

RENT REMINDERS

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

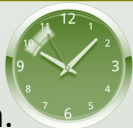
Any questions, please call 402-727-4848 or on Tuesdays 9:00 - 3:00 (closed 12 - 12:30 for lunch)

Things You Can Do In October To Prepare For The Holidays

- \* Write down your holiday traditions
- \* Simplify your traditions
- \* Write down the necessary actions to get the traditions ready
- \* Buy wrapping paper
- \* Make a list of people to buy gifts for this year
- \* Suggest traditions instead of gifts with friends
- \* Set and keep a budget for gifts
- \* Buy gifts
- \* Unpack and declutter holiday decorations
- \* Plan holiday meals and ingredient lists
- \* Organize your card list and addresses
- \* Buy your holiday cards
- \* Give yourself space and grace
- \* Reconnect with gratitude
- \* Move your body a little more. Even a 5 minute walk can reduce stress.
- \* Remember your stress points from last year and try to think of ways to make it a little easier on yourself.



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



**Rentwise?** Keep watching for an upcoming class date!



**‘The Parkview Press’**  
**October 2022 Newsletter**

*The Hooper Housing/Fremont Housing Offices are closed*  
*Monday, October 10 - Columbus Day*

**SOME FACTS ABOUT COLUMBUS DAY** **2020 Mamiverse**

- ⇒ The first official Columbus Day celebration was held by Tammany Hall in 1792. Tammany Hall was originally a social club but became a major influence in New York City politics from the 1800s to the 1930s.
- ⇒ Colorado was the first state to declare Columbus Day a legal holiday in 1907.
- ⇒ Franklin D. Roosevelt proclaimed Columbus Day a national holiday in 1937. It was originally observed on October 12 but, in 1971, it was changed to the second Monday in October. Which means this year it's a total coincidence that we're actually celebrating it on the 12th!
- ⇒ Contrary to popular myth, Columbus' expedition had nothing to do with proving the Earth was round. He was actually looking for a direct trade route to Asia and great wealth.
- ⇒ The Santa Maria, one of the three ships Columbus took on his expedition, shipwrecked on Christmas Day in 1492 off the coast of Haiti.
- ⇒ The Vikings actually arrived in the New World (Greenland and Newfoundland) in the 1100s — well before Columbus sailed.



**Leaky faucet? Loose cabinet door? Clogged drain? Broken window?**

You need to report any/all of these things to Tammy so she can submit a **Work Order** for you. Once that step is done, Dave, your Maintenance Technician, will go to work resolving the issues.

**REMEMBER:** Don't stop Dave while he's working to tell him you have a problem. Use the proper channel, call and let Tammy know, so she can put it into a Work Order form for Dave.  
402-654-2229 (Tuesday ,9:00 - 3:00) 402-727-4848 (Monday & Wednesday - Friday, 8:00 - 4:30).



## Holidays and Dates to Remember -

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**Monday, October 10 - Columbus Day**  
**Monday, October 24 - United Nations Day**  
**Monday, October 31 - Halloween**



*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.

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!

## Preparing Your Yard for Cold Weather

Bring in **empty plant containers** to a  
protected area such as a shed or garage  
to guard them from the elements. Terra  
cotta and ceramic pots are prone to damage in  
freeze/thaw cycles and should be treated carefully  
in areas that freeze over the winter.



**Clean and store garden tools** so they are in  
working order when you need them next spring.  
Bring any tools you'll need for indoor gardening  
inside and store the outdoor tools well. Try to  
leave them in an organized manner if you can...it'll  
be a lot easier to deal with if you need to  
access "just one tool" over the winter.

## Hooper Board Meeting Notice.....

The next **Regular Board Meeting** is  
**November 16, 2022 at 6:30 p.m.**  
**in the Parkview Apartments**  
**Community Room**

## Help Your Neighbors and Your Heart

### Being kind has many health benefits ~



Acts of kindness release  
hormones and chemicals in our bodies that help us  
feel better physically and mentally.

- Being kind can boost levels of oxytocin, a hormone that helps reduce inflammation and blood pressure.
- Kindness can also increase endorphins in your body, which eases pain and increases energy.

### **Numerous studies have shown that random acts of kindness can:**

- ◆ Improve mood
- ◆ Reduce depression and anxiety
- ◆ Lower stress
- ◆ Ease pain
- ◆ Boost energy
- ◆ Reduce risk factors for heart disease

## Uflex - The New Option to Pay Rent!

Uflex is new way to pay your rent if you choose to use it, but we will always accept checks and money orders for payments. This is just another option we are offering to our Residents.

You can go to <https://myuflex.com> to register and sign up to pay your rent online.

\*\*\*If you have any questions about using the on-line payment system use the following options:

### Email:

1. [customersupport@myuflex.com](mailto:customersupport@myuflex.com)
2. [info@myuflex.com](mailto:info@myuflex.com)

### Call:

1. 888-822-2545

### When signing up -

Be sure you **correctly enter your address** in the search bar on the registration page.

### THE ADDRESS TO USE - EXAMPLE:

100 E Maple **Apt #**\_\_\_\_, Hooper, NE, 68031



## Time For A Good Laugh.....

### Can You Hear That?

An old man decided his old wife was getting hard of hearing. He called her doctor to make an appointment to have her hearing checked.

The doctor said he could see her in 2 weeks, and meanwhile, there's a simple, informal test the husband could do to give the doctor some idea of the dimensions of the problem.

"Here's what you do. Start about 40 feet away from her, and speak in a normal conversational tone and see if she hears you. If not, go to 30 feet, then 20 feet, and so on until you get a response."

So that evening she's in the kitchen cooking dinner, and he's in the living room, and he says to himself, "I'm about 40 feet away, let's see what happens."

"Honey, what's for supper?" No response.

So he moves to the other end of the room, about 30 feet away. "Honey, what's for supper?" No response.

So he moves into the dining room, about 20 feet away. "Honey, what's for supper?" No response. On to the kitchen door, only 10 feet away. "Honey, what's for supper?" No response.

So he walks right up behind her. "Honey, what's for supper?"

"For the 5th time, CHICKEN!"