

RENT REMINDERS

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

How to be Grateful for What You Have?

- * Appreciate everything – big and small
- * See challenges as opportunities
- * Practice gratitude meditation
- * Keep a gratitude journal
- * Lend a helping hand to others
- * Say it out loud, tell others when you appreciate something
- * Set aside time for the people you care
- * Be happy to feel more gratitude
- * Reflecting every day on all the positive things you have in your life
- * Look At The Bigger Picture
- * Volunteer
- * Stop comparing yourself to others
- * Be present and live in the moment
- * Downsize Your Life Rather Than Upsizing It
- * Let Go Of Hatred And Negativity
- * Smile Even When You Don't Feel Like It



Practice Patience Daily

With FHA & HHA Staff. You may want or think work orders should be done immediately, but they are scheduled by the Maintenance Team according to policy & procedure. A lot goes on behind the scenes that you are not aware of. FHA Staff is very busy and are working diligently doing the best they can to accommodate and take care of your housing needs. Please remember to thank them and understand that things are being done, even though to you it may not appear as quickly as you would like. Your patience is always appreciated!

Hooper Office Hours

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



Rentwise Classes coming soon!
Date and time to be announced.
Watch newsletter for updates.



‘The Parkview Press’
September 2022 Newsletter

The Hooper Housing/Fremont Housing Offices are closed Monday, September 5, 2022

Labor Day is dedicated to honoring and remembering the achievements of the US worker. It is a national celebration which recognizes the contributions that American workers have made to the prosperity of their nation.

Wednesday, September 21—International Day of Peace

History

International Day of Peace seeks to promote peace among nations by promoting a twenty-four-hour period of non-violence and ceasefire. This day aims to acknowledge the idea that through combined efforts, nations can strengthen their ideals of peace. By working together, nations can solve common problems such as disease or violence. International Day of Peace was established in 1981 by the United Nations General Assembly. It is observed annually on September 21st.

Facts and Quotes

On International Day of Peace day, the UN Secretary-General rings a bell made from the coins donated by 60 countries and holds a special ceremony to observe this special day. Peace cannot be kept by force; it can only be achieved by understanding - *Albert Einstein*
It is not enough to teach children how to read, write and count. Education has to cultivate mutual respect for others and the world in which we live, and help people forge more just, inclusive and peaceful societies. - *UN Secretary General Ban Ki-moon on the 100-day countdown message to the International Day of Peace.*



NOTICE!!!! NOTICE!!!! NOTICE!!!!

The **Hooper Housing Authority** has an **opening on the Board of Commissioners for a Resident Board Member**. This is a **volunteer (unpaid) position** that **may be filled by a qualified resident** of the Parkview Apartments who has a signed lease and is at least 19 years of age.

If you are interested in serving as a Resident Board Member, please contact Rita Grigg, Executive Director by 3:00 p.m. September 27, 2022 at: 402-727-4848 Ext. 5 or email: fhauthority@fremonthousing.org

Holidays and Dates to Remember -

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**Monday, 5th - Labor Day**

**Saturday, 10th - Suicide Prevention Day**

**Sunday, 11th - Patriot Day (9-11)**

**Wednesday, 21st - International Day of Peace**

**Thursday, 22nd - First Day of Fall**

**Thursday, 29th - Staff Day**



*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  
**September 28, 2022 at 6:30 p.m.**  
**in the Parkview Apartments**  
**Community Room**

## **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!

## Remember - 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\*\*\*  
**please email:**

[customersupport@myuflex.com](mailto:customersupport@myuflex.com)

or

[info@myuflex.com](mailto:info@myuflex.com)

or call:

888-822-2545

**Uflex**  
Your Money Your Terms

Pay  
Rent

## Fun Facts About Fall

**Pumpkin Pie Spice Doesn't Taste Like Pumpkin.** There isn't even any real pumpkin in it either. Pumpkin pie spice is the mixture used in pumpkin pies.

**There are More Than 7,500 apple Varieties.** There is an amazing amount of apple varieties that are grown around the globe. According to The Best of Life there are 2,500 types grown in the US and 7,500 types in total.

**There's a Candy Corn Day.** There's actually a day devoted to this Halloween classic treat, candy corn, according to Today's Parent. It falls on October 30.

**You Can See the Brightest Full Moon in Fall.** The full moon in the fall that occurs during the equinox is much brighter (almost orange) and rises much earlier than a typical full moon. This full moon, called the Harvest Moon) occurs sometime in September or October and it was very helpful for farmers who used the moonlight to help harvest their crops.

**Fall Leaf Colors are Caused by Sugar.** Everyone loves those colorful leaf colors in the fall from vibrant reds to eye-popping bright oranges, but did you know that the color the leaves turn is based on how much sugar is in the leaves, according to One Country. That's why maple leaves are such a brilliant red color.

**Weight gain around this time of year may not be from all the food.** Researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage. So, the lack of sunlight has more to do with the extra gain than all the pumpkin spice lattes. Well, at least some of it.

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

## **Deep Hole**

Two guys are walking through the woods one day when they stumble across a big deep hole.

The first guy peers into it and says, "Wow! That looks deep."

The second guy says, "It sure does. Let's throw a few pebbles in there and see how deep it is. We'll be able to tell the depth by how long it is before we hear the noise of the pebbles landing."

So they pick up a few pebbles and throw them in and wait. Nothing. There's no noise. The first guy says, "Gee. That is really deep. I know, let's throw one of these great big rocks down there. Those should make a noise."

So they pick up a couple football-sized rocks and toss them into the hole and wait... and wait... Again, nothing.

They look at each other in amazement. Then the first guy gets a determined look on his face and says, "Hey, over here in the weeds, there's a railroad tie. Help me carry it over. When we toss that sucker in, it's gotta make some noise."

So the two of them drag the heavy tie over to the hole and heave it in. Once again, not a sound comes from the hole. Suddenly, out of the nearby woods, a goat appears, running like the wind. It rushes toward the two men, then right past them, running as fast as it's legs will carry it. Suddenly it leaps in the air and into the hole.

The two men are astonished with what they've just seen and look at each other in amazement.

Then, out of the woods comes a farmer who spots the men and ambles over. He asks them, "Hey, you two guys seen my goat out here?"

The first guy says, "You bet we did! Craziest thing I ever saw. It came running like crazy and just jumped into this hole and disappeared!"

"Nah", says the farmer, "That couldn't have been my goat. My goat was chained to a railroad tie."