



Spring Cleaning

Take pride in your home by keeping it neat and clean. It is your responsibility as a resident to keep your apartment safe, clean, and sanitary. Maintaining a safe, sanitary dwelling is part of your lease agreement.

Many health problems are associated with unsanitary housing conditions. Life-threatening asthma attacks cause breathing difficulty and are made worse by sleeping in bedrooms infested with cockroaches and dust mites.

Spring cleaning tips include:

- Rooms should be neat, free of clutter and well arranged.
- Walls should be clean and floors should be swept and mopped.
- Keep furniture free of dust.
- Bathroom tub, sink, commode, floor and walls should be clean.
- Stove should be cleaned inside and out including oven burner covers, under burners, broiler, and hood filter. The wall beside and behind the stove should be grease-free.
- Refrigerators should be clean inside and out and old food should be thrown away.
- Outside the apartment should be clean and free of trash and unused items.



Daylight Savings Time

Daylight Savings Time begins **Sunday, March 12, 2023, at 2:00 a.m.** Don't forget to 'spring forward'! **Set your clocks ahead one hour before going to bed.**

Emergency Contacts

When residents come in for Annual Re-Examinations, they are always asked to give us a name of their emergency contact in case of sickness or another emergency.

If the name of your emergency contact changes during the year, please call our office at 704-636-1410 and report this information to one of our staff right away.

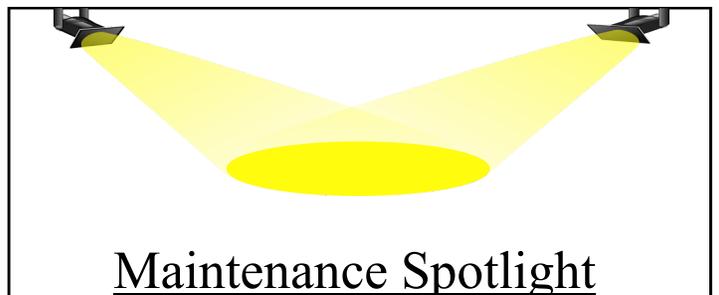
Smoke/Carbon Monoxide Detector Violations

Did you know the Salisbury Fire Department imposes a \$100 fine to renters who make a smoke alarm inoperable? The City's fine is in addition to the Housing Authority's policy of \$25 per smoke detector fine and warning letter for the first violation; \$50 per smoke detector and warning letter for the 2nd violation; and eviction with a 30-day notice for the 3rd violation.

Smoke/carbon monoxide detectors are required for fire safety and must never be disconnected or tampered with in any way. Contrary to popular belief, the smell of smoke may not wake a sleeper. The poisonous gases and smoke produced by fire can numb the senses and put you and your family into a deeper sleep.

To insure the safety of your family and neighbors it is extremely important for the smoke detector provided in your apartment be connected and working properly at all times. Also, the new smoke/carbon monoxide detectors have a battery back-up. Our maintenance staff will replace the batteries during the filter changes (3 times a year). *Please call maintenance to report any problems.*

Smoke detectors do save lives!



Maintenance Spotlight

Special thanks to the SHA Maintenance Team for fixing the water leak in Lafayette Circle. They have been working very hard maintaining our communities making sure they are up to code.



MARCH FIND-A-WORD

F L U C K B I I O V Y N D
 M E G N A H C E M I T E I
 O P W S R E W O H S A E T
 U R L W A R M E R H M R V
 T E X A I Y R M L A T G N
 S C D L N N S E R M S D M
 I H C L B T C D V R P T J
 D A F F O D I L S O I M H
 E U M R W G H N I C L H S
 Y N E D R A G R G K U C I
 S T P A T R I C K Q T R J
 N O S A E S P R I N G A G
 T O K B H W T A U F O M P

SEE IF YOU CAN FIND THESE WORDS:

(Words may be up, down, across, backwards, or diagonal)

CLOVER
 DAFFODILS
 GARDEN
 GOLD
 GREEN
 IRISH
 LEPRECHAUN
 LUCK
 MARCH
 MARDI GRAS
 OUTSIDE
 PLANTING
 POT
 RAINBOW
 SEASON
 SHAMROCK

SHOWERS
 SPRING
 ST. PATRICK
 TIME CHANGE
 TULIPS
 WARMER



FROZEN PIPES STILL A CONCERN!

Spring may be around the corner but ***WINTER IS STILL HERE!***

With frigid, below freezing temperatures looming over us, please be sure to take extra care to prevent frozen water lines:

- Open cabinet doors overnight to allow warm air to reach water pipes.
- Keep a trickle of water running from the highest faucet in your apartment. During extremely cold periods, this trickle should be the size of a pencil point. You will be billed for the water used but this procedure may help prevent the inconvenience of busted pipes.

Call the Maintenance Department immediately if your water pipes become frozen!!



Melt in Your Mouth Chicken Breast
(man this stuff is good!)

Ingredients:

- 1 cup mayonnaise
- 1/2 cup parmesan cheese, grated
- 1.5 tsp seasoning salt
- 1/2 tsp black pepper
- 1 tsp garlic powder
- 4 boneless chicken breast, halves

Directions: Preheat oven 375 degrees. Mix the first five ingredients. Spread the mixture over the chicken breasts and place in baking dish. Bake for 45 minutes.

Cheesy Potatoes

(not for the faint of heart!)

Ingredients:

- 2 bags shredded style frozen potatoes (diced works too)
- 16 oz sour cream
- 1 can cream of chicken soup
- 3 cups of shredded sharp cheddar cheese
- 1 stick of butter

Directions: Preheat oven 360 degrees. Mix the first four ingredients in a bowl. Place mixture in 9x13 dish. Melt butter and pour over mixture. Bake for 45 minutes to 1 hour.



**A REMINDER FOR OUR SENIORS!
 Lafayette Senior Nutrition Meal Site**

If you are over 60 years of age, you may attend the Meal Site at Lafayette Circle. You will receive a hot, nutritious meal Monday—Friday. Enjoy fellowship with other seniors as well as social and recreational activities! There is no charge for the meals, but everyone is encouraged to make a donation. No one is denied service because they are unable to make a contribution. If you are disabled and under 60 years of age, see the Meal Site Manager to discuss your eligibility.



Check us out on the web at www.salisburyha.com