

# BAYOU GARDENS, HARMONY GARDENS, MAGNOLIA CROSSING, & ROYAL CAMBRIDGE HOMES RESIDENT CONNECTION NEWSLETTER

ISSUE 14

FEBRUARY 2024

Community Reminders  
Highlights News & Resources  
**Resident Connection Calendar**  
Community Contact Directory



## HIGHLIGHTS

**YOU DESERVE A NEIGHBORHOOD NOT,  
NOT A COMPLEX**  
NOW ACCEPTING 3 AND 4 BEDROOM  
APPLICATIONS,  
APPLY AT [ALEXHOUSING.ORG](http://ALEXHOUSING.ORG)

## NEWS & RESOURCES

### from **PROPERTY MANAGEMENT Managers:**

Unit Inspections are conducted monthly.  
Please contact your management office if  
you are not receiving text or email  
notifications.

### From **PROPERTY MANAGEMENT**

Maintenance. Please call in all work order  
requests to your community maintenance  
hotline. If maintenance issues are not  
reported correctly, there will be a delay in  
services.

### FROM **ALEXANDRIA HOUSING AUTHORITY MAIN OFFICE**

3 and 4-bedroom apartment applications  
are currently being accepted.  
Please share this information with your  
friends and family.



### **AFFORDABLE CONNECTIVITY PROGRAM -**

CALL 877-384-2575  
HELPING HOUSING GET ACCESS  
TO BROADBAND. FIND OUT IF YOU  
QUALIFY AND HOW TO  
PARTICIPATE. VISIT: [FCC.GOV/ACP](http://FCC.GOV/ACP)





# RESIDENT CONNECTION CALENDAR & IMPORTANT DATES

THURS  
01

RENT DUE



TUES  
06

RENT LATE

TUES  
13

Resident Meeting: Royal Ridge @ 1 p.m.  
Resident Meeting: Cambridge Place & Woodland  
Pointe @ 2:30 p.m.

WED  
14

VALENTINE'S DAY

WED  
14

Resident Meeting: Magnolia Crossing @ 11:00 a.m.  
Resident Meeting: Bayou Gardens @ 2:30 p.m.

WED  
15

Resident Meeting: Harmony Village @ 11:30 a.m.  
Resident Meeting: Garden Gates @ 2:30 p.m.

WED  
28

Resident Meeting: Tranquil Estates @ 11:30 a.m.

## NATIONAL AWARENESS

HEART AWARENESS

## OTHER TOPICS

### BLACK HISTORY MONTH

The Evolution of Black History Month Since its Inception Starting in 1976, Black History Month has gained significant recognition over the years. It is now observed by cultural institutions such as theaters, libraries, and museums, as well as corporations.

## CASEWORKER CONTACTS

**A-F (Sholanda King)**  
[s.howard@alexhousing.org](mailto:s.howard@alexhousing.org)  
Ext. 212

**G-M (Melissa Lincoln)**  
[m.dubroc@alexhousing.org](mailto:m.dubroc@alexhousing.org)  
Ext. 221

**N-Z (Shannon Williams)**  
[swilliams@alexhousing.org](mailto:swilliams@alexhousing.org)  
Ext. 226

**Alexandria Housing  
Authority Office**  
2558 Loblolly Lane,  
Alexandria, LA 71303

**Megan Joiner**  
**Administrative Program Manager**  
(Resident Connection)



## OTHER TOPICS

### ALEXANDRIA

#### RESIDENTS,

PBV and HCV caseworkers are assigned according to the Head of Household's last name. If you need to contact your caseworker regarding recertification, changes in circumstances or household size, etc. Please use the contact information listed.

# COMMUNITY CONTACT DIRECTORY

## BAYOU GARDENS | MON - FRI 8:00 AM - 5:00 PM



4219 PHOENIX DR., ALEXANDRIA, LA 71302



PHONE ..... (318) 528-8905

SERVICE REQUEST ..... (866) 493-9336



FAX ..... (318) 528-8907

TTY ..... 711



Property Manager | **Winnifred Herbert**  
Assistant Maintenance | **Darnell Barrett**

## HARMONY GARDENS | MON - FRI 8:00 AM - 5:00 PM



221 SUNSET ST., ALEXANDRIA, LA 71301



PHONE ..... (318) 473-2148

SERVICE REQUEST ..... (866) 689-7142



FAX ..... (318) 473-1879

TTY ..... 711



Property Manager | **Autumn Hicks**

Maintenance Technician | **Deon Young**  
Maintenance Technician | **D'Angilo Harris**

## GARDEN GATES | MON - FRI 8:00 AM - 5:00 PM



5319 GREENS MEADOWS, ALEXANDRIA, LA 71301



PHONE ..... (318) 473-2148

SERVICE REQUEST ..... (866) 689-7142



FAX ..... (318) 473-1879

TTY ..... 711



Property Manager | **Autumn Hicks**

Maintenance Technician | **Deon Young**  
Maintenance Technician | **D'Angilo Harris**

## TRANQUIL ESTATES | MON - FRI 8:00 AM - 5:00 PM



4641 MIRACLE DR., ALEXANDRIA, LA 71301



PHONE ..... (318) 473-2148

SERVICE REQUEST ..... (866) 689-7142



FAX ..... (318) 473-1879

TTY ..... 711




Property Manager | **Autumn Hicks**

Maintenance Technician | **Deon Young**  
Maintenance Technician | **D'Angilo Harris**


# COMMUNITY CONTACT DIRECTORY

## MAGNOLIA CROSSING | MON - FRI 8:00 AM - 5:00 PM



 3215 TEA ST., ALEXANDRIA, LA 71301

 PHONE ..... (318) 528-8905

SERVICE REQUEST ..... (866) 995-7170


 FAX ..... (318) 528-8907

TTY ..... 711


 Property Manager | **Winnifred Herbert**  
 Assistant Maintenance | **Darnell Barrett**

## ROYAL CAMBRIDGE | MON - FRI 8:00 AM - 5:00 PM



 2225 E. SYCAMORE DR., ALEXANDRIA, LA 71301




 PHONE ..... (318) 528-8364

SERVICE REQUEST ..... (866) 995-7161

 FAX ..... (318) 528-8636

TTY ..... 711

 Property Manager | **Rasheda Dixon**  
 Lead Maintenance | **Kenneth Webber**

 Assistance Maintenance | **Darryl Brown**  
 Make Readies | **Gregory Newman**  
 Maintenance Helper | **Jesse Williams**

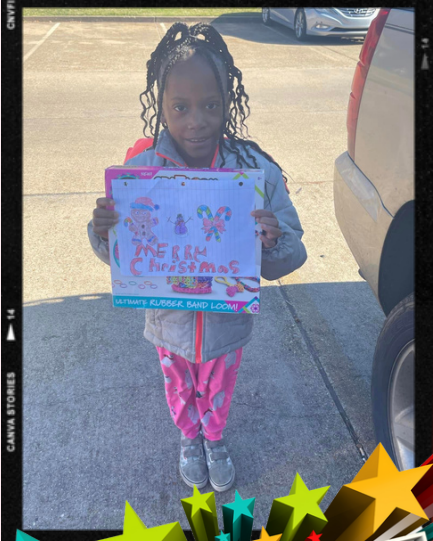
## RIDDLE

- ✓ What did the owl say to his Valentine?
- ✓ What did the light bulb say to his valentine?
- ✓ Which one of Santa's reindeer can be seen on Valentine's Day?
- ✓ What did the hamburger buy his sweetheart?

Answer Key:  
1. I wuv you wats and wats.  
2. You're fun to hang around with!  
3. Cupid!  
4. An onion ring

# BAYOU GARDENS, HARMONY GARDENS, MAGNOLIA CROSSING, & ROYAL CAMBRIDGE HOMES RESIDENT CONNECTION NEWSLETTER

## Alexandria Housing Authority: Winners of the Annual Holiday Art Contest



# Self-Care Tips for Heart Health

LOVE YOUR HEART

Heart disease is the leading cause of death in the United States, but there's a lot you can do to prevent it. Taking time to care for your heart can be challenging as you go about daily life. But it's easier than you think to show your heart the love it deserves each day. Small acts of self-care, like taking walks, getting quality sleep, and cooking healthy meals, help your heart. Research shows that self-care can help you keep your blood pressure in a healthy range and reduce your risk of heart disease and stroke.



## What does “self-care” mean?

Researchers define self-care as what you do to stay healthy. It's also what you do to care for any health problems you have, such as high blood pressure, diabetes, or mental health disorders. It's heart-healthy living.

## What parts of your self-care routine help your heart?

Self-care for your heart is really self-care for your whole self. You can improve and protect your health overall when you:

- ✓ Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- ✓ Cook meals that are low in sodium and unhealthy fats.
- ✓ Take your medications as prescribed and keep your medical appointments.
- ✓ Sleep 7-8 hours a night.
- ✓ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ✓ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

## How can you make self-care for your heart easier?

The trick is to plan ahead. Build heart-healthy activities into your daily self-care routine. Schedule things that are both good for you and important to you. You might want to set aside time to:

- ✓ Cook delicious, heart-healthy recipes. Choose some from the National Heart, Lung, and Blood Institute's delicious heart-healthy eating website.
- ✓ Go for a bike ride, take an online exercise class, or have a family dance party.
- ✓ Make that doctor's appointment you've been putting off. Many providers now offer telehealth appointments to make accessing care easier.
- ✓ Organize your medications.

## What's your health status?

Part of self-care is knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar, and cholesterol levels checked. Talk to your health care provider about your heart health.





# AFFORDABLE CONNECTIVITY PROGRAM

## WHAT IS IT?

The Affordable Connectivity Program is an FCC program that helps families and households connect to the internet and save.

### The benefit provides:

- Up to \$30/month discount for internet service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider.

## WHO IS ELIGIBLE?

**A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least one of the criteria below:**

- Participates in any of the following assistance programs: SNAP, Medicaid, Federal Public Housing Assistance, Veterans Pension or Survivor Benefits, SSI, WIC, or Lifeline;
- Participates in any of the following Tribal specific programs: Bureau of Indian Affairs General Assistance, Tribal TANF, Food Distribution Program on Indian Reservations, or Tribal Head Start (income based);
- Participates in the Free and Reduced-Price School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating broadband provider's existing low-income internet program.

## TWO STEPS TO ENROLL

# 1

Go to **GetInternet.gov** to submit an application or print a mail-in application


# 2


Contact your preferred participating provider to select an eligible plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

## LEARN MORE

 Call 877-384-2575, or

 Visit [fcc.gov/ACP](https://www.fcc.gov/ACP)

