

## Baked Chicken Chimichangas

### Ingredients

- 1-1/2 cups cubed cooked chicken breast
- 1-1/2 cups picante sauce, divided
- 1/2 cup shredded cheddar cheese
- 2/3 cup chopped green onions, divided
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 6 flour tortillas (8 inches), warmed
- 1 tablespoon butter, melted
- Sour cream, optional

### Directions

- Preheat oven to 375°. In a small bowl, combine chicken, 3/4 cup picante sauce, cheese, 1/4 cup onions, cumin and oregano. Spoon 1/2 cup mixture down the center of each tortilla. Fold sides and ends over filling and roll up. Place seam side down in a 15"x10" baking pan coated with cooking spray. Brush with butter.
- Bake, uncovered, 20-25 minutes or until heated through. If desired, broil for 1 minute or until browned. Top with remaining picante sauce, onions and if desired, sour cream.

# Recipes



# Spring Cleaning

## 31 DAY CALENDAR

Dust Ceiling Fans & Light Fixtures	Wash Mini-Blinds	wash Curtains	Dust Picture Frames & Decor	Wash Mirrors	Wash Windows	Clean Window Sills & Sashes
Clean Kitchen Countertops & Faucet	Wipe Down Cabinets	Clean Inside Fridge & Freezer	Clean Under & Behind Fridge	Wipe Down & Clean Small Appliances	Clean Oven (inside)	Clean Stovetop
Toss Expired Food & Wipe Down Pantry	Wipe Down & Sanitize Doorknobs	Laundry Blankets and Throws	Wash & Whiten Bedroom Pillows	Vacuum Under Couch Cushions	Vacuum Behind Beds & Behind Furniture	Clean Out Closets
Wipe Down Bathroom Vanities & Fixtures	Wash Bath Tub & Bath Mats	Scrub Tubs & Toilets	Clean Shower Curtains & Shower Doors	Scrub Grout	Wipe Down Baseboards	Scrub Trash Cans & Litterboxes
Clean Throw Rugs and Bath Rugs	Vacuum All Floors, Shampoo Carpet if Needed	Enjoy the Clean!	<b>Supplies Needed</b> (gather in a bucket to easily tote from room to room) <ul style="list-style-type: none"> <li>- microfiber dusting cloth</li> <li>- cleaning spray</li> <li>- glass cleaner</li> <li>- toilet cleaner</li> <li>- scrub brush</li> <li>- paper towels</li> <li>- trash bags</li> </ul>			

# Hooper Housing Authority ~ Parkview Apartments

## April 2021 Newsletter

### How to Get Started with Exercise Now That Warmer Weather Is Arriving!!

Deciding to become physically active can be one of the best things you can do for your health. Exercise and physical activity are not only great for your mental and physical health, but they can help keep you independent as you age. Now, let's talk about getting started.

### Start Slowly When Beginning Exercise

The key to being successful and safe when beginning a physical activity routine is to build slowly from your current fitness level. Over-exercising can cause injury, which may lead to quitting. A steady rate of progress is the best approach.

*To play it safe and reduce your risk of injury:*

- ◆ Begin your exercise program slowly with low-intensity exercises.
- ◆ Warm up before exercising and cool down afterward.
- ◆ Pay attention to your surroundings when exercising outdoors.
- ◆ Drink water before, during, and after your workout session, even if you don't feel thirsty. Play catch, kickball, basketball, or soccer.
- ◆ Wear appropriate fitness clothes and shoes for your activity.
- ◆ If you have specific health conditions, discuss your exercise and physical activity plan with your health care provider.

Don't forget to test your current fitness level for all 4 types of exercise—endurance, balance, flexibility, and strength. You may be in shape for running, but if you're not stretching, you're not getting the maximum benefit from your exercise. Write down your results so you can track your progress as you continue to exercise.

Make notes about how these test exercises feel. If the exercises were hard, do what's comfortable and slowly build up. If they were easy, you know your level of fitness is higher. You can be more ambitious and challenge yourself.

### 3 Questions to Ask Your Doctor About Exercise

Are you considering adding exercise to your daily routine or significantly increasing your level of activity? Talk to your doctor about the exercises and physical activities that are best for you.

*During your appointment, you can ask:*

Are there any exercises or activities I should avoid? Your doctor can make recommendations based on our health history, keeping in mind any recent surgeries or ongoing health conditions such as arthritis, diabetes, or heart disease. This would be a great time to check with your doctor about any unexplained symptoms you've been experiencing, such as chest pain or pressure, joint pain, dizziness, or shortness of breath. Your doctor may recommend postponing exercise until the problem is diagnosed and treated.

Is my preventive care up to date? Your doctor can tell you if there are any tests you might need. For example, women over age 65 should be checked regularly for osteoporosis.

How does my health condition affect my ability to exercise? Some health conditions can affect your exercise routine. For example, people with arthritis may need to avoid some types of activity, especially when joints are swollen or inflamed. Those with diabetes may need to adjust their daily schedule, meal plan, or medications when planning their activities. Your doctor can talk to you about any adjustments you need to make to ensure that you get the most out of your new exercise routine.

### How to Set Fitness Goals

Many people find that having a firm goal in mind motivates them to move ahead on a project. Goals are most useful when they are specific, realistic, and important to you. Be sure to review your goals regularly as you make progress or your priorities change.

### For More Information About Exercise and Physical Activity

American Council on Exercise email: [receptionist@acefitness.org](mailto:receptionist@acefitness.org)  
 888-825-3636 (toll-free) [www.acefitness.org](http://www.acefitness.org)

Parkview Apartments is a smoke-free facility. While on property, always use the assigned outdoor sheltered area.

\*\*\*\* Resident Advisory Board Meeting for the 2021 Annual Agency Plan and Capital Fund Program (CFP) on Tuesday, April 13th, at 9:30 a.m. in the Parkview Apartment's Community Room. Tenants are encouraged to attend. \*\*\*\*

**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 anytime you suspect there is an issue. Being proactive and catching things early is the way to successfully avoid or eliminate any issues. Thank you for your help!



**Holidays and Dates to Remember**  
**APRIL**

- 4 Easter
- 15 Taxes - extension till May 17.
- 22 Earth Day
- 30 Arbor Day



**Hooper Office Hours**

**Tuesday** - 9:00 a.m. - 3:00 p.m.  
(closed for lunch 12:00 p.m. - 12:30 p.m.)  
**Friday** - 8:30 a.m. - 11:00 a.m.

**Call the Fremont Housing Office at 402-727-4848 to put in a Work Order.**

**You can also tell Office Staff on Tuesdays and Fridays 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, May 19, 2021.  
It will begin at 6:30 p.m.



**Animal Owners are always responsible for picking up their waste!**



**RENT REMINDERS**

- ◆ Rent is due **April 1st.**
- ◆ Rent is late if received after 4:30 p.m. on **April 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 days.**

Any questions, please call 402-727-4848 or on Tuesdays (9-11) & Fridays (8:30-11) - 402-654-2229.

The things that we love tell us what we are.  
-Thomas Aquinas



**9 Kind Reasons to Be Nice to Everyone (Even Those Who Are Mean to You)**

*By Kiki Coffman, May 4, 2015*

It's commonly believed that an eye for an eye is the best policy—stand your ground, hold your own, fight back. Certainly, assertiveness is an admirable trait because being too passive might make you a doormat that others will walk all over. Being assertive or speaking your opinion does not have to equate being mean; there are ways to stand up for yourself while remaining polite, compassionate, and thoughtful. **Sometimes the best way to give someone what they deserve is to give them the exact opposite: fight all your battles with kindness.**

**1. Kindness, though typically considered to be a weakness, is actually a strength.**

It is much more challenging to hold your tongue and speak positively toward others, especially those who have wronged you or mistreated you. Being kind is more challenging and more honorable.

**2. Everyone has their own demons and is fighting their own fight.**

You don't always know why they have been mean to you or why they have said or done certain things. Assumptions made about others can be false—and most of the time they are. Be cognizant of the fact that each person you meet could be struggling in his or her own way and being kind might remind them that they, too, should be kind.

**3. The perpetuation of anger is everlasting.**

Once someone has been mean to you, it is easy to harbor your anger, hurt, and frustration inside of you. That can sometimes be displaced onto others if not disposed properly. Fighting fire with fire just makes larger flames—sometimes, they even become impossible to put out.

**4. Maybe the person to whom you're speaking simply needs kindness to make their day better.**

Or change their outlook. Being kind can be a way to positively alter someone's cloudy mood. Though you may not always see the impact of your kindness, it still exists, and it still matters.

**5. It feels good.**

No, it's not easy all the time. But it will improve your own mood, too, if you remember that instead of tearing someone down to be on your level, you've lifted the two of you up with kind words or gestures.

**6. It's the right thing to do.**

While being kind sometimes feels as though you are allowing meanness to go unnoticed or unchecked, it does not mean you're allowing others to walk all over you. You are simply rising above in a different way.

**7. The way you act is a reflection on yourself.**

Your words or actions can last forever on others. Sometimes it doesn't feel permanent to you, but to the other person, it could be everlasting.

**8. It will make others happy and it will make you happy.**

Maybe not right away, especially when the tip of your tongue is holding itself back from spewing your true feelings. But afterwards, you'll be glad you didn't say something you can't take back and you'll be glad you offered kindness instead of unnecessary meanness.

**9. Being mean doesn't solve anything.**

So being nice can't hurt either. Even if nothing is solved, at least you know you didn't make it worse.

Reminder: report to Tammy any changes in income, jobs, phone numbers, etc.