

# Tenant Newsletter for March 2021



**AHA Board Meeting — Tuesday, March 9th from 12 p.m. to 1:00 p.m.**

## **Upcoming Holidays:**

**Sunday, March 14, Daylight Savings Time Begins**

**Wednesday, March 17, St. Patrick's Day**

**Saturday, March 20, First Day of Spring**

**Sunday, March 28, Palm Sunday**

**Tina Bourland, Resident Services Coordinator, will be in Aurora to meet with you on Wednesday, March 24th. Appointments are appreciated. If you would like to schedule an appointment with Tina, please contact her at 308-385-5530.**

## **Reminder:**

- **Main Office Building is open from 7:00 am-7:00 pm.**

## **March is National Nutrition Month:**

- Eat breakfast
- Make half your plate fruits and vegetables
- Watch portion sizes.
- Be active.
- Get to know food labels.
- Fix healthy snacks.
- Drink more water.
- Reduce added sugars.
- Take time to enjoy your food.
- Consume fewer calories.
- Meet with a registered dietician.



**Bob will be your Maintenance Technician for the month of March and he will be in Aurora on Wednesdays and Fridays.**

**If you have a work order, you can fill out a work order form and place it in the drop box located in the laundry room. You can call the office Monday through Friday 8:00 a.m. to 4:30 p.m. at 402-694-3292. For emergency work orders after hours, call the the maintenance on-call phone at 308-390-5546.**