# News You Can Use

Centennial Townhouses East: 900-1000 Liberty Street West: 1261-1 N Broad Street 904-630-0589



#### **Register for Rent Café'**

Pay Rent
 Maintenance
 Request
 Recertifications

Rent due 1<sup>st</sup> Rent late 5<sup>th</sup> business day

## S LEAN WORKPLACE



#### 1. SORT

Keeping only what is necessary and discard everything else - when in doubt, throw it out.

2. SET IN ORDER Arranging and label only necessary items for easy use and return by anyone.



#### Keeping everything swept and clean for inspection for safety and preventative maintenance of equipment.

3. SHINE

4. STANDARDIZE The state that exists when the first three pillars or "S's" are properly maintained.



# HOUSEKEEPING TIPS

**1.** Gather all your cleaning tools in a caddy ....

**2.** Clear the clutter....

- 3. Dust and vacuum....
- **4.** Wipe mirrors and glass...

**5.** Disinfect countertops and surface areas....

6.Focus on tubs, sinks and toilets .... a. Sweep then Mop.
7. Clean the whole house, not one room at time....

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## July Is Bebe Moore Campbell National Minority Mental Health Awareness Month, Also Known As BIPOC Mental Health Month

The theme of Mental Health America's 2023 BIPOC Mental Health campaign is Culture, Community, & Connection. Our lives are deeply intertwined with our environments, and these surroundings impact our mental health and overall wellness. Black, Indigenous, and people of color (BIPOC) populations are faced with disproportionate amounts of historical trauma and displacement that can challenge their ability to thrive in their environments. However, culture, community, and connection are pillars that support and uplift BIPOC individuals in the face of oppression and systemic racism. Learn more in these resources about how BIPOC communities have thrived.

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# Happy Independence Day, America!



### So what did happen on July 4, 1776?

What this holiday commemorates is the adoption of the Declaration of Independence on July 4, 1776, by delegates from the 13 colonies. On the 4th, the Continental Congress approved the final wording of the Declaration of Independence. This is the day we celebrate the birth of the United States of America.



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#### **Tips to Prepare for Hurricane Season**

- •Go over/discuss an emergency plan with your family. ...
- •Write down important and emergency numbers. ...
- •Know what evacuation zone you are in. ...
- •Make copies or keep track of important documents and records.

