

Resident and Community News
February 2022



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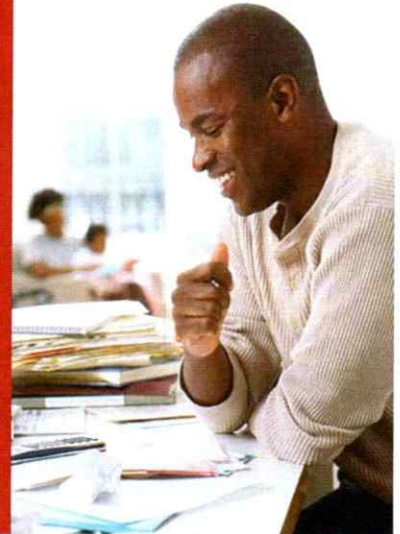
*Housing Authority
of Henderson
Board of Commissioner's
Meeting
February 21, 2022
12 Noon*

**News Highlights from
Bobbie Jarrett, Executive Director**

FREE Tax Preparation Site at Housing Authority

**Are you one of
the
millions of
people who
qualify for the
EITC this year?**

**Don't leave
money on the
table.**



Ask your VITA preparer if you qualify
for this tax credit today!

#EITCAwarenessDay

**VITA FREE Tax Preparation Service will have
expanded hours and an earlier starting date.**

Hours of operation will be:

**Monday & Tuesday 12:00 Noon until 7:00 p.m.
Saturday 9:00 a.m. until 12:00 Noon**

**For appointments and more information,
text or call 270.631.0738**

**We will require appointments, and all patrons
must wear masks in the building.**

For more information, see

<https://www.volunteerhenderson.org/vita/>

**Tax intake forms will be available inside the Housing
Authority central office entrance vestibule.**

Cont. from pg. 1

We look forward to serving the community with this FREE Tax Preparation Service. The Housing Authority works with other community organizations to provide this service. Those organizations are Volunteer and Information Center and Green River Asset Building Coalition (Owensboro). All tax preparers and intake workers are Henderson community volunteers.

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$62,000 or less, persons with disabilities, elderly and limited English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals. *All of our tax preparation services including filing electronically are free of charge.*

Tax filers should bring in the following items to file your tax return:

- Proof of identification (photo ID)
- Social Security cards for self, spouse, and children, or individual Taxpayer ID number (ITIN) for self, spouse and children.
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Information for other additional income (Social Security, Unemployment, etc.)
- Interest and dividend statements from banks (Forms 1099)
- Proof of tuition expenses (1098-T from college)
- Information for all deductions and credits
- All Forms 1095, Health Insurance Statements
- Health Insurance Exemption Certificate, if received
- A copy of last year's federal and state returns, if available
- Proof of bank account routing and account numbers for direct deposit such as a blank check
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or Business Employer Identification Number

How to get your free COVID-19 tests in the mail



The White House has launched its effort to provide free at-home COVID tests. Learn how to order them through the Postal Service. The U.S. Government is now offering free at-home COVID-19 test kits through its website at [COVIDtests.gov](https://www.covidtests.gov). You can order the tests in less than two minutes -- you only need to provide your contact information and shipping address. The [US Postal Service says](#) it'll begin shipping out the free tests in late January. Those tests might not help you today, but it's worth ordering them for the [continuing omicron wave](#) and any future outbreaks.

Bobbie Jarrett
Executive Director

MANAGER'S NOTES**AMP 1 and AMP 2 / Director: Susan Gay**

Rent Collection: Friendly reminder that your rent is due on the 1st day of each month. Rent is considered **late** at 8:00 a.m. on the 11th day of the month. Please consider using your tax refund or stimulus to get caught up on your rent and start an on-time payment history. Payment history is always asked and answered on landlord verifications, applying for a loan, and applying for a mortgage.

Parking: This is a reminder all parking is first come, first serve. Please be considerate of neighbors and park second cars and guest's cars away from the apartments. Please do not park in yellow curbed areas. The yellow areas are marked for fire and emergency services only. This allows emergency vehicles to have easy access to apartments. The life they are saving might just be yours or a family member.

Be Consideration of Neighbors: We have had complaints about some neighbors slamming doors and running up and downstairs all hours of the night. Please be considerate of others.

Stray Cats and other Animals: Please do not feed and shelter stray animals. This is causing serious problems. We have received daily complaints about stray animals running into resident's apartments and animal waste on Housing Authority's property. Stray animals may carry disease. This could be a health and safety risk to you and pets who are living at the units.

Pets and Service Animals: The policy states when your animal is outdoors, it should be on a leash. Several residents are not following that policy. We have received complaints concerning non-leashed animals running up on leashed animals and causing problems. Please leash your pet while outdoors and dispose of your pet's waste immediately.

Smoking Reminder: There is **no smoking** of any kind or vaping inside the apartments allowed. You must be 25 feet from any door or window.

Waffle Heart Sandwiches (serves 2)**INGREDIENTS**

- 4 slices sandwich bread
- 2 tablespoons whipped cream cheese
- honey, to taste
- 6-8 fresh raspberries

PREPARATION

1. Preheat waffle iron.
2. Using a large heart shaped cookie cutter, cut the bread into hearts.
3. Spread half the cream cheese on 1 heart and drizzle with honey to taste. Flatten the raspberries by opening them up with your fingers. Place 3-4 raspberries on top of the cream cheese and top with another plain piece of heart bread. Place the sandwich in the waffle iron for 3-4 minutes or until golden brown.
4. Repeat with remaining ingredients and serve.



10 Healthy Habits for Seniors to Keep

- 1. Eat healthy:** The [digestive system slows down with age](#), so high-fiber fruits, vegetables and whole grains are as important as ever. Because seniors are prone to dehydration, they should drink plenty of water to stay energized and sharp.
- 2. Focus on prevention:** Preventative care visits, including health screenings for cholesterol levels, colon cancer, heart problems and more, qualify for Medicare coverage. Seniors also need to [get vaccinations](#) that can help prevent influenza and pneumonia.
- 3. Get information on medication management:** Ask about and review the [senior's medications](#) with their physician on a regular basis. Consider possible drug interactions and take note of any new symptoms (allergic reactions, drowsiness, loss of appetite and others) the senior shows after changing or starting medications.
- 4. Get some sleep:** Frequent waking and insomnia in the night are common among seniors. Turn the lights down in the evening to spur drowsiness and make sure the senior's bedroom is comfortable, cool and quiet.
- 5. Remember mental health:** The [Geriatric Mental Health Foundation](#) recommends that seniors do crossword puzzles, read and write and try new hobbies to stimulate their minds and engage with the world around them. Activities like these can ward off a decline in mental health.
- 6. Screen for vision changes:** Seniors who wear glasses should have their prescription checked every year for changes and have their eyes screened for health issues. Having the right pair of glasses can [reduce a senior's chance of falling](#).
- 7. Socialize:** Time spent with family and grandchildren [help seniors feel connected](#), especially if they have mobility issues. Those visits can also make seniors feel more upbeat, which is the best medicine at any age.
- 8. Stay physically active:** Exercise not only alleviates depression but improves energy and memory. An exercise program approved by a physician, long walks or short strolls can keep seniors healthier longer. With their health under control, seniors can do more and stay active, which is important to their overall well-being. Happy, healthy seniors can still present a lot of care challenges, but they can also contribute more to their health, which can give caregivers a little less to worry about
- 9. Take advantage of free physicals:** During the first 12 months on [Medicare](#), seniors are offered free physicals. After that first year, they receive free annual wellness visits.
- 10. Visit the dentist every six months.**

VALENTINE'S DAY

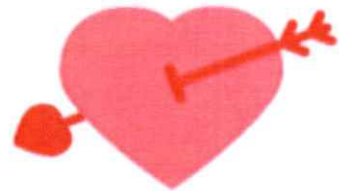
♥ WORD SEARCH ♥

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ADMIRER
 CANDY
 FALL IN LOVE
 GIFT
 I LOVE YOU
 PINK
 ROSES

BE MINE
 CHOCOLATE
 FEBRUARY
 HEART
 KISS
 RED
 SWEETHEART

BOUQUET
 CUPID
 FLOWERS
 HUG
 LOVE
 ROMANCE
 VALENTINE



February 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
VITA FREE Tax Preparation Service Monday & Tuesday 12 noon—7pm Saturday 9am—12 noon Appointments require Must wear masks in building. 270.631.0738		1 RENT DUE	2 Groundhog Day	3	4	5
6	7 Commodities	8	9	10	11	12
13	14 VALENTINE'S DAY 	15	16	17	18 Utilities Read	19
20	21 President's Day CAT Center and School Closed Board of Commissioner's Meeting 12 Noon	22	23	24	25	26
27	28 NSP Inspections					



Recertification:
Lawndale Residents
 The **deadline** for recertification was 1-31-2022
NSP Inspections:
 February 28, 2022

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

5 Things to Do
Every Day to Keep Your



Healthy !

You know that exercise and a good diet can keep your heart healthy. But what else can you do to keep your ticker going strong?

Cardiothoracic surgeon, [Marc Gillinov, MD](#), recommends five key things you need to do every day to help your heart work most efficiently. Incorporate these habits into your lifestyle and your heart health will be the best it can be for you.

1. **Eat healthy fats, NOT trans fats.**
2. **Practice good dental hygiene, especially flossing your teeth daily.**
3. **Get enough sleep.**
4. **Don't sit for too long at one time.**
5. **Avoid secondhand smoke.**

PRESIDENT'S DAY

February 21, 2022

Monday

CAT Center
and
Henderson County Schools Closed



Valentine's Day

Valentines of pink and red,
Special words of kindness said,
Small surprises, funny jokes,
Paper hearts and friendly notes,

The best part of this happy day,
Is that I get the chance to say,
Today and for the whole year too,
I'm glad I have a friend like you!



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.

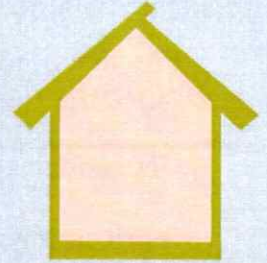
HOUSING AUTHORITY OF HENDERSON

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.

Recertification:

To: **Lawndale Residents**

The **deadline** for recertification was

1-31-2022

If you have not completed your re-exam,

Eviction notice will be sent out.

Thank you for your cooperation!

Inspections:

NSP

February 28, 2022

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

