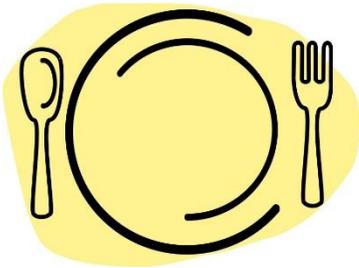


NEIGHBORHOOD NOTES

a bulletin for residents of Cumberland Plateau Regional Housing Authority



Dinner time

To celebrate the season of giving, the Cumberland Plateau Regional Housing Authority will host free holiday meals for its residents this month.

The events will take place at the following locations and times:

- **Riverview Terrace, Cleveland** - Dec. 6, noon.
- **Fairfax Court, Richlands** - Dec. 8, noon.
- **Town Square, Honaker** - Dec. 9, 12:30 p.m.
- **Indian Princess, Pocahontas** - Dec. 14, noon.
- **Graham Manor, Bluefield** - Dec. 15, noon.
- **Fox Meadow, Lebanon** - Dec. 21, 11:30 a.m. for Buildings A-G and 2 p.m. for Buildings H-L.
- **Centennial Heights, Haysi** - Dec. 20, 1 p.m.

Lebanon, Haysi tenant groups reorganizing

Residents at Fox Meadow in Lebanon and Centennial Heights in Haysi are in the process of reorganizing tenants associations at each site, and all tenants are encouraged to participate.

A tenants association is a group of residents who join together to improve their community, identify and resolve problems, and fulfill common goals and needs. Tenants associations aim to enhance overall quality of life in your neighborhood and also offer the opportunity to meet and interact with your neighbors. Membership is open to all tenants who are at least 18 years old.

see **TENANTS** on reverse side



Some tips to stay safe, warm this winter

Winter is upon us, and bitter cold temperatures and snow can sometimes make staying safe and warm a challenge. The American Red Cross offers a long list of tips to help folks stay safe this winter.

OUTDOORS

- Wear layers of lightweight clothing to stay warm.

- Be extremely careful shoveling snow. Take frequent breaks and stay hydrated.

- Watch for hypothermia and frostbite. Hypothermia symptoms include confusion, dizziness, exhaustion and severe shivering. Frostbite symptoms include

see **WINTER** on reverse side

CPRHA office to close for holidays

In observance of the Christmas and New Year's holidays, the offices of Cumberland Plateau Regional Housing Authority will be closed Dec. 23 through Jan. 2.

Offices will reopen Jan. 3 at 8:30 a.m.



Maintenance on-call numbers for after hours, weekends and holidays are as follows:

- Fox Meadow, Town Square, Riverview Terrace and Fairfax Court: 1-877-284-3297;
- Centennial Heights: 1-888-838-8761;
- Indian Princess and Graham Manor: 1-888-242-3440.

Tenants

FOX MEADOW

The Fox Meadow group held a reorganizational meeting Nov. 18 in the property's community room. Core officers were elected to lead the group. They include:

- President: Connie Sykes;
- Vice President: Martha Bellamy;
- Treasurer: Crystal Beavers;
- Secretary: Janice Chaffins;
- Assistant Secretary: Angela Lee.

The Fox Meadow association was scheduled to meet Dec. 1 at 10:30 a.m. in the community room.

CENTENNIAL HEIGHTS

An informational meeting about reorganization of the Centennial Heights Assembly of Tenants (CHAT) was planned for Dec. 2 at 1:30 p.m. in the community center.

Winter

numbness, or waxy feeling skin. Learn how to treat cold weather related emergencies by downloading the free Red Cross First Aid App at redcross.org/apps.

IN THE HOME

- Have an emergency kit ready in case of power outages during winter storms. Include three days of food and nonperishable water for each person in the home. Among other suggested items are warm clothing and blankets, a flashlight and extra batteries, battery-powered or hand crank radio, cell phone and charger, extra cash, prescription medications, and baby supplies if needed.

- Stay alert to changing weather conditions and listen to the advice of local officials.

- Never use a stove or oven to heat your home.

- Place space heaters on a level, hard surface and keep anything flammable at least three feet away. Turn off space heaters before leaving a room or going to bed.

ON THE ROAD

Motorists are advised to avoid travel during inclement weather if possible.

However, if you must drive, the Red Cross advises:

More information about winter safety is available at www.redcross.org.

- Before leaving, let someone know where you are going, the route you plan to take, and when you expect to get there.

- Clean the lights and windows to help see.

- Make sure everyone has their seat belts on and give your full attention to the road. Avoid distractions.

- Don't follow other vehicles too closely. Sudden stops are difficult on snowy roadways.

- Don't pass snow plows.

- Know that ramps, bridges and overpasses will freeze before roadways.

If you become stuck or stranded:

- Don't run the engine and heater constantly to help avoid running out of gas. Don't use things like lights or the radio without the engine running so the battery doesn't die.

- If you can, move your vehicle off the roadway. Stay with it. If you have to get out of your vehicle, use the side away from traffic.