

February Is Soup Month!

*Sausage Lasagna Soup*

Ingredients

- 1 lb. bulk Italian sausage
- 1/2 cup chopped onion
- 1 clove garlic, finely chopped
- 2 cups sliced fresh mushrooms
- 1 box Hamburger Helper™ lasagna
- 2 cans (14.5 oz each ) diced tomatoes with Italian herbs, undrained
- 2 tablespoons tomato paste (from 6-oz can)
- 4 cups water
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon ground pepper
- 2 cups baby spinach
- 1/2 cup shredded Parmesan cheese

Steps

In 5-quart Dutch oven or saucepan, cook sausage, onion and garlic over medium-high heat 4 to 6 minutes, stirring occasionally, until sausage is thoroughly cooked; drain. Add mushrooms; cook 2 minutes longer.

Stir in sauce mix (from Hamburger Helper™ box), tomatoes, tomato paste, water, pepper flakes and pepper. Heat to boiling, stirring constantly.

Reduce heat. Cover; simmer 10 minutes, stirring occasionally.

Stir in uncooked pasta (from Hamburger Helper™ box) and spinach. Cover; cook 10 minutes longer or until pasta is tender. Sprinkle with Parmesan cheese.

Expert Tips

- Top with shredded mozzarella cheese.
- Serve with slices of crusty French bread.



*Warm Up With Soup !!*

Consider Renter’s Insurance

Renter’s Insurance, also known as tenant’s insurance, is a type of policy offered by most major insurers. These policies provide contents coverage and liability protection in the event someone becomes injured at your residence.

Renter’s insurance is generally less expensive than many people realize: a basic policy costs about \$300 a year for around \$50,000 worth of property protection.

Coverage generally provided under Renter’s Policy includes:

- ◆ Personal Property
- ◆ Loss of Use
- ◆ Personal Liability
- ◆ Medical Payments and Others

Renter’s Insurance typically covers loss or damage caused by:

- Theft or Vandalism
- Windstorm or Hail
- Lightning
- Explosion
- Falling Objects
- Weight of Snow, Ice, or Sleet
- Electrical Surges

Before purchasing a renter’s policy, conduct a complete inventory of all your personal belongings, taking photos or a video of things like furniture, jewelry, and electronic items. Calculate the replacement costs for these items and double check with your insurance agent to make certain you are fully protected against any type of loss. Choose the coverage according to your property. Make sure that the policy has liability coverage.



*Hooper Housing Authority*

*February 2020*

*Newsletter*

Cabin Fever Symptoms and Coping Skills

Cabin fever is a popular term for a relatively common reaction to being isolated in a building for a period of time. Some experts believe that cabin fever is a sort of syndrome, while others feel that it is linked to such disorders as seasonal affective disorder and claustrophobia. Cabin fever is ultimately rooted in intense isolation, which may reach the level of a specific phobia.

Symptoms

Not everyone suffering from cabin fever will experience the same symptoms, but many people report feeling intensely irritable or restless.

Other commonly experienced effects are:

|                       |                               |                      |
|-----------------------|-------------------------------|----------------------|
| Restlessness          | Social Isolation              | Decreased motivation |
| Lethargy              | Inability to cope with stress | Food cravings        |
| Sadness or depression | Changes in weight             | Difficulty waking    |
| Trouble concentrating | Hopelessness                  |                      |
| Lack of patience      | Frequent napping              |                      |

Note that these symptoms may also be indicative of a wide range of other disorders, and only a trained mental health professional can make an accurate diagnosis. In addition, not everyone who fears being cooped up at home in the winter has cabin fever. Only when someone exhibits several of the symptoms mentioned above is a phobia more likely.

Coping with Cabin Fever

Like any mental health condition, cabin fever is best treated with the assistance of a therapist or other trained mental health professional. However, if your symptoms are relatively mild, taking active steps to combat your feelings may be enough to help you feel better.

**Get Out of the House:** If you are housebound, this may not always be possible. But if you can go outside, even for a short time, take advantage of that opportunity. Exposure to daylight can help regulate the body's natural cycles, and exercise releases endorphins, creating a natural high. Even a quick stroll can help you feel better quickly. If you are not able to leave the house at all, get close to a window and start moving around.

**Maintain Normal Eating Patterns:** For many of us, a day stuck at home is an excuse to overindulge in junk food. Others skip meals altogether. However, eating right can increase our energy levels and motivation. You may feel less hungry if you are getting less exercise but monitor your eating habits to ensure that you maintain the proper balance of nutrition. Limit high-sugar, high-fat snacks and drink plenty of water.

**Set Goals:** When you are stuck in the house, you may be more likely to while away the time doing nothing of importance. Set daily and weekly goals and track your progress toward completion. Make sure that your goals are reasonable and reward yourself for meeting each milestone.

**Use Your Brain:** Although TV is a distraction, it is also relatively mindless. Work crossword puzzles read books or play board games. Stimulating your mind can help keep you moving forward and reduce feelings of isolation and helplessness.

Seasonal Affective Disorder

Seasonal affective disorder, or SAD, is commonly linked to cabin fever. However, the two disorders are not interchangeable. The key difference is that cabin fever is specifically associated with isolation, while SAD occurs during the winter months even in people who spend little time at home. The two conditions may occur simultaneously and deciding precisely which factors are at work can be challenging.

The FHA Offices  
will be closed on:  
President’s Day  
Monday, February  
17, 2020



## 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!



### **\$\$ 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 days.**

Any questions, please call 402-727-4848 or on Tuesdays 402-654-2229.

**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!**

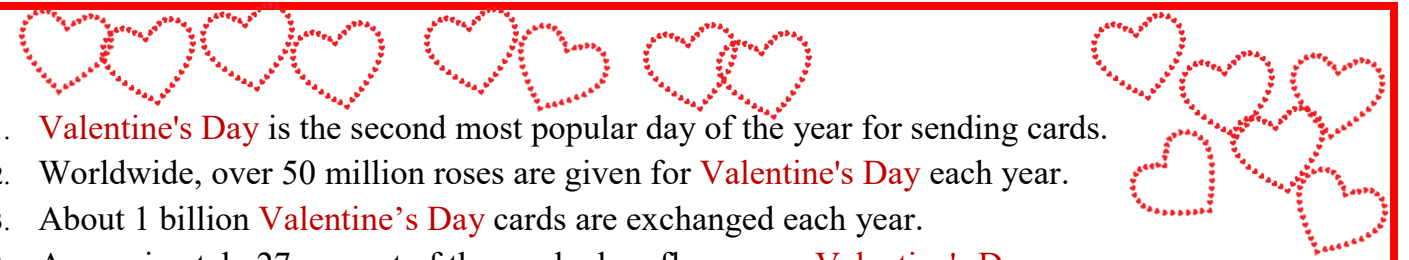
**Call - Ed (Maintenance Supervisor) 402-720-1264  
or Rita (Executive Director) 402-720-9643.**



### 8 Attitudes of Accountability

1. Make excellent choices
2. Be accountable
3. Be positive
4. Get stuff done
5. Take ownership
6. Work on ME
7. Serve Others
8. Be a Leader

The next **Regular Board Meeting** is scheduled for Wednesday, March 18, 2020. At 6:30 p.m.



1. **Valentine's Day** is the second most popular day of the year for sending cards.
2. Worldwide, over 50 million roses are given for **Valentine's Day** each year.
3. About 1 billion **Valentine's Day** cards are exchanged each year.
4. Approximately 27 percent of those who buy flowers on **Valentine's Day** are women.
5. Based on retail statistics, about 3% of pet owners will give gifts to their pets on this day.
6. The very first heart-shaped chocolate box was created by Richard Cadbury in 1861 for **Valentine's Day**.
7. Teachers get the most number of **Valentine's Day** cards.
8. After Christmas **Valentine's Day** is considered as the most popular and most desired holiday of the year.
9. 53% of women in America would dump their boyfriends if they did not get them anything for **Valentine's Day**.
10. The average U.S. consumer is expected to spend \$116.21 on **Valentine's Day** gifts, meals, and entertainment.
11. 32% of consumers plan to do their **Valentine's Day** shopping online.
12. Men spend double what women spend on **Valentine's Day**: \$158.71 compared to \$75.79.
13. Women prefer a gift after a nice dinner, while most men prefer gifts first thing in the morning.
14. Colleagues don't get much love: Consumers will spend an average of \$6.30 on friends, \$4.97 on classmates and teachers, and \$3.41 on coworkers.
15. 141 million **Valentine's Day** cards are exchanged worldwide.
16. 15% of U.S. women send themselves flowers on **Valentine's Day**.
17. Chocolate and candy sales reach profits of \$1,011 billion during **Valentine's** season.
18. About 8 billion candy hearts will be produced this year; that's enough candy to stretch from Rome, Italy to **Valentine**, Arizona 20 times and back again.



### Holidays & Days to Remember in **FEBRUARY**

- |           |                        |
|-----------|------------------------|
| 2         | Groundhog Day          |
|           | Super Bowl             |
| 4         | World Cancer Day       |
| <b>14</b> | <b>Valentine's Day</b> |
| 17        | President's Day        |
| 26        | Ash Wednesday          |



**ANNUAL apartment inspections will be in March.**

Be prepared, by having your apartment up to the Hooper Housing housekeeping standards. You should have received a copy of the standards when you moved in. If you don't have one or you need one please ask. *Your help and cooperation will assist in moving things along quickly and, you'll definitely be ready to pass!!*

