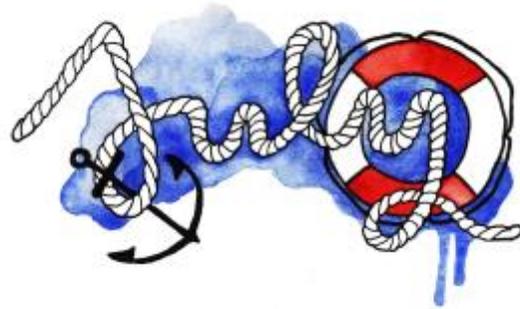


# Resident Connection - July 2020



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## Covid-19 Testing and Mask Giveaway



### **Drive-up COVID Testing offered at Alexandria Housing Authority Communities**

The Alexandria Housing Authority in partnership with Rapides Primary Health Care Center will be administering drive-up COVID-19 testing.

The testing is open to the public and is available to everyone regardless of insurance. Please bring a photo ID.

The drive-up testing will occur on the days and locations listed below for convenience and access to those in the surrounding areas. Although drive-ups are preferred, walk-ups will also be accepted.

“The residents of our affordable housing properties consists of many in the vulnerable population. We wanted to offer them an opportunity to protect themselves, their families and the community by getting tested,” says Joseph P. Page, Executive Director for the Alexandria Housing Authority.

The testing dates and locations are:

#### **Wednesday, July 8th and Wednesday, July 15th**

9am – 12pm @Harmony Village (located on Monroe Street)

#### **Wednesday, July 22nd and Tuesday, July 28th**

9am – 12pm @Charles Hayward Activity Center (located on Loblolly Lane)

***Please contact Anita at 318-442-8843 ext. 216 for more information.***

## "Quit With Us on Mondays"



Smokers often wait for special occasions like birthdays or New Year's to quit, but most will go back to smoking within a month. Studies show that it takes several attempts to stop smoking for good.

### [Monday Quit Tips Card](#)

**I Quit & Stay Quit Monday (QSQM)** offers a more sustainable solution. Rather than wait for an annual event to try quitting, you can take advantage of 52 Mondays every year and the global support network that comes with them.

#### **Why quit?**

- Smoking leads to serious health problems such as emphysema, cancer, heart disease, and stroke.
- Quitting can help reverse some of the damage smoking causes.
- The sooner you quit, the sooner your body can start healing.

**Why Monday?** Remember when you made that New Year's resolution to quit smoking? As hard as you tried, you got off track and swore to try again next year. You're not alone. It takes most people several attempts to really quit smoking.

**That's where Monday comes in.** Rather than waiting for an annual event to quit smoking, use Monday as a day to quit or get back on track.

#### **How can I use Monday?**

- Each Monday, plan for the week ahead.

- Look back on the previous week and use Monday as a day to reward yourself for staying quit.
- Find a 'quit buddy' or cessation counselor and use Monday to check-in about your progress.

Join the conversation on [Facebook](#) to connect with other quitters who understand your struggles and can provide advice for staying quit. If you get off track, don't let it get you down. Instead, think about what caused you to slip, and give yourself a fresh start on Monday. For more information, visit [Quit Monday](#).

Call now 1-800-QUIT-NOW or [Enroll Online](#).

**AHA IS SMOKE-FREE. FOR MORE INFORMATION, PLEASE REFER TO YOUR HANDBOOK OR CONTACT THE MANAGEMENT OFFICE. SMOKING IS STRICTLY PROHIBITED ON ANY OF THE AHA PROPERTIES. THIS INCLUDES YOU AND YOUR GUESTS.**

## Royal Cambridge Homes - Lease Up Event!



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*DO YOU NEED A 3 or 4 BEDROOM APARTMENT? DO YOU KNOW ANYONE WHO DOES?*

*Join us on Friday, July 10th from 4-7:30 PM for our Royal Cambridge Homes One Day Lease Up Event!*

*Enjoy free food and drinks from Uncle Willie's BBQ and Kona Ice!*

*Current residents can earn up to \$450.00\* for referring a friend!*

*\*\$100 Visa Gift card offer only applies to current residents. Resident referral must complete a 3 or 4 bedroom application at Royal Cambridge. \$350.00 bonus paid to current resident after referral has lived at Royal Cambridge Homes for 30 days. Other terms and conditions may apply.*

*Call the office for more information, 318-528-8634.*

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## Royal Cambridge Homes Office Relocation



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**The New Office Location for Royal Cambridge Homes is:**

*2225 East Sycamore | 318.528.8634*

*Please make sure all rents are paid by the 5th of each month.*

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### Manager's Corner

*Harmony Gardens Estate, 318-473-2148, Ms. Hebert, Property Manager*

*Royal Cambridge Homes, 318-528-8634, Mrs. Houston, Property Manager*

*Magnolia Crossing, 318-561-2089, Ms. King, Property Manager*

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### Landscape Reminders:

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- Do not allow kids to play in the trees and flowers.
  - Keep the grass and flower beds free of litter and trash.
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### Porch Reminders:

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- Keep your porch free of trash and clutter.
  - Be sure to use appropriate outdoor furniture. Refer to your handbook or contact management office for any questions.
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NO CHALK is allowed on sidewalks, porches or storage units.

Infractions will be issued for trash and inappropriate porch furniture. A charge of \$50.00 will be assessed for trash on the porch.

Let's keep our homes and areas where we live beautiful!

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Happy Independence Day!



Generations Online Resources and Tips

**2020 Census**  
**Ten minutes affects  
ten years**



It takes about 10 minutes to fill out the Census, while the data collected is used for the *next 10 years* distribution of Federal and State funding

**Your 10-minutes means THOUSANDS of dollars to our community. Please help!**

Nervous to fill out online? Practice at:  
[www.EasyCensusHelp.org](http://www.EasyCensusHelp.org)

It allows you to read the questions, practice your tech skills, and when ready, fill out the Census online!

1 - [Click here for details.](#)



## Wondering how to do online banking?

Learn using online videos available on the National Council on Aging website. Go to [www.ncoa.org](http://www.ncoa.org) then

- Tap on “Economic Security” found on upper left side, next to the image of a tiny house.
- Tap on “Money Management” on the yellow bar
- When the “Money Management” page opens, scroll to the bottom of the page to find “Ready, Set, Bank”™

2 - [Click here for details.](#)

Do you wish you could see your family even when you are far apart?



Generations on Line, a national nonprofit, has created a series of Family Guides to enable loved ones to help get an older family member online.

The guides detail tablet selection and setup for an older adult, internet connectivity, adding a free senior-friendly teaching app\* (which includes instruction on video calling) and how you can assist from afar. There are low cost tablets available online. You may be surprised what your loved one can learn!

The guides AND app are both

**FREE**

Guides and link to apps can be found at:  
[www.generationsonline.org](http://www.generationsonline.org)

\*Easy Tablet Help for Seniors is free on Google Play, Amazon and Apple App store (No ads or in-app purchases)

3 - [Click here for details.](#)

## Notices



### **Alexandria Housing Authority**

#### **Board of Commissioners Meetings, 12:00 Noon**

- Thursday, 7/23/2020
- Thursday, 8/27/2020

**Executive Director, Mr. Joseph P. Page**

**Assistant Executive Director, Ms. Taura Denmon**

**Director of Operations, Mr. Stephan Fontenot**

**Human Resources Director, Ms. Shondriaka Cheatam**

#### **Contact Us:**

- 2558 Loblolly Lane, Alexandria, LA 71303
- Main Office: 318.442.8843
- Email us at: [alexhousing@alexhousing.org](mailto:alexhousing@alexhousing.org)
- [Visit us on the web: https://www.alexhousing.org/](https://www.alexhousing.org/)

**Hours of Operation: (Due to COVID-19, all AHA offices remain closed to the public until further notice.)**

- Monday, Tuesday, Thursday & Friday: 8:00 AM - 4:30 PM
- Wednesday: 8:00 AM - 1:00 PM