

Clay Center Housing September 2019

Office Hours:

10 AM—4 PM Monday—Friday

Afternoons By Appointment ONLY

ONLY during window hours— Tuesday & Friday from 10 AM to 1 PM
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 the last week of each month, after the 25th, unless it's a holiday or weekend. Then it will be available the next business day. **Each household is responsible for reading ALL the information provided every month.**

When needing to speak with John or Kimberley, **please call the office**, to verify that they are available. Please listen to ALL phone options when leaving a message. Packages are available to be picked up in the outer office Monday thru Friday. Make sure you get only your own package, you are on camera.

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 and select option 1, then leave a detailed 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



September is National Food Safety Month and a great time to make sure your kitchen and the foods you prepare in it are safe for your family.

Proper food preparation protects against foodborne illnesses from bacteria such as E. coli, Salmonella, Campylobacter, and Listeria (which can cause diarrhea, fever, abdominal cramps, nausea vomiting, and dehydration).

- Food safety refers to the ways in which food is prepared, cooked, chilled, served, and handled.
- Food sanitation refers to the overall cleanliness of a kitchen and/or equipment.

Foodborne illness is sometimes called “food poisoning”. Foodborne illnesses are infections or irritations of the gastrointestinal (GI) tract caused by food or beverages that contain harmful bacteria, parasites, viruses, or chemicals. A foodborne illness outbreak is when two or more people get the same illness after eating the same food.

The most common causes of foodborne illness are bacteria and viruses such as Salmonella, norovirus, Clostridium perfringens, Campylobacter, Listeria monocytogenes, and Staphylococcus aureus. According to the CDC, each year foodborne illnesses sicken 48 million Americans (approximately 17% of people in the U.S.) and lead to 128,000 hospitalizations and 3,000 deaths.

Anyone can get a foodborne illness. However, some people are more likely to develop foodborne illnesses than others, including:

- * Infants and children
- * Pregnant women and their fetuses
- * Older adults
- * People with weak immune systems

There are four main steps to help keep food safe:

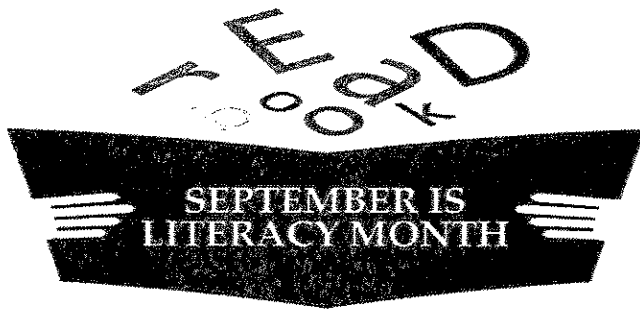
1. Clean - Keeping clean when cooking and preparing food is important. Remember to: Wash your hands before and after handling food;

Clean cutting boards and utensils; Wash all surfaces that have come in contact with potentially hazardous foods.

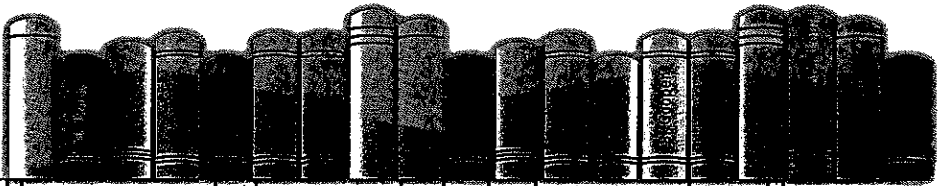
2. **Separate** - Separating different types of foods (like raw meats and ready-to-eat fruits) can help prevent cross-contamination. Use separate cutting boards for foods; Keep raw meats away from other foods in your shopping cart; Store ready-to-eat foods above raw meats and eggs in the refrigerator.
3. **Cook** - Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause foodborne illness. Use a food thermometer to measure the internal temperature of cooked foods.
4. **Chill** - Chill foods quickly and keep them below 41 F to help keep foods safe. Also, store foods in refrigerator in proper order to help prevent cross-contamination: Ready-to-eat and pre-cooked foods (store at top of fridge); Eggs, fish, whole meats (beef, pork, lamb); Ground beef, ground pork; Poultry (store at bottom of fridge).

Common Food Safety Mistakes

1. Not washing your hands
2. Eating raw cookie dough (or other foods with uncooked eggs)
3. Undercooking meat, poultry, seafood or eggs
4. Thawing food on the counter
5. Washing raw meat, poultry or eggs
6. Putting cooked meat, poultry or seafood back on a plate that held raw meat products
7. Tasting food to see if it's still good
8. 8. Letting food cool before putting it in the fridge
9. Marinating meat or seafood on the counter
10. Using raw meat marinade on cooked food



Literacy is the single most significant skill needed to function effectively in school, in the workplace, and in society...it is vital to a successful education, career, and quality of life!



"There's no such thing as a kid who hates reading. There are kids who love reading, and kids who are reading the wrong books."

~ James Patterson

Be careful about reading health books. You may die of a misprint.

~ Mark Twain

The worth of a book is to be measured by what you can carry away from it.

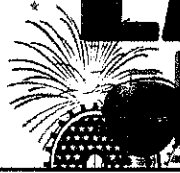
~ James Bryce



**It's called reading.
It's how people install new
software into their brains.**

celebrating
LABOR DAY

Word Search



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

See how many of these newspaper related words you can find in the puzzle.
 The words can be forward, backward or diagonal.

Created by See Clufford
 Great Fivko Grand 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |

TENANT NOTICES

UNIT INSPECTIONS - No inspections at Parkview. They will resume after the rehab is completed.

LAUNDRY ROOMS - Once again we have a few residents who believe the policies of Clay Center Housing do not apply to them and don't care about their fellow residents. If you or those with you make a mess, CLEAN IT UP! Check to make sure you didn't leave something behind. Wipe out the washers and dryers if you have a pet or heavily soiled items. After EVERY load placed in the dryers, you should be cleaning out the lint screen. Do not touch someone else's laundry unless you know for a fact it has been sitting in the machine more than 30 minutes. Likewise, don't leave your things sitting in a machine indefinitely, you aren't the only person needing to do laundry.

WORK ORDERS - Don't stop any staff in the hallways about work orders. Please use the phone system - option 1 - for work orders. When leaving your message: state name, unit number, nature of problem, permission to enter. Remember you will be charged for light bulbs, blinds, toilet seats, etc. and any damage you or your guests cause. Please don't wait for an inspection or until you have several things needing fixed before calling in work orders to office. Some things should be reported right away. If something is wrong, report it. We will charge you per light bulb no matter how many need replaced..

TRASH DISPOSAL - All trash should be placed in a regular trash bag, not grocery sacks! Every bag must be tied shut so the contents do not spill all over. No boxes should ever be dropped down any trash chute, place in the recycling bins. Please do not leave your trash or recyclables sitting on the floor of the trash rooms. Containers of glass, grease and liquids are the ONLY things to be placed in the bins of each trash room on each floor of Parkview. You are responsible for taking care of everything else.

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.

SHOPPING CARTS - In the lobby of each building are a few carts for ALL the residents of each building to use. When using the carts, bring them directly back to the lobby when finished. For several weekends in a row there have been no carts available because certain individuals are keeping them on their floor and/or in their apartments. Housing staff should not need to go retrieve them every Monday morning. If you want your own cart, go purchase one for your own use. Think about others needs!

TENANT ASSOCIATION ACTIVITIES

COFFEE HOUR - Monday, Wednesday, Friday at 9:45 AM in the Apollo Towers Community Room. **Coffee is 25¢ a cup.** 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 September 13th 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 22nd.

**The Mobile Workforce Center is coming to the
Clay Center Carnegie Library - 706 6th Street**

>Tuesday October 1, 1 PM - 3:30 PM

>Tuesday December 3, 1 PM - 3:30 PM

LABOR DAY is Monday

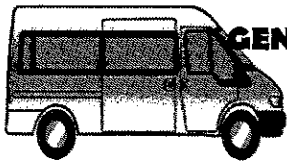
September 2nd. The office will be closed and no housing staff will be available that day. In case of a lockout or plumbing emergency call 785-447-9352.



PARKVIEW - There will be a lot of activity once the actual construction work starts. DO NOT go into any open units or active work areas. Please stay out of the way and do not bother the contractors or their workers.

SPRAY DAY - All units at Apollo Towers will be sprayed Wednesday September 11th 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. 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

