office Monday through Friday. Make sure to pick up **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



# **AUTUMN HEALTH & SAFETY TIPS**

Fall into good habits this autumn! Follow these tips to help you and your family stay safe and healthy.

## **Keep your kids safe and healthy**

Get involved with your kids' activities at home and at school to help ensure they are safe and healthy. Help kids and teens be active for at least one hour each day. Include activities that raise their breathing and heart rates and that strengthen their muscles and bones. Find fun, safe, and active things you can do with your kids to help keep the whole family healthy.

In the United States, motor vehicle crashes are a leading cause of death among children. Buckle all children aged 12 and under in the back seat. Make sure children are properly buckled in a car seat, booster seat, or seat belt-whichever is appropriate for their weight, height, and age. Set a good example and help protect everyone in the car by always using your seat belt.

## **Take steps to prevent the flu**

The single best way to protect against the flu is to get vaccinated each year in the fall. Getting vaccinated yourself may also protect people around you, including those who are more vulnerable to serious illness. Cover your nose and mouth with a tissue when you cough or sneeze, or cough into your elbow. Wash your hands often. Stay home if you are sick.

## **Get smart about antibiotics**

Antibiotics can cure bacterial infections, but not viral infections. The common cold and the flu are viral infections, so avoid using antibiotics if you have one of these. Using antibiotics when they are not needed causes some bacteria to become resistant to antibiotics and therefore stronger and harder to kill. See your healthcare provider to find out if your illness is bacterial or viral.

## **Keep food safe**

Food is center stage during the holidays. Be sure to keep it safe by following basic food safety steps. Clean hands and surfaces often. Separate foods to avoid cross-contamination. Cook to proper temperatures. Chill promptly.

## **Learn you family history**

National Family History Day is observed on Thanksgiving Day. Over the holiday or at another family gathering, talk about and write down the health conditions that run in your family. Learning about your family's health history can help you take steps to ensure a longer, healthier future together.

## **Be prepared for cold weather**

Exposure to cold temperatures can cause serious health problems. Infants and the elderly are particularly at risk, but anyone can be affected. Know how to prevent health problems and what to do if a cold-weather emergency arises. Before traveling during cold weather, load your vehicle with cold weather emergency supplies. Remember that using space heaters and fireplaces can increase the risk of household fires and carbon monoxide poisoning.

## **Don't drink and drive**

Alcohol use impairs skill needed to drive a car safely. It slows reaction time and impairs judgment and coordination. Alcohol-related motor vehicle crashes kill someone every 48 minutes. Don't drink, and don't let others drink and drive.

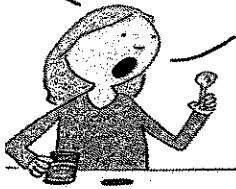
## **Wash you hands**

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. It's best to wash your hands with soap and clean running water for 20 seconds. If that's not possible, use alcohol-based hand sanitizers.

# OCTOBER

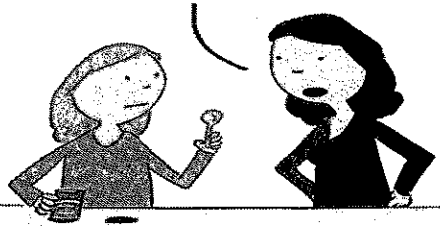
## Scenes From Quarantine

Mom, you know how we ran out of dessert and you didn't want to go to the store?

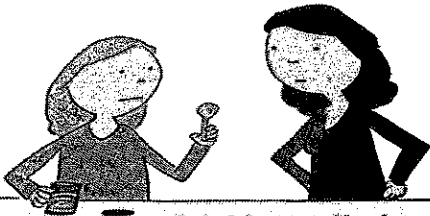


Well I found some caramel sauce, so I'm eating a spoonful!

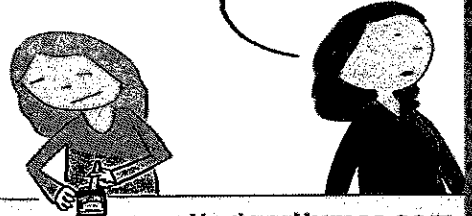
With no ice cream? That's just weird.



I'm getting a spoon.



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www.HedgerHumor.com

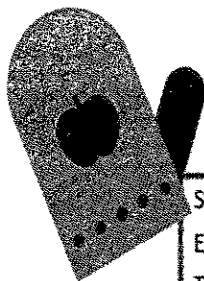
An inconvenience is only an adventure wrongly considered; an adventure is an inconvenience rightly considered.

~ Gilbert Keith Chesterton

How to be happy? Decide every morning that you ARE in a good mood.

~ Proctor Gallagher

Let this fall be a time to gather the things that bring you comfort & joy.



# Cooking Terms

## WORD SEARCH

S	H	U	C	K	M	A	D	C	X	M	O	I	S	T	E	N	U	K
E	K	N	E	A	D	P	O	A	C	H	L	D	E	S	E	M	N	M
T	K	S	E	H	Y	A	Z	Q	Q	Z	I	U	R	T	O	C	S	I
U	E	T	P	O	H	C	K	Y	W	W	O	S	O	Q	A	T	I	X
A	S	L	Y	D	A	S	H	F	H	N	B	T	C	C	E	R	A	D
S	E	S	I	Y	M	A	R	I	N	A	T	E	S	E	R	R	G	G
D	E	E	P	F	R	Y	S	R	H	L	A	A	P	F	E	U	R	X
U	Q	Z	U	I	Y	K	P	A	S	A	E	F	S	M	Z	E	S	T
E	K	R	A	S	E	S	E	L	S	T	B	S	M	R	T	B	I	H
H	C	N	A	L	B	C	P	C	U	W	E	I	A	L	S	T	I	R
C	O	A	T	U	G	A	R	L	R	R	S	C	I	E	G	E	O	Y
B	H	J	S	M	S	L	I	E	T	D	U	F	U	G	R	U	A	S
R	R	U	U	E	E	D	G	E	A	B	L	E	N	D	X	G	X	R
A	T	O	L	L	A	E	T	R	T	M	A	O	O	E	E	M	M	P
I	T	N	I	L	I	S	R	M	I	N	A	S	F	R	B	R	I	J
S	T	T	J	L	A	E	O	U	M	L	E	S	I	D	U	N	M	W
E	M	X	A	B	K	W	N	N	P	U	L	D	H	F	C	Z	H	Y
G	R	I	N	D	W	C	E	N	D	R	L	L	L	H	T	I	C	I
E	K	A	B	D	N	I	L	B	E	X	W	L	P	A	P	A	R	E

- AL DENTE
- BASTE
- BEAT
- BLANCH
- BLEND
- BLIND BAKE
- BOIL
- BRAISE
- BROIL
- CHOP
- CLARIFY
- COAT
- CREAM
- CRUSH
- CUBE
- DASH
- DEEP FRY
- DICE
- DILUTE
- DREDGE
- DUST
- EMULSIFY
- FILET
- FILTER
- FOLD
- GLAZE
- GRATE
- GREASE
- GRILL
- GRIND
- HULL
- JULIENNE

- KNEAD
- MARINATE
- MASH
- MIX
- MOISTEN
- MULL
- PARE
- PINCH
- POACH
- PUREE
- REDUCE

- ROUX
- SAUTÉ
- SCALD
- SCORE
- SEAR
- SEASON
- SHUCK
- SIFT
- SIMMER
- STEAM
- STEEP

- STIR
- TOSS
- TRUSS
- WHIP
- WHISK
- ZEST



## TENANT NOTICES

**PARKVIEW PROJECT UPDATE** - Expect to see a noticeable increase in contractor activity in October. We hope to complete Phase 1 by November 1. After that, we will complete the next 4 phases between October and June of next year. The interior common areas will be completed next summer.

**NO SMOKING OR VAPING** - SMOKING, VAPING, ETC. WILL NOT BE TOLERATED IN YOUR APARTMENT, IN OUR PROPERTIES, ETC. It does not matter your age, how long you have been a tenant with us, etc. YOU RECEIVE ONE WARNING AND THEN WE EVICT YOU. There is no Federal Moratorium on eviction and **SMOKING IS NOT A CIVIL RIGHT**.

**RECYLCABLES** - We spent real money to build a nice, clean area for residents to take their recyclables but a few "jerks" ruin it for everyone. Glass is recyclable but should be put in trash bags and placed in the bin for glass. Same for plastic buckets that someone put on the ground so they can collect with water. Fish tanks, electronic devices, folding chairs, wood, are not recyclables and are not household trash. It is the **TENANT'S RESPONSIBILITY** to take such items to the County Refuse Site north of Clay Center. **ONE WARNING AND THEN WE WILL EVICT YOU**. You are also disrespecting our staff who have to deal with your trash and your neighbors who will lose this privilege if we decide to discontinue this service.

**TRASH RESPECT** - If you have a cat, you are **REQUIRED** to carry your cat litter in a trash bag out to the dumpsters. **USED DEPENDS ARE HEAVY**. When you or your home health provider take bags of trash that are over 50 pounds and place them in the trash chute, the trash bag often explodes one it hits the portable trash bin on the first floor. Then staff has to clean the floor of the trash room, pick your disgusting trash and place in the outside dumpster. If your trash bag does not explode but is 50 to

80 pounds, our staff then has the pleasure of lifting it out of the portable dumpster and struggle to throw it up and over the taller trash bin outside. Quite frankly, I am sick and tired of those of you who continually show **NO RESPECT** for our staff. We have the right to charge you \$50 for this disrespect when we determine it is your trash. It is also a lease violation. That means we can evict you as well.

**SAFE ROOMS** - The storm shelters will be completed around Thanksgiving. Apollo Towers residents will be inconvenienced for a couple of days in November for sidewalk repairs at the north entrance and the edge of the parking lot.

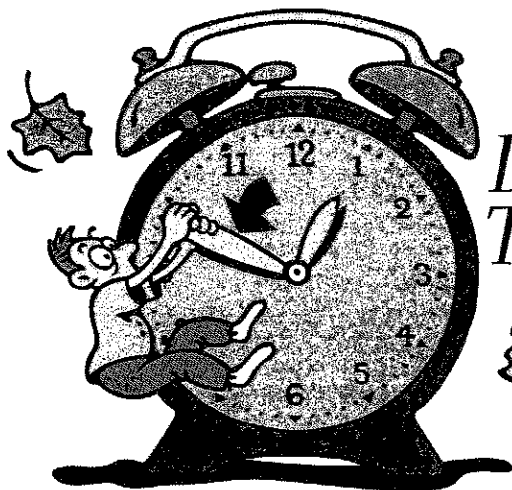
**SECURITY CARDS** - All tenants are issued security cards for the main entrances of all buildings, at move in. Everyone is told there is a \$25 charge for lost cards. If your card fails to work or gets destroyed, the old card **MUST** be turned into the office before you will receive a new one. You request a new card and not turn in the old one, there will be a charge of \$25 on your next statement. **NO EXCEPTIONS!**

## **- TENANT ACTIVITIES -**

**SOCIAL ACTIVITIES** - It is exciting to see residents coming up with more social activities. The community room now has pool games, pitch on Thursday nights and there is talk about ping pong. Come play the piano, watch a movie. There is always a jigsaw puzzle in progress, drawing/coloring supplies and assorted other games available to occupy anyone, any time. Come check it out!

**COFFEE** - Coffee is only 25¢ a cup and is available in the Apollo Towers Community Room any time.

**BINGO** - Every Tuesday at 1:30 PM in Apollo Towers Community Room. Social distancing recommendations still apply.



Turn your clocks back Saturday  
night before going to bed.

# Daylight-Saving Time Ends

*Saturday night*

*At midnight*

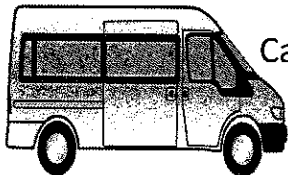
*October 31st*

**SPRAY DAY** - ALL Tolin Terrace & Parkview Plaza units will be sprayed Wednesday October 14th. They will start around 7:30 AM. Bug spray day is the second Wednesday of each month. Parkview and Tolin are done during the even months and Apollo the odd.

**INSPECTIONS** - There will be NO CCHA inspections at Parkview during the construction project.

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

## **GENERAL PUBLIC TRANSPORTATION MINI-BUS**



Call 785.632.2447 & 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*

