

Clay Center Housing January 2021

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, leave a detailed message**, stating your name & unit number, nature of problem and whether maintenance has permission to enter.

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

Like us on Facebook!

KS Relay Center TDD 800-766-3777



How to Prevent Medication Errors at Home

By Maura Ammenheuser

Nearly half of poisonings in seniors involve medication errors.

Approximately 41 percent of poison deaths occur in senior citizens. Medication errors are the source of almost half — 45 percent — of poisoning cases in people age 60 and older in the United States, said Nena Bowman, Pharm.D., D.A.B.A.T., managing director of the Tennessee Poison Center. Older Americans tend to have multiple prescriptions, and unfortunately, sometimes they take medications incorrectly.

The center takes calls from more than 127,000 people every year, worried that they or someone else has ingested something toxic. The Poison Control Center, reached by phone at 1-800-222-1222, is staffed with nurses, pharmacists and doctors. Often the calls they answer concern seniors and poisoning.

“Most commonly we have spouses calling after accidentally taking each other’s medications, double doses of their own medications or even their pets’ medications,” she said.

These problems happen year-round, though they tend to spike during special occasions when families gather and may suddenly be together under one roof, Bowman said. Everyone is thrown out of their normal routine and makes it more likely for seniors to make mistakes involving their medications.

Seniors can take many steps that reduce the risk of medication-related poisonings:

- Keep your medications separate from anyone else’s in the family.
- Turn on the lights, and if you wear glasses, put them on before taking medicine, to be sure you’re seeing the right bottle. Read all labels carefully, every time you take your medicine.
- Do not combine different medications in a single container or move them into a different pill bottle.
- Dispose of outdated drugs.

- Do not use someone else's prescriptions, and do not let anyone else use yours; medications affect different people in different ways and taking someone else's prescription can cause a lot of harm.
- Follow your doctor's instructions about taking medications. Call the doctor or pharmacist if you have questions about your medications.

Caregivers and adult children of an elderly parent can also do things to reduce the chance of a senior making medication errors:

- Fill pill minders for your relative. Clearly label when each medication should be taken, and what each one should be taken for.
- Be sure your relative has their doctor's phone number and the Poison Control Center number (1-800-222-1222) at hand.
- Keep an updated list of medications, dosages and what time of day they're supposed to be taken. Include over-the-counter medicines in this list. Keep a copy of this list at your relative's home, and encourage your relative to carry another one, in a purse or wallet, when he is not at home. You should keep one handy with you, too.

Poisoning symptoms in the elderly vary depending on their medical condition and what medications they took.

"Many seniors take medications for blood pressure, diabetes and gout," Bowman said. "These medications can cause serious symptoms if taken inappropriately, and may require medical attention, depending on the scenario. This is why it is so important to call the experts first. We are happy to answer questions and address medication concerns anytime of day."

If you think an older relative is suffering from poisoning, call the Poison Control Center: 1-800-222-1222.

But if there are life-threatening symptoms (such as seizure, difficulty breathing or chest pain), call 911 first, for immediate medical attention.

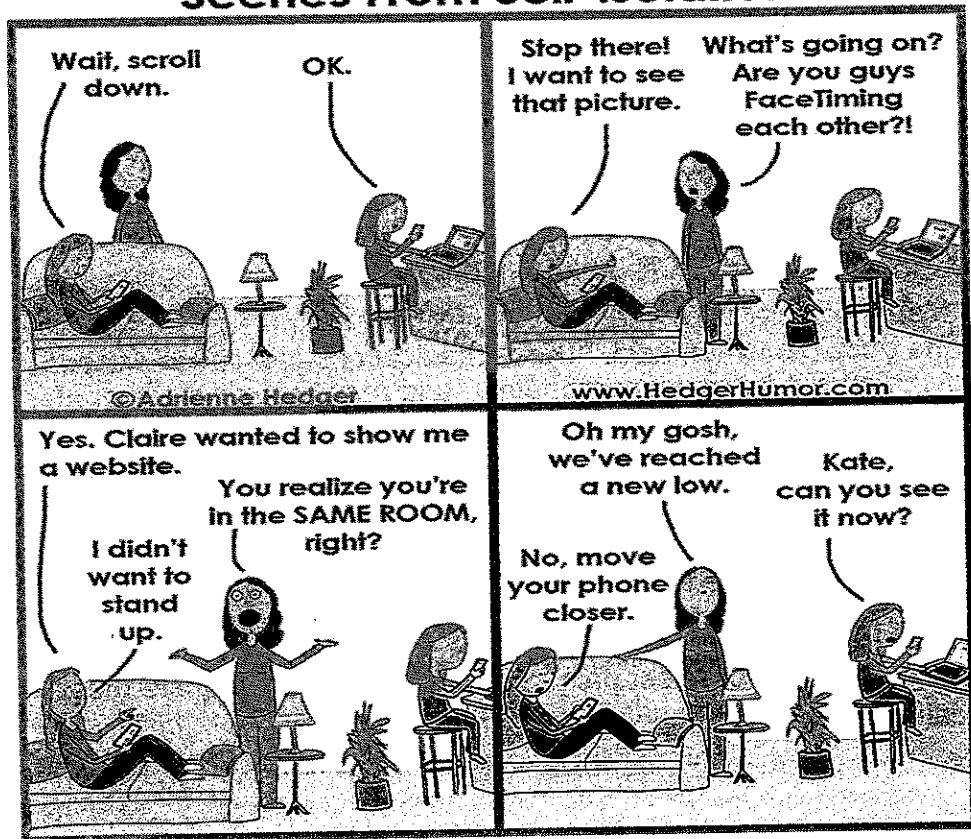
JANUARY

A bad attitude is like a flat tire. You can't go anywhere until you change it. ~Unknown

People don't always need advice. Sometimes all they really need is a hand to hold, an ear to listen, and a heart to understand them. ~Unknown

Your life is your message to the world. Make sure it's inspiring. ~Gandhi

Scenes From Self-Isolation



It's a New Year

Be inspired, get creative!



ABSTRACTION
ANIMATION
AROUSING
ARTISTIC
AUTHENTIC
BRILLIANCE
CAPRICIOUS
CLARITY
CONCEPT
CREATIVITY
DEPICTION
DREAMY
EMOTION
ENCHANTING
ESSENCE

EXPRESSION
FANTASY
FEELING
FLUENCY
FRESH
GRAPHIC
HIDDEN
ILLUSION
IMAGINATIVE
INGENUITY
INSIGHTFUL
INSPIRED
INTERESTING
INVENTIVE
MAKE BELIEVE

NOTION
PASSION
PERCEPTION
REVELATION
SPONTANEOUS
SUGGESTIVE
SUPERNATURAL
THOUGHT
UNIQUE
VIEWPOINT
VISION
VISUALIZE
WHIMSICAL
WISHFUL

TENANT NOTICES



2021 BENEFIT LETTER - Social Security letters were delivered in December to EVERYONE that receives benefits. **Bring your 2021 Social Security benefit letter to the office so a copy may be placed in your file. Don't wait, do it now before you forget where you put it!** If you or a household member receive SS or SSI benefits, you are required to provide a copy to the housing office every year, for recertification. Without it you will find yourself the recipient of an eviction notice. Save yourself some hassle and turn in a copy as soon as you receive it.



COLD, SLIPS & FALLS - As the weather gets colder, please be careful when going outside. Even when there has been no precipitation the walkways can be slick from ground moisture. Always wear the correct footwear and watch where you are going. If you have difficulty getting around, please don't go out when there is ice and/or snow. Make sure to wear warm coats, hats and gloves as it doesn't take long for frostbite in the frigid temperatures.

SNOW & ICE REMOVAL - Maintenance staff and/or contractors are responsible for the removal of snow/ice at all housing properties. This includes all sidewalks and driveways on housing property. Please, Please **DO NOT park with your bumper over the sidewalk.** This makes it almost impossible to clear the sidewalks not to mention hard for others to walk on the sidewalk. If you hit the curb you have pulled too far forward. Don't back into parking spaces along the sidewalks. Remember maintenance does NOT clear around any vehicles, in the lots or over the sidewalks.

WHAT NOT TO PUT IN (or around)



THE TRASH DUMPSTERS

Hazardous Material - paint, thinner, grease, oil, batteries, hypodermic needles, and anything that says “flammable” - No Chemical Jugs, tube type fluorescent bulbs, tube type TV’s & monitors

Burnable Material - grass, leaves, brush, limbs, wood, and garden trimmings

No tires, batteries, lawn mowers, or construction/demolition materials

No furniture or appliances - tenants will need to dispose of these on their own

- TENANT ACTIVITIES -

Some of the tenant activities have started again but masks are still required in the community room and other common areas. Please remember to maintain the recommended 6 ft. distance from others (unless you live in the same unit).

COFFEE - Coffee is only 25¢ a cup and is available in the Apollo Towers Community Room Monday - Friday from 8 AM - 5 PM. If you want to gather with your fellow residents, Coffee Hour is Monday, Wednesday, Friday at 9:45 AM. On Wednesday at 10 AM a local area minister or lay person comes in to lead a bible study.

BINGO - On Tuesday at 1:30 PM in Apollo Towers Community Room. Social distancing recommendations still apply, wear your mask.

COMMUNITY ROOM DOORS - The interior door to the Community room is to remain **unlocked** so all residents have access. However, the west door is only unlocked Monday - Friday from 8 AM to 2 PM, unless there is a holiday. Leaving this door unlocked all the time is a major security risk for both people and property.

DREAM

Martin Luther King Jr.
Day

"Life's most persistent and urgent question is:
"What are you doing for
others?""

**The office will be closed
January 1st & 18th.**

There will be no housing staff available these days. If you have a housing emergency call 785.447.9352. All work-orders should be called in to the workorder option and will be addressed on the following business day.

SPRAY DAY - ALL Apollo Towers units will be sprayed Wednesday **January 13th**. They will start around 7:30 AM. Parkview and Tolin are done during the even months and Apollo the odd.

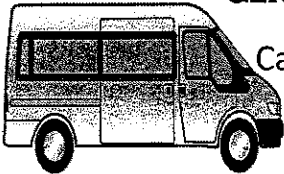
INSPECTIONS - Tolin Terrace inspections for units 1 - 10 will be Thursday **January 14th**. These will take place whether you are home or not.

FURNACE FITLERS - Filters will be changed at Tolin & Apollo on Wednesday January 6th. The charge will appear on your February statement.

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

