

KENNEDY PLACE



July 2021

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Lifestyle

Kennedy Place Apartments • 3100 Gillespie • Houston, TX 77020

Rent Eviction Moratorium Is Over:

Rent is expected to be paid on time by the 1st of the month. Late fees begin on the 6th day of the month. Anyone with an existing balance need to contact the Office immediately. Each late payment is a lease violation and 3 violations is cause for eviction referral.

Safety Corner

Hurricane season is here. Please ensure that our office has your current contact information, including your phone and email address, so we can keep you in the know.

One Word on Fireworks...Don't!

The entire Staff at Kennedy Place join in wishing you a very safe and Happy Fourth of July! We hope that you will enjoy the many professional fireworks displays that will be put on throughout the city. **It is for your protection that we remind everyone that fireworks are strictly prohibited in our community.** Thank you!

SECTION 3 FREE JOB TRAINING:

Contact Debra Davis, Service Coordinator At (713) 806-1076.

- July 6, 2021 The First Training Begins.
- July 6, 2021 Safety On Site & Electrical Meters and Troubleshooting.
- July 13, 2021 Plumbing & Make Ready Maintenance.
- July 20, 2021 Ac, Mechanical & Electrical, and Kitchen Appliance Repair.
- July 27, 2021 Preventative Maintenance, Heating Gas and Electric.

Fun Facts for a Festive Fourth:

Do you know your U.S. history? Here are some 4th of July facts to ponder and share:

- Three presidents died on July 4th: Thomas Jefferson and John Adams in 1826, and James Monroe, in 1831. Calvin Coolidge was the only president born on July 4th, in 1872.
- The Massachusetts General Court was the first state legislature to recognize July 4th as a state celebration, in 1781.
- The U.S. Congress established Independence Day as an unpaid holiday for federal employees in 1870. They changed it to a federal paid holiday in 1931.

Happening in July...

National Hot Dog Month. Americans will eat some 155 million hot dogs over the Fourth of July weekend alone. Research by the National Hot Dog and Sausage Council shows that mustard is the No. 1 hot dog condiment for adults; kids prefer ketchup.

National Ice Cream Month. The hot days of summer are the perfect time to enjoy a dish, a cone, or anything else with ice cream. This commemorative month was designated by President Ronald Reagan, an ice cream lover himself, in 1984.

National Cell Phone Courtesy Month. For the next 31 days, exercise common sense when it comes to cell phone use. Keep your phone turned off when you're having dinner, taking a yoga class, or at the theater. If you are in a workplace or public setting, move to a more private location if you need to take a call.

YOUR COMMUNITY STAFF

Juanita Williams

Community Manager

Lisa Butler

Assistant Community Manager

Michael Porter

Maintenance Supervisor

Nick Williams

Assistant Maintenance

Andria Washington

Cares Resident Ambassador

Debra Davis

Resident Service Coordinator

Stephanie A.G. Ballard

Resident Council President

Angel Reynolds

Resident Council Vice President

Stephon Gaston

Resident Council Treasurer

Monica Valdez

Resident Council Secretary

Tim Williams

Resident Council Parliamentarian

Kavion Chunn

Resident Council Assistant Parliamentarian

OFFICE HOURS

Monday thru Friday

8:00 am–5:00 pm

Saturday

Closed

Sunday

Closed

CONTACT DIRECTORY

Management Office

(713) 225-5929

Emergency Maintenance

(713) 225-5929



ALLIED ORION GROUP





How to deal with a messy roommate

If you and your roommate don't quite see eye to eye on what's messy and what's not, the discord could make your living situation unbearable. Before it goes too far, clean up any potential chaos with these actionable tips.

- **Be realistic.** You're bound to be disappointed if you expect to keep 100% of a shared residence exactly the way you like it. Try not to worry about the mess in your roommate's room and focus solely on your shared spaces when you speak about the issue. Whatever you do, steer away from an accusatory tone. Instead, aim for an honest, yet positive conversation.

- **Sweep in some compassion.** You might assume your room-

mate leaves his stuff lying around because he just doesn't care—about the home, his things, or even you—but it's possible he isn't aware of the epic mess left in his wake. It could be that's his nature, or he's preoccupied with work stress, relationship problems, or family hardships. There's no need to play armchair therapist, but adding a touch of compassion as you try to understand what's going on in his life will help you approach the cleanliness issue from the best—and most successful—angle.

- **Do a clean exchange.** If your roommate has a lot on her plate (or is genuinely not good at cleaning), offer up a duty swap. Take on more of the clean-

liness chores in exchange for her covering other roles like grocery shopping or sorting the bills. Determine your strengths and weaknesses as a pair and then fill in the spaces where the other lacks.

- **Call in the pros.** if you just don't have the time to take on more cleaning responsibilities yourself—or the mess has gotten insurmountably bad—you can always seek professional help. If you can afford to split the bill for a one-time cleaning session, it can get your home back to square one. Or, if clutter is the issue, share the cost of a storage unit. Seeing the place reach its cleanest potential just might inspire your roommate to keep it that way.



Summertime Food Safety

Potlucks and barbecues are great ways to take advantage of the summer sun, but the higher heat can also increase the chances of food poisoning. Keep these tips in mind as you plan your picnic.

- **KEEP IT COOL.** Perishables like potato salad and meats should be kept at or below 40 degrees Fahrenheit, rather than set out to warm on the picnic table. Stash it in a cooler with ice packs, and open the lid as little as possible.

- **SEPARATE PLATES.** If you tote raw hamburger to the grill on one plate, don't use that plate for the cooked patties. The same rule goes for utensils that touched raw meat.

- **COOKS SHOULD WASH THEIR HANDS.** If you shred salad leaves after grilling chicken, you could unintentionally add raw meat juices to the veggies. A thorough hand washing will take care of most problems. No nearby sink? Don't forget to pack the antibacterial hand sanitizer.



Fresh or frozen? The choice is yours

Mom may have told you over and over again to eat fruits and vegetables that are fresh, but nutrition experts say that frozen produce isn't necessarily inferior. According to The New York Times, most nutrients are surprisingly hardy: Iron, for example, stands up to freezing quite well, and fiber does its job whether it's frozen or fresh.

Scientists at the University of California-Davis analyzed the vitamin content in several different varieties of fresh and frozen produce, including blueberries, broccoli, carrots, spinach, and strawberries. They found no significant differences between fresh and frozen items, and even discovered that frozen broccoli contains more riboflavin—a B vitamin—than the fresh selection. Similarly, frozen blueberries have more vitamin C than fresh.

Experts recommend looking for produce frozen using the IQF process—individually quick frozen—for the highest quality.



A Sweet, Summery Treat

After some fun in the sun, a cooling treat is often the perfect way to cap off a summer day.

These Watermelon Berry Frozen Pops make dessert about as simple as possible by blending watermelon, blueberries, raspberries and honey before adding to ice pop molds and freezing throughout the day.

Watermelon Berry Frozen Pops

Servings: 8

- 6 cups watermelon
- 1 cup blueberries, divided
- 1 cup raspberries, divided
- 3 tablespoons honey

In blender, blend watermelon, 1/2 cup blueberries, 1/2 cup raspberries and honey until smooth. Press through fine mesh strainer to remove pulp and seeds.

Fill ice pop molds 3/4 full with liquid. Add remaining whole blueberries and raspberries to molds. Insert sticks and freeze at least 4 hours, or until completely frozen.



How to enjoy the sun while avoiding the burn

Summer is here, and the days are warm and sunny again. But if you're not careful, an afternoon on the beach or in the park can lead to a case of sunburn. And worse: Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers argue that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you've got to follow the directions. Here is some good advice:

▪ **Sun block, by the numbers.** Pick the right protection in the

first place: A Sun Protection Factor (SPF) of 15 will block about 93 percent of harmful UVB rays; SPF 50 screens out 99 percent. Apply your sunscreen 30 minutes before going out. This gives your skin adequate time to absorb it.

▪ **Apply sufficient amounts.** Experts advise applying at least one full ounce of sunscreen before going out—roughly enough to fill a shot glass. Reapply your lotion every two hours, and after swimming or exercising enough to raise a sweat. During a long day outdoors, you should use from one-quarter to one-half of an eight-ounce bottle. Remember to apply sunscreen

to often-overlooked areas of your body like your ears, lips, and feet.

▪ **Minimize exposure.** Think of sunscreen as a second line of defense against sunburn and skin damage, not your primary protection. Wear a broad hat, sunglasses, and protective clothing, and try to avoid direct sunlight between 10 a.m. and 4 p.m., when the sun is strongest and the atmosphere absorbs less UV radiation than it does during the rest of the day.



New clothing: Wash, then wear

Should you wash that new shirt or sweater before wearing it? Probably, especially if it's clothing for a child.

Dr. Jennifer Shu, a pediatrician who answers questions on the CNN website, cautions that clothes have probably been handled by many different people in factories and stores before reaching store shelves.

In addition, clothing may have been sprayed or treated with chemicals to prevent bacteria growth or keep them smelling fresh. Wash new clothes, or at least air them out thoroughly, before letting them get close to any sensitive skin.



We Love To Hear From Our Residents!

YOUR COMMENTS & SUGGESTIONS

Please tell us what's on your mind!

What's great about our community? What could use a little work? Is there any way we can improve our service? Please note your comments, concerns or questions on this form and drop it by the office. Remember, your opinion counts!

Your name (optional): _____

Your Apt. Number (optional): _____

Your Phone Number (optional): _____

Comments / Suggestions: _____

July 2021

thursday friday saturday

sunday	monday	tuesday	wednesday	1	2	3
4 Independence Day <i>Have a Safe and Happy Fourth of July!</i>	5 Last Day To Pay Rent On Time!	6 Rent is Now Late!	7 <i>Global Forgiveness Day</i>	8 <i>July is National Picnic Month</i>	9 <i>Sugar Cookie Day</i>	10 <i>July is Cell Phone Courtesy Month</i>
11 <i>Miniature Golf Day</i>	12 <i>Simplicity Day</i>	13 <i>World Cup Soccer Day</i>	14 <i>Shark Awareness Day</i>	15 <i>Hot Dog Day</i>	16 <i>Robin Hood Day</i>	17
18 <i>National Ice Cream Day</i>	19	20 Resident Meeting Via Zoom: 10am	21 <i>Junk Food Day</i>	22	23 <i>Peanut Butter and Chocolate Day</i>	24 <i>Tell an Old Joke Day</i>
25 <i>Parents' Day</i>	26 <i>All or Nothing Day</i>	27 <i>Walk on Stilts Day</i>	28 <i>National Waterpark Day</i>	29 <i>International Chicken Wing Day</i>	30 <i>Talk in an Elevator Day</i>	31 <i>World Ranger Day</i>