

The Hagerstown Housing Authority is committed to providing quality, affordable housing in a safe environment. Through partnership with our residents and other groups we will provide opportunities for those we serve to become self-sufficient



Neighbors

To associate on neighborly terms ♦ To be friendly ♦ Persons who live near others



FLU CLINICS TO BE HELD AGAIN!



The Washington County Health Department has notified us that the Flu Clinics for the Housing Authority's senior buildings will be held once again this year. However, at the time of publishing this newsletter we do not have the dates from the Health Department. Please keep checking your bulletin boards and channel 6 for updated information.

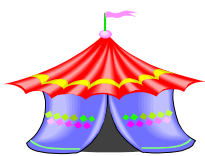
WHY SHOULD I GET A FLU SHOT?

Influenza is a serious illness that causes many deaths each year. It is especially hard on seniors and infants. It is caused by a virus that spreads from infected persons to the nose and throat of others through sneezing, coughing, or from hand to hand if the infected person does not wash their hands thoroughly and frequently. The influenza virus changes every year, therefore the vaccine is updated each year and people need to be inoculated each year. Protection develops about two weeks after getting the shot. Some people who get the shot also get the flu, but they will usually get a much milder case.

You should get the flu shot if you are over 50, have a long-term health problem like heart disease, kidney disease, lung disease, asthma, anemia or other blood disorders or **DIABETES**. (If you have diabetes, a flu shot could save your life.) Others who need the shot are those who have a weakened immune system due to HIV, long-term treatment with drugs such as steroids, or are undergoing treatment for cancer with x-rays or chemotherapy.

We are very fortunate that the Health Department provides us with this opportunity each year. The shot is covered by Medicare – you will need to show your card. If you have Medical Assistance, please bring your card, as well. If you do not have Medicare or Medical Assistance, the cost is \$20. Financial arrangements can be made if you do not have Medicare or Medical Assistance and are low-income.

4th ANNUAL COMMUNITY FAIR



On Tuesday, October 13, 2009 from 1:00 PM until 3:00 PM our 4th annual Community Fair will be held at Potomac Towers in the dining area. There will be 18 vendors from community agencies who will provide important information and there will be lots of other **FREE** things. As in years past, there will be free food and beverages and drawings for door prizes. All residents of Potomac and Walnut Towers are invited to attend. Residents from Walnut Towers who need transportation should call Resident Services at (301) 733-6911, extensions 163, 170, or 171 to arrange a ride. Plan to visit us at the Fair for lots of information and fun.

MEDICARE OPEN ENROLLMENT IS COMING!

Open enrollment for Medicare prescription plans begins November 15, 2009. The drug plan you currently have may not cover all your drugs next year.

Now is also the time to apply for help with your prescription drug plan. If you do not receive extra help from the government to pay your drug premiums you are probably eligible for a Maryland State program called Senior Drug Assistance Plan (SPDAP). This program pays up to \$25.00 a month toward your drug premium and provides limited assistance during the donut hole. Stop by the Resident Services office to see if you qualify.

ELIMINATION BINGO TO BE HELD AT WALNUT TOWERS



A new and exciting version of BINGO will be played on October 30th at 6 PM in the 8th floor dining area. Those of you who enjoyed Evelyn Thompson's Dirty BINGO won't want to miss this. Playing instructions will be given at the BINGO. If you are interested in attending, please contact Evelyn in WTA 508. A \$1.00 donation is asked to be given by October 28th to help assist in purchasing prizes and refreshments. We hope to see you there.

REMINDER FOR DINING ROOM USE

The Housing Authority provides space for the Commission on Aging for the Nutrition Sites at Potomac and Walnut Towers. During the hours of 8 AM and 1 PM the Dining and Kitchen areas can not be used by other clubs or resident groups. The areas are to be used by the Nutrition Site only during this time period.

"FREE GIVEAWAY" TABLES NO LONGER PERMITTED

The Housing Authority will no longer permit "Free Giveaway" tables in the Towers. Do not put any unwanted items on tables in the dining area, laundry rooms, or on benches in the hallways. Any items found there will be thrown away immediately. Thank you for your cooperation.

ATTENTION DIABETICS - DID YOU KNOW?

Medicare pays for some self-management programs for diabetics. Two of these are:

- Self-management training which includes instructions for the monitoring of blood sugar, education about diet and exercise and diabetic information.
- Medical Nutrition Therapy includes an initial assessment of lifestyles and nutrition, nutrition counseling, information regarding diet management and follow-up to monitor progress.

To take advantage of these programs that help you manage your diabetes more effectively, check with your doctor for a referral to these programs.

POTOMAC TOWERS ACTIVITIES OCTOBER 2009

DATE	DAILY ACTIVITIES	TIME
Tuesdays	Exercise with Lisa	9:30 AM
Tuesdays	Blood Pressure	12:00 PM
Wednesdays	Quilting, Sewing Group	9 AM - 1 PM
Wednesdays	BINGO, Before BINGO Supper At 4:45 PM	6:00 PM
Thursdays	Arts and Crafts	9 - 11 AM
Mon./Wed./Fri.	Stamps sold in lobby	8 - 11 AM
October 3	Neighborhood Watch, Senior Club & Tenant Soup/Sandwich Sale	11:00 AM
October 5	Social Club Meeting	9 - 11 AM
October 5	Senior Club Meeting	5:30 PM
October 7	Social Club Bake Sale	9 AM - 1 PM
October 8	Pantry on Wheels Food Distribution	10:00 AM
October 10	The Social Club Breakfast	8:30-10:30 AM
October 12	Potomac Towers Tenant Association Meeting	5:30 PM
October 13	Senior Community Fair at Potomac Towers	1 - 3 PM
October 14	Diabetic Support Group	1:30 PM
October 15	Neighborhood Watch Meeting	5:00 PM
October 16	Tenant Association Dance	7 - 11 PM
October 19	The Social Club Meeting	9 - 11 AM
October 29	Tenant Association Anniversary Dinner (\$7.00 tenant/\$14.00 guest)	5:00 PM

WALNUT TOWERS ACTIVITIES OCTOBER 2009

DATE	DAILY ACTIVITIES	TIME
Mon./Thurs.	BINGO	9:30 AM
October 5	Walnut Towers Tenant Association Meeting	5:00 PM
October 13	Senior Community Fair at Potomac Towers (Transportation Available)	1 - 3 PM
October 14	Pantry on Wheels Food Distribution (Will be Held on Wed. This Month)	10:00 AM
October 30	Elimination BINGO	6:00 PM

*Transportation is Available for Walnut Towers Residents Who Wish To Attend Activities at Potomac Towers. Please contact Resident Services for more information.

EXTERMINATION SCHEDULE OCTOBER 2009

Complaint services are scheduled for Wednesdays. Please contact Maintenance at 301-733-6916 to be placed on the schedule.

NUMBERS TO KNOW

Housing Authority - Central Office (301) 733-6911

Maintenance
301-733-6916

Security
301-730-2096

Non-Emergency Police
301-790-3700

Non-Emergency Ambulance
301-733-1112

Resident Services Staff
Dianne Rudisill 301-733-6911 ext. 125
Deena Holder 301-733-6911 ext. 163
Vicki Marick 301-733-6911 ext. 171
Linda Faulder 301-733-6911 ext. 170

Walnut Towers 8th Floor Office
301-797-8446

Family Self-Sufficiency Program
Terri Hansberger 301-733-6911 ext. 167

NEW TENANT ASSOCIATION OFFICERS AT WALNUT TOWERS

New officers of the Walnut Towers Tenant Association were elected and sworn in for their 1 year term.

The new officers are as follows:

President – David Henson

Vice President – Robert Kibbler

Treasurer – Millie Poper

Secretary – Connie Henson

Chaplain - Jean Thomas

Congratulations and good luck to these new officers. Remember your leaders are only as strong as their members and they need your support. The Tenant Association welcomes all new members to their meetings. The monthly meetings are held the first Monday of the month at 5 PM. October's meeting is scheduled for the 5th. Please take part in your community by attending these important meetings.

CONSERVING WATER

In order to conserve, all residents must promptly report any leaks or dripping faucets, hoses or fixtures to the Maintenance Department at 301-733-6916. Insure all faucets are turned completely off when you are not drawing water. Other ways of conserving water is to avoid flushing the toilet unnecessarily. Dispose of tissues and other such waste in the trash rather than the toilet. Take shorter showers. Use the minimum amount of water needed for a bath by closing the drain first and filling the tub only 1/3 full. Don't let water run while shaving or washing your face. Brush your teeth first while waiting for water to get hot, then wash or shave after filling the basin.

HEATING SEASON

Before you call Maintenance for service on your heating season, make sure the room temperature is below 66 degrees. The room temperature must drop to 66 or below for the heat to come on. If the temperature in your unit is 66 degrees or above and you call for service, you will be charged for the call. Over time callouts are very expensive and you can avoid these charges (minimum of \$86.16) by checking the temperature **before** you call. Do not force the thermostat beyond the limit on the dial. Broken thermostats are charged to the resident. Remember, using your oven or stove as a heat source is dangerous and a lease violation. This misuse will result in damage to your appliance (melted knobs) for which you will be charged. It also a serious health risk to you.