

CALENDAR OF EVENTS - April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 April Fool's Day	2 Be Well, Live Well: Program on Healthy Aging, & Bingo! by Texas A&M Agrilife Extension 1:30 - 3:00 p.m. Session 1: Be Independent,	3	4	5	6
7	8 Late Notices Delivered	9 Be Well, Live Well: Session 2 Be Able, Read the Label 1:30 - 3:00 p.m.	10 A/C Filter Change-out	11	12	13
14 Palm Sunday	15	16 Be Well, Live Well: Session 3 Be Safe, Eat Safe 1:30 - 3:00 p.m. Spring Break	17 Exterminator 520-620 & #1-#10 (MLK)	18 Basket Giveaway 2:00 p.m.	19 Good Friday Passover Office Closed	20 Magnolia Festival - Country in the Park Parade 10 a.m. 
21 Easter	22	23 Be Well, Live Well: Session 4 Be Creative, Plan Meals 1:30 - 3:00 p.m.	24 RAB Meeting 11:00 a.m.	25	26	27
28	29 Southeast Texas Homeless Coalition (SETHC) Public Hearing 10:00 a.m.	30 Board of Commissioners Meeting 12:00 Noon 1:30 - 3:00 p.m.				



Easter Basket Contest

We are once again teaming up with the Resident Advisory Board to host an Easter basket contest. The basket will be given to the apartment that guesses closest to the number of candies in the jar in the office. You can make your guess during office hours, up until 2:00 p.m. the Thursday before Easter, April 18th.

The basket full of Easter goodies is valued at more than \$50, and is sure to bring lots of joy to the winner, no matter what age!

We will attempt to contact the winner shortly after the close of the contest, on the 18th.

Hint: The packages of candy inside the jar count as only one (1) candy each.



Happy Birthdays this Month

Jessi Prewitt	04/04
Paxton Hughes	04/10
Doris Barnett	04/23
Wes Bell*	04/23
Tamara Butler	04/25

HIDDEN NUMBER (\$20 Rent Credit!)

If you see your apartment number hidden in this newsletter (in a spot it does not belong), call or come by the office to validate your rent credit. You must personally notify us by the 6th day of the month and tell us where you found the hidden apartment number to receive your credit.

Resident Advisory Board (RAB) & Commissioner's Board News

The recent RAB garage sale was a big success! They raised just over \$400 to go toward resident activities and services. We would like to thank Shirley Parker, RAB Chairperson, for all of her efforts in spearheading the fundraiser and everyone else who helped her set up, gather items, run the event, and handle other details of making the event a success.

We would also like to take a moment to remember long-time RAB member, Ben Jones who passed away in February. Mr. Jones was a very kind, caring, Christian man who worked tirelessly for the residents of

<p>Pecan Grove Office Phone: (409) 423-4751 Fax: (409) 423-3396 E-mail: kbvha414@gmail.com Website: khapg.com Public Office Hours: M-F, 9 - 4</p> <p>Staff: Wes Bell, Jimmy Cole, Tim Good, Carol King, Bryan Oliver, Tommy McLeod, Lori Sudderth, Paula Washington, & Merry</p>	<p>Computer Room</p> <p>Hours available: Monday-Friday 9:00 am - 4:00 pm Available for Residents, and others by permission.</p> <p>Free, high-speed</p>	<p>Kirbyville Housing Authority Board of Commissioners</p> <p>Chairman: Mary Beth Guy Vice-Chairman: Ramona McLain Commissioner: Clyde Kirbow Commissioner: Shirley Parker Commissioner: Bob Tilley</p>	<p>Resident Advisory Board Members (RAB)</p> <p>Chairman: Shirley Parker Vice-Chairman: Gary Kirbow Member: Gary Collins Member: Travis Sepulvado Member: Nancy Moorehead</p>
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EXTERMINATION SCHEDULE - April 2019

The following apartments are scheduled for routine pest control this month:
520 - 620* W. Levert St. & apts. #1-10 @ W. MLK - Wednesday, April 17th.
 *Even numbers only on Levert St.

Per policy, exterminators must have access to enter your apartment. If you have extenuating circumstances, you must contact the office 48 hrs. before this scheduled time. Otherwise, it is considered a lease violation if you do not allow access to the unit for the contractor.

SPIRITUAL MESSAGE

Call unto me and I will answer you and show you great and mighty things which you do not know. - Jeremiah 33:3

Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not get weary; they will walk and not be faint.
 - Isaiah 40:31



SOMETHING TO THINK ABOUT

“You only lose energy when life becomes dull in your mind. You don't have to be tired and bored. Get absolutely enthralled in something. Throw yourself into it with abandon.”

- Dr. Norman Vincent Peale

HUMOR ME - Dad Jokes

“I was kidnapped by mimes. They performed unspeakable acts on me!”

“Got thrown out of a cell phone store today. I asked the security guard by the Samsung phones if he was Guardian of the Galaxy.”

“I know I shouldn't have eaten the seafood special today. I'm feeling a little eel.”

Hostess: “Do you have reservations?”
 Me: “No, I'm confident I want to eat here!”

What if soy milk is just regular milk introducing itself in Spanish?

“This is not a dad-bod. It's a father

WELLNESS MINUTE

April is the perfect time to begin improving your level of wellness/fitness. To stay encouraged, just start with these baby steps and be patient. You'll be amazed at your progress after just a few weeks. It is critically important that you write down your goals and track your activity:

- Limit fried foods to 2 or less per week. Cut sugar and starches to the least possible amount, (apartment 322) including bread, pasta, white potatoes, and desserts with little nutritional value.
- Balance diet with 1 1/2 - 2 cups of fruit and 2-3 cups of vegetables daily.
- Your stomach is no bigger than your clenched fist. An entire meal should be no larger than that! American-sized portions, and thinking that we must eat everything on our plate are ruining our health! Try eating 4-5 smaller meals instead of 3 or more large ones. Cut out snacks like chips & sweets. Instead, replace with a healthy mid-morning and mid-afternoon snack, like a tbspn of almond or peanut butter, an apple, or some veggies.
- Studies have shown that two methods of eating are particularly beneficial: 1) 16:8 fast. Eat only during a certain 8 hr. period, such as 11 a.m. to 7 p.m., then fast the next 16 hrs. You will get used to it, and it has proven health and weight-loss benefits. 2) Always drink at least 8 oz. of water before eating, then eat only what you can fit on a very small plate. Again, over time, you will get used to it. Then you'll wonder why you've been eating so much before! Whatever you do, be balanced and stick with it.
- DIETS DO NOT WORK! Whatever you do, make it a lifestyle; a habit. Diets may work for a while, but then the weight comes back plus more!

Area Events

- April 6:** Rodney Horn Memorial Run/Walk (KHS)
- April 6:** Movie Night at Avalon Place
- April 13:** Country Music Show - 7:30 p.m. - Palace
- April 19:** Avalon - Easter Eggstravaganza—2-4 p.m. (Easter Bunny, refreshments; age 12 & under)
- April 17-20th:** Magnolia Festival Starts Wednesday, April 17th at 6:00 p.m. with the carnival. The parade will be Saturday at 10:00 a.m. This year's theme is “Country in the Park”
- April 27:** 6-8 p.m. - Elementary School Cafeteria -

Dumpsters

There has been an increase in items being placed in the dumpsters that are not allowed, such as tires, bedframes and other large items. This is strictly forbidden and will result in charges. Residents and staff alike are usually aware of the violators. When we see you placing an item in the dumpster that is not allowed, or can identify it as yours, we must return it to you and/or charge your account. Anytime someone puts an unauthorized item in the dumpster, our maintenance staff has to retrieve it and take it to the Jasper County Precinct 3 Trash Compactor for disposal and we have to pay to dispose of it. The Pct. 3 Compactor is where you should take any item listed on the signs (that are beside every dumpster) as unapproved items. These prohibited items include tires, furniture, small appliances, auto parts, and other similar items. Your family or friends are not allowed to use the dumpsters; they are for resident use only. If you witness anyone who is not a resident (or their health care worker) using the dumpsters for personal use, please report it while it

Flowers, Borders and Other Additions

Policy Reminder: We encourage beautifying your apt. and Pecan Grove, as long as certain guidelines are met. Your lease allows the planting/maintaining of flowers and other plants around the perimeter of your apt. exterior (up to 24" out from the building) as long as you border the area with a solid, unbroken brick or stone border (no miniature picket fence or similar borders, and no landscape timbers).

This is required for weed-eating purposes, so that your plants and other items are protected, and for aesthetic reasons. Everything inside the border must be maintained by the lease-holder, including keeping out trash, weeds, etc. If this is not done, our maintenance staff is required to remove the border and/or weed-eat the entire area up to the building. If you wish to plant anywhere other than the perimeter of your apt. (such as gardens, around trees, etc.), you must have written permission from the office. Permission is often granted as long as your addition does not pose any added mowing or weed-eating burden for maintenance staff, the area is bordered and maintained properly, and our mowers have room to get around and through the area without any issues. Also, remember that no items are allowed to be left anywhere off your porch or in your yard that may be a mowing or weed-eating obstacle, unless you have written permission from the office and it is properly bordered. This includes BBQ grills, bikes, toys, water hoses, etc. To avoid unnecessary maintenance charges,

RECIPE CORNER

A healthy alternative to candy in Easter baskets or an afternoon snack!

Healthy Trail Mix Recipe

Ingredients:

- 1 Cup Raw Almonds
- 3/4 cup raw cashews
- 5 raw brazil nuts, rough chopped
- 2/3 cup raw pumpkin seeds
- 1/3 cup raw sunflower seeds
- 2/3 cup air popped popcorn (no oil or salt added)

- 2 tablespoons unsweetened dried cranberries, chopped
- 2 tablespoons vegan dark chocolate chips
- Sea salt

Directions:

Chop any large ingredients if necessary to make everything about the same size. Chopping the brazil nuts and the dried cranberries makes the distribution throughout the mix better. Give the dried fruit a light sprinkle of sea salt before you mix it in (it sticks better) or sprinkle the whole mix with salt if you prefer. Combine all ingredients in a bowl and enjoy! Store in an airtight container