



Nisbett-Fairman January 2018 Newsletter



Holiday Schedule – Nisbett-Fairman & Big Rapids Housing Commission

The Big Rapids Housing Commission will be closed on the following days in observance of the Holidays:

- Christmas: Monday, December 25th, 2017 & Tuesday, December 26th, 2017
- New Year: Friday, December 29th, 2017 & Monday, January 1st, 2018
- Martin Luther King Day: Monday, January 15th, 2018

Big Rapids Housing Commission Meeting

The Big Rapids Housing Commission meeting will be held **Thursday, January 11th, 2018, at 3:00PM.** in the Parkview High-Rise Conference Room. All residents are invited to attend.

Reminder!

Rent adjustments are effective 1/1/2018. Please refer to the letter you received in November regarding your new rent amount. Please be advised that the rent amount stated in the letter does not include cable charges. If you have any further questions regarding rent adjustments, please contact the office.

Important Dates

January 1st – Happy Birthday, Wilma Goodman! (Office Closed)
January 2nd – Happy Birthday, Dorothy Tumminello!
January 3rd – Happy Birthday, Janet Dougherty!
January 7th – Happy Birthday, Elaine White!
January 16th – Martin Luther King Day (Office Closed)

Dial-A-Ride Bus Tickets

Dial-A-Ride Tickets are for sale in the office. The first six (6) business days of the month they are \$20.00 and after the sixth (6th) business day they can be purchased for \$25.00 as of October 1st, 2017. Stop in the office to see me if you have any questions or need tickets. They are sold by the book only!

Utility Assistance

TruNorth has utility assistance available. Empower program has applications online at www.tnempower.org. They also have an online chat and a hotline where questions can be answered. Please call them at (231) 924-0641.

Habitat for Humanity

Habitat for Humanity has a lot of household items at their Big Rapids location at 18387 Northland Dr. Big Rapids, MI 49307. They can help families that have been displaced and have very little possessions.

Maintenance Reminders to All Residents

If you are aware of an emergency work order, such as having no heat, or toilet not flushing – call during hours of operation, if possible! Please do NOT wait until the end of the day to report an issue you were aware of earlier in the day!

Also, do not dump grease down your sinks. Pour hot grease in a tin container, and when it has cooled then throw it away in the trash. Grease will clog the lines and a charge will apply if grease is found to be the cause of your clogged sink.

Local Event: Coffee & Canvas

Join one of Artwork's talented instructors on Saturday, January 13th, 2018, as they guide you through a fun, step by step acrylic painting experience. Sip on coffee and enjoy the delicious treats at Three Girls Bakery while you spend a relaxing Saturday afternoon getting creative. Coffee and bakery goods not included. Cost to participate is \$25.00. For more information contact (231) 796-2420.

Stay Safe and Healthy this Winter – Tips for Seniors

- Icy, snowy roads and sidewalks make it easy to slip and fall. Make sure to wear shoes with good traction and non-skid soles, and stay inside until the roads are clear. Replace a worn cane tip to making walking easier. Take off shoes as soon as you return indoors because often snow and ice attach to the soles and, once melted, can lead to slippery conditions inside.
- Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.
- Get your car serviced before wintertime hits -- or ask a family member to bring it to a garage for you. Checking things like the oil, tires, battery and wipers can make a big difference on winter roads.
- Because people spend more time indoors and may eat a smaller variety of foods, nutritional deficits - especially Vitamin D deficiency, are common in the winter months. A registered dietician in southwest Michigan, recommends consuming foods that are fortified with Vitamin D, such as milk, grains and seafood options like tuna and salmon.

*See more Winter safety tips at: <https://www.care.com/stories/7-winter-safety-tips-for-seniors/>

