

Clay Center Housing June 2018

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.



330 West court Street, Clay Center, KS

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

Website: claycenterhousing.com

Like us on Facebook!

KS Relay Center TDD 800-766-3777



Tips for Medication Safety

Seniors are more likely to take multiple medications. They're also more sensitive to drugs' effects, both therapeutic and negative. Declining vision, hearing, and memory also contribute to medication risks. The tips below will help you prevent mistakes and adverse drug reactions.

1. **Participate.** Safe medication use is a shared responsibility between you, your doctor, the pharmacist, and other healthcare providers. Know your medications and ask questions if you're not sure how, when, or why to take any drug.
2. **Follow directions.** Always follow your doctor's directions about taking medications. There are often important reasons to take a medication at a specific dose and time.
3. **Keep a list.** A current list of your medications, including the times and reasons you take each one, will help your providers adjust your medications and identify potential interactions. Don't leave out over-the-counter drugs, herbal medications, and supplements.
4. **Read prescriptions and labels.** Read new prescriptions before leaving the doctor's office and ask questions if the instructions are unclear. Do the same with labels when you receive the medication.
5. **Avoid others' medications.** Taking other people's drugs may cause adverse reactions or interactions. Never take prescription medications your doctor has not prescribed for you.
6. **Store medications properly.** Most should be stored in a dry place at room temperature, away from direct sunlight, and out of children's reach; others may require refrigeration. Throw away expired medications, which may be ineffective or even toxic.
7. **When in doubt, ask.** Your doctor and pharmacist are valuable resources for drug information. Your questions help them know what additional information to provide you.

Over the Counter Medications

The number of medications available without a prescription grows annually, increasing the risk of possible drug interactions, especially for seniors. Check with your physician or pharmacist before taking any over-the-counter (OTC) medication.

Medication Types and Common Side Effects

- Analgesics are pain relievers. Acetaminophen, the active ingredient in Tylenol®, is found in many combination OTC and prescription pain medications. In excess, it may be toxic to the liver. Aspirin may cause nausea or upset stomach.
- Non-steroidal anti-inflammatory drugs (NSAIDs) like ibuprofen (Motrin®) and

naproxen (Naprosyn®) can cause upset stomach. They also interact with many medications and disease states. Patients taking warfarin should avoid using these drugs, as should patients with ulcers or kidney disease. NSAIDs are also used in combination products, so be aware of all ingredients.

- Natural or herbal products can adversely interact with either OTC or prescription medications. Please check with your doctor or pharmacist before starting an herbal medication.
- Oral decongestants relieve stuffiness and congestion. Phenylephrine (Sudafed PE®) and pseudoephedrine (Sudafed PSE®) may cause nervousness, insomnia, increased heart rate or blood pressure, or headache.
- Nasal topical decongestants relieve nasal stuffiness. Oxymetazoline (Afrin 12-hr®) may cause nasal burning/irritation, or worsen symptoms if used too long.
- Antihistamines decrease allergic symptoms or reactions. Diphenhydramine (Benadryl®), loratadine (Claritin®), and cetirizine (Zyrtec®) may be associated with drowsiness, dry mouth, or blurry vision. Seniors and children may experience restlessness or insomnia.

Taking Multiple Medications

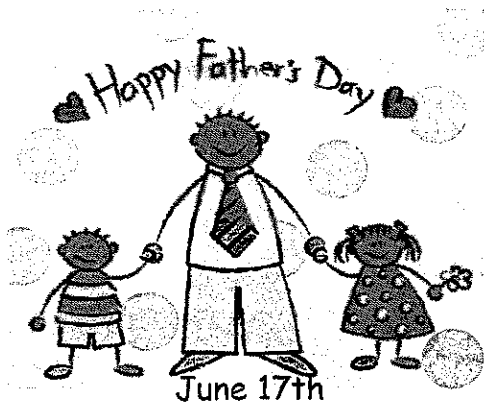
The use of numerous prescription and over-the-counter medications, sometimes called “polypharmacy,” is common among seniors. The risk of adverse drug events increases dramatically with the number of drugs you take.

You should be especially careful if you:

- Take five or more medications
- Take herbal medicines, vitamins, or over-the-counter products.
- Take medications for three or more health problems.
- Get prescriptions from two or more healthcare providers.
- Use different pharmacies to fill your prescriptions.
- Have not reviewed all of your medications and supplements with your primary care physician.

Questions to Ask Your Physician

- Why am I taking this medication?
- Does this drug duplicate any of the other medications I take?
- How long will I take this drug?
- Is this drug and dose appropriate for my age and health?
- Does this medication interact with any other drugs, herbs, or over-the-counter products I currently take?



Father's Day officially began in 1910 in Spokane, Washington, where 27-year-old Sonora Dodd proposed it as a way to honor the man who raised her when her mom died in childbirth. Dodd was at a church service thinking about how grateful she was for her father when she had the idea for Father's Day, which would mirror Mother's Day but be celebrated in June — her dad's birthday month.

The movement grew for years but didn't gain national-event status until 1924 under

former President Calvin Coolidge. He said it would "establish more intimate relations between fathers and their children" and "impress upon fathers the full measure of their obligations," according to the Library of Congress Wise Guide.

The holiday gained traction during World War II, and in 1966 President Lyndon B. Johnson proclaimed the third Sunday of June to be Father's Day. President Richard Nixon made it a federal holiday six years later.

Today, Father's Day has a passionate following, with about three-quarters of Americans telling the National Retail Federation they plan to celebrate on Sunday. Here are more facts about the holiday:

1. Census data shows there are more than 70.1 million dads in the U.S. About a third of them are married with kids under 18.
2. Two million fathers are single.
3. Spending on Father's Day will reach about \$12.7 billion this year, with the average person spending about \$115.57 on presents. That's about \$2 more than last year's average.
4. The amount spent on Father's Day is still less than what Americans spend on Mother's Day -- \$21 billion.
5. Father's Day is the fourth-biggest day for sending greeting cards, after Christmas, Valentine's Day and Mother's Day, according to the Greeting Card Association.
6. About 20 percent of Father's Day cards are bought for husbands.
7. More than 214,000 men are stay-at-home dads.
8. Thailand's Father's Day is celebrated in December, on the birthday of King Bhumibol Adulyadej. Everyone wears yellow.
9. On Father's Day in Germany, men drink all day at beer gardens.

Summer Word Search

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

Find these words.

family
summer
vacation
camping
backyard



beach
pool
swimming
baseball
fishing



June
July
August
sun
hot

picnic
watermelon
hamburger
ice cream



TENANT NOTICES

RENT PAYMENTS - Rent is due on the first of each month and past due on the 11th. If your payment is not received by the end of the business day on the 10th (or first business day after, if it falls on a weekend or holiday), you will incur a \$25 late fee and receive a 14/3 notice. Nothing has changed, you need to pay your rent on time.

TRASH DISPOSAL - The trash chutes are a convenience for tenants on upper levels. If you don't want to lose this convenience, avoid a lease violation charge, and/or a 14/30 notice, please follow these guidelines:

- Use regular trash bags-NOT grocery sacks, the bottoms will split
- Do not over fill trash bags-someone else will have to lift it
- Grease, liquids and glass is **NEVER** to be put in trash chute
- Cat litter waste is to be carried outside to the dumpster
- All boxes must be broken down & taken outside to dumpster

Do **NOT EVER** put food or grease down your kitchen drain (or toilet or bathroom sink). Be sure to use the proper type of sink strainer or you will be paying the cost of the repair.

Each household is responsible for discarding their own, old possessions. Do NOT leave them in the lobby, hallway or any other common area. Do NOT place any furniture, electronics or appliances in or next to the dumpsters as they will not be picked up. The household responsible will be charged a disposal fee for any furniture, electronics and appliances left in any of these areas.

PARKING - Spaces in the parking lots of all HA properties are for the tenants and their guests. All spaces are available on a "FIRST COME, FIRST SERVED" basis. While there aren't as many spaces as apartments there is plenty of parking available. Other places to park besides in the lots would be — on Court Street in front of the properties, diagonal parking on both "B" and "C" Streets and off Dexter Street across from Apollo or near Huntress Park north of Parkview. We do not have the time or mon-

ey to police the parking lots 24/7.

TENANT INFORMATION - There are a few tenants that have changed their contact numbers but failed to notify the housing office. Please remember when you get a new phone we need to update your file. The same goes for new vehicles, we need to know what belongs in our parking lot and what doesn't.

POTLUCK - Join your fellow tenants at 6 PM Friday June 8th in the Apollo Community Room for some shared food, fun and friendship. Potluck is the second Friday of each month.

TAI CHI PROGRAM - June 15th in the Apollo Community Room from 10-10:45 AM. The program will be presented by Jacquie Mack of Angel Care Home Health and is held the third Friday of each month.

The pool will open for the summer on Memorial Day. For information on passes, hours or classes you should call 785.632.5149. Please remember to take extra precautions when crossing or walking along Dexter Street behind the property. There will be increased traffic and many of the drivers will not be paying attention.

Parkview Plaza Apartments, LP is happy to announce the approval of allocations of Low Income Housing Tax Credits from the Kansas Housing Resources Corporation. Clay Center Affordable Housing, Inc., a subsidiary of Clay Center Housing Authority is the lead developer along with TTG Clay Center, Inc. The two entities make up the ownership of the General Partner, Parkview Plaza, GP, LLC. John Kaul, Executive Director of Clay Center Affordable Housing, Inc. will be leading the development team in completing the preservation project. The funding for the project is \$6,217,724. Projected project completion will be in 2020. The developers will bring in equity for the project by selling their tax credits to investors who will use the credits to offset their federal income tax liability. The development team will be scheduling a meeting in July to begin planning for the project. At that time we will have an informational meeting for the tenants of Parkview Plaza Apartments.

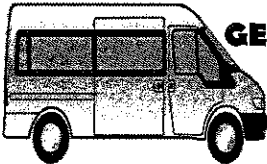
The office will be closed **Wednesday July 4th**. Maintenance and cleaning staff will be unavailable that day. If you have an emergency call 785.447.9352. For work orders and all other issues leave a message and they will be dealt with the following day.

Tolin Terrace furnace filters will be changed **Monday July 2nd**.

SPRAY DAY - Wednesday June 13th 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—Thursday June 14th all units on the 7th floor of Apollo Towers will be inspected whether you are home or not.

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.



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

