

The Porchlight

THE OFFICIAL NEWSLETTER OF THE BETHANY HOUSING AUTHORITY

AUGUST 2024

VOL. 51



OFFICE HOURS:

Monday - Thursday

8:00 a.m. - 4:00 p.m.

Friday

9:00 a.m. - 12:00 p.m.

Closed the last day of the month.

**Special Happy Belated
Birthday to Susan! Her
birthday was on July 22.**

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ANSWER KEY



The Porchlight



August 2024

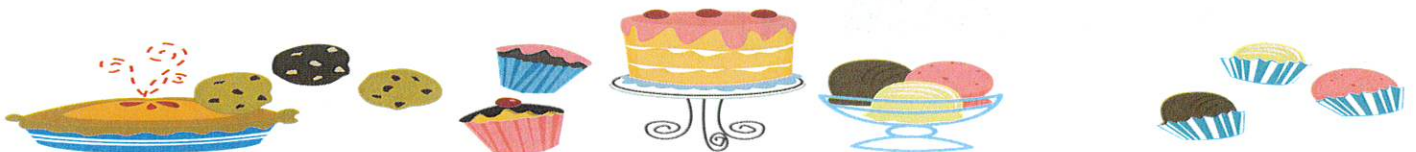


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
New Moon 4	5	6	Coffee Klatch 9 a.m. - 10 a.m. Home Health Visit 7	8	9	10
11	First Quarter 12	13	Coffee Klatch 9:00 a.m. - 10:00 a.m. 14	15	16	17
Full Moon 18	Full Moon 19	20	Coffee Klatch 9:00 a.m. - 10:00 a.m. 21	22	23	Last Quarter 24
25	Last Quarter 26	27	Coffee Klatch 9:00 a.m. - 10:00 a.m. 28	29	Office Closed 30	31

August Birthdays!!



Catalina	8/7	Rebecca	8/9
Sydney	8/9	Amelia	8/11
Nikolas Jr.	8/11	Dena	8/12
Robin	8/18	Larry	8/18
Linda	8/26	Austin	8/26
Charlene	8/27		



Upcoming Event

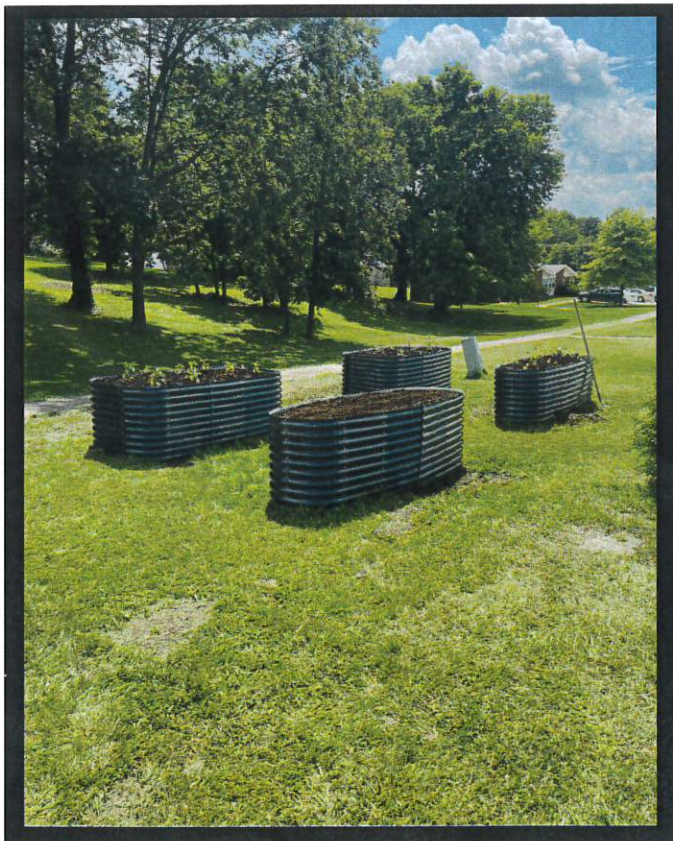


Harrison County Home Health and Hospice will be here Wednesday August 7th at 9 a.m. for our morning coffee to talk about what it is, the benefits, and to answer any questions you may have regarding home health services. Reva Rocha who is a licensed hospice social worker will be here to talk with us and have coffee and snacks from 9 a.m. to 10 a.m., so mark your calendars, we hope to see you there!!



COME SEE WHATS NEW!!

Last month, the Bethany Housing Authority received a grant for a community garden. This grant not only gave us dirt, plants and seeds, but the containers to put them in, hoses and garden tools. Our hope is that this garden will give tenants an opportunity to weed or work in the raised garden and will also hopefully supply any tenant who wants some fresh vegetables. As items in the garden mature, we will be placing them in the office for tenants to take. This year we don't expect an abundance of vegetables as we just planted these plants, but we hope that this year



with the planting and getting everything going that we will have many years to come with plenty of fresh vegetables for anyone to partake from! We are extremely grateful for this opportunity to give back to our community. If you haven't seen it yet, please come take a look!!

Emergency Maintenance Procedures

An emergency – Any condition that poses a serious threat to the life, health, or safety of the resident, staff, or general public or causes serious structural or systems damage to the property if not abated within 24 hours.

Maintenance hours are 8:00 a.m. to 4:30 p.m. Monday – Friday. All non-emergency service requests must be made during maintenance hours. Non-emergency work orders received after 4:30 p.m. will be completed the next regular business day.

For emergency maintenance after hours, call the after hours maintenance phone number, 660-373-1801. **DO NOT CALL INDIVIDUALS.** This number is not an answered phone, you will need to provide a clear and complete explanation of the situation over voicemail. On call staff will respond to your call and determine if the situation qualifies as an after hour emergency. Non-emergency call will be addressed the next regular work day during regular hours.

The following are considered emergencies:

- **Fire (call 911)**
- **Gas Leak (Call City of Bethany 660-425-3511)**
- **Major structural damage leaving the unit unable to be secured. (Call 911)**
- **Major water leaks (Turn the water off under the sink until staff arrives)**
- **Refrigerator failure**
- **Lockouts after business hours (a fee will be charged)**
- **Stopped up commode (if commode threatens to overflow, turn off water shut off by the toilet) Calls after 8 p.m. will be completed the next day.**
- **Furnace failure (when the inside temperature is below 55 degrees) Calls made after 9 p.m. will be completed the next day.**

Air conditioner calls will only be responded to during normal working hours.

If you have a medical condition which requires you to have air conditioning, you must provide the office with documentation from your physician prior to making an emergency work order request. (HUD guidelines do not consider air conditioning to be an essential service). Calls made after 9 p.m. will be completed the next day.

If staff comes in response to a call and determines there is no emergency as defined above, there may be a fee of \$30 for the service call.

Emotional Wellness Toolkit

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stress and adapt to change and difficult times. Below are some checklists on how to improve your health in each area.

6 Strategies for improving your emotional health:

Build Resilience

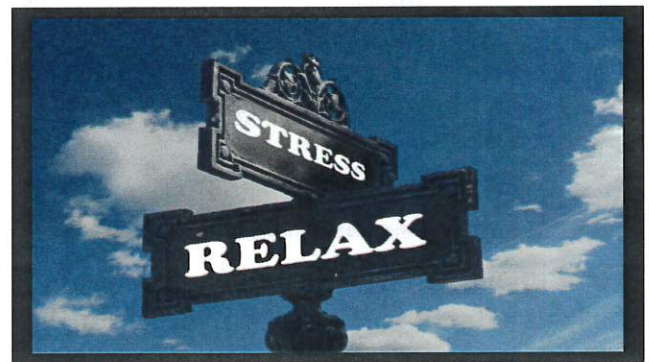


People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience:

1. **Develop healthy physical habits.** Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
2. **Take time for yourself each day.** Notice the good moments. Do something you enjoy.
3. **Look at problems from different angles.** Think of challenging situations as growth opportunities. Learn from your mistakes. Try to see the positive side of things.
4. **Practice gratitude.** Take time to note things to be thankful for each day.

Reduce Stress



Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time – a condition known as chronic stress – those “high-alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage stress:

1. **Get enough sleep.** Adults need 7 or more hours each night, school-age kids need 9-12, and teens need 8-10.
2. **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
3. **Build a social support network.**
4. **Set Priorities.** Decide what must get done and what can wait. Say no to new tasks if you feel they're too much.
Show compassion for yourself. Note what you've accomplished at the end of the day, not what you didn't.
Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises, like yoga or tai chi.

5. **Explore your beliefs about the meaning and purpose of life.** Think about how to guide your life by the principles important to you.

6. **Tap into social connections and community.** Surround yourself with positive, healthy people. Ask for help when you need it.

Get Quality Sleep



To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

1. Go to bed the same time each night and wake up the same time each morning.
2. Sleep in a dark quiet, comfortable environment.
3. Exercise daily (but not right before bedtime).
4. Limit the use of electronics before bed.
5. Relax before bedtime. Try a warm bath or reading
6. Avoid alcohol and large meals before bedtime.
7. Avoid stimulants like nicotine and caffeine.
8. Don't take naps after mid-afternoon. Keep naps short.

Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

Be Mindful



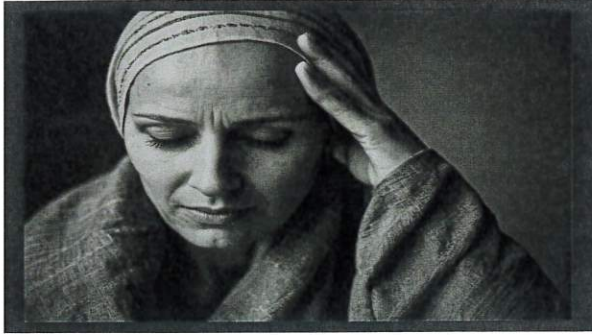
The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present – of all that's going on inside and all that's happening around you. It means not living your life on “autopilot”. Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

1. **Take some deep breaths.** Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
2. **Enjoy a stroll.** As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
3. **Practice mindful eating.** Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
4. **Be aware of your body.** Mentally scan your body from head to toe. Bring your attention to how each part feels.
5. **Find mindfulness resources,** including online programs and teacher – guided practices.

9. Try to get natural sunlight for at least 30 minutes a day.

10. consult a health care professional if you have ongoing sleep problems.

Cope with Loss



When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

1. **Take care of yourself.** Try to eat right, exercise, and get enough sleep. Avoid bad habits – like smoking or drinking alcohol – that can put your health at risk.
2. **Find a grief support group.** It might help to talk with others who are also grieving.
Don't make major changes right away. Wait awhile before making big decisions like moving or changing jobs.
3. **Talk to your doctor,** if you're having trouble with everyday activities.
4. **Consider additional support.** Sometimes short- term talk therapy can help.
5. **Be patient.** Mourning takes time. It's common to have roller coaster emotions for a while.

Strengthen social connections

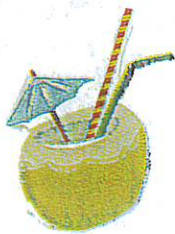


Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health – both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well – being.

To build healthy support systems:

1. Build strong relationships with your kids.
2. Get active and share good habits with family and friends.
3. If you're a family caregiver, ask for help from others.
4. Join a group focused on a favorite hobby, such as reading, hiking, or painting.
5. Take a class to learn something new.
6. Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
7. Travel to different places and meet new people.

August word search



N B X B L V W D S M L Z H X E N Z N V Q P U X R
 O C K T I K N X P A B T M N F C O D J C D O A I
 I G M O P A T E C J O R D E O I Z C O K N T U Q
 T D W N X L X Y A Z E X N J T E M B W O N N X H
 C H C T L O O L K A R D F C M Q V R I J O L E G
 A Y B D T L G H C G C H A T D U N T E S I F V K
 R M D N E T Q T B B Q R T C X K C N F J T D Q M
 T E C O P E I X B R T X L T K I D M Q B C U B L
 T C T I V O I N E B G S H U D N I B Z O E W Y A
 A B D T N I U A U E K V U E Z T S I T S J X K F
 M M K C L C S S D Q V T R I F E T E B Q B H H B
 N O U N O N I P Z D R P C Z P R R N G W O N N C
 Q R F I O P O Z L W T O L J L S A O M L S Z M Y
 B M H T O I L I A V N Y T N R E C I Q E Y S J O
 D S B X J L T G T S Z T Z Z K C T T M T R A Y D
 I I B E Y C U C T C A K E F N T I C M C D V G H
 W Z R Z P I O R E A E G E O G I O E C T V B I G
 U V U E H Z U J Q F T P J J L O N F T I L U X S
 C D S A C C S N P M F V S E W N U R A D S G R N
 G M S L T T X J O T O A F N E S M E P T Z X U E
 N Y O I N B I M H F A I E X I I P P W V W X C T
 W Z O V I U O O A C B M N Q B T C T G H Z J D U
 Y N M R G W W C N I B A N O I T C E N N O C H I
 K D Y V S D E T E C T I O N P N R Q D R T L F Q

Intersection
 Subtraction
 Perfection
 Attraction
 Objection

Construction
 Prediction
 Inspection
 Direction
 Detection

Distraction
 Connection
 Extinction
 Affection
 Reaction



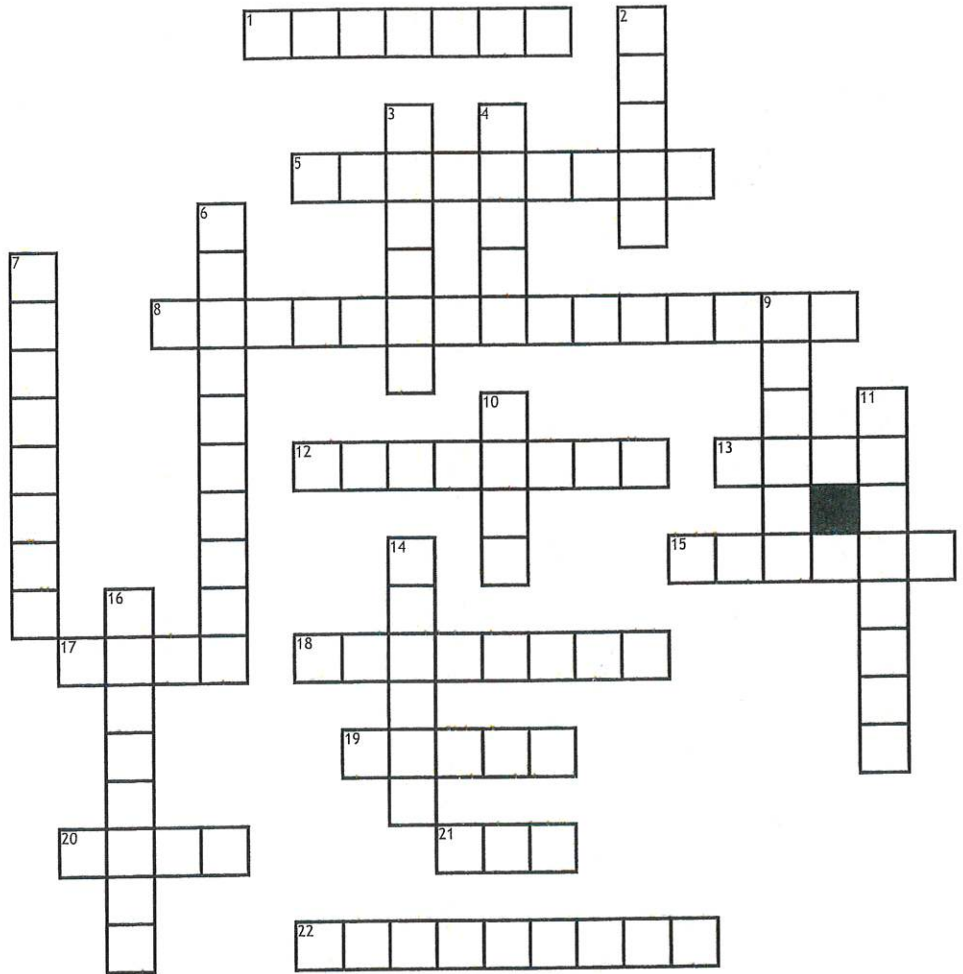
Summer Crossword

Across

1. An outdoor activity that usually involves a tent
5. Common meat product to grill that goes inbetween 2 buns
8. Holiday in July
12. If you dont put on sunscreen you will get.....
13. First month of summer
15. Common meat product to grill that goes inbetween a bun
17. An open body of water you can go swim at
18. We sit around it usually at night and it produces a lot of heat
19. The shore of the sea, or lake, which is washed by the waves
20. A closed body of water you can swim at
21. What is the star at the center of the solar system?
22. To prevent a sunburn you want to put on

Down

2. In the summer you usually can?.....in.
3. A yummy sweet treat that you roast over a fire
4. You can.....a sandcastle at the beach
6. What do you make at the beach?
7. To cook outdoors on a grill
9. Month we go back to school
10. Second month of summer
11. A sweet drink that is a mixture of lemon juice, water, and sugar
14. The season you do not go to school
16. If you walk around without shoes on its called



ACROSS:

1. Camping
5. Hamburger
8. Independence Day
12. Sunburnt
13. June
15. Hotdog
17. Lake
18. Campfire
19. Beach
20. Pool
21. Sun
22. Sunscreen

Down:

2. Sleep
3. Smores
4. Build
6. Sandcastle
7. Barbeque
9. August
10. July
11. Lemonade
14. Summer
16. Barefoot