



Nisbett-Fairman February 2018 Newsletter



Big Rapids Housing Commission Meeting

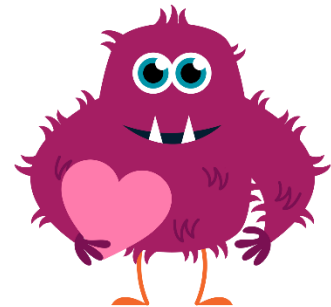
The Big Rapids Housing Commission meeting will be held **Thursday, February 8th, 2018, at 3:00PM.** in the Parkview High-Rise Conference Room. All residents are invited to attend.

Important Dates

February 8th – Happy Birthday, Donna McMillin!
February 10th – Happy Birthday, Vicki Lodden!

AARP Free Tax Preparation!

AARP and the Mecosta County Commission on Aging are offering tax preparation services again this year. The tax specialists will be at the Nisbett Building Community Room on Monday, February 19th, 2018 from 9:00 a.m. – 3:15 p.m. Please stop by or call the office to set up an appointment. We have limited availability, so we are reserving the in-house appointments for tenants who do NOT have transportation. AARP is asking tenants who have transportation to make an appointment to have their taxes done at the RSVP County Services Building or Commission on Aging/Senior Center. To set up an appointment please call (231) 796-4848 or Commission on Aging/Senior Center (231) 972-2884.



Recycle Center Reminder!

The recycling is not the place to dispose of your bagged garbage. Help keep this area tidy and odor free by rinsing out your containers and placing them in the proper bins.

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.

Congratulations!

Join me in congratulating one of our own, Antionette Epps, in the completion of her Doctorate Degree! Congratulations Antionette!

Adult Coloring

Sit back, relax and color for an afternoon in the Nisbett Community Room. Betty Wilson has graciously decided to host an adult coloring group for those interested. Supplies and coloring pages will be provided. For more information contact Betty in apartment N315 or call her at (231) 408-0536.

Big Rapids Festival of the Arts

Beat the winter blues with a month-long celebration of art, music, dance, literature and more! The Festival of the Arts is an annual series of entertainment, educational and cultural events offered daily throughout February in Big Rapids. Provided through a partnership between Ferris State University and the Big Rapids community, the Festival features a variety of art, film and music presentations, as well as interactive workshops and contests. All Events are held in Big Rapids. Admission to most events is FREE; however, some require advanced registration or ticket purchase. Stop in the office to pick up a catalog of events today!

Maintenance Reminders to All Residents

Wipes are not flushable! Even if the package claims they are sewer safe and flushable, they ARE NOT and this eventually leads to clogged sewer lines. A charge will apply if personal wipes are found to be the cause of your sewer back up.

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/>