

# Jefferson City Housing Authority Senior Newsletter

December Newsletter 2020



In the past JCHA has provided a Holiday meal/pot luck for our residents, but with COVID this year it will look a little different. JCHA and Aging Best, provider of the meals in Clarke Dining Room, will be teaming up to serve the meal this year like to did for Thanksgiving.

On December 15<sup>th</sup> a Holiday meal will be delivered to your door at **no cost**. JCHA will pay for any senior resident that lives in our buildings that wishes to have a meal. All you have to do is **call Dorothy at 573-301-0069 before December 4 and RSVP**. You will have to give your name and address and phone number, which will be given to Aging Best.

#### Meal will include:

Pork Roast and Dressing  
Mashed Potatoes and Gravy  
Cauliflower and Broccoli  
Fruit, Roll and Cheesecake

### Celebrating the Holidays

We know that everyone is planning to celebrate the Holidays with friends and loved ones. We urge you to use extreme caution when getting together. COVID numbers in Cole County are sky rocking and we are trying very hard to keep the virus out of our buildings. Enjoy this special season, but use every precaution to remain safe and healthy.

**We are now requiring everyone to wear masks within the building.** Please let all your visitors and health aids know that when **anyone** is outside your unit they need to be wearing a mask. This includes halls, elevators and community rooms.



### **Senior Food Box Program sponsored by Catholic Charities.**

This month's delivery schedule is:

Hyder December 18, from 10-12  
Herron December 10, from 10-11:30  
Ken Locke is December 8, from 10-11:30  
LaSalette is December 8, from 12-1

Meet Catholic Charities at the main door of your building during their scheduled time. Wear a mask when you come to pick up your box. *If you are unable to pick up the day and time of delivery, you can have someone pick it up for you.*

***You must make arrangements with Dorothy before delivery!***

If you would like to sign up please contact Dorothy at 573-634-1088.



### **River Region Library Schedule**

Hyder December 15, 2-2:45 pm.  
Ken Locke December 17, 2-2:45 pm.  
Herron - Will resume in January

The library sets up items for check out in each of these community rooms. If you do not have a card, no problem, just bring proof of address and you will be able to check out items that day.

Please honor all social distancing measures when checking out books.



### **Medicare Open Enrolment is October 15- December 7, 2020**

It is that time of year to check your Medicare Prescription Drug Plan to ensure you are on the most cost-effective plan. Due to the COVID-19 pandemic, Aging Best will be assisting people over the phone and through the mail. They will also check your eligibility for any extra help that you are eligible for at this time. **Call Trish Luther 573-476-7770 to set up a phone appointment.** Aging Best (formally Central MO Area Agency on Aging) is not an insurance company nor do they represent any insurance company. All information remains unbiased and is obtained from the Medicare website. **These services are at no cost to you.**

## Reminders

Continue to practice social distancing at all times. We need to work together to keep our community safe.

- Stand 6 feet away from the elevator doors or entryways to permit people to safely enter or exit and maintain social distancing practices.
- If you are in any common areas, halls, elevators, or smoking areas spread out so you are 6 feet apart.
- **If you test positive for COVID-19 please let your property manager know immediately.**
- **If you test positive you must stay in your unit to protect the health and safety of other residents.** Endangering others is a lease violation and you could lose your housing.
- In your unit you should be cleaning any surfaces you touch on a regular basis such as counters, remotes, doorknobs, phones, tablets, medical equipment, or anything that assists in your mobility.
- Experts tell us that smoking may increase the risk of a severe COVID-19 infection. If you smoke, please use extra caution to prevent getting sick.
- Keep yourself healthy and manage stress: Eat healthy foods and drink plenty of water. Get enough sleep and physical exercise. Avoid excessive amounts of caffeine and alcohol and limit the use of tobacco products if you smoke.

**We are aware people are still choosing to smoke within their units. This is a lease violation and you will lose your housing. You are welcome to smoke in designated smoking areas only. By choosing to break these rules you increase the risk of fire/smoke damaging your unit or the whole building.**

### Medical Marijuana

Just a reminder. Your lease states that you can lose your housing for engaging in drug related criminal activity. Medical marijuana is illegal under federal drug laws. Having a state issued patient card does not make possession of, or the use of, marijuana legal under federal law.



**The Preventative Maintenance inspections are continuing through December 11. Due to COVID we are scaling back the inspection and the time staff is in your apartment. Filters will be changed, smoke detectors and GFI outlets checked and a visual inspection of other items will be done. Tell us if you notice anything else that needs to be looked at while we are in the apartment. Please keep your distance while the worker is in your unit and wear a mask if you have one. Let our staff know if you are not feeling well when it's your turn for the inspection.**

Activities will look a little different this month. With daily positive COVID cases in town, planning activities in advance is difficult.

**Watch for Pop-Up activities. Pop-Up activities occur with little advance notice- they just Pop-Up for a fun time.**

They will only be held if deemed low risk. We will post flyers in elevators announcing possible activities for the following week. NOTE: the activity may have to be cancelled if the virus is present in our properties.

**No community rooms will be available for private parties between Now through January 1, 2020.**

**Clarke Senior Center is continuing to provide meals to go. We will let you know when the dining room plans to reopen.**

**The JCHA bus will not be running in December.**



**Missouri 24 Hour Hotline:  
877-435-8411**

The Missouri Department of Health and Senior Services (DHSS) activated a statewide public hotline for citizens or providers needing guidance regarding COVID-19. The hotline is being operated by medical professionals and is available 24 hours a day, 7 days a week.