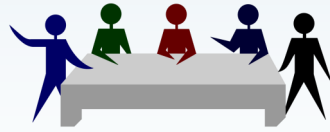


RENT REMINDERS



- ◆ 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.**

Hooper Board Meeting Notice.....
Regular Board Meeting - Wednesday,
January 15, 2025 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

Quick and Easy Cinnamon Roll Casserole

Ingredients

- * 2 (12.4 ounce) packages refrigerated cinnamon roll dough with icing
- * 4 tablespoons butter, melted
- * ½ cup heavy whipping cream
- * 4 large eggs
- * 1 teaspoon ground cinnamon
- * 1 teaspoon vanilla extract
- * ½ cup maple syrup
- * ½ cup brown sugar



Directions

Preheat the oven to 375 degrees F (190 degrees C). Open cinnamon roll packages and set icing packs aside. Chop cinnamon roll dough into 1/2-inch cubes and place in the bottom of a 9x13-inch baking dish. Pour melted butter over dough pieces and toss lightly; spread into an even layer.

Whisk cream, eggs, cinnamon, and vanilla together in a small bowl; pour evenly over the dough pieces. Drizzle maple syrup over top and sprinkle with brown sugar.

Bake in the preheated oven until golden brown, about 22 minutes. Drizzle icing over the top and serve.

Cook's Note:

You can substitute milk for the heavy cream if preferred.

Enjoy!

'The Parkview Press'

December 2024

Holiday Activities To Do List: The Secret to Making the Most of the Holiday Season

As the holiday season draws nearer, you're probably thinking of specific activities you'd like to do this year. There's always so much we want to do, but often our schedules get crowded, and we end up not being able to do all of the things we'd hoped to do.

To help you make the most of the holiday season, start by making a list of all of the things you'd like to do this year. After you make a list, rank everything by priority.

Some fun ideas:

- ◆ Seeing holiday performances
- ◆ Attending school concerts and programs
- ◆ Going to pumpkin patches, Christmas tree farms
- ◆ Decorating your home with your family
- ◆ Traveling
- ◆ Visiting special markets during the holidays
- ◆ Visiting Santa Claus or going to a Santa's breakfast
- ◆ Doing a Cookie Exchange with friends
- ◆ Spending quiet time at home
- ◆ Baking Cookies
- ◆ Attending sacred services
- ◆ Making Comforting Hot Beverages
- ◆ Driving Around to See Lights
- ◆ Watching Classic Holiday Movies
- ◆ Playing in the Snow
- ◆ Making Snow Ice Cream
- ◆ Writing Letters to Santa with kids/grandkids
- ◆ Wearing Ugly Sweaters
- ◆ Decorating Gingerbread Houses



Odds are good that you won't be able to do every single activity on your list, but by prioritizing them, you can make sure that you get to do the activities that are most important to you.

Remember, the holiday season can be both exciting and stressful, so take time to enjoy the traditions that bring you joy!

****We'd like to welcome Dwayne Bennett as the new Executive Director for the Fremont Housing Agency!****

Come join the fun! Tuesday, December 17th in the Community Room—Tenant Appreciation Open House at 1:00 pm

Holidays and Dates to Remember

FHA Offices Are Closed:

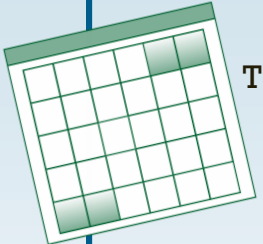
Tuesday, December 24 & Wednesday, December 25 - Christmas Holiday

FHA Office windows Are Closed:

Thursday, December 19

Tenant Appreciation Open House - December 17th at 1:00

Happy Holidays!



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 Classes

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.



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, 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 the Office/Housing Specialist know, so a Work Order can be submitted to Dave.

402-654-2229 (Tuesday, 9:00 - 3:00) 402-727-4848 (Monday & Wednesday thru Friday, 8:00 - 4:30).

December is National Stress-free Holiday Month

As many of us know, the holidays are a joyous but also stressful period of time, ranging from the crowds at the mall to family/friend tensions, hosting responsibilities, and regular day-to-day tasks.

Here are some tips to manage your stress levels during December:

Stay hydrated - Drinking enough water in the chilly temperatures of winter can help your skin/body stay healthy and hydrated.

Find time to exercise - Exercise is a healthy way to maintain both your physical and mental health. Exercising is a great way to help relieve everyday stress in addition to the stress that the holidays can add. Any form of exercise can release endorphins, which helps lessen the symptoms of depression and anxiety.

Spend time with loved ones - Spending time with the special people in your life, whether family or friends, can help lessen the feeling of loneliness which in all helps improve your mental health.

Managing Holiday Expectations:

Make a budget - This tip is pretty self-explanatory, but it's important not to go overboard on gifts & activities. Do your best to stick to a budget but leave a small amount on the side for wiggle room. The holidays can bring out an extra level of generosity in all of us.

Find the best time for you to shop - Whether that means you shop online, choose in-store or curbside pick-up, or like to hit the tile floors of the mall, shop however YOU feel comfortable. Shopping how you want to and in the way that you feel the most comfortable can help lessen the stress of buying presents for the people on your list.

Be kind to yourself - The holidays are a fun, jam-packed time with activities and events to attend, and it's normal when you are so busy to forget about yourself. We want to remind you not to forget about you and be kind to yourself. It's the most wonderful time of the year.

Credit: Compasshealth.org

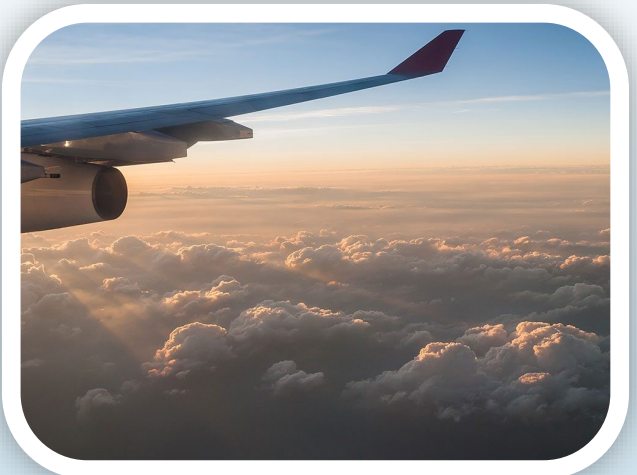


Time To Laugh.....

Traffic jam in the sky

On a flight to Mexico for Christmas vacation, I watched my four-year-old son, Max, stare intently out the airplane window. We had just taken off and were passing through some big white clouds. Max looked concerned and I wondered what he might be thinking about.

Suddenly his eyes lit up and a big smile came across his face. He announced loudly, "Mom! I know why we're not getting anywhere—we're stuck in all this snow!" —Kara, Alberta



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.