

RENT REMINDERS \$\$\$\$\$\$\$\$\$\$

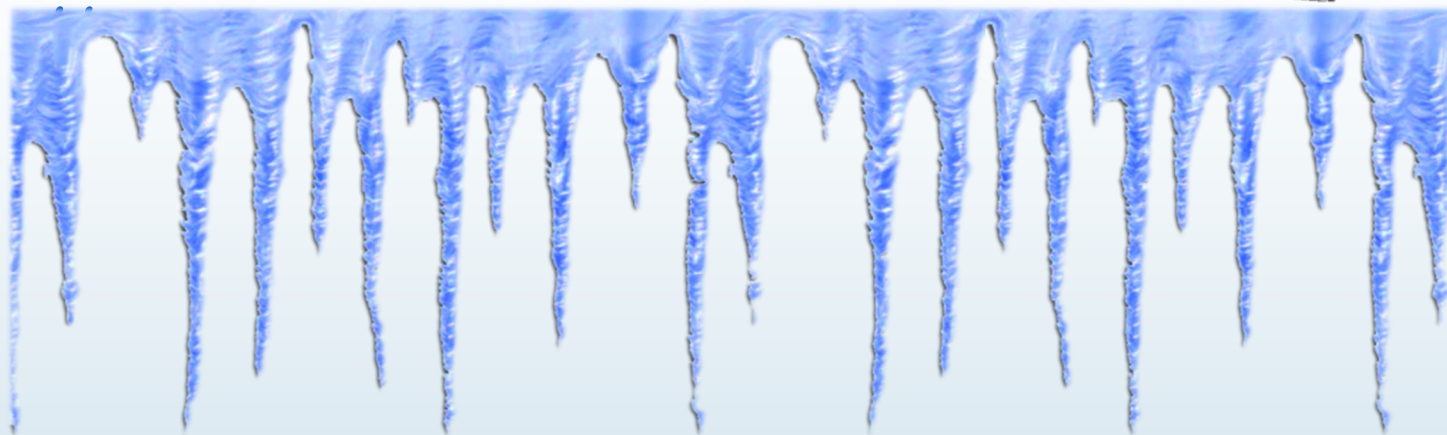
- ♦ Rent is due **May 1st**.
- ♦ Rent is late if received after 4:30 p.m. on **May 5th**.
- ♦ A charge of **\$30** will be assessed on the **6th** day of each month for late rent.
- ♦ An additional \$20 will be assessed if rent is not paid by the 20th of each month.
- ♦ No partial payment is accepted.
- ♦ Check, cashier's check, or money order only.
- ♦ **If you mail your payment please allow at least 7 - 10 days.**

**PAYMENT
REQUIRED**

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

****REMINDER****

**Air conditioner charges,
\$75.00 for each unit,
must be paid for before
May 1st each year. Be
sure to get your money
in on time! *Thank you!***



Hooper Office Hours

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

Rentwise? What is it?

How do I get to attend? And where?
How and by what date do I register?

These are good questions for Tammy. *Be sure to ask her the next time you see*



‘The Parkview Press’ May 2022 Newsletter

We're CLOSED

*The FHA Offices are closed Monday, May 30, 2022
Happy Memorial Day!!*

Fun Facts About Memorial Day

1. Originally commemorating the Union and Confederate soldiers fallen in the American
2. Civil War.
3. Memorial Day was formerly known as Decoration Day.
4. Originally, Memorial Day was observed on May 30; and it was not until 1971 when the holiday was moved to the last Monday in May to ensure the prolonged weekend.
5. In the same year, 1971, Memorial Day also became a federal holiday.
6. Located in Arlington County, Virginia, the Arlington National Cemetery is one of the places where major Memorial Day ceremonies take place. One of the largest cemeteries in the world, it is home to 400,000 graves.
7. On Memorial Day, bikers hold an event known as the Rolling Thunder Run. Held in Washington, D.C., it is a major event with almost a million bikers and spectators involved.
8. Every year, the Memorial Day celebration at the Arlington Cemetery is attended by approximately 5,000 people.
9. The first Memorial Day speech was given by James Abram Garfield.
10. According to the Hearth, Patio & Barbecue Association, Memorial Day is now the second-most-popular holiday (after the Fourth of July) to barbecue with 53 percent of people grilling on the holiday.



Holidays and Dates to Remember - MAY

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**3rd** - National Teacher's Day  
**5th** - Cinco De Mayo  
**8th** - Mother's Day  
**21st** - Armed Forces Day  
**30th** - Memorial Day  
**31st** - World No Tobacco Day



## Hooper Board Meeting Notice.....

The *Hooper Annual Plan Meeting* is on  
**Wednesday, May 25, 2022 at 6:00 p.m.**  
The **Regular Board Meeting** will follow  
at 6:30 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.

## **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!



## **Mowing**

Remember to keep all items  
out of the path of the mower.

This is your home, if you see trash on the  
grass, be helpful and pick it up then  
dispose of it properly.

Let your neighbors see your contribution  
to a neat and pleasing part of the commu-  
nity in which you live!!



The only way to have  
a friend is to be one.

Ralph Waldo Emerson

© Sunstone

## **Adverse Mental Health Continues to be a Problem in The United States**

### **Consider these current mental health statistics:**

- Mental illness and substance use disorders account for one in eight visits to hospital emergency rooms.
- Nearly 50 million people, or 19.86% of the population, live with some mental health issue.
- Almost 5% of American adults admit to having suicidal thoughts in the last year.
- Over 10% of American youth have severe major depression. Of those youth, almost 15% identified as more than one race.
- Students diagnosed with depression are more than 50% more likely to drop out of high school than their peers.
- Beginning with first grade and going through high school graduation, students with mental health challenges are 300% more likely to repeat a grade than their peers.
- People diagnosed with depression have a 40% higher rate of cardiovascular issues than the general population.
- Over 15% of American youth experienced at least one major depressive episode in the last year.
- Over 60% of youth diagnosed with a mental illness do not receive treatment.
- Nearly 50% of adults with mental health challenges do not receive treatment.
- Less than 33% of youth diagnosed with depression receive consistent treatment.
- Almost 8% of adults and over 4% of youth had a substance abuse issue before COVID-19, and the rate climbed substantially during the pandemic.

*People often wait many years between starting mental health challenges and beginning treatment. Let these mental health stats serve as your wake-up call. Do not wait to receive the help that you need.*

### ***Good For A Laugh.....***

Now that's what I call stupid: In my junior year of high school, this guy asked me on a date. He rented a Redbox movie and made a pizza. We were watching the movie and the oven beeped so the pizza was done. He looked me dead in the eye and said, "This is the worst part." *I then watched this boy open the oven and pull the pizza out with his bare hands, rack and all, screaming at the top of his lungs.* We never had a second date.



# MAY IS MENTAL HEALTH MONTH