

# Resident and Community News



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EDITION  
December  
2022**

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*Housing Authority of Henderson  
Bobbie Jarrett, Executive Director*

## MOBILE FOOD DISTRIBUTION

**Henderson Housing Authority  
901 Dr. MLK, Henderson, KY 42420  
(Lawndale Parking Lot)  
100 Meal Boxes Available**

**Tuesday, Dec. 14, 2022  
10:00am CST**

### Sponsor:



**The 2022 Downtown Christmas Parade** will be on Saturday, December 3rd. The Parade begins at 10:00 am! Come and See Santa!

### Christmas in the Park Opening / Tree lighting

The Park will be ready to open on December 2nd, 6:00 pm - 9:00 pm. 'Tis the Season for Christmas in the Park. Come and see Central Park transformed into a Hallmark Card for the Christmas Season. We hope for snow!

**Ornament Making:** Families are welcome to come to Gallery 101 to make ornaments! December 10, 2022, 12:00 pm. - 1:00 pm. The workshop will be lead by local artist, Cynthia Watson. This is free to the public. Snacks and Supplies will be provided.

### Tech Help with the Technology Instructor:

Need help with that computer or phone problem you can't figure out? Come down to the library during December 14, from 2:00 pm - 3:00 pm. You can receive personalized, dedicated help from our technology instructor to try and get you a solution. This is on a first-come, first-served basis. No registration is necessary.

### Income Eligibility Guidelines

# in Household	Yearly Income	# in Household	Yearly Income
1	\$29,300	5	\$45,200
2	\$33,500	6	\$48,550
3	\$37,700	7	\$51,900
4	\$41,850	8	\$55,250

*Housing Authority of Henderson  
Board of Commissioner's Meeting  
December 19, 2022  
12 noon*



**PUBLIC NOTICE**

The Housing Authority will hold a public hearing to allow citizens to review and comment on the Agency Five Year Plan. This Public Hearing will be held at Barret Center Boswell Meeting Room on January 9, 2023, at 10:00 a.m.

The meeting will be broadcast on the Housing Authority's Facebook page at the <https://www.facebook.com/Housing Authority of Henderson /live/>

**The Housing Authority of Henderson does not discriminate on the basis of race, color, national origin, sex, age, religion or disability, and provides, upon request, reasonable accommodation, including auxiliary aids and services, to afford an individual with a disability an equal opportunity to participate in all services, programs and activities. Any persons requiring special needs assistance should contact Bobbie Jarrett at (270) 827-1294 ext. 1133 at least five days prior to the meeting. The TDD number for the hearing impaired is (270) 827-1482.**

**Note: ADA Contacts**

**Department for the Blind**

1-877-KYBLIND [www.kyblind.state.ky.us](http://www.kyblind.state.ky.us)

**Commission for the Deaf and Hard of Hearing**

1-800-372-2907

**For Interpreter Directory**

[www.hedhh.org/access/interpdir.html](http://www.hedhh.org/access/interpdir.html)

The Housing Authority of Henderson, along with the Board of Commissioners and the Resident Advisory Board developed its Agency Plan in compliance with the Quality Housing and Work Responsibility Act of 1998.

The Plan is available for review at the Housing Authority's web site [www.hahenderson.org](http://www.hahenderson.org) or at the Housing Authority office, 111 South Adams St. Henderson, KY 42420 .

**COMMODITY FOOD PROGRAM**

Effective January 1, 2023, the Housing Authority of Henderson staff will be unable to pick-up and deliver your commodities to your apartments. You can pick-up your commodities at:

Henderson Christian Community Outreach  
509 Fifth Street  
Henderson, KY

*Bobbie Jarrett*  
*Executive Director*



## Classic Pecan Pie

15 mins Prep  
70 mins Cooking

The classic pecan pie is a must-have dessert during the holiday season. This recipe holds true to tradition with buttery pecans and is simple to make, calling for a store-bought or crust of your choice.

### INGREDIENTS:

2 1/2 cups raw pecan halves  
1 9-inch pie dough (store bought or homemade)  
6 tablespoons unsalted butter, melted and cooled  
1 cup light corn syrup  
1 cup light brown sugar  
2 teaspoons pure vanilla extract  
3 large eggs, lightly beaten  
1/2 teaspoon salt



Place baking sheet in oven. Preheat oven to 350 degrees F.

Gently line pie pan with rolled out pie dough. Be sure to press into edges and up the sides. Use fingers or a fork to create a decorative edge of your choice. Set aside.

In a large bowl, whisk together butter, corn syrup, brown sugar, and vanilla extract. Add eggs and salt and whisk until mixture is even. Fold in pecan halves.

Pour mixture into pie crust and spread evenly with a spatula. Take pieces of aluminum foil and gently cover edges of pie crust.

Place pie on preheated baking sheet and bake for 60 to 70 minutes or until pie is set in center

Remove pie and allow to cool completely before serving or chilling. Pie can be made the day ahead and refrigerated overnight. Allow pie to come to room temperature before serving.

## Christmas Crunch

### INGREDIENTS

makes 12 cups

- 8 cups gluten free puffed corn
- 2 cups gluten free pretzels
- 1-1/2 cups peanuts
- 12oz bag gluten free white chocolate chips
- 1 Tablespoon coconut oil
- 1 1oz bag Holiday M&Ms
- gluten free holiday sprinkles

### DIRECTIONS

1. Spread parchment paper on counter top
2. Add puffed corn, pretzels, and peanuts to a very large bowl
3. Add chocolate chips and coconut oil to a medium-sized, microwave-safe bowl then microwave for 40 seconds and stir. Microwave for 30 seconds then stir. If chocolate chips aren't completely smooth, continue microwaving in 10 seconds increments, stirring between increments, until completely melted.
4. Drizzle chocolate over puffed corn mixture then gently fold with a spatula until everything is evenly coated. Spread mixture out onto prepared surface then sprinkle with M&Ms and press gently so they adhere to the warm chocolate. Add sprinkles then let cool completely. Transfer to treat bags or an airtight container.

## MANAGER'S NOTES

AMP 1 and AMP 2 / Director: Susan Gay

**FALL LEAF SEASON:** Families are responsible for raking and bagging their own leaves. We will remove them for you. You will be charged a fee if maintenance has to rake your leaves. Free bags are provided at the office and we will loan you a rake, if you need one.

**CHRISTMAS DECORATIONS:** Please use clips when installing lights outside. Do not nail or use a screw to hang decorations to the apartment building. **Do not attach any decorations to the rails at 840 N Adams.**

**PUMPKINS:** Please throw away all pumpkins sitting on porches.

**WATER SHUT-OFF VALVES:** Please take a moment to find where the water shut-off valve is located in your unit. If you have questions, feel free to ask maintenance to show you where your shut-off valve is to your water. In the two-story units, the water shut-off valve is located in the utility room. In the smaller units, the water shut-off valve is located in the large closet and the kitchen closet. Water shut-off valves are also located at each individual source, such as the toilet and sink.

**Freezing Pipes:** When temperatures are below freezing, please leave cabinets open and drip faucets to prevent freezing and bursting.

## FIRE AND SAFETY TIPS

### Apartment Safety:

- Never leave electrical appliances, modems, and cell phones on the floor, on cloth furniture or near a water source.
- Protect your appliances and your home by using surge protectors.
- Do not overload circuits or extension cords.
- Check electrical cords for appliances. Cords that are frayed or cracked are potential fire hazards.
- Do not run cords underneath rugs or between rooms.
- Never place portable space heaters near flammable materials, such as drapery.
- Turn off space heaters when leaving the room or going to bed.
- Do not smoke in bed or leave burning cigarettes unattended.
- Keep lighters and matches out of reach of children.
- Do not leave candles or incense unattended or wax burners, and place these items away from drapes, curtains or other flammable materials.
- Do not store flammable materials, such as gasoline cans or a propane tank, in your apartment.

### Kitchen Safety:

- Remember to never leave food unattended on a stove.
- Keep potholders and towels away from the cooking area.
- Avoid wearing loose-fitting sleeves when cooking.

### Laundry Room Safety :

- If possible, have your dryer installed and serviced by a professional.
- Avoid using a dryer without a lint filter that is secure on the dryer vent to the outside. (if you are seeing dust and debris in your utility room your vent is not secure)
- Clean the lint filter before or after each load of laundry and remove lint that has collected around the drum of your dryer.
- Check to make sure the right plug and outlet are used and make sure the machine is connected properly. If you leave home or go to bed, turn the dryer off.

**Make a family plan to get out safely, and where to meet each other.**

SENIOR NOTES:

DIRECTOR: Rachel Jackson

## Winter Safety Tips for Seniors

For many, winter is the happiest time of the year. Families gather for the holidays and friends celebrate as they usher in another new year. Winter can also be a difficult time for older adults. The onset of cold weather can create hazardous conditions outside, and people often prefer to stay home when it's more pleasant indoors, which can lead to social isolation and depression. Here are a few tips on how to maintain senior safety this winter.

**Prepare for snow and ice:** Whenever snow or ice appear in the forecast, bundle up with gloves, a heavy coat, a scarf, or other warm clothes to protect you from the cold. Wear shoes with non-skid soles, take your car in for regular check-ups and make sure that your snowblower is working. Put ice scrapers in your cars and keep shovels and a bucket of rock salt or other de-icing salt at the ready.

**Stock up on food and blankets:** When your front walk is crusted over with ice and you've heard news reports about accidents on the highways, it's probably best to stay indoors. One measure you can take to ensure that you're equipped to wait out the weather is to stockpile water bottles, a pantry of groceries (including non-perishable items like canned meats, vegetables and soups), and a week's worth of medication. Also, be sure to keep warm blankets and extra layers of clothing in the house.

**Connect with others:** One aspect of senior safety that has more to do with mental rather than physical health is staying connected with others. People tend to stay indoors more often during the winter, but whenever you have the chance to catch up with friends and family. Try to stay connected and engaged.

Call or Zoom with children or grandchildren who are out of town. When the weather permits, go mall-walking with a friend, join a book club, or have dinner at a neighbor's house. Take every opportunity to stay active and invigorated with other people's company, because **a healthy social life correlates with fewer feelings of negativity** – which is a great way to ward off the winter blues.

This last point is important, because **an estimated 36 million older adults fall each year and slips and falls can cause serious injuries in older adults**. So if you think it's safe enough to go outside but you're still leery about driving, don't hesitate to ask friends, family or neighbors to give you a ride or help with errands.

**Winter Wellness- Keep safe this winter:** We understand the importance of social connection for older adults especially during a season when it's harder for older adults to go outside. Residents should enjoy winter events such as movies, workshops, group outings and engaging holiday programs – while maintaining flu and COVID health and safety measures.

## Happy Holidays!



# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please do not use duct tape or nails to secure Christmas decorations to window frames or doors			1 Rent Due	2	3
4	5	6	7	8	9	10
11	12	13 Commodities	14	15 Inspections 840 N. Adams	16	17
18 CAT Center and Schools Closed for Christmas for 2 weeks	19 Board of Commissioner's Meeting 12 Noon	20 Utilities Read First Day of Winter	21	22	23 Christmas Holiday Office Closed	24 Christmas Eve
25 Christmas Day <i>Merry Christmas</i>	26 Christmas Holiday Office Closed	27	28	29	30	31 New Year's Eve



**Inspections**  
840 North Adams  
Thursday  
December 15, 2022

**Re-Exams**  
**Documentation**  
None

**Garbage Pick Up Dates:**  
Lawndale—Mon/Wed/Fri  
Dixon—Mon/Wed/Fri  
Madison—Mon/Wed/Fri  
Eighth St. - Mon/Wed/Fri  
740,750 No. Adams -  
Monday/Friday  
Dixon/Ingram -Monday  
Fagan Square -Friday  
840 No. Adams—Friday

**Thrift Shop Hours:**  
Monday/Wednesday/  
Friday 9am-2pm  
Wednesday is Intake Day

**Cabell Platt Medical Center**  
Monday/Friday 8am-5pm  
Tuesday/Wednesday/  
Thursday 8am-7pm



**Schools and CAT Center  
Closed  
December 19, 2022  
through  
January 2, 2023**



**MERRY CHRISTMAS**

### Children Learn What They Live



If a child lives with criticism  
he learns to condemn.  
If a child lives with hostility  
he learns to fight.  
If a child lives with ridicule  
he learns to be shy.  
If a child lives with shame  
he learns to feel guilty.  
If a child lives with tolerance  
he learns to be patient.  
If a child lives with encouragement  
he learns confidence.  
If a child lives with praise  
he learns to appreciate.  
If a child lives with fairness  
he learns justice.  
If a child lives with security  
he learns to have faith.  
If a child lives with approval  
he learns to like himself.  
If a child lives with acceptance and friendship  
he learns to find love in the world.

*Dorothy Law Nolte, Ph.D.*

### 8 BENEFITS OF READING ALOUD



- Enhances their literacy and reading skills
- Enhances their language skills
- Creates a stronger parent-child bond
- Better concentration and discipline
- Improves performance in school
- Widens their imagination
- Promotes healthy brain development
- Keeps them entertained



**HOUSING AUTHORITY OF HENDERSON**

111 South Adams Street  
Henderson, Kentucky 42420

Phone: 270-827-1294

Fax: 270-827-1482

E-mail:

housing@hahenderson.org

**Promoting, without discrimination, affordable quality Housing, Economic opportunity, and a positive living environment for the residents we serve.**

**Inspections**

**840 North Adams  
Thursday,  
December 15, 2022**

**Re-Exams**

**Documentation**

**None**

**Applications**

**Currently by Appointment Only**

**Call to schedule appointment**

Public Housing & Section Eight Applications are taken at the Housing Authority office

**Monday - Friday**

**8:00 am - 11:00 am**

**2:00 pm - 4:00 pm.**

- All household members age 18 years and older must be present to sign.
- You must have Social Security Cards for all members of the household.
- Birth Certificates must be provided for all household members and a photo ID for all adults.
- If anyone is pregnant a statement must be presented as to due date.
- For Public Housing you must have proof of income. There may also be other documents that may be needed. You can come to the office and pick up a list that show what other documents will be needed.

**“Christmas Bells”**  
by Henry Wadsworth Longfellow

**I heard the bells on Christmas Day  
Their old, familiar carols play,  
And wild and sweet  
The words repeat  
Of peace on earth, good-will to men!**



**MAINTENANCE DEPARTMENT  
SUPERVISORS:  
Troy Cox and Tony Clayton**

**PROBLEMS:**

Please do not attempt to repair problems yourself.

Please call work orders in immediately!

**LIFE THREATENING EMERGENCIES:**

**CALL: 911**

