

Clay Center Housing April 2017

Office Hours:

9 AM—Noon 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.**

Outside of window hours, **please call before coming to the office, to verify that someone is available to speak with you.** The afternoons are when we schedule interviews and work on paperwork. Therefore we may not answer the phone or door at these times. Please make arrangements to pickup packages between 8 AM and Noon.

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.

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

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KS Relay Center TDD 800-766-3777



Slip, Trip and Fall Prevention will Keep Older Adults Safe and Independent

More than 29,000 people died in falls in 2013. Falling is the third leading cause of unintentional-injury-related death over all age groups, but it's the #1 cause of death for those 71 and older, according to *Injury Facts 2015*. The good news: Aging, itself, does not cause falls. Learn what you can do to help protect older loved ones. The National Safety Council offers some statistics about older-adult falls – and some solutions for keeping your loved ones safe.

What are the Risks?

Today, Americans are living longer while staying active and healthy. But adults 65 and older are at risk for falls, which can signal the beginning of the end of that active life – and their independence. Injuries from falls can lead to limited activity, reduced mobility, loss of fitness and a fear of falling, all of which increase risk of additional injury.

Falls also are the leading cause of injury-related death for adults age 65 and older, according to *Injury Facts 2016*, the statistical report on unintentional injuries created by the National Safety Council. This is not surprising considering falls are among the most common causes of traumatic brain injury. About 20,400 people died from falls at home in 2014, and the vast majority of them were over age 65.

According to the Centers for Disease Control and Prevention:

- One in three older adults falls each year
- About 2.5 million nonfatal falls were treated in emergency departments in 2013
- Of those, 734,000 people were admitted to the hospital
- That year, 25,500 older adults died from unintentional falls
- More than 250,000 hip fractures are reported every year, and 95 percent of those are from falls

The Good News

Falls are preventable and aging, itself, does not cause falls. Some of the underlying causes of older-adult falls, such as muscle weakness, medications that cause dizziness, improper footwear, impaired vision, slick floors, poor lighting, loose rugs, clutter and uneven surfaces, can be improved.

While falls can happen anywhere, they most often occur at home. What can you

do to make your home or the home of someone you love safer?

- Remove clutter, small furniture, pet gear, electrical cords, throw rugs and anything else that might cause someone to trip
- Arrange or remove furniture so there is plenty of room for walking
- Secure carpets to the floor
- Wipe up spills immediately
- Make sure outdoor areas are well lit and walkways are smooth and free from ice
- Use non-slip adhesive strips on stairs
- Use non-skid mats in the bath and shower
- Install grab bars in the tub, shower and near the toilet
- Install railings on both sides of stairs
- Provide adequate lighting in every room and stairway
- Place nightlights in kitchen, bath and hallways
- Make often-used items more accessible, like food, clothing, etc., so an older person won't be tempted to use a stool or ladder to get to them
- If necessary, provide personal walking devices, such as a cane or walker, to aid in stability

Tai Chi, Anyone?

Harvard Medical School touts the value of exercise in preventing falls and even reversing some of the many conditions associated with aging. Tai Chi, in particular, earned a spot in a Harvard Health publication. The ancient Chinese mind-body practice improves balance and muscle tone, and could be "the perfect activity for the rest of your life," according to the article. Even people in wheelchairs can do it. PubMed.gov also conducted a six-month trial to determine the effect of Tai Chi on older adults. During the trial, inactive older adults who did Tai Chi three times a week decreased the risk of falls by 55 percent compared to a control group.

In addition to regular exercise, older adults should ask a doctor if their medications may be causing dizziness, and make sure to have regular eye exams.

Tai Chi Program - April 21st in the Apollo Community Room from 10 - 10:45 AM. The program will be presented by Jacquie Mack of Angels Home Health and is held the third Friday of each month.

SEVERE WEATHER - Now is a good time to remind residents to prepare for severe weather. FEMA recommends that people should take shelter within 5 minutes of a warning. In Parkview the southwest corner of the great rooms on 2nd - 4th floors or the landings of the stairwells is the safest shelter. At Apollo, the recess in front of the elevators on the 2nd through 7th floors are the safest. In both properties you should make sure all of the apartment doors are locked. In Apollo we also recommend that you have a light blanket to put over your face since there is glass in the stairwell doors.

Tolin Terrace residents should go to the storm shelter. Everyone should take a flashlight, a bottle of water, and a transistor radio with them. If you have a pet, the pet must be in a secure pet carrier.

An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength.

After a few weeks the man came back to make sure the new equipment was working properly, which it was.

The hearing specialist said, "It all seems perfect. Your family should be delighted you can hear everything now."

"Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times."



While waiting for her first appointment in the reception room of a new doctor, a woman noticed the doctor's medical school certificate on the wall, which bore his full name.

Suddenly, she remembered that a tall, handsome boy with the same name had been in her high school some 45 years ago. Upon seeing him, however, she quickly discarded any such thought. This balding, gray-haired man with the deeply lined face was too old to have been her classmate.

After her exam, she asked him if he had attended the local high school. "Yes," he replied. "When did you graduate?" she asked. He answered, "In 1965." "Why, you were in my class!" she exclaimed. He looked at her closely and then asked, "What did you teach?"

April 1.
 This is the day upon
 which we are reminded
 of what we are on the other
 three hundred and sixty-four.

- Mark Twain



WORD SEARCH!

SPRING CLEANING

FIND AND CIRCLE THE WORDS ON THE LIST...WORDS MAY BE FOUND ACROSS, DOWN, OR DIAGONALLY
 --FORWARDS, BACKWARDS, AND SOMETIMES OVERLAPPING. HAVE FUN!

WORD LIST

ATTIC
 BACK YARD
 BASEMENT
 BOXES
 BUCKET
 CAR
 CEILING
 CLEAN
 DRYER
 FRONT YARD
 GARAGE
 GARBAGE
 GLOVES
 GUTTERS
 LADDER
 LAUNDRY
 LAWNMOWER
 MIRRORS
 MOP
 ORGANIZE
 PAINTBRUSH
 RAKE
 SHED
 SORT
 SPONGE
 VACUUM
 WATER
 WALLS
 WASH MACHINE
 WINDOW CLEANER

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



TENANT NOTICES

The point of producing the newsletter is to provide an efficient means to get needed information, point out safety issues and add a little entertainment, to ALL our tenants. That can only happen if every tenant actually takes the time to read the newsletter. If you have impaired vision please utilize the reader in the media room or find someone to read the content to you.

Media Room - The Ron Smith family donated his Telesensory reader to Clay Center Housing. It allows those with poor vision to magnify and backlight reading material. This reader may be found in the media room. Please utilize this resource.

Since we first purchased the resident computers in 2011 we have used Safe Eyes internet filtering software. Safe Eyes is being discontinued so we are installing a new filter software to replace it. It is called Clean Internet. It is more aggressive than Safe Eyes so if you find that it blocks you out of a website, please give the web address to Kim or John and they will submit it to Clean Internet to unblock. Remember, we will not unblock any websites that are known to contain profanity, pornography, nudity, hate, etc. However, since this software is more sensitive to names in searches so it could very well block you out of good website. Just let the office know ASAP and we will notify them to unblock it.

Telephone & Internet Scams - The most current scams involve the IRS and the Social Security Administration. The IRS will not call you demanding payment immediately nor will they threaten you with high fines or jail time. Their first contact is a certified letter you must sign for. Social Security will never call and request personal information over the phone or internet. NEVER, EVER give out personal information over the phone unless you initiated the contact. Always make sure when calling you have the correct number (not one the caller gave you) or if on the web, be sure you have the official site (don't click the link in a

questionable email). Do NOT click on any links in an email unless you know for sure who it is from and what you are doing.

Laundry Room Schedules - In each laundry room is posted a schedule that reserves the machines in the respective building for specific times during the week for the Home Health Workers. There are 20 other hours Monday through Friday plus the entire weekend that you may use the laundry rooms. These times have been posted for at least 4 years, nothing has changed and we do cover this at lease-up with all new tenants. **ALL tenants will honor these schedules, no exceptions!!!**

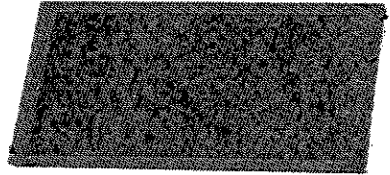
The Parkview Redevelopment Project is still in the planning stages and we have come up with approximately \$2 million of improvements to date that need to be completed. We discovered that there are more advantages to applying for all of the sources of funding simultaneously so we will not receive funding approval before May of 2018. That means we will not do any work before the latter part of 2018. We just performed a capital needs assessment inspection on Tolin Terrace and may add some improvements to that property to the redevelopment project. At this time, it does not appear that we will need to relocate any residents to complete the improvements.



Wellness Council Balance & Strength Series - taught by Gail Hileman will last 8 weeks this spring. This program will take place in the Apollo Towers Community Room from 1:30 - 2:30 PM on Mondays in April and May. Please direct any questions to Amber in the Nutrition Office.

Domestic Violence Awareness - Janet Thurlow will be sharing her story at the 5th Annual Event of Shay's Hope, a local support group. Please join the group to hear how domestic violence has transformed Janet's life. Event hosted by Phillene Cramer on April 8th in the Apollo Towers Community Room at 6:30 PM.

Monday April 3rd maintenance will be changing furnace filters and smoke detector batteries at Apollo.

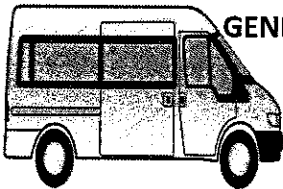


SPRAY DAY - Wednesday April 12h is bug spray day for Parkview & Tolin. Parkview & Tolin are the even months and Apollo the odd, usually on the second Wednesday of each month. This is your advance notice and we will spray ALL units.

UNIT INSPECTIONS—Apollo floors 3 & 4 are scheduled for inspection on **Thursday April 13th**. You do not have to be present for this inspection.



FRIENDSHIP MEALS—For information or questions please call 785-632-5767 or contact Amber in the Nutrition Office located next to the south entrance of Apollo Towers. ~ The tenant association is in need of some new floor directors. If this is something you would consider doing talk to Amber in the Nutrition Office for more information.



GENERAL PUBLIC TRANSPORTATION MINI-BUS SERVICE

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

