

BAYOU GARDENS, HARMONY GARDENS, MAGNOLIA CROSSING, & ROYAL CAMBRIDGE HOMES

ISSUE #38

FEBRUARY 2026
NEWSLETTER

ALEXANDRIA, LA



02

FEBRUARY 2026

Monday	Tue.Sday	Wedne.Sday	ThursDay	Friday	Saturday	Sunday
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

In this newsletter you can expect:

Welcome to 2026!

Supportive living tips for everyone.

Help/ Resources

Important dates

Riddle of the month





Supportive Living Tips for Everyone - Safety & Heart Health

SPACE HEATER SAFETY

Keep heaters 3 feet away from anything that can burn. Turn them off when you leave the room or go to sleep.

HEART HEALTH TIP

Add one more glass of water each day and one fruit or vegetable to one of your meals.



Health & Nutrition

Healthy eating is about consistency, balance, and simplicity. Small choices made daily can support long-term wellness.

Breakfast & Anytime Meals
Egg & Veggie Scramble

Ingredients: Eggs, spinach or bell peppers, olive oil

Instructions: Heat oil in a pan, add eggs and vegetables, scramble until cooked.

Benefits:

Supports muscle health, provides protein, and delivers essential vitamins from vegetables.



Self Care Tip “Morning Stretch”

What to Do:

Spend 5–10 minutes gently stretching arms, legs, and back.

Benefits:

Helps improve flexibility, circulation, and prepares the body for the day.



Important DATES



february

20
26

SUNDAY 01



RENT DUE

**ROYAL RIDGE
RESIDENTS:**

**JOIN US EVERY 4TH SATURDAY
OF THE MONTH FOR A FEEL
GOOD SATURDAY! MESSAGE
YOUR PROPERTY MANAGER
FOR MORE INFORMATION**

PLACEHOLDER

**WEDNESDAY 18
RESIDENT MEETING**

**MAGNOLIA AT 11:30AM
HARMONY GARDENS AT 1PM
BAYOU GARDENS AT 2:30PM**

THURSDAY 05



**RENT LATE
\$50.00 FEE**

**THURSDAY 19
RESIDENT MEETING**

**TRANQUIL ESTATES AT 11AM
ROYAL RIDGE AT 12PM
LEGACY AND WOODLAND POINT AT
2PM
GARDEN GATE AT 3:00PM**

FAMILY QUOTE



Family is one of Nature's greatest
masterpieces.

OTHER TOPICS



Please join us every
Tuesday at 12:00PM on our
Facebook page "The
Alexandria Housing
Authority" and tune in to
our Facebook live for
"Together Tuesday"

CASE WORKER CONTACTS

Heather Delaney
(PBV waiting list)
hdelaney@alexhousing.org
318.442.8843 ext. 224

Melissa Lincoln
(F.Green-K.Patton)
m.dubroc@alexhousing.org
318.442.8843 ext. 221

Mahkayelah Jones
(A-E. Green)
m.jones@alexhousing.org
318.442.8843 ext. 226

Anthony Davis (Inspector)
adavis@alexhousing.org
318.708.0212

Shakonda Dixon
(J.Paul-Z)
sdixon@alexhousing.org
318.442.8843 ext. 219

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



Community Contact Directory

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

 4219 PHOENIX DR., ALEXANDRIA, LA 71302 SERVICE REQUEST (866) 493-9336
 PHONE (318) 528-8905 TTY 711
 FAX (318) 528-8907  MAINTENANCE TECHNICIAN | DARNELL BARRETT
 PROPERTY MANAGER | WINNIFRED HEBERT

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

 221 SUNSET ST., ALEXANDRIA, LA 71301 SERVICE REQUEST (866) 689-7142
 PHONE (318) 473-2148 TTY 711
 FAX (318) 473-1879  MAINTENANCE TECHNICIAIAN | DEON YOUNG
 PROPERTY MANAGER | AUTUMN HICKS  MAINTENANCE TECHNICIAN | D'ANGELO HARRIS

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

 5319 GREEN MEADOWS, ALEXANDRIA, LA 71301 SERVICE REQUEST (866) 689-7142
 PHONE (318) 473-2148 TTY 711
 FAX (318) 473-1879  MAINTENACE TECHNICIAIAN | DEON YOUNG
 PROPERTY MANAGER | AUTUMN HICKS  MAINTENANCE TECHNICIAN | D'ANGELO HARRIS

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

 4641 MIRACLE DR., ALEXANDRIA, LA 71301 SERVICE REQUEST (866) 689-7142
 PHONE (318) 473-2148 TTY 711
 FAX (318) 473-1879  MAINTENANCE TECHNICIAIAN | DEON YOUNG
 PROPERTY MANAGER | AUTUMN HICKS  MAINTENANCE TECHNICIAN | D'ANGELO HARRIS

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

 3215 TEA ST., ALEXANDRIA, LA 71301 SERVICE REQUEST (866) 493-9336
 PHONE (318) 528-8905 TTY 711
 FAX (318) 528-8907  MAINTENANCE TECHNICIAN | DARNELL BARRETT
 PROPERTY MANAGER | WINNIFRED HEBERT

Community Contact Directory

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

📍 2225 E. SYCAMORE DR., ALEXANDRIA, LA 71301

☎ PHONE (318) 473-2148

SERVICE REQUEST (866) 689-7142

📠 FAX (318) 473-1879

TTY 711

👤 PROPERTY MANAGER | RASHEDA TUCKER

👤 MAINTENANCE TECHNICIAN | **GREGORY NEWMAN**

👤 LEAD MAINTENANCE | **VACANT**

👤 Maintenance HELPER | **JESSE WILLIAMS**



Riddles of the Month



- What has a face and two hands but no arms or legs? This object helps us stay on schedule and is found in many homes, schools, and offices.
- What has a neck but no head? You may find this item in your kitchen or refrigerator, often holding liquids we drink daily.

Answer Key:
1. A clock
2. A Bottle



New Year Housekeeping Tip of the Month Series

Beginning the year by focusing on just one room helps prevent feeling overwhelmed.

Completing one space at a time builds momentum and makes maintaining cleanliness more manageable throughout the year.





Community News



988 | SUICIDE & CRISIS LIFELINE

The 988 Suicide & Crisis Lifeline offers skilled, compassionate help for mental health and substance use problems for anyone at any time.

Text 988 Call 988 Chat 988lifeline.org

What is 988?

If you or someone you know is struggling emotionally, feeling hopeless, or in crisis, you are not alone—help is available 24/7. The 988 Suicide & Crisis Lifeline connects you with trained counselors who can listen without judgment, offer support, and help you find resources. Whether you're experiencing overwhelming stress, mental health challenges, or just need someone to talk to, reaching out can make a difference. Your life matters, and there is always hope.

Call or text: 988

Chat: 988lifeline.org



Business Tip - Entrepreneur

Tip One

Start With a Clear Idea

Before launching a business, clearly define what product or service you want to offer and who it will serve. A clear idea helps guide decisions, reduce confusion, and keep your focus aligned as you move forward.