

Housing Partners of Western Nebraska



This-n-That

Happy Holidays from all of us to all of you! We wish you a happy, healthy and prosperous 2020!



With over 60% of Americans purchasing online during the Holidays, please keep in mind a few safety tips to protect your personal information AND your money!!

1. **FAKE CHARITIES**-Scam artists will take advantage of your goodwill during the holidays. As legitimate charities increase their solicitations for donations during the season, many scammers devise fake charities to try to steal money via phone, email and social media.

Before donating, you should verify that the charity and its web address are legitimate at Charity Navigator or through a state agency that regulates charities.

2. **SOCIAL MEDIA TRAPS**: Social media is full of scam giveaways, contests, and surveys. Crooks often customize scams for the holidays ! Please do not be the person who blindly shares information about a survey, contest, or giveaway, without first checking if it is legitimate.

3. **PHISHING**: These are text and e-mail offers that offer huge discounts. Be very cautious as most of these links will either take you to a shady site, or worse, infect your phone, tablet, computer and smart tv with spyware, and the ability to steal your stored financial and personal information!

Scammers also mimic letters from Santa to get personal information from parents.

December 20th, 2019 FOOD BANK



HPWN Holiday Schedule

November-December-January

2019-2020

11/28-11/29 CLOSED Thanksgiving

12/25 CLOSED Christmas Day

1/1/20 CLOSED New Year's Day

1/20/20 CLOSED Martin Luther King Jr. Day

Have time on your hands? Please consider volunteering with Resident Council! Help is needed and welcome for Food Bank and other council activities. Your Resident Council is comprised of tenants, for tenants! Your concerns and recommendations are ALWAYS WELCOME at the council monthly meetings.

HOUSE
+
LOVE
=
HOME

Ribbon cutting at Canterbury Estates, Sidney Nebraska.



Carpenter Center Expands Community Meal Program

The Carpenter Center is now serving meals 7 days a week!! The cost is still only \$5 if you eat there, or \$6 to go. Reservations for meals must be made no later than 9am the day prior. Weekend carry out meals have to be reserved by no later than 9am on the Thursday before the weekend, and will be picked up on Friday between 11:30am and 12:30pm.. The Center can be reached at (308)635-8422.

The Carpenter Center is also an approved meal site for the Social Services for Aged and Disabled Adults (SSAD) program. If you are age 60 or older, blind and/or disabled, you may qualify for services. In order to be eligible for services through SSAD, an individual or married couple must meet certain tests, including resource and income tests. To apply for congregate meals and other services, please call 1-800-383-4278, or Housing Partners Outreach and Supportive Services Specialist Kim Wells at 633-7548. You can also apply online at www.accessnebraska.ne.gov.



Welcome aboard to Cynthia-Application Intake Clerk, and Joni-Public Housing

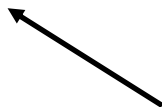
THE *Ultimate* LIST

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
6. CLEAN MORE OFTEN.
7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE'!

Just try your best.



Rent is due the 5th working day of the month



Stay Healthy During Cold & Flu Season!

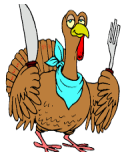
The cold and flu season is upon us. A flu vaccine is the first and most important step in protecting against the flu. Follow these additional tips to stay healthy and keep others healthy this flu season:

- Wash your hands frequently especially after blowing your nose, coughing, sneezing and before you eat
- Avoid touching your eyes, nose, and mouth to stop the spread of viruses ☑ Avoid contact with people who are sick
- Cover your mouth or tuck it in your elbow when coughing or sneezing and wash your hands afterward
- Get enough sleep to avoid getting 'run down'
- **Stay home if you are sick to avoid making others sick AND Clean and disinfect often to prevent the spread of germs in your house.**

Show your leftovers some LOVE!!
Holiday meal leftovers make yummy meals too!

Cream of turkey sandwiches with potato pancakes are a great way to use a variety of your leftovers-

Shred turkey and warm up in leftover gravy- add celery, parsley, or basil for added flavor. Serve over left over rolls or bread. To make mashed potato pancakes- mix cold mashed potatoes with 1 egg, 1/4 C flour, salt and pepper to taste. 1/2 cup of the mixture makes a nice size pancake, gently pat down the pancake and fry in oil in a skillet until crispy on both sides.



2019 Holiday Events:

- Friday November 29, 6p. m. Gering Holiday Parade
- Sunday, December 1, 6p.m. Scottsbluff Holiday Parade
- Thursday, December 12, 6pm-8pm Scottsbluff National Monument 100th Birthday Celebration

TOP TIPS BEFORE YOU LEAVE TO TRAVEL...

- Let your friends or neighbors know you'll be away and ask them to take in newspapers (or call to put a hold on delivery) or delivered packages.
- Bring in outdoor objects that could be damaged or taken.
- Unplug electronics to conserve energy and protect against surges.
- Don't broadcast your travel plans on social media websites— 25% of all home burglaries occur during the holidays.

Tis the season for all things merry and bright...and cold...and snowy... in the hustle and bustle of the holiday season, HPWN would like to gently remind you of the following:

NO SPACE HEATERS! These are a fire hazard!

Please clean your porches— and make sure that the front and back of your unit is free of debris!

Doors and Windows need to stay closed to maximize the heating efficiency of your unit

On-call maintenance can be reached at (308) 765-8707. Examples of after hours emergencies are— NO WATER, HEAT, OR ELECTRICITY, NON WORKING TOILET AND FLOODING. Please do not call the pager after hours for other issues. If you have a problem earlier in the day, please call as soon as you notice the problem, it will be a better outcome for all if you call during the day. Our goal is to handle emergencies efficiently!



Find us on
Facebook



Housing Partners of Western Nebraska

December 2019– Please call 635-8422 by 9am the day before to reserve your meal \$5 dine in \$6 To go

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|--|---|--|
| 1 Turkey salad sandwich, grapes, chips, carrots and celery | 2 Baked Chicken, Texas potatoes, carrots, roll, dessert | 3 Pulled pork sandwich. Coleslaw, grapes | 4 Potato Soup, grilled cheese, fruit with jello | 5 Meatloaf, mashed potatoes', carrots, roll, dessert | 6 Enchiladas, Spanish rice, tortilla chips, fruit cup | 7 Ham and cheese roll up, macaroni salad, apple |
| 8 Chef Salad with crackers | 9 Baked Pork Chops, wild rice, mixed veg., roll, dessert | 10 Goulash, green beans, roll, dessert | 11 Roast beef dinner, mashed potatoes, gravy, fruit cup | 12 Liver and Onions, mashed potatoes, gravy, corn, fruit | 13 Chicken and rice soup, crackers, roll, peaches | 14 Turkey Club, chips, pickle, fruit |
| 15 Hot roast beef sandwich, corn, fruit | 16 Tater Tot casserole, roll, applesauce | 17 Beef Stew, biscuits, fruit | 18 Beef burrito, Spanish rice, garden salad, fruit | 19 Pork Roast, mashed potatoes and gravy, carrots, roll, fruit | 20 Turkey noodle soup, crackers, roll, dessert | 21 Tuna salad sandwich, pickle, fruit, chips |
| 22 Potato soup, crackers, carrots and celery | 23 Porcupine meatballs, rice, bread, dessert | 24 Christmas Eve | 25 Merry Christmas– No Lunch | 26 Crispy chicken sandwich, corn, pears | 27 Biscuits and gravy, potato wedges, orange slices | 28 meatball sub, chips, broccoli and cauliflower, orange |
| 29 Chili and crackers, celery and carrots | 30 Cheeseburger, French fries, orange slices | 31 Ham dinner, potato bake, green beans, roll, cake New Year's Eve | | | | |