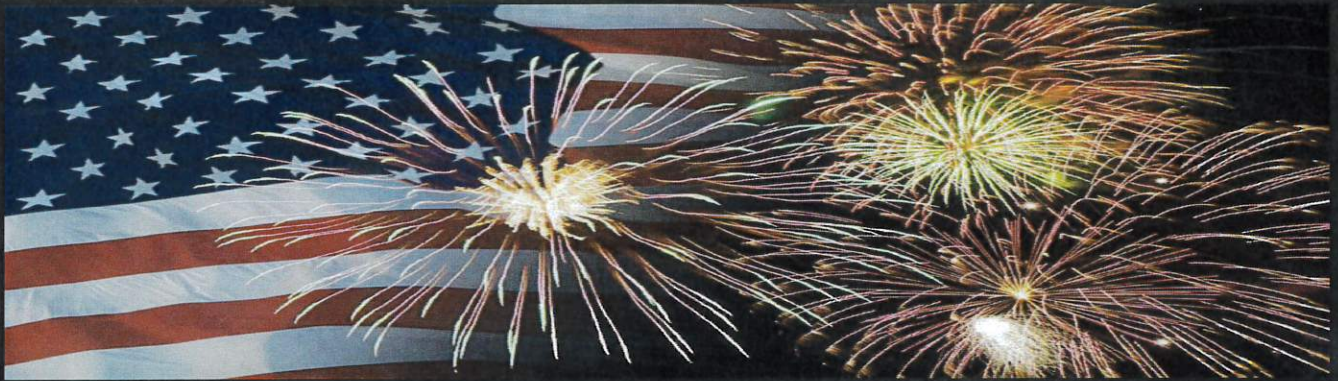


# The Porchlight

THE OFFICIAL NEWSLETTER OF THE BETHANY HOUSING AUTHORITY

JULY 2024

VOL.50



## REGULAR OFFICE HOURS:

Monday – Thursday  
8:00 a.m. – 4:00 p.m.

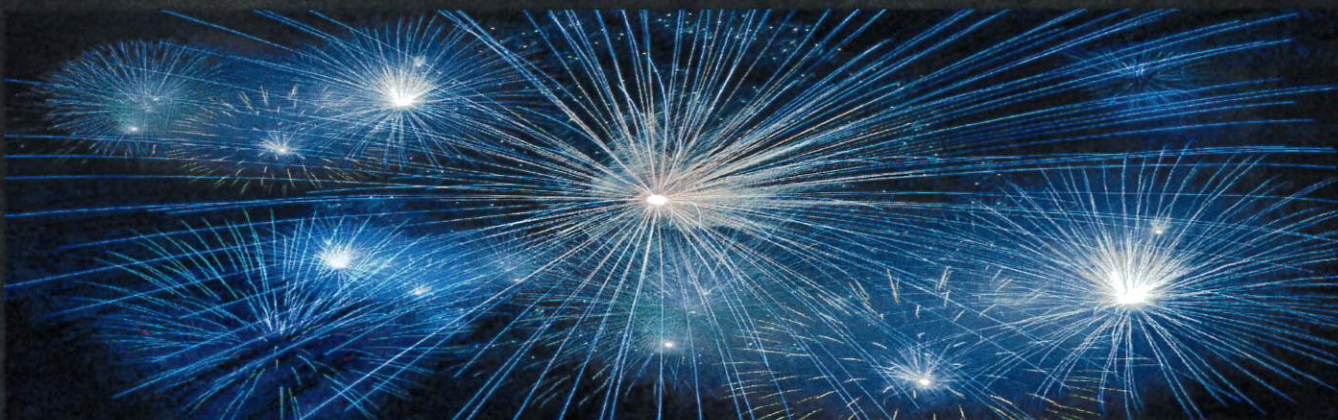
Friday  
9:00 a.m. – 12:00 p.m.

We will be closed Thursday July 4<sup>th</sup> in observance of Independence Day.

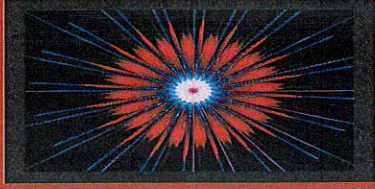
Closed the last day of the month.

## IN THIS ISSUE

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CALENDAR  
JULY BIRTHDAYS  
EMERGENCY MAINTENANCE  
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4<sup>TH</sup> OF JULY WORD SEARCH  
INDEPENDENCE DAY CROSSWORD  
CROSSWORD ANSWER KEY**




# The Porchlight



JULY 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	Coffee Klatch 9:00 a.m. - 10:00 a.m.	4 <sup>th</sup> Of July 	New Moon	
7	8	9	Coffee Klatch 9:00 a.m. - 10:00 a.m.	11	12	First Quarter 13
14	15	16	Coffee Klatch 9:00 a.m. - 10:00 a.m.	18	19	20
Full Moon 21	22	23	Coffee Klatch 9:00 a.m. - 10:00 a.m.	24	25	Last Quarter 27
28	29	30	Coffee Klatch 9:00 a.m. - 10:00 a.m.	31		

# July

# Birthdays!!



HAPPY  
HAPPY!

<b>JUDY</b>	<b>7/4</b>	<b>BARB</b>	<b>7/8</b>
<b>GARY</b>	<b>7/8</b>	<b>MICHAEL</b>	<b>7/10</b>
<b>JANET</b>	<b>7/12</b>	<b>CHERYL</b>	<b>7/18</b>
<b>BENTLEY</b>	<b>7/22</b>	<b>SUSAN</b>	<b>7/22</b>



Maintenance phone number for after-hours emergencies

**660-373-1801**

Outside of regular office hours, please call the number above for maintenance.

During office hours, this number is not operational.

**Office Hours:**

**Monday – Thursday 8:00 a.m. – 4:00 p.m., Friday 9:00 a.m. – 12:00 p.m.**

**Closed last working day of the month.**

**During office hours, still call the main line, (660) 425-3349, for maintenance.**

An emergency is considered any condition which poses a serious threat to the life, health, or safety of residents, staff, or general public. Also, any issue which could cause serious structural or systems damage to the property if not addressed within 24 hours.

Examples of emergencies:

- \* Fire – **Call 911**
- \* Gas Leak – **Call 911**
- \* Major structural damage (for example, damage from a storm) that makes your unit unsafe. – **Call 911**
- \* Stopped up toilet which threatens to overflow, turn off water off at shutoff valve located near the base of the toilet. Calls after 8:00 p.m. will be completed the following day.
- \* Major water leaks, turn off water under sink until staff arrives.
- \* Furnace failure, when temperature inside of your apartment falls below 55 degrees F.
- \* Refrigerator failure, normal emergency hours 9:00 a.m. - - 5:00 p.m. on Saturday & Sunday, **if you have insulin in your fridge for your medical care, you can call outside of those hours.**

If you are locked out of your apartment and need maintenance to let you in, it's a **\$30** fee. Housing Authority guidelines do not consider air conditioning to be essential unless you have a medical condition documented by your doctor that we have in the office on file for you prior to making an emergency work order request. If you do not have a documented medical condition from your doctor on file, air conditioner calls will only be responded to during normal working hours.

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.

Non-emergency work order calls received after 4:00 p.m. will be completed the next regular work day.

When calling the after hours emergency line, please leave a clear and complete explanation of the situation. On call staff will respond to your message and determine if the situation qualifies as an after-hour emergency. Non-emergency calls will be addressed the next regular work day during regular hours.

# Colon Health

Colorectal cancer is one of the most common cancers in the U.S., but it can often be prevented due to testing. Screenings can help detect abnormal growths called polyps, which can be removed before they turn into cancer. You should be screened regularly, beginning at age 45. However, you may need to be tested earlier than 45 if you have a bowel disease or a family history or colon cancer or polyps.

Colorectal cancer doesn't always have symptoms in the early stages, although when symptoms show they might include bloody stool, persistent stomachaches or changes in bowel habits, and unexplained weight loss.

Some types of colon cancer testing include:

- **Stool Test** – Annual test that can sometimes be done at home.
- **Flexible Sigmoidoscopy** – Uses a thin tube to check the lower third of the colon. Recommended every 5 to 10 years.
- **Colonoscopy** – Uses a thin tube to check all of the colon. Doctors can remove polyps during the procedure. Recommended every 5 to 10 years.

It is unlikely that you will do more than one test.

See a doctor for any new and persistent change in your bowel habits, especially if you see blood in your stool on a regular basis. Start by discussing these changes with your primary care physician. Your doctor may refer you to a gastroenterologist (also known as a GI doctor). It is especially important to see your doctor if you have these symptoms and you are 45 years old or older and have not yet had colon cancer screening.



## How do you keep your colon healthy?

- Drink plenty of water to keep stool hydrated. Dehydration is a major cause of constipation.
- Consume a diet that is high in fiber. Fiber helps to retain water and stimulates the growth of healthy bacteria in the colon.
- Consume a diet that is low in red and processed meats. Eating large amounts of red and processed meats is associated with a higher risk of colon cancer.

## How do you know if your colon is not healthy?

Watch out for persistently very loose or watery stools, dry or difficult to pass stools, or blood in the stool or with bowel movements.

Which tests are best?

Colonoscopy is the most sensitive test for the detection of early colon cancers and precancerous polyps. Polyps can be removed during the test to prevent colon cancer in the future. Colonoscopy is done under sedation, for comfort, so you need a friend to escort you home afterward. Colonoscopy requires bowel preparation the day before, typically by drinking a liquid solution that cleans out the colon.

Stool based screening can be done at home and does not require sedation or bowel preparation. Stool based tests are very good at detecting colon cancer at an early stage but are not nearly as good at detecting the precancerous polyps that can be found and removed during a colonoscopy.

Unless you have an elevated risk of colon cancer due to family history of the disease or a personal history of certain diseases like inflammatory bowel disease, the decision between colonoscopy and a stool based test is entirely up to the patient and based on the advantages and disadvantages of both.

# RED, WHITE AND BLUE KETO CHEESECAKE BERRY CUPS

## Ingredients:

8 Ounces Cream Cheese

1 Cup Heavy Cream

¼ Cup Mascarpone Cheese

½ Cup Swerve Confectioners

½ Teaspoon Vanilla Extract

Strawberries

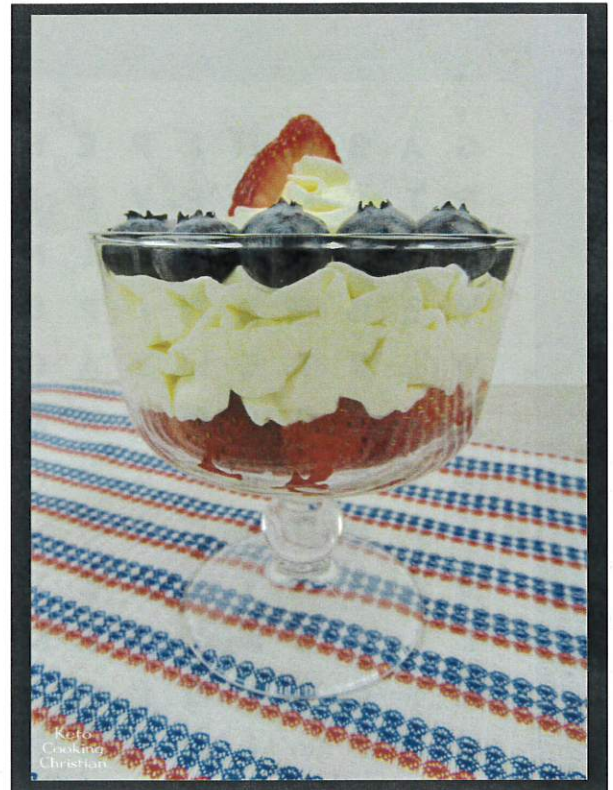
Blueberries

## Instructions:

1. Whip the heavy cream in a bowl to soft peaks. In a separate bowl, add the cream cheese and whip using a hand mixer. Mix in the mascarpone cheese, swerve confectioners and vanilla extract.
2. Then mix in the whip cream and blend until smooth and creamy. Add a layer of chopped strawberries to the bottom of a dessert glass.
3. Pipe or dollop the cheesecake mousse over the strawberries. Add some blueberries over the top. These can be served in the glass or cup of your choice.

## Notes:

I like using a little mascarpone in this because it adds a great creaminess, without a strong flavor or extra carbs. If you don't have mascarpone cheese, you can sub with more cream cheese.



# CAMPING WORD SEARCH

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

KAYAK  
 ISLAND  
 COMPASS  
 ANIMALS  
 TRAILER  
 MARSHMALLOW  
 VACATION

CANOEING  
 NATURE  
 INSECT REPELLENT  
 HAMMOCK  
 CABIN  
 CAMPFIRE  
 SUMMER

SWIMMING  
 BATTERIES  
 MOSQUITOES  
 AIR MATTRESS  
 S'MORES  
 RESERVATION

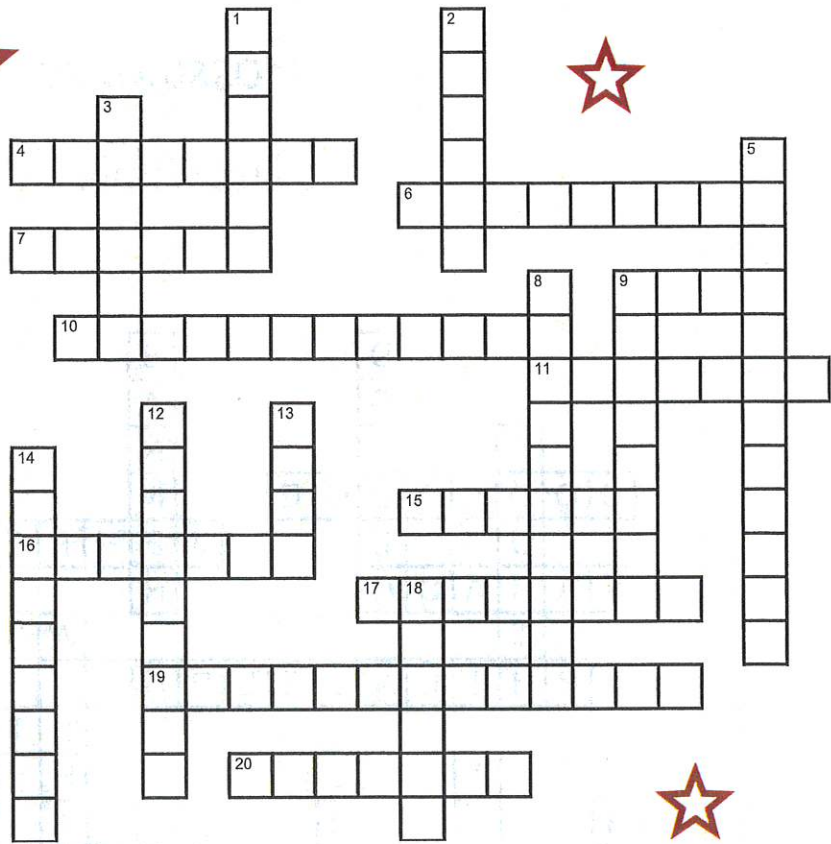
HIKING  
 FLASHLIGHT  
 RACCOON  
 SLEEPING BAG  
 ROASTING STICKS  
 CAMPSITE

MOUNTAINS  
 LANTERN  
 CHIPMUNK  
 TENT  
 OUTDOOR COOKING  
 MEMORIES





# Crossword Challenge



## ACROSS

- 4. American President who was born on July 4th, Calvin \_\_\_\_.
- 6. Founding Father and third President of the United States.
- 7. Public procession that might occur on July Fourth.
- 9. Red, white and \_\_\_\_.
- 10. City in which the Declaration of Independence was signed.
- 11. Nickname for the American flag, stars and \_\_\_\_.
- 15. Open air meal popular on July Fourth.
- 16. Symbol of freedom located in the New York City Harbor: Statue of \_\_\_\_.
- 17. Number of original colonies that declared independence.
- 19. Fight for American independence: The \_\_\_\_ War.
- 20. Famous signer of the Declaration of Independence: John \_\_\_\_.

## DOWN

- 1. Patriotic song often sung on Independence Day: Yankee \_\_\_\_.
- 2. National anthem of the United States: The Star-Spangled \_\_\_\_.
- 3. The day of the month on which America declared its independence.
- 5. Founding document of the United States: The Declaration of \_\_\_\_.
- 8. First President of the United States.
- 9. Cooking outdoors on a grill.
- 12. Light show often seen on the 4th of July.
- 13. Month in 1776 when the Declaration of Independence was signed.

- 14. National bird of the United States.

- 18. Commonly consumed food on July 4th.

Bald Eagle	Jefferson
Banner	July
Barbecue	Liberty
Blue	Parade
Coolidge	Philadelphia
Doodle	Picnic
Fireworks	Revolutionary
Fourth	Stripes
Hancock	Thirteen
Hot Dog	Washington
Independence	

# July Fourth

Crossword

SOLUTION

