



HAMC
NEWSLETTER
January 2024



FSS PROGRAM

This program is centered around our Section 8 tenants. We work together, you get things done and We achieve more!

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TIPS ON KEEPING YOUR APARTMENT WARM THIS SEASON

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HEART DISEASE!

Know the signs & symptoms of heart disease! -

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WHAT IS GOING

February & March 2024

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FSS PROGRAM

The family Self-Sufficiency (FSS) Program is a voluntary program that helps participants increase their earnings and build financial capability and assets through two key features:

1. A financial incentive for participants to increase their earnings in the form of an escrow savings account that grows as participants' earnings rise. The escrow account helps participants build they can use to improve their quality of life and advance their personal goals.
2. Case Management or Coaching to help residents access services they may need to overcome barriers to employment, strengthen their financial capability, and address other challenges holding them back from achieving their goals.

Who is Eligible?

You are! – The program is open to Section 8 housing families who are unemployed or underemployed. Not just the head of household....anyone over the age of 18 can sign the contract and participate in the program.

The reason for the program is to help these families obtain employment that will allow them to become self-sufficient and not depend on welfare assistance.

If you are interested in the program, you can contact your HCVP case worker or LaTania Jones, RIC @ 570-421-7770 ext.235.



“Heart Disease Let’s Defeat, Keep A Healthy Heart Beat”



4.

Know the Signs and symptoms of heart disease!

The worst time to have a heart attack is during a game of charades. ~Demetri Martin~. Heart disease is the leading cause of death in the United States. More than 600,000 Americans die of heart disease each year. That’s one in every four deaths in the county.

The term “heart disease” can be referred to many types of heart conditions. The most common type is coronary artery disease, which can cause heart attack. Some people are born with heart disease; others develop it during life.

You must know the signs and know if you are at risk for heart disease. Anyone including children can develop heart disease. A substance called plaque can build up in the arteries reducing blood flow to the heart. Other risk factors are smoking, poor diet and not getting enough exercise. Having other medical issues such as high cholesterol, high blood pressure or diabetes can put you at risk as well. Having your doctor treat these medical conditions can lower your risk for heart disease.

Some of the signs and symptoms may differ from person to person. The first sign of heart disease is chest discomfort or a heart attack. Someone having a heart attack may experience several symptoms, pain or discomfort in the jaw, neck or back, weakness, light-headedness, nausea (feeling sick to your stomach), or a cold sweat, shortness of breath and pain or discomfort in the arms or shoulder. These are the most common signs of a heart attack, call 9-1-1 immediately.

Heart disease is diagnosed by a doctor performing several tests such as, chest X-rays, coronary angiograms, electrocardiograms (ECG or EKG), and exercise stress tests. You can take several steps to reduce your risk for heart

disease, don't smoke, maintain a healthy weight, eating a healthy diet, exercise regularly and prevent or treat your other health issues especially high blood pressure, high cholesterol and diabetes.

If you have heart disease already, it may be treated. Lifestyle changes, like those just listed, can help lower your risk for complications. Your doctor may also prescribe medication to treat the disease. Talk to your doctor about the best ways to reduce your heart disease risk.

You may also find help at American Heart Association www.americanheart.org , National Heart, Lung, and Blood Institute www.nhlbi.gov , and the Centers for Disease Control and Prevention's National Center on Birth Defects & Developmental Disabilities www.cdc.gov/ncbddd/birthdefects/default.htm .

I hope this information helps and let's keep our hearts healthy!

LaTania R Jones

What's going on in February/March 2024

February 26th 12pm Lunch Presentation – Chronic Obstructive Pulmonary Disease (COPD) Hamilton Manor

February 29th 12pm Lunch Presentation – Chronic Obstructive Pulmonary Disease (COPD) Westgate

March 1st 12pm Lunch Presentation – Chronic Obstructive Pulmonary Disease (COPD) Avon Court

March 7th – HAMC Board Meeting 3pm @ 1055 W. Main Street

March 14th – Hamilton Manor 9am-1pm Rent Rebate Assistance

March 21st – Avon Ct 9am – 1pm Rent Rebate Assistance

March 28th – Westgate Apts 10am-3pm Rent Rebate Assistance (This event is for all Public Housing wanting assistance in getting rent rebate assistance)

All rent certificates will be available for pick up on March 14th

All Lunch Presentations Require Sign up! Please Call the office @ 570-421-7770 Option #7 or ex235 & Speak with LaTania or leave a Message! **These events are for residents ONLY!**

Zumba – Every Tuesday & Wednesday 12pm – Hamilton Manor (Dates & times my change)

Housing Authority of Monroe County

1055 W. Main Street

Stroudsburg, PA 18360

570-421-7770

Looking to start a book club within your building or community, please contact LaTania @ 570-421-7770 ext. 235

RENT IS DUE THE 1ST OF EVERY MONTH – A \$25 LATE FEE WILL BE APPLIED AFTER THE 10TH OF THE MONTH.

Community room rental is by first come first reserve as follows:

IVY RIDGE - \$100 Deposit Blank Money Order (NO Exceptions) Sign Contract

SKYLINE HEIGHTS – \$100 Deposit Blank Money Order (NO Exceptions) Sign Contract

WESTGATE – Blank Personal Check or \$50 Money Order (NO Exceptions) Sign Contract

AVON Court – Blank Personal Check or \$50 Money Order (NO Exceptions) Sign Contract

HAMILTON MANOR - Blank Personal Check or \$50 Money Order (NO Exceptions) Sign Contract

Tips on keeping your apartment warm this season.

1. Make sure heating vents are open and not blocked.

It's a myth that closing vents will save money by not heating unused rooms, says Bailey Carson, home care expert with [Angi](#). "Your home's HVAC system was selected for your home—including all of its rooms—so regardless of how many vents are open, the system will generate the same amount of hot air," Carson explains. "[Fully closing vents](#) can actually cause your system to overwork, resulting in higher energy bills and damage over the course of time. Partially closing them can help pump air into the right areas but be sure to leave them at least 25% open."

2. Add a door draft stopper.

Cold air can easily find a way into your home via doorways, but a draft guard can help. Often covered in fabric and weighted with sand, these handy objects are placed in front doors to prevent cold air from seeping in. You can even make your own if you're so inclined. Simply cut a length of fabric to fit your doorway, sew it into a long tube, then fill it with your choice of stuffing before

sewing shut. A draft stopper won't eliminate the cool breeze that wafts in when you open the door, but it will help while the door is closed.

3. Insulate windows with plastic film or bubble wrap.

Plastic film and bubble wrap are surprisingly easy and cheap window insulators. Window film insulation kits include transparent shrink film that creates a barrier around drafty windows. After cutting the plastic sheet to the size of your window, apply adhesive tape around the window frame and use a hairdryer to seal the film to the tape. (Don't worry: The plastic peels off cleanly at the end of the season.) To use bubble wrap, select a medium to large size (\$15, Target). Small bubble wrap is too thin and won't do much to block cold air. Measure your windows and cut the bubble wrap to size. Then, use a spray bottle to spread a thin layer of water on the window. Immediately after spraying, press the bubble wrap to the window with the bubbles facing the glass. The water will make the bubble wrap stick and last all winter, keeping you warm.

4. Open curtains on a sunny day.

This house-warmer hack is totally free! Before you leave for the day, check the weather. If the sun will be out, open the blinds and curtains around the house to let nature heat your home for free. At night, close all curtains to prevent cold air from seeping inside.

5. Keep interior doors open.

No, not doors that lead outside, of course, but the doors throughout the interior of your home. At first blush, this might appear to go against the theory that closing the doors to some rooms will mean less area to heat overall. But Carson says, "keeping your doors open throughout your home will allow air to circulate. This will help regulate the temperature throughout the whole house."

"If there are areas that aren't connected to your central HVAC system, and they're not being used, then blocking them off can definitely help keep the heat in the right rooms," adds Carson. "However, wherever there are vents, there will be heat coming out, and keeping those internal doors open will help the [warm] air circulate."

6. Bake some treats.

Need a get-warm-quick idea? Crank up the oven to help warm your house while you bake your favorite treat. When you're finished baking, open the oven door just a crack while it's cooling down.

Important: Ensure the oven is turned off when the door is cracked. The heat will warm your kitchen quickly and inexpensively. Close the door when all the heat has escaped. We don't recommend doing this with small children or pets in the house.