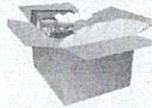


OTTUMWA HOUSING AUTHORITY
NEWSLETTER JUINE 2023
SOUTH OAK, CAMELOT, WESTGATE TOWERS

SENIOR FOOD BOX: June 8th and 22nd

You must pick up your own box unless you have a proxy.
MAKE SURE THAT YOU ARE IN THE LOBBY TO GET YOUR BOX IN A
TIMELY MANNER. BOXES ARRIVE AROUND 10:45 AM.
****REMINDER: YOU HAVE TO RE-APPLY FOR JUNE****



OHA OFFICE CLOSED JUNE 19TH IN OBSERVANCE OF
JUNETEENTH

HOT WEATHER

Those at greatest risk for heat-related illness included people 65 years of age and older, people who are overweight, people who are ill or on certain medications. Wear lightweight, light colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Drink water. Carry water with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body. Eat small meals and eat more often. Slow down. Avoid strenuous activity. Heat related illnesses can cause serious injury or even death, if unattended. Signs of heat related illness include: nausea, dizziness, flushed or pale skin, heavy sweating, and headaches.

NO FREE TABLES

Do not put anything on the tables in the Community Room or Library/Pop Room. An exception would be non-perishable food items that you do not want out of the Senior Food Box.



SUNDAY, JUNE 18TH

POP/SNACK MACHINES

If you have issues with the pop/snack machines, there is a number on the machines to call and report what occurred.

MANDATORY MEETING

If you did not attend the Annual Mandatory Tenant Meeting in your tower and would like notes from the meeting, you can call the office 641-814-5916 and request a copy.

WATERING FLOWERS

If anyone would like to water the flowers in the mornings, called 641-814-5916.

JUNE FUN FACTS

- Birthstone: Pearl
- Flower: Rose
- Zodiac signs: Gemini and Cancer
- It is the most popular month for weddings
- The famous English tennis tournament Wimbledon is played during this month
- The longest day of the year occurs on either June 21st or 22nd.
- National Dairy Month
- African-American Music Month
- National Ice Tea Month
- National Candy Month
- The month of June comes from the Roman, or Julian, calendar. June was initially named Iunius. The name either comes from the Roman goddess Juno, wife of Jupiter, or from the word "iuniores", the Latin word for "younger ones".

