

# Clay Center Housing November 2018

## Office Hours:

**10 AM—4 PM Monday—Friday**

**Afternoons By Appointment ONLY**

ONLY during window hours— Tuesday & Friday from 9 AM to Noon— may tenants purchase stamps, get change, and pay rent in person. Checks and money orders may be placed in the drop box slot on the office door. Newsletters and statements are available at the office the last week of each month, after the 25th. **Each household is responsible for picking up the newsletter and READING the information provided.**

When needing to speak with John or Kimberley, **please call before coming to the office**, to verify that they are available. As always, if no one is available, leave a message and someone will return your call. Please make arrangements to pickup packages between 10 AM and 4 PM Monday thru Friday.

If you have a lock-out, call 785-632-2100 or come to the office. Only in the evenings or on weekends, if you have an emergency, should you call 785-447-9352. For a work order, **CALL THE OFFICE, NOT** the emergency number. It is NOT necessary to come to the office, just call. Leave a message stating unit number, nature of problem and whether maintenance has permission to enter. Your needs will be addressed as soon as possible in the order of urgency.



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



# What You Can Do to Avoid the Flu

Fever, headache, fatigue, dry cough, sore throat, stuffy nose, nausea: If these symptoms hit, you may have been bitten by the flu bug.

## Who is Most Vulnerable?

During the 2014-'15 flu season, people over age 65 comprised 60% of all cases of flu in the U.S., according to the Centers for Disease Control and Prevention. In February that year, the number of people over age 65 hospitalized for flu was the most since the CDC began recording those numbers in 2005.

Children from birth to age 4 represented the second-highest hospitalization rate.

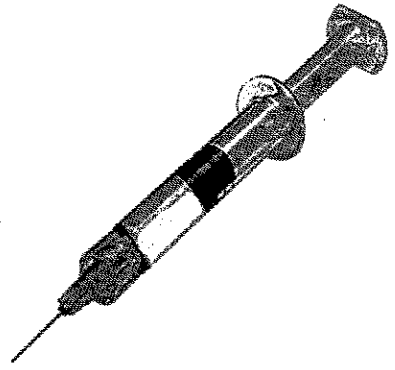
## A Flu Epidemic Every Year

Flu season occurs in the fall and winter, peaking between late November and early March, and it's an epidemic every year. The makeup of flu viruses can change from year to year, making it difficult to predict.

Flu spreads through droplets when people sneeze or cough, and on surfaces. People are contagious one day before symptoms appear and up to a week after. When you don't feel well, it's best to take care of yourself and co-workers by staying home. And don't go back to work (or school) for at least 24 hours after a fever is gone.

## What Can You do to Stay Healthy?

- CDC recommends everyone older than 6 months get an annual flu vaccine as soon as the vaccine becomes available; October is the ideal time to get vaccinated, but it's never too late
- If you don't like needles, ask your doctor if a nasal flu spray is available
- Avoid being around sick people if possible
- Wash your hands frequently with soap and water, or use hand sanitizer



- Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand
- Avoid touching your face
- Disinfect surfaces that may be contaminated

## As we 'Fall Back' to Shorter Days, Take Extra Care on the Road



Shorter days, fatigue, compromised night vision, rush hour and impaired drivers all contribute to making driving at night more dangerous than any other time of day. In fact, the risk of a fatal crash is three times greater at night, according to National Safety Council research.

When Daylight Saving Time ends – **for 2018, that's 2 a.m. Sunday, Nov. 4** – many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

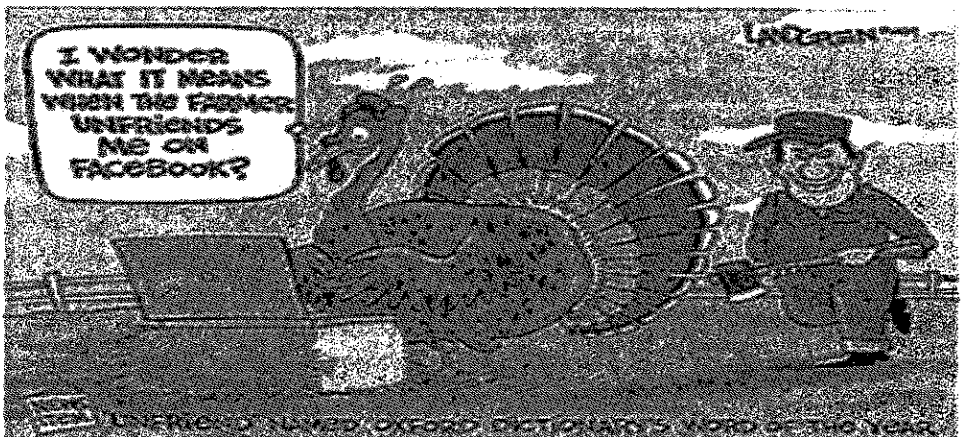
What should you do to combat darkness?

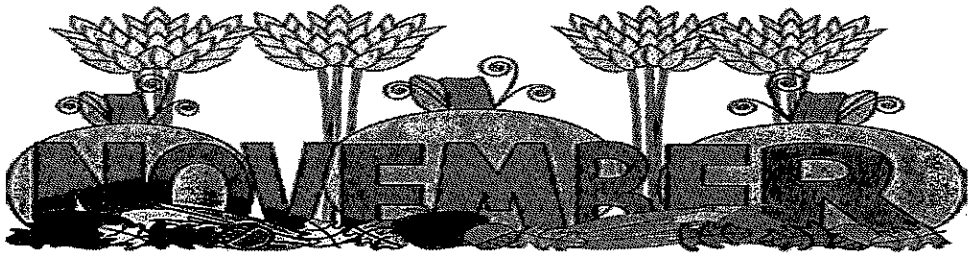
- Aim your headlights correctly, and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

# happy thanks giving

The office will be closed for the Thanksgiving holiday November 22 & 23. There will be no office, maintenance nor cleaning staff available either day. If there is an emergency please call the cell number: 785-447-9352

Thanksgiving Day is a national holiday celebrated on various dates in Canada, the United States, some of the Caribbean islands, and Liberia. It began as a day of giving thanks for the blessing of the harvest and of the preceding year. Similarly named festival holidays occur in Germany and Japan. Thanksgiving is celebrated on the second Monday of October in Canada and on the fourth Thursday of November in the United States, and around the same part of the year in other places. Although Thanksgiving has historical roots in religious and cultural traditions, it has long been celebrated as a secular holiday as well.





1. Where is the Macys' Thanksgiving Day parade held?  
A. Los Angeles B. New York City C. Philadelphia D. Washington D.C.
2. What year was the first Thanksgiving celebrated?  
A. 1621 B. 1777 C. 1800 D. 1925
3. Which president declared that a national day of thanksgiving would be held in November?  
A. Abraham Lincoln B. Ronald Reagan C. Theodore Roosevelt D. George Washington
4. Thanksgiving is the biggest day of travel of the year in the USA.  
True or False
5. What animal does the president traditionally pardon each Thanksgiving?  
A. dog B. goose C. pig D. turkey
6. About how long had the Wampanoag been living in the Cape Cod area when the English settlers arrived?  
A. 100,000 years B. 10,000 years C. 500 years D. 15 years
7. How were the English settlers that sailed from Europe to New England on the Mayflower?  
A. The Beatles B. The Pilgrims C. The Mormons D. The Cavaliers
8. Which of these foods is thought not to be part of the first Thanksgiving?  
A. Deer B. Shellfish C. Pumpkin pie D. Cranberries
9. Who was the leader of the Wampanoag at the times of the first Thanksgiving?  
A. Tisquantum B. Benjamin Franklin C. Massasoit D. Crazy Horse
10. Which televised sport do many people watch on Thanksgiving:  
A. Baseball B. Cricket C. Football D. Cricket

## TENANT NOTICES

**OFFICE HOURS: Monday - Friday 10 AM to 4 PM** - The addition of a part-time position has allowed us to extend the office hours. You still need an appointment to see John or Kim. **Window hours have NOT changed - Tuesday & Friday mornings only, from 9 AM to Noon.**

**APOLLO ELEVATORS** - In January Thyssenkrupp Elevator Corp. will begin the updates, starting with the small elevator.

**RECYCLING BINS** - In the northeast corner of the Apollo parking lot we have several bins for tenants to place recyclable items. The cage outside the fence is for cardboard ONLY Please break down all boxes. There is a label on each bin as to what should be placed inside the individual containers. You must sort your items before placing anything in the bins. **These bins are NOT for trash, only clean recyclables.** Do not place any of the following in the recycling bins:

- \*Motor oil, antifreeze & fuel treatment jugs & bottles
- \*Styrofoam, oxygen masks or tubing
- \*Kleenex or paper towels
- \*Donut or popcorn bags, zip lock bags or cheese wrappers
- \*Paper plates, drinking straws, plastic utensils
- \*Disposable diapers or incontinent supplies
- \*Cardboard milk or juice containers

**PARKING LOTS** - Each month we will be checking the parking lots for expired tags, inoperable and/or abandoned vehicles. The owner of said vehicle that will be notified of intent to remove at the owner's expense.

**INSECT INFESTATION** - It is the responsibility of each tenant, per the lease, to notify the housing office if an insect problem develops. Issues with roaches, bedbugs, etc. are all preventable and correctable. To prevent a building wide problem, housing staff must be made aware of im-

mediately of any issues.

**VENDING MACHINES** - When the snack or pop machines don't work, tell the housing office. We can't fix what we don't know about. As for selections in the snack machine, we aren't going to add things unless people start buying what is already in the machine. We cannot afford to purchase a variety of items as requested if we end up tossing things as they expire because no one makes a purchase. Anonymous suggestions will not be considered.

**DOG POOP** - Again we have residents that refuse to pick up after their dogs. This is an obvious lease violation and you can be evicted for refusing to follow a simple rule. **PICK UP your dog's POOP!**

**PARKVIEW COMMON AREAS** - Everyone who has decorations, pictures and furniture in any of the common areas and hallways needs to be making plans to remove all of it. This is a heads-up as we prepare for the rehab/remodeling that will take place next spring. Anything we have to deal with will be disposed of at owners expense.

## **TENANT ASSOCIATION ACTIVITIES**

**COFFEE HOUR** - Monday, Wednesday, Friday at 9:45 AM in the Apollo Towers Community Room. **Coffee is 25¢ a cup.**

**POTLUCK** - Join your fellow tenants at 6 PM Friday November 9th in the Apollo Community Room for some shared food, fun and friendship. Potluck is the second Friday of each month.

**TAI CHI PROGRAM** - November 16th in the Apollo Community Room from 10 - 10:45 AM. The program will be presented by Angel Care Home Health and is held the third Friday of each month.

**NEEDLEWORK CLASSES** - Shirley Murray will be in the Apollo Towers Community Room at 10:30 every Tuesday morning for anyone with questions or needing help.

**BINGO** - Every Tuesday at 1:30 PM in Apollo Towers community room.

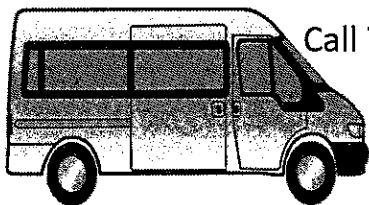


The office will be closed Monday November 12th for Veterans Day. As this is a federal holiday, all banks, city offices and the courthouse will be closed. There also will be no mail delivery .

**SPRAY DAY** - All units at Apollo Towers will be sprayed Wednesday November 14th 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 whether you are home or not. This is part of your lease.

**FRIENDSHIP MEALS**—For information or questions please call the Nutrition Office at 785-632-5767. This is located next to the south entrance of Apollo Towers.

### **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*

