

Jefferson City Housing Authority Senior Newsletter

February Newsletter 2021

Staying Active with a Walking Challenge



We are continuing our Walking Challenge through February. It's not too late to participate. Please record each 10 minutes of activity you complete on the little slips of paper that can be found in either your lobby or community room in your building. Place slips of paper in the plastic container marked "Activity Challenge" and a winner will be drawn weekly for each building. You can walk, use soup cans like weights, or simply stretch. All activity counts for our challenge. Being active helps digestion, circulation, depression, and even helps preventing falls.

We do ask that if you are exercising in common areas, you wear a mask and use social distancing measures.

Staying Active keeps you Healthy!

COVID VACCINE

We are still working with officials to host a possible Vaccine Clinic in our buildings. When a date has been set, we will post flyers announcing the information. BUT until then... If you are eligible to get a vaccine through other channels, please don't wait.



Senior Food Box Program sponsored by Catholic Charities.

This month's delivery schedule is:

Hyder February 19, from 10-2

Herron February 11, from 12-1:00

Ken Locke is February 9, from 10-11:30

LaSalette is February 9, 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.

Protect Yourself from Social Security Scams. Be on the lookout for fake calls and emails.

Telephone and email scammers are pretending to be government employees. They may threaten you and may demand immediate payment to avoid arrest or other legal action. Do not be fooled. If you receive a suspicious call:

1. HANG UP OR DO NOT REPLY TO THE EMAIL
2. DO NOT GIVE MONEY, GIFT CARDS, OR PERSONAL INFORMATION
3. REPORT THE SCAM AT **OIG.SSA.GOV**

What to look out for:

1. The caller says there is a problem with your Social Security number or account.
2. Any call asking you to pay a fine or debt with retail gift cards, wire transfers, prepaid debit cards, internet currency, or by mailing cash.
3. Scammers pretend they're from Social Security or another government agency. Caller ID or documents sent by email may look official by they are not.
4. Callers threaten you with arrest or other legal action. Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

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If going outside remember to bundle up and watch your step. This time of year, there could be slippery spots on walking surfaces. Getting fresh air is great for you.



River Region Library Schedule

Hyder February 16, 2 pm.
Ken Locke February 23, 2 pm.
Herron - February 18, 2 pm.



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.

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.



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 in your unit.



We have had very few cases of COVID reported in our buildings. You all are doing great overall. Thank you for your compliance in working to keep our buildings safe for you and your neighbors. Thank you for continuing to do your part by wearing masks, washing your hands and social distancing. This limits others to possible exposure. Also, by reporting if you become sick, we are able to order extra cleaning in areas of the building you may have been in the last few days. Thank you for doing your part! ❤️

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 through March 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 February.



**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.

Main Office 635-6163 | Maintenance 635-3232, after 4 p.m. & weekends 1-877-599-3627 pager #1318
Herron 636-0194 | Kenneth Locke 636-4555 | Hyder 634-3058 | Clarke dining room 634-8020
Hyder Beauty Salon 635-8223 | Handi Wheels 634-6477