

# Resident and Community News



*Housing Authority of Henderson*  
*Bobbie Jarrett, Executive Director*

**February**  
**2024**



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*The Mobile Library  
will be in your area for  
February, 2024*

### Fagan Square:

Dates:

February 6th (Tuesday) Time: 2 - 3 pm  
February 20th (Tuesday) Time: 2 - 3 pm

### 840 North Adams:

Dates:

February 6th(Tuesday) Time: 3:15 - 4:15 pm  
February 20th(Tuesday) Time: 3:15 - 4:15 pm

**If you have any questions please call:**

### Juanita Daugherty

Mobile Library Manager and Seed  
Library Coordinator  
Henderson County Public Library  
101 south Main St.  
Henderson, KY 42420  
270-826-3712 ext. 219

*Housing Authority of Henderson  
Board of Commissioner's Meeting  
February 19, 2024  
12 noon*

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!

#EITC #taxcredit #vita

## FREE Tax Preparation Assistance

The Volunteer and Information Center and Green River Asset Building Coalition will again provide FREE Tax Assistance (Volunteer Income Tax Assistance (VITA) program) at the Housing Authority. Look for our yellow and green doors to enter.



### Some details about the coming year's program:

- The Henderson County VITA site is located at the Housing Authority of Henderson, 111 S. Adams St.
- Site hours are Noon to 7 p.m. Monday and Tuesday and Saturdays from 9 a.m. to Noon.
- We have a new Client Portal that will allow patrons to check on returns.

Find details about how you can qualify and what you should bring to the VITA site at:  
[www.volunteerhenderson.org/vita/](http://www.volunteerhenderson.org/vita/)

Intake documents are available in the Housing Authority vestibule during HA's regular business hours.

In past years, volunteers in the VITA program have been able to help more than 1,900 people in Henderson County get their taxes prepared for free and deposit over \$2.5 million in local banks from returns.

**IMPLEMENTATION OF THE NEW FLAT RENT PROVISION**

**(Affects Only Those Residents Who Are Currently Paying the Flat Rent Option)**

The Housing Authority of Henderson hereby amends its flat rents to comply with the statutory changes contained within, Public Law 113-76, of the Fiscal Year 2014 Appropriation Act.

**The 2014 Appropriations Act requires the Housing Authority of Henderson to establish flat rents at no less than 80% of the applicable Fair Market Rent (FMR) as established by The Department of Housing and Urban Development (HUD) for Henderson County.**

Flat Rents are based on FY 2024 Small Area Fair Market Rents for Henderson County, KY 42420.

The following are the new flat rents for the Housing Authority of Henderson:

The new flat rental amount will apply to all current program participants at the next annual recertification option. Listed below are the scheduled annual recertification effective dates for each complex.

Bedroom	Current Flat Flat Rent – Based On FY 2023 Small Area FMR For Henderson County 80% FMR – new admissions	HUD Mandated Flat Rent – Based On FY 2024 Small Area FMR For Henderson County, KY 80 % FMR – new admissions
0	\$480	\$520
1	\$544	\$576
2	\$680	\$728
3	\$880	\$928
4	\$1024	\$1056
5	\$1178	\$1216

Development	Effective Date of Increase
840 North Adams	November 1, 2024
Lawndale	March 1, 2024
Dixon	May 1, 2024
Eighth Street/Madison Court	July 1, 2024
Dixon Ingram/Fagan/	September 1, 2024
303/305 Fagan Street	September 1, 2024
423 South Ingram	September 1, 2024

Bedroom	HUD Mandated Flat Rent – Based On FY 2024 Small Area FMR For Henderson County, KY 80 % FMR – new admissions	Increase/Decrease in Flat Rent
0	\$520	\$40.00 increase
1	\$576	\$32.00 increase
2	\$728	\$48.00 increase
3	\$928	\$48.00 increase
4	\$1056	\$32.00 increase
5	\$1216	\$38.00 increase

*Bobbie Jarrett*  
*Executive Director*

**Under Construction:**

The Housing Authority has construction work going on or started at several of our communities. Please allow the contractors to do their work and stay away from these areas. The Maintenance Supervisors will ensure compliance with the contracted work. If you have issues with the contractors, please feel free to contact your Property Manager.

**Rent Collection- Late Monthly Rent:**

**Friendly reminder:** Your rent is due on the first day of the Month and is considered late at 8:00 a.m. on the 11<sup>th</sup> day of the Month. Please consider using your taxes to get ahead on your rent and start an on-time payment history. Payment history is always answered on landlord verifications, applying for a loan, and applying for a mortgage.

**Parking:**

This is a reminder that all parking is first come first serve. The only assigned parking is marked with handicapped signs. 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 to allow their trucks to get to the apartments. The life they are saving might be yours or your families.

**Stray cats and other animals:**

Please do not feed and shelter stray animals. This is causing serious problems. We have received daily complaints about the animals running into apartments, their waste all over the property. Stray animals could carry disease and could be a health and safety hazard to you and the 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 animal while outdoors and pick up its waste as it happens.

**Smoking:**

Reminder there is no smoking of any kind or vaping inside the apartments allowed. You must be twenty-five feet from any door or window.

**Christmas Decorations:**

Please clean up all outdoor holiday decorations including pumpkins, snow on windows, etc.

**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

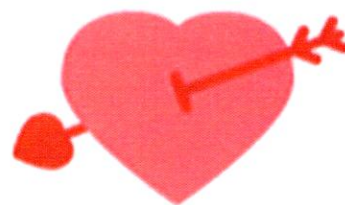
## ♥ WORD SEARCH ♥

Q Q R N F U R Z F K Y M F X D E L C L D  
R Z C U C E P N R A I R A L I I H E Q R  
Y W F H R I G L O X L S A O O O P X N G  
F D K I G U H D H D B L S U C W Q U R U  
F H M U W B V B R D F I I O R P E D C O  
C D I B X S T T Z N T B L N G B Y R O Y  
A G G A S W Y B J Q E A R O L T E Y S E  
K S P Q W E Q X R M T F T U S O D F D V  
E F A L M E W S I E S X A W O W V S J O  
L T N M G T T N R W R T Z B C Z I E M L  
O V X J D H E W E B O U Q U E T R O T I  
V R W L H E G J Q B D I I L V Y O N R T  
E M D P R A E N I T N E L A V P M E A K  
I L I E J R Y V Z V L U W A S R A J E J  
N N Y Q R T S R M P E U C A M N N B H V  
K B T W K E O S R E I W G J Y P C O G I  
M Z E Z S M N G F W N Y A W I G E B Y Q  
X T E O J W U T V B U D X O Y D N A C I  
W V R P C G V H G I F T H X G I N M Y Y  
M C V J J N R Z H U F M U I K Q E V E R

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 2024

**EVICTON NOTICES**  
will be issued  
30 days  
after rent due date.

**Inspections:**

**NSP Properties**

**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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 RENT DUE	2	3
4	5	6 <b>(1st Tuesday)</b> Fagan (48) Madison (22)	7 <b>(1st Wednesday)</b> Dixon (67)	8 <b>(2nd Thursday)</b> 8th Street (40) N. Adams (10) Dixon & Ingram (10)	9	10
11	12	13 <b>(2nd Tuesday)</b> Winter Pl (6) Huffman Sq (4) Houses 221 S.Alvasia 332 S. Alves 610 & 624 MLK	14 <b>(2nd Wednesday)</b> Lawndale (135) 	15 <b>(3rd Thursday)</b> Houses 227 S. Adams 423 Ingram, 321 Ragan, 229 Hancock, Fagan 303,305,507,514	16	17
18	19 President's Day  Board of Commissioner's Meeting 12 Noon	20 <b>(3RD TUESDAY)</b> Houses 2033 Gregory, 1527 Young, 514 Letcher, 1123 Powell <hr/> Utilities Read	21 <b>(3rd Wednesday)</b> 840 N Adams(102)  <b>Inspections NSP Properties</b>	22	<b>23</b>	24
25	26	27	28	29 Leap Year !		

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**

**Monday**

**February 19, 2024**



# 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!

*Happy Valentine's Day*





**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.**

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.

INSPECTIONS:

NSP Properties  
February 21, 2024 (Wednesday)

RE-EXAMS:

The deadline for Lawndale re-exams was January 31<sup>st</sup>, 2024.  
If your family has not signed your re-exam, you will receive an eviction notice.



**MAINTENANCE DEPARTMENT**

**SUPERVISORS:**

**Troy Cox and Tony Clayton**

**PROBLEMS:**

Please do not attempt to repair problems yourself  
Please call work orders in immediately!

**Call before 4:00 pm**

**LIFE THREATENING EMERGENCIES:**

**CALL: 911**

