

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.**



REMINDER! Parkview Apartments are **SMOKE FREE** units. You must go outside, **at least 25 feet** from windows, doors, and buildings on the property. **Violators will be fined - \$200, \$300 or eviction!**

Instructions for reporting Work Orders.....

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

REMEMBER: DO NOT stop Dave while he's working to tell him you have a problem. **Use the proper channel, call and let Tammy know, so she can put it into a Work Order form for Dave.** 402-654-2229 (Tuesday, 9:00 - 3:00) 402-727-4848 (Monday & Wednesday thru Friday, 8:00 - 4:30).

Hooper Board Meeting Notice.....

Regular Board Meeting - Wednesday,
January 17, 2024 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
or Rita (Executive Director) 402-720-9643.

RECIPES - RECIPES - RECIPES - RECIPES - RECIPES - RECIPES - RECIPES - RECIPES

Chuck's Favorite Mac and Cheese

Ingredients

- 1 (8 ounce) package elbow macaroni
- 1 cup dry bread crumbs
- ¼ cup butter, melted
- 1 (12 ounce) container small curd cottage cheese
- 1 (8 ounce) package shredded sharp Cheddar cheese
- 1 (8 ounce) container sour cream
- ¼ cup grated Parmesan cheese
- salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Bring a large pot of lightly salted water to a boil. Cook elbow macaroni in the boiling water, stirring occasionally, until tender yet firm to the bite, about 8 minutes. Drain.

Mix bread crumbs and melted butter together in a small bowl.

Transfer drained macaroni to the prepared baking dish. Add cottage cheese, Cheddar, sour cream, Parmesan, salt, and pepper; stir until well combined. Sprinkle bread crumb mixture over top.

Bake in the preheated oven until golden brown on top, 30 to 35 minutes.



'The Parkview Press'

January 2024

New Year, New Goals!

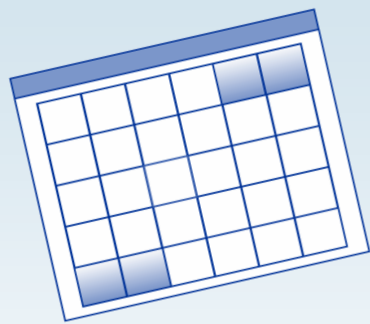
The new year is almost here and that means it's that time of year again to figure out what has and hasn't worked out this past year and how to improve going forward into 2024.

Resolutions don't necessarily have a deadline and they're more abstract.

Instead, *goals are more specific and measurable* which is what you want to focus on instead and will help you get to where you want to be this year. *Here are some ideas!*

- ◆ Get up earlier. Have a calming morning routine.
- ◆ Keep a regular sleep schedule.
- ◆ Start and maintain a healthier diet.
- ◆ Limit how much you eat out.
- ◆ Declutter your home.
- ◆ Read one book a week.
- ◆ Do one specific thing that is totally out of your comfort zone.
- ◆ Pay down outstanding debt.
- ◆ Spend more time with family and friends.
- ◆ Limit your time on social media.
- ◆ Learn a new skill.
- ◆ Limit how much you sit.
- ◆ Watch less TV.
- ◆ Stop procrastinating.
- ◆ Complete a 30-day challenge.
- ◆ Practice positive daily affirmations.
- ◆ Replace soda for water.
- ◆ Leave your phone in another room when you're sleeping.
- ◆ Create a monthly budget and stick to it.
- ◆ Be more generous with compliments.
- ◆ Practice being a good listener.
- ◆ Call your friends and family instead of texting.
- ◆ Cut out sugar.
- ◆ Drink more water.
- ◆ Put others first.
- ◆ Work on being early if you're often late.
- ◆ Learn to let the small things go.
- ◆ Create a routine for more structure in your life.
- ◆ Learn to let go of how you thought your life was going to turn out.
- ◆ Work on becoming a better communicator.
- ◆ Eat together with your family.
- ◆ Make your bed every day.
- ◆ Cut out snacking.
- ◆ Try a caffeine detox.
- ◆ Organize your entire home.
- ◆ Make a cleaning schedule and stick to it.
- ◆ Don't complain for 30 days.
- ◆ Clean up immediately after you make a mess.
- ◆ Unfollow people on your social media who aren't inspirational or positive.
- ◆ Get ready every morning and commit to looking your best every day.

Holidays and Dates to Remember



FHA Offices Are Closed
Monday, January 1
Monday, January 15

FHA Office windows Are Closed
Thursday, January 25



REMEMBER: If you are subscribed to cable service and you move - leave the equipment behind when removing your personal items. It is the property of the cable company. Thanks!

You wonder if winter is ever going to end!

It can be challenging to come up with fun activities to fill your time during winter, but here are a few ideas to try that will help with the long, dreary days ahead!

- * Do a jigsaw puzzle.
- * Go bowling.
- * Take winter photos.
- * Bake a dessert.
- * Make winter decorations for your home.
- * Wrap up warm and go for a walk.
- * Visit a museum.
- * Make a gingerbread house.
- * Paint a picture.
- * Learn a new language.
- * Have a movie marathon.
- * Draw a winter scene.
- * Go to an art gallery.
- * Decorate a mug with permanent marker.
- * Do an indoor exercise routine.
- * Cook a new recipe.
- * Learn to knit.
- * Write a story.
- * Cross stitch.
- * Put music on and dance.
- * Make homemade gifts.
- * Read a book.
- * Write a bucket list.
- * Start a scrapbook.



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!

Apartment Community Laundry Room Etiquette

While laundry is not a task everyone enjoys, it is something that must be done. FHA residents are fortunate enough to have on-site washers and dryers. Unfortunately, not everyone has the same understanding of apartment laundry room etiquette. *Follow these laundry rules to ensure a pleasant experience for everyone.*

1. Be Clean

- Do empty the lint trap.
- Don't leave trash or clutter behind.
- Do clean up spills.

2. Be Timely

- Do your laundry when you have the time to finish it.
- Don't monopolize the washers and dryers.
- Don't do your laundry during community quiet hours.

3. Be Prepared

- Do sort your clothes in advance.
- Don't use other people's supplies.
- Do bring your own supplies.
- Don't use too much soap.



4. Be Respectful

- Do alert maintenance to broken equipment.
- Don't leave your laundry unattended.

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.

Time To Laugh.....

Be Careful Grandma

As grandma was getting ready to leave the house on Christmas Eve, Olivia looked at her with concern. "Make sure to be really careful on your way home. Santa is delivering presents." Her grandmother smiled at her. "I don't think I have to worry about Santa." Olivia looked at her incredulously, jaw on the floor, "Haven't you heard? He's already run one grandmother over!"



Don't Forget Joey

John's little brother Joey was born on the same day that his Elf on the Shelf, Maria, came to his house. After writing his goodbye letter to Maria on Christmas Eve, John's parents noticed him pushing Joey's bouncy seat toward the chimney. "What are you doing?" His mom asked. "I just wanted to make sure Santa didn't forget to take Joey, too."

