



# **HOUSING TIDBITS-** **High Rises ~ February 2016**



Help support the prevention of Heart Disease, increase awareness and funding of research. Friday, February 5 is National Wear **Red** Day! SO wear **RED** and show your support! ♥



## **SAFETY & FIRE REMINDERS**

**DO NOT PLACE ANY OF THESE ITEMS IN THE TRASH CHUTES**



## **IT'S TENANT SATISFACTION SURVEY TIME**

***We value your Feedback!***

**Wednesday, Feb 3, 2016**

**Hilltop 1:30 pm  
Skyline 2:30 pm**

**Thursday, Feb 4, 2016**

**Leray 1:30 pm  
Midtown 2:15 pm**

**Questions: Please Call  
Tenant Relations  
782-1251 ext. 230**

**WANT TO LEARN MORE ABOUT THE TENANT ASSOCIATION!** Please contact one of your TA Officers today! All **ACTIVE** Associations are always accepting **NEW** members. Minimal dues, fun activities, socials, dinners and more are just a few of the things you'll enjoy as a member of **your** TA. Association meetings are open to all residents, however **ONLY** Members may vote. ( TA Officers listed on back page)

## ♥UPCOMING EVENTS \* FEBRUARY♥

### Tenant Satisfaction Focus Groups-Surveys (All Sites)

Feb 3-4 (See front page)

<b>SAM's Club</b>	<b>Membership Drive</b>	<b>Snacks Provided</b>
Feb 9 <sup>th</sup>	Leray 10:00 am	Midtown 1:30 pm
Feb 10 <sup>th</sup>	Skyline 10:00 am	Hilltop 1:30 pm

Feb 14 ♥Happy Valentine's Day♥

**Feb 15 Happy President's Day! WHA Offices Closed**

### WALGREENS Representatives –

#### Winter Safety & Preparedness

Feb 23	Midtown 3:00 pm	Leray 4:00 pm
Feb 24	Skyline 3:00 pm	Hilltop 3:45 pm

### SNAP-(Food Assistance Program) Sign up on site available

Feb 24	Leray 12:30 pm	Midtown 1:30 pm
	Hilltop 2:30 pm	Skyline 3:30 pm

**Location for all events unless otherwise noted:  
Community Rooms**

## TENANT ASSOCIATIONS

### Hilltop Towers

TAC President: Michelle Holder  
405-7128

### Leray Apartments

President- Tony Taylor  
315-314-1427

### Midtown Towers

President: Michelle Holder  
405-7128

### Skyline Apartments

President: Carol LaValley  
767-9970

### Maywood Terrace

President: Ashley Dashnaw  
486-4057

### Eastbrook

TAC President: Michelle Holder  
405-7128

## OCCUPANCY

### Occupancy Supervisor

Shawn VanBrocklin Ext. 226

### Meadowbrook & Midtown

Ellen Burns Ext. 221

### East Hills & Leray

Christine Wells Ext. 227

### Maywood, Hilltop, & Skyline

Tina Buzzell Ext. 232

### Tenant Relations Coordinator

Rena Tumbleson Ext. 230

### Lease Enforcement

Vilmarie Rivera Ext. 224

**Dulles State Office  
Building  
EVERY FRIDAY NIGHT  
7:00 p.m. – 10:00 p.m.  
Social Dance for Seniors**

### SENIOR CITIZEN DANCE PARTY



older adults

1 out of 3  
will fall each year

falls leading  
cause of  
both fatal and nonfatal  
**INJURIES**

20-30%  
who fall suffer moderate  
to severe injuries



### PREVENT SERIOUS FALLS

- Wear shoes or boots with rubber soles.
- Always use handrails; turn lights on.
- Keep your porch, deck, walkways, and driveway clear of snow and ice.
- Limit walking to areas that have been cleared.
- Take shorter steps; keep hands free.
- Slow down.
- Be careful when getting into the car.
- Use your cane, walker or other assist device; walk with someone.
- If there is carpet, stay on it whenever you can.

**Do you know a fellow  
resident who goes above and  
beyond to help make your  
site a better place to live?**

**Nominate them for WHA  
TENANT OF THE QUARTER!**

**They could receive a  
Certificate of Appreciation  
and a \$50 Walmart gift card  
for their acts of kindness.**