

‘The Parkview Press’

August 2026

Stay hydrated in summer by drinking water regularly, consuming water-rich foods, replacing electrolytes, and monitoring early signs of dehydration.

Drink Water Consistently

Start your day with a glass of water to replenish fluids lost overnight and jumpstart your metabolism. Carry a water bottle you enjoy using, ideally insulated to keep water cool, and sip throughout the day rather than waiting until you feel thirsty, as thirst is a late indicator of dehydration.

During physical activity, aim to drink about 4 ounces (120 ml) every 20 minutes, and increase intake if sweating heavily.

Eat Water-Rich Foods

Incorporate fruits and vegetables with high water content, such as watermelon, cucumber, oranges, strawberries, and celery. These foods not only hydrate but also provide essential vitamins and minerals.

Avoid Dehydrating Substances

Limit alcohol, energy drinks, and excessive caffeine, as these can increase fluid loss and strain your heart in hot conditions.

If consuming coffee or tea, balance with additional water intake.

Additional Tips

Hydrate before, during, and after exercise or outdoor activities.

Eat regular meals alongside fluids to support hydration.

Use reminders or apps to maintain consistent water intake throughout the day.

In humid conditions, you may need more fluids due to reduced sweat evaporation.

By combining regular water intake, electrolyte replacement, water-rich foods, and careful monitoring, you can stay hydrated, maintain energy, and reduce the risk of heat-related illnesses during summer heat.



Instructions for reporting Work Orders.....

You need to report any/all of these things *immediately* to the office so a Work Order can be created for you. Once that step is done, John, your Maintenance Technician, will go to work resolving the issues.

REMEMBER: DO NOT stop John while he's working to tell him you have a problem. **Use the proper channel, call and let the Office/Housing Specialist know, so a Work Order can be submitted to John.** 402-654-2229 (Tuesday, 9:00 - 3:00) 402-727-4848 (Monday & Wednesday thru Friday, 8:00 - 4:30).

Dates to Remember.....

FHA Offices Closed:

FHA Gifford Office Window Is Closed:
Monthly - 4th Thursday and Every Friday

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Pest Control Inspections are done in
January, April, July, and October.

Semi-annual Unit Inspections are done
in April and November.

Hooper Board Meeting Notice.....
Regular Board Meeting - Wednesday,
September 15, 2026, at 6:30 p.m.
in the Parkview Apartments Community Room

*Call the Fremont Housing Office - Monday thru
Friday at 402-727-4848 to put in a WORK ORDER.
You can also tell Office Staff on Tuesdays at the
Hooper Office, 402-654-2229.*

For after-hour Maintenance Emergencies ONLY!
Call - Ed (Maintenance Director 402-720-1264

\$\$\$\$\$\$ RENT REMINDERS \$\$\$\$\$\$

- ♦ Rent is due the **1st** each month.
- ♦ Rent is late if received after 4:30 p.m. on the **5th** of each month.
- ♦ A charge of **\$30** will be assessed on the **6th** day of each month for late rent.
- ♦ An additional **\$20** will be assessed if rent is not paid by the 20th of each month.
- ♦ No partial payment is accepted.
- ♦ Check, cashier's check, or money order only.
- ♦ If you mail your payment please allow at least 7 - 10 days.



Recipes

Chocolate Scotcheroots

Ingredients

- 1 cup sugar
- 1 cup light corn syrup
- 1 cup creamy peanut butter
- 6 cups crisp rice cereal
- 3/4 cup butterscotch chips
- 3/4 cup semisweet chocolate chips
- 3/4 teaspoon shortening



Directions

- In a large saucepan, bring sugar and corn syrup to a boil. Cook and stir until sugar is dissolved; stir in peanut butter.
- Remove from the heat. Add cereal and mix well. Press into a greased 13x9-in. pan.
- In a microwave-safe bowl, melt chips and shortening; stir until smooth. Spread over cereal mixture. Cover and refrigerate for at least 1 hour before cutting.



HEAT-RELATED ILLNESS

FAINT OR DIZZY

EXCESSIVE SWEATING

COOL, PALE, CLAMMY SKIN

RAPID, WEAK PULSE

MUSCLE CRAMPS

NAUSEA
VOMITING

THROBBING HEADACHE

NO SWEATING

RED, HOT, DRY SKIN

RAPID, STRONG PULSE

MAY LOSE CONSCIOUSNESS

HEAT EXHAUSTION

- GET TO A COOL, AIR CONDITIONED PLACE
- DRINK WATER, IF CONSCIOUS
- TAKE A COOL SHOWER OR USE COLD COMPRESS

HEAT STROKE

CALL 9-1-1

Hooper Office Hours – Tuesday – 9:00 am to 3:00 pm – (closed 12:00 – 12:30 pm for

QUARTERLY PEST CONTROL TREATMENT

February, May, *August* & November

The last Tuesday of the month starting at 10:00 a.m. Be prepared for this visit to your apartment. Even if you are not at home the treatment will be done.

**Remember to report to the Office
anytime you suspect there is an issue.**

Being proactive and catching things early is the way to successfully avoid or eliminate any issues.

Always have items moved out of the way to make it easier for the Pest Controller to move around your apartment and do his job!

Keeping food and trash put away will help in preventing infestation.

Thank you for your help!



\$\$ Rentwise Training \$\$

RentWise is a program to help renters obtain and keep rental housing and teach them how be successful renters with basic educational information.

The class is available online any time.

You are able to register and take the training at your own pace **at no charge!**

A certificate is awarded upon completion of the training, and a copy is maintained in your file.

If you are interested in taking the online course contact the Gifford Office at 402-727-4848, and we will be happy to give you the information necessary to sign up or answer any questions you may have.

Be sure to take part in this free, simple and informative opportunity.



Disclaimer of Liability:

Every effort is made to provide accurate and complete information in the Hooper Housing Authority newsletters. However, the HHA cannot guarantee that there will be no errors. The HHA makes no claims, promises, or guarantees about the accuracy, adequacy, validity, reliability, availability, or completeness of any information and expressly disclaims liability for errors and omissions in the contents of this newsletter. HHA does not assume any liability for any direct, indirect or any other loss or damage of any kind incurred as a result of the use the newsletter or any reliance on any information provided in the newsletter. Your use of the newsletter and your reliance on any information in the newsletter is solely at your own risk.