

# KENNEDY PLACE

Kennedy Place Apartments • 3100 Gillespie • Houston, TX 77020

## Hurricane Season Is HERE!

**PREPARE AN EMERGENCY KIT:** The last thing you want to do when a hurricane is approaching is rush around to find everything you may need for the coming days. Instead, have an emergency kit or go bag on hand that you can turn to.

### YOUR EMERGENCY KIT CAN INCLUDE:

- Nonperishable Food. • Bottled Water.
- Flashlights. • Extra Batteries. • Portable Radio.
- First-Aid Supplies. • Prescription Medication. • Pet Food. • Cash.
- Blankets. • Phone Chargers. • Basic Hygiene Items.

## Life Hacks

- **Headache?** Drinking two glasses of Gatorade can relieve headache pain almost immediately, without the unpleasant side effects caused by traditional pain relievers.
- **Having trouble sleeping?** Look at photos of other people sleeping. This triggers a response in your brain that actually makes you feel more tired.
- **Want to make a drink cold really fast?** Wrap it in a wet paper towel and put it in the freezer for two minutes.
- **Clogged drain?** Run hot water down the drain for a minute, and then sprinkle 1 cup of baking soda down the drain. Slowly pour 1 cup of vinegar down the drain. Flush one more time with hot or boiling water.

## LEASE-Did You Know?

**25. TENANT'S OBLIGATIONS:** Tenants, their family members, guests, and other persons under the control of the Tenant are obligated:

A. Not to assign this lease, sublease the unit, or provide accommodation to roomers, boarders, or lodgers; not to give accommodation to guests in excess of fourteen (14) total days per calendar year without the express prior written consent of HHA.

B. Not to permit the use of the unit as a mailing address or an address for any driver's license, identification card, vehicle registration, or utilities for persons other than those listed on this lease.

C. Not to permit a former resident of HHA who has been evicted to occupy their unit.



June 2021

Inside this issue

How to love running

What to do in an accident

Car insurance tips and more!

## Lifestyle

### 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 Asst. 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 Love Running (or Trick Yourself Into Loving It)

**H**ave you ever watched runners glide past you and wonder how they get the motivation to do it—and look so gleeful at the same time? Here are some tips on how you can make running as fun and painless as possible, too.

**1. Use the buddy system.** Partner with a friend, and you'll be more likely to get motivated to hit the road. Just be sure to pick someone who is on the same wavelength as you. In other words, if you are not a morning person, don't run with that "early bird catches the worm" friend.

**2. Turn it up.** There is nothing like a running playlist to distract you from the fact that you're running. If you don't have time to make your own special mix, get to clicking: Apple Music and Spotify have running playlists for every mood and music genre. If you have a favorite instructor at your gym, ask her if she's made any playlists she can share.

**3. Get "lit."** If you want to learn and run at the same time, listen to a podcast or audiobook. Or, catch up on your reading list while running, by downloading an audiobook app, and "reading" on the run.

**4. Break it Down:** Sure, running can have a meditative effect, but sometimes you can't help but to count down the minutes until you're done. Battle boredom by alternating sprinting with jogging intervals. *The added bonus:* Studies show you can burn more fat with high intensity interval training vs. a long, slow run.

**5. Get Insta-spired:** Follow running-related Instagram accounts for instant inspiration. Some favorites: @lolojones, @karagoucher, @shalaneflanagan, @instarunners, and @runnersayings.



## The health benefits of apple cider vinegar

According to Healthline.com, clean eating and the addition of a small amount of apple cider vinegar to your daily routine can help support healthy digestion, weight range maintenance, healthy glucose levels and a functioning immune system. In fact, some experts recommend consuming 1 ounce of apple cider vinegar each day as a shot or part of a recipe.

### Blueberry Apple Cider Vinegar Smoothie

Total time: 5 minutes Servings: 2

- 1 cup spinach
- 1/2 cup water
- 2 tablespoons apple cider vinegar
- 1 tablespoon almond butter
- 1/2 cup bananas, frozen
- 1/2 cup blueberries, frozen
- 1 tablespoon chia seeds
- 1/4 teaspoon cinnamon, ground
- 1/4 teaspoon ginger, minced
- 1/2 cup almond milk yogurt, plain
- fresh blueberries, for garnish

In blender, blend spinach, water, organic apple cider, almond butter, frozen bananas, frozen blueberries, chia seeds, cinnamon, ginger and yogurt until smooth. Pour into two glasses and garnish with fresh blueberries.



## Shopping for running shoes? Pricier doesn't necessarily mean better

If you're a runner, you know that choosing the right shoes is important to your health—and your pocketbook. Whether you regularly run in marathons or just take a jog in the park, you should be aware of your options for footwear.

The Washington Post website has reported on a study by the Danish website runrepeat.com, which analyzed data on customer reviews of running shoes over the course of a year. The results: The more expensive running shoes received the lowest ratings from runners.

"In fact," The Post reported, "the 10 most expensive running shoes, with an average list price of \$181 per pair, were rated 8.1 percent lower than the 10 cheapest models (average price \$61)."





# What to do in a car accident

**W**hen you have a car accident, there are a few keys things you need to do to make sure you are protected.

**Always stop if you are involved in an accident.** It is your legal obligation. Even if you do not think there was any damage, you need to stop your car any time you collide with something.

**Determine the extent of damage or injuries.** Check to see if anyone needs urgent medical care. If you can, try not to move the vehicles unless they are causing a major problem with traffic. If possible, wait for the police before moving anything.

**Contact the police.** Even in a minor accident, it is important to make sure there is a legal accident report.

**Do not admit fault.** It is important to limit your discussion

of the accident and not to admit any fault or liability. You should only talk about the accident with the police, medical professionals, and your agent.

**Get the facts.** Getting the facts of an accident is the part most people know but often forget due to the stress of being in a wreck. Collect the names, addresses, and phone numbers of everyone involved in the accident. A description of the car and license plate number can also be helpful, but make sure you also get their insurance company and their car's vehicle identification number (VIN).

**Use your cellphone to document the collision.** Take pictures of all the vehicles involved in the crash from every angle, showing any damage, as well as where the crash occurred and other relevant evidence at the crash scene, such as road hazards and skid marks.

**Call your agent or insurance company's emergency claims number immediately.** If you can call from the scene, it may be even more useful. Sometimes a police officer can give your insurance company more accurate information than you can at the time because you are upset by the accident.

**File your claim.** Your agent or the person to whom you speak at your insurance company claims phone number will be able to walk you through how to file your claim after an accident. If your insurance company has an app, you may also have the option to start the claims process there or visit your insurance company website to see if you can fill in the information or follow up on your claim online.

Your job in the car wreck is to collect the facts and not get involved in any further discussion.

## How to save on car insurance

If you find yourself driving less and less these days, you may want to consider an insurer that offers a usage-based or pay-per-mile driving program. These policies base rates in part on how much you drive and, in some cases, how well you drive. To participate, you install a small device in your car that transmits data to the insurance company. You score a discount for low mileage and, with many programs, safe driving habits.

Allstate, Esurance, Nationwide and Mile Auto all offer pay-per-mile insurance in some states. With pay-per-mile coverage, you typically pay a base rate plus a per-mile rate.

Several other insurers, including State Farm, Progressive, Safeco and Travelers, offer usage-based insurance programs. With these programs, the insurers track your driving habits such as speeding and hard braking and offer discounts or reduced rates for safe driving. In some cases you can get a discount just for signing up. Some companies, including Allstate, Esurance and Nationwide, offer both types.



## How to Redecorate on the Cheap

Is it time to freshen up your home? These inexpensive ideas will help reinvent your space fast.

**Get Snappy with Seating.** New sofas and chairs can infuse life into a ho-hum home, but they can also be pricey. Instead, add throw pillows to the couch, layer blankets over armrests, and place cushions on chairs. Visit a discount shop for fabric to tie over the backs of chairs and change the color palate each season.

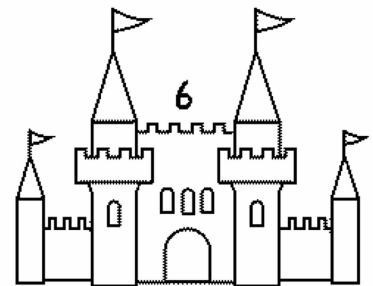
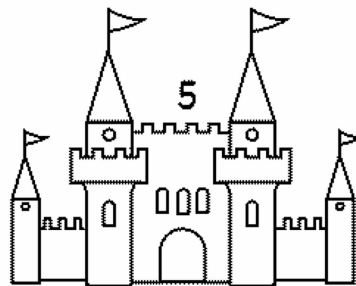
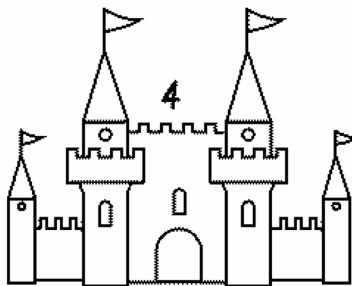
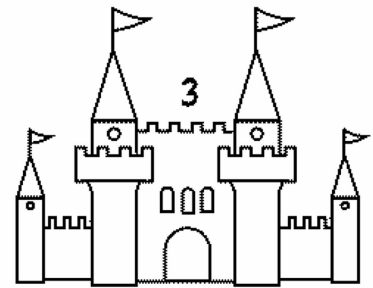
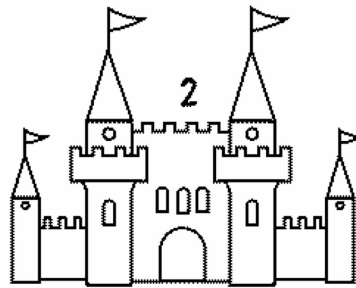
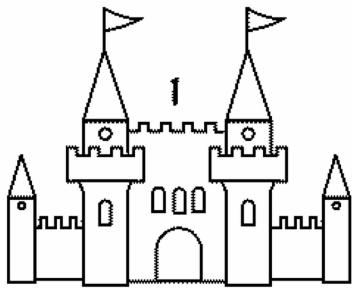
**Find Some Artsy Treasure** If your walls are bare, cover them with low-cost finds from garage sales, art festivals, and art schools. Get frames from discount stores and let the artwork shine through. Yard sales feature "another man's trash," but these trinkets could be perfect for you. Showcase them on shelves and windowsills. When it comes to vases, the cheaper the better, since the flowers are the true beauties. Use empty wine bottles as vases for recycling with purpose!



# Kids

Find the twins. Which two are exactly alike?

Just for



		tuesday	wednesday	thursday	friday	saturday
		1 Rent Due. Thank You!	2 June is Iced Tea Month	3 World Bicycle Day	4 National Doughnut Day	5 Hot Air Balloon Day
sunday	monday	6 Cancer Survivors Day	7 June is Soul Food Month	8 Best Friends Day	9 June is National Smile Month	10 Race Unity Day
11 Corn on the Cob Day	12 Superman Day	13 Softball Day	14 Flag Day	15 Cupcake Day	16 Smile Power Day	17 Fudge Day
18 Eat Your Veggies Day	19 Picnic Day	20 Father's Day	21 Happy Father's Day!	22 World Music Day	23 Stupid Guy Thing Day	24 Resident Zoom Meeting 10am
25 Bomb Pop Day	26 Catfish Day	27 Sunglasses Day	28 Please Take My Children To Work Day	29 Camera Day	30 Meteor Watch Day	

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