

## RENT REMINDERS

- ♦ Rent is due **February 1st**.
- ♦ Rent is late if received after 4:30 p.m. on **February 5th**.
- ♦ 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 5 - 7 days.**

**PAYMENT  
REQUIRED**

Any questions, please call 402-727-4848 or on Tuesdays 9:00 - 3:00 (closed 12 - 12:30 for lunch)

## Be Mindful of Other Tenants When Using the Laundry Room.

1. As tempting as it may be, NEVER remove each other's clothing from the machines!
2. It's always better to stay with your laundry during its cycles so you can take care of it immediately. (to put in dryer, fold, etc.)
3. Clean the lint traps after you are done using the dryers.
4. Wipe around the opening of the washer and clean out anything left inside after you take out your clothes.
5. Sign up to schedule a specific date and time. Keep your scheduled time!
6. Always check the schedule to be out on time for the next person!
7. Leave the cart in the Laundry Room at all times.



## ‘The Parkview Press’ February 2022 Newsletter

### Coping With Cabin Fever

Cabin fever” is an expression that has been around for well over 100 years. Originally, it described the irritable feelings of people who lived way out in the country and who were stuck in their “cabins” due to winter cold and snow, without the ability to get roads plowed. Without phones, mail, email, or social media, country people in those days often lived in isolation for weeks, even months at a time. Their only social interactions were with the people they lived with. Over time, people got restless and irritable. They felt sick with loneliness. No wonder it was called a “fever.”

Cabin fever is not an official diagnosis. Nonetheless, it is generally acknowledged by mental health professionals as a very real thing. “Symptoms” include feelings of restlessness, irritability, lethargy, and impatience. Often it triggers sleep disorders with people either sleeping too little or too much. Anxious people are likely to become more anxious. Depressed people are likely to become more depressed. People who are extroverted and social feel upset and stressed. Some people start to become distrustful, even paranoid, with the people they live with, the people on the news, and the news media itself.

### Ways to Cope with Cabin Fever

- \* Establish a routine
- \* Get outside
- \* Maintain contact virtually
- \* Maintain socially distant contact
- \* Do projects
- \* Pay it forward: Volunteer
- \* Balance alone and together time
- \* Acceptance: we can reduce our stress by finding a way to accept that this is the way things are for a while. Breathe. Lose yourself in music. Dance. Meditate. Practice yoga. Pray. Take it one day at a time. Do whatever works for you to help you stay reasonably calm during this unsettling time.

Remember if you haven't already, **bring your 2022 Social Security annual award letter, all pages, (for proof of income)** to the Hooper Housing/Parkview Apartments Office **where they will be copied.**

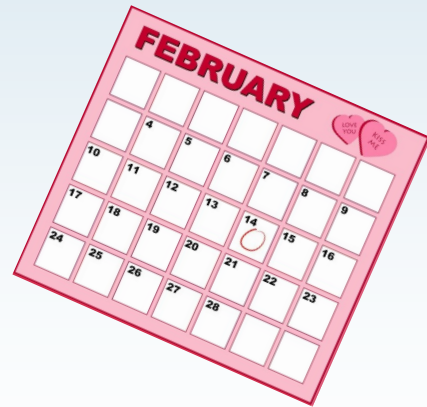
You may also mail a copy to 2510 N Clarkson St., Fremont, NE 68025  
Attn: Tammy (your Housing Specialist).

*Thank you.*

## Holidays and Dates to Remember

### FEBRUARY

- 2 - Groundhog Day
- 13 - Super Bowl
- 14 - Valentine's Day
- 21 - President's Day



## Hooper Office Hours

Tuesday - 9:00 a.m. - 3:00 p.m.  
(closed for lunch 12:00 p.m. - 12:30 p.m.)

*Call the Fremont Housing Office 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 Maintenance Emergencies ONLY!

Call - Ed (Maintenance Supervisor) 402-720-1264  
or Rita (Executive Director) 402-720-9643.

## Hooper Board Meeting Notice.....

The next Regular Board Meeting is on Wednesday,  
March 16, 2022. It will begin at 6:30 p.m.

## REMEMBER:

When you get a different car,  
change phone numbers, or  
make other changes affecting  
your rent or housing you  
need to report them to  
Tammy as soon as possible!

Thank You,  
*Management*



## Good For A Laugh.....

### Husband Yelled Because She Forgot Her Glasses. But She Never Expected Him to Say This.

While on a road trip, an elderly couple stopped at Nick's Hamburger Shop for lunch. After finishing their meal, they left the restaurant, and resumed their trip. When leaving, the elderly woman unknowingly left her glasses on the counter, and she didn't miss them until they had been driving about forty minutes.

By then, to add to the aggravation, they had to travel quite a distance before they could find a place to turn around, in order to return to the restaurant to retrieve her glasses.

All the way back, the elderly husband became the classic grouchy old man. He fussed and complained and scolded his wife relentlessly during the entire return drive. The more he chided her, the more agitated he became. He just wouldn't let up for one minute. To her relief, they finally arrived back at Nick's Hamburger Shop.

As the woman got out of the car, and hurried inside to retrieve her glasses, the old geezer yelled to her, "While you're in there, you might as well get my hat and the credit card."



## Annual Inspections - Announcement!

It's getting close to that time of the year again! **Inspections will be done in April.** So you have plenty of time to get ready and pass with a perfect score!!  
*They will be done whether you are at home or not.*

Be sure to inform Tammy now of any maintenance issues or things that need to be repaired.

