



## June 2024

### Tenant Council Meeting

- Held the 1<sup>st</sup> Monday of each month at 1pm in the Dining Room. June meeting will be held on 6/3/2024 at 1pm. All are encouraged & welcome to attend. Great opportunity to share your input, any interest for future events & socialization.

### Flag Day Picnic Lunch

- Friday June 14<sup>th</sup> at 12 Noon.  
Menu: Hot dogs with Buns, Baked beans and chips. Sign up Needed and it will come down On Monday June 10<sup>th</sup>. No charge. Wear your red/white/blue

### EUM Church

- Tuesday, June 18<sup>th</sup> at noon. Please join in for fellowship & luncheon. No cost. All are welcome. Sign up is needed.

### Fire Night

Friday June 21<sup>st</sup> at 7 P.M.  
In the Circle Bring a Snack  
And your drink of choice and  
Enjoy a night out with your  
Neighbors.

### 2<sup>nd</sup> Harvest Food Delivery

**Wednesday, June 5<sup>th</sup> at 9am.** 1<sup>st</sup> Wednesday of each month at 9am in the Dining Room. Please stop in to pick up your box. Anyone in need of this service must qualify. Qualifications are listed on the bulletin board. For further information stop in at the office for an application.

### The Beauty Shop is open on Thursday's.

Please see the bulletin board to sign up for a time. It has been noticed that participation has been dwindling. Again if you don't support those bringing services into the building, it is likely that these services will be cancelled.

### Men's Appreciation Day

June is a great month to celebrate men! All men are welcome to attend a Strawberry Shortcake Social on Monday June 17<sup>th</sup> at 12 Noon. Cost will be \$3.00 per gentleman. Sign up needed. You can pay your money in the office.

### Life Program Education

Thank you to the Residents who were in attendance for the LIFE Northwestern Pa, LIFE begins at 55! It is part of a FREE program that helps Seniors who choose LIFE-NWPA, Continue to live in their own homes for as long as possible with the help of an inter-disciplinary team instead of having to manage their care by themselves. Brochures are available in the lobby with more information.

### Tenant Council Snack Bar

Wednesdays, 6/5/24 & 6/19/24 in the Dining Room from 6-7pm. Come get some snacks at reasonable prices & support your tenant council.

### Hymn Sing

Theresa Slike is back & volunteering her time twice a month for Hymn Sing. She will be here on Tuesday, June 11<sup>th</sup> & June 25<sup>th</sup> at 6:30pm. Please stop in to say hello & enjoy singing with friends.

### Outside Events

#### New events with Stormy – Both Weather permitting

**Mondays & Wednesday at 10am meet in the lobby. Morning walk with Stormy & Dick,** walk around the parking lot, the flag pole & maybe up to the Armory & back.

**Tuesday & Thursday at 5pm meet in the lobby. Play fetch with Stormy & Jody in the field behind NFH.** Good opportunity to get outside, get some fresh air & exercise with friends.

### Farmers Market Vouchers

#### Jefferson County Area Agency on Aging

Applications are enclosed. 2024 income limits for 1 person is \$27,861. Please complete page 1 & keep the completed application. The Aging office has graciously volunteered to come to North Fork Heights for ease of distribution. **It will be at North Fork Heights on Tuesday, June 18<sup>th</sup> from 1pm – 2:30pm.** Or, you can mail your application to the address on the form & vouchers will be mailed to you. Each participant will receive \$50, 5 - \$10 vouchers to use at local Farmer's markets.

**Patio Doors** are open and patios are available for sitting outside. Enjoy the weather!!

### Jefferson County Area Aging of Aging

Care Managers will be visiting tenants at North Fork Heights on Friday, June, 7<sup>th</sup> beginning at 10:30am. This is an outreach service by the Jefferson County Area Aging of Aging. The Care Managers would give the residents an agency brochure and an agency pen and ask them to contact us if they are interested in hearing more about our services.

### Apartment Inspections

Management will be conducting annual apartment inspections in June.

Tentative dates will be:

June 4 <sup>th</sup> – A wing upstairs	June 5 <sup>th</sup> – A wing downstairs
June 11 <sup>th</sup> – B wing upstairs	June 12 <sup>th</sup> – B wing downstairs
June 18 <sup>th</sup> – C wing upstairs	June 19 <sup>th</sup> – C wing downstairs

If you keep up with your apartment on a weekly basis, then apartment inspections go smoothly. When you procrastinate working in your apartment, then it becomes stressful as you are trying to get it all done at the last minute.

Reminder pull cords must be accessible, cannot be behind furniture, items cannot be stacked in front of pull cords and cannot be taped up to the wall. Windows cannot be blocked and must be accessible. Apartments must be clean and in an organized manner because excessive clutter is a safety issue. Please do not hang an excessive amount of items/weight from your interior doors as it causes them to bow & not close properly. Kitchen counters must be accessible to check GFI outlets. Please do not have a sink full of dirty dishes, have your toilets flushed & bathroom picked up so we can inspect. This includes your bath tub if you choose to use it as a storage area. We will be turning on the water to be checking for leaks & making sure it drains properly. The House Rules were updated in 2022 to include lease violations will be issued for non-compliance issues during apartment inspections.

# North Fork Heights

# June 2024 Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>1</b>
						6pm Bingo
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
	10am Walk with Stormy & Dick	9am-12 A Wing Upstairs Apartment Inspections	9am-12 A Wing Downstairs Apartment Inspections	9am Beauty Shop	10:30am Area Agency of Aging Out Reach	Laurel Festival begins June 8
	1pm Tenant Council Meeting	5pm Fetch with Stormy	9am 2nd Harvest Food Delivery Snack Bar	5pm Fetch with Stormy		6pm Bingo
			6-7 pm Happy Birthday ShirleyRhodes			
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
	10am Walk with Stormy & Dick	9am-12 B Wing Upstairs Apartment Inspections	9am-12 B Wing Downstairs Apartment Inspections	9am Beauty Shop	Flag Day	Laurel Festival ends June 15
		10am Patty Hurd Surprise	10am Walk with Stormy & Dick		12pm Hots Dogs and Chips for Flag Day	
		5pm Fetch with Stormy		5pm Fetch with Stormy		6pm Bingo
		6:30pm Hymn sing				
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
	10am Walk with Stormy & Dick	9am-12 C Wing Upstairs Apartment Inspections	9am-12 C Wing Downstairs Apartment Inspections	9am Beauty Shop		
	12pm Strawberry Shortcake for Mens Appreciation	12pm EUM Church Luncheon	10am Walk with Stormy & Dick			
		1-2:30pm Farmer's Market	1pm Penn Highlands Resource Day		7pm Fire night in the Circle	6pm Bingo
	Happy Birthday Adrienne Fessia	5pm Voucher distribution	6-7 pm Blood Pressure & Educ Snack Bar	5pm Fetch with Stormy		Happy Birthday Jane Matthews
		5pm Fetch with Stormy				
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
	10am Walk with Stormy & Dick		10am Walk with Stormy & Dick	9am Beauty Shop		
		5pm Fetch with Stormy		1pm Game Day		
		6:30pm Hymn Sing		5pm Fetch with Stormy		6pm Bingo
						Happy Birthday Dorothy Moore
<b>30</b>		<div style="border: 1px solid black; padding: 5px; display: inline-block;">Calendar subject to change</div>				

**North Fork Heights**  
814-849-0814



**Penn Highlands WRC Senior Services**  
Advanced Medicine. Here.