

# Mekkah's Monthly

Volume 6 Issue 7

July 2019

## Resource of the Month Jones Chiropractic Clinic

Jones Chiropractic Clinic offers cost-effective, non-intrusive methods to help you maintain maximum mobility, improve functioning, and ease pain.

The clinic is located at 801 East Watauga Avenue in Johnson City. They will be here **Wednesday July 10<sup>th</sup> from 2-3:30** to talk about their services and give **FREE massages to all!**

Who doesn't love a free massage? This is one event you will not want to miss! Friends and family are welcome to attend, but massages will be first-come, first-served, and tenants will get priority.

## Annual Recertification Medical Deductions

Each year at annual recertification, we update your rent based on changes in your income, assets, and medical expenses.



We strive to help you receive every medical deduction you are entitled to. Most of you know out-of-pocket payments to doctors, hospitals, dentists, eye doctors, medical insurance, and prescriptions count as medical expenses. We have noticed two areas that are often overlooked.

### Over-the-Counter Prescriptions

Over-the-counter prescriptions are items your doctor tells you to buy to treat a health condition. It can be medications, supplements, or items like bandages, incontinence pads, or diabetic supplies. For these items to count, you ***must*** save your receipts. We will verify with your doctor that these items were prescribed.

### Costs to Operate Medical Equipment

Expenditures for medical equipment that incurs ongoing costs, including higher electric bills using oxygen or subscription fees for lifeline equipment can be included with proper documentation.

We hope these tips will help you get the medical deduction you are entitled to. And remember, lower medical bills is good news, even if your rent goes up. Higher medical bills take more out of your pocket than the increase in rent.

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## Maintenance Matters

### From the Maintenance Department



Please keep the laundry room table and the areas under the table clear of items. This area is intended as a place for people to put their folded laundry.

If you have received items in your commodities food box you don't want, or if you have other items to give away, please bring them to the community room.

Commodities will be stored in the kitchen for others to take as needed. Any other items will be disposed of or donated if no one takes them within two or three days. This helps us keep our laundry room and community center tidy!

## Quarterly Inspections

### Thursday, July 18<sup>th</sup> from 9-1



The time has come for third quarter inspections. You will receive an official notice soon. Please be aware our inspections will be more detailed to make sure we are compliant with the latest HUD standards. This

protects health and safety and preserves the value and beauty of the premises.

The most common infractions are inaccessible pull cords and foil on stove drip pans. These hazards should be compliant always, not just on inspection day.

We will make note of any maintenance needs. Please remember it is the tenant responsibility to report maintenance issues as they occur.

## Pest Control Update

### Mosquito Service



We are pleased to announce we are now receiving a monthly mosquito control service from Orkin. This will reduce mosquitos, ticks, and even spiders!

Each month, Orkin will spray the vegetation and areas of the building most likely to harbor these bugs. We welcome your feedback, as this will help us assess the effectiveness of the treatment. We received the first treatment June 25<sup>th</sup>.

## Storytelling Concert

### Tuesday, June 9<sup>th</sup> at 2:00



Our second quarter storytelling concert will be held in the community center. We need storytellers and story-listeners, so please plan to attend even if you do not intend to tell a story. Storytellers should sign up in the community center.

All types of stories, including historical, inspirational, funny, tall tales, and more are allowed. Each story should be no longer than six minutes to maintain audience interest. Please keep the material family friendly. 😊

We have found in the past that this event is uplifting and great fun to all who attend. People leave smiling and laughing. Please try to make time for this event if you can.

## Upcoming Events... Highlights and Reminders

July 5 Commodities Sign-up Deadline

July 8 1:30 Monthly Tenant Meeting

July 10 2:00 Massages by Jones Chiro

July 12 11:00 Second Harvest Food Bank

July 16 2:00 BINGO with Kim

July 18 9-1 Quarterly Inspections

July 19 2:00 Storytelling Concert

July 24 2:00 Quarterly Birthday Party

July 30 2:00 Hospitality Committee Meets

Every Monday Bible study 10:30

Office Closed: July 3-5, 11-17, 25-26

## Office Closures in July July 3-5, 11-17, 25-26

The office will be closed the 3-5<sup>th</sup> in observance of Independence Day. The office will also be closed from the 11-17, and from the 25-26, but maintenance will be here those days.



For maintenance emergencies during these dates, you may call **(423)845-0189**, or **(423)439-9224** for other emergencies. Please remember these numbers are for emergencies only.

For non-urgent maintenance requests during these times, please complete a service request and drop it in the drop box. Service request forms are available in the laundry room.

## Quarterly Birthday Party July 24, 2019 at 2:00



The third quarter of 2019 is already here, and we will herald it with our third quarterly birthday party!

Theresa of Lakebridge Health

Care Center will be here with fabulous goody bags for those with birthdays in July, August, and September, as well as fun games and prizes for everyone!

We will also enjoy some delicious homemade cake made by our own in-house chef Georgia Lee, along with ice cream and all the trimmings!

This is a fun party you won't want to miss! As always, friends and family are welcome to attend, but prizes are reserved for residents!

## This Month's Tenant Meeting Monday, July 8<sup>th</sup> at 1:30

- ▶ Recertification
- ▶ Inspections
- ▶ Laundry Room
- ▶ Hospitality Committee Updates
- ▶ Upcoming Events
- ▶ PRIZE-WINNING OPPORTUNITIES



Prize hint: Read you newsletter!

As always, refreshments will be served. While tenant meetings are not mandatory, important information is presented. Attendance is strongly encouraged.

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# RECIPE

of the

# MONTH

Congratulations to Yvett, Joyce, and Candace for being voted the three favorite recipes at our Luau! This month, we are featuring Yvett's recipe!



## Yvett's "Rice and Noodle Thing"

### Ingredients

- ☉ 1 large can white meat chicken
- ☉ 1 pkg frozen steamable "Summer Vegetables" microwaved
- ☉ 2 packages chicken-flavored ramen noodles prepared
- ☉ 1 c cooked white rice
- ☉ 1 small onion chopped
- ☉ 1 tsp powdered ginger
- ☉ 1 tsp garlic powder
- ☉ ½ tsp Tony Chacheres seasoned salt
- ☉ ½ tsp paprika
- ☉ 2 Tbs margarine

### Instructions

1. Steam the rice
2. Boil and drain the noodles
3. Steam the vegetables
4. Saute margarine and onions in a skillet
5. Add the chicken
6. Add rice and spices
7. Fold in the noodles
8. Serve warm.

**Serves 4.**



## Local Happenings

July 4, 2019



If you like to go out to celebrate Independence Day, here are some options around the area.

### Johnson City

The annual Pepsi fireworks celebration will be at Freedom Hall from 5-11 pm. Due to limited parking at Freedom Hall, Johnson City Transit will offer free park'n'ride service from ETSU and Winged Deer Park to and from Freedom Hall from 5:00-8:15.

You can register for some great prizes, including a year supply of gasoline, a year supply of groceries, a Pigeon Forge vacation package and more! Registration for prizes is from 5-7. There will be live music, a tribute to gold star families and disabled veterans, the pledge of allegiance, and the singing of the national anthem.

The prize drawings will begin at 9:20. The firework show will begin at 9:55.

### Elizabethton

Elizabethton's annual Independence Day celebration will be at the covered bridge park all day beginning at 10:00 am. There will be patriotic music, inflatables, concessions, and free watermelons for all!

For health and safety purposes, fireworks are not allowed on the grounds of Mekkah's Meadow.





## Hospitality Committee Corner

The hospitality committee is recruiting new members! If you would like to help offer a hospitable environment for others, please join us for the July 30<sup>th</sup> meeting at 2.

The hospitality committee currently offers emergency financial assistance, greeting cards for various occasions, welcome meals to new tenants, hospital visits, and homebound visits. If you would like to help with any of these, or if you have another service you would like to offer, you would be a great fit for the committee!

We have \$144.79 in our fund. The beginning June balance was 142.79. We received \$2 in donations in June and had no expenses. Thank you for your support!

## Just For Laughs



There is no better feeling than someone playing with your hair or running their fingers down your back unless your thought you were alone.

A truck loaded with Vicks vapor rub overturned on the highway.

Amazingly, there was no congestion for eight hours!

*Dear Optimist and Pessimist,*

*While you were busy arguing about whether the glass of water was half full or half empty, I drank it.*

*-The Opportunist.*



## Stretch Your Dollar

### Cutting Expenses

Last month's topic was budgeting. A budget is a plan for where every dollar of your income goes. This can include expenses and savings. Every dollar should be assigned somewhere.

If you find you have more expenses than income, to make your budget work, you will have to either raise your income or cut your expenses. Since raising your income is not always practical, we will focus on cutting expenses. This month, we will focus on practical ways to do that.

#### \$ Cutting the cable bill.

- Get rid of cable altogether and find alternative forms of entertainment, including reading books, watching videos or DVD's, etc.
- Consider subscribing to internet with Wi-Fi and subscribing to Netflix or Hulu.. This is often cheaper than cable and offers at least as many viewing options as cable.

#### \$ Cutting your phone bill

- Consider replacing your landline with a free lifeline cell phone or low-cost plan.

#### \$ Lower your medical costs

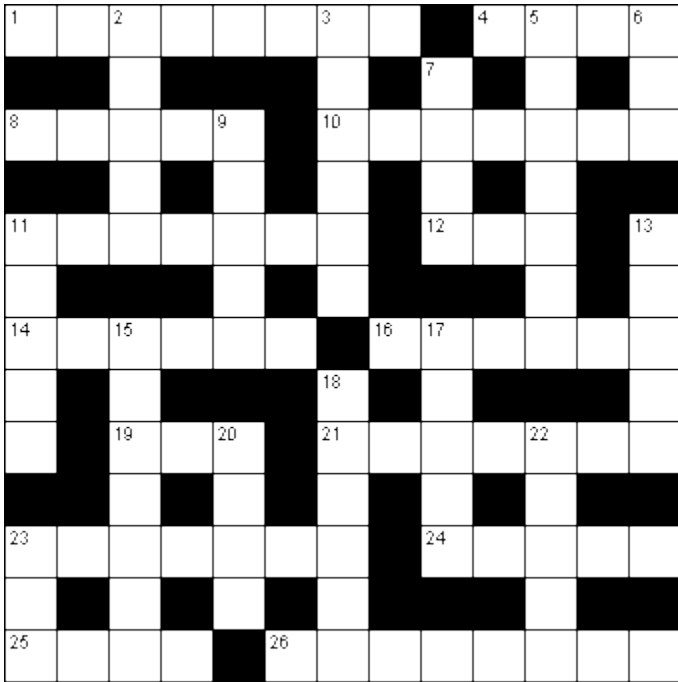
- Check with a trusted insurance agent every year to make sure you are still getting the best coverage.

#### \$ Reduce/eliminate debt

- If it can wait, save up and pay cash. You will spend less in the long run.
- Try to pay well above the minimum payment each month.
- Pay off promotional balances before the promotion ends, to avoid paying deferred interest.

# Puzzles & Games

## Independence Day Word Scramble



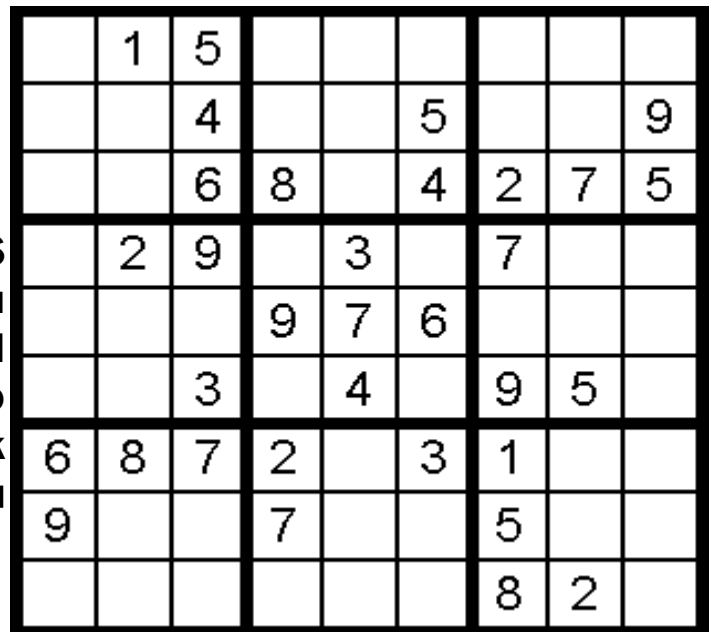
1. ICTNBROEELA \_\_\_\_\_
2. TSSRA \_\_\_\_\_
3. HFROUT \_\_\_\_\_
4. CEDNEPNEIDEN \_\_\_\_\_
5. GFAL \_\_\_\_\_
6. DITARIONT \_\_\_\_\_
7. SAAICLVNR \_\_\_\_\_
8. YUJL \_\_\_\_\_
9. PINCIC \_\_\_\_\_
10. ISENCOLO \_\_\_\_\_
11. FSFERJENO \_\_\_\_\_
12. IROYTSH \_\_\_\_\_
13. BLLES \_\_\_\_\_
14. LCDOAETIANR \_\_\_\_\_
15. EAAMNICR \_\_\_\_\_
16. AARPDE \_\_\_\_\_
17. RSMEUM \_\_\_\_\_
18. PUDOR \_\_\_\_\_
19. AIRCTTIOP \_\_\_\_\_
20. ERKSFOIRW \_\_\_\_\_

### Across

1. \_\_\_ is the best medicine (8)
4. One \_\_\_ at a time (4)
8. Flora and \_\_\_ (5)
10. A raw \_\_\_ (7)
11. The wisdom of \_\_\_ (7)
12. Lucky \_\_\_ (3)
14. Hidden \_\_\_ (6)
16. Once \_\_\_ twice shy (6)
19. The long \_\_\_ of the law (3)
21. Act in haste, repent at \_\_\_ (7)
23. \_\_\_ buying (7)
24. \_\_\_ Pocus (5)
25. \_\_\_ as mustard (4)
26. Cash on \_\_\_ (8)

### Down

2. Business as \_\_\_ (5)
3. Sent on a fool's \_\_\_ (6)
5. Blow your own \_\_\_ (7)
6. Teacher's \_\_\_ (3)
7. The \_\_\_ test (4)
9. \_\_\_ and extremely dangerous (5)
11. The \_\_\_ of things to come (5)
13. Sitting on the \_\_\_ (5)
15. Lead by \_\_\_ (7)
17. The luck of the \_\_\_ (5)
18. He wears his heart on his \_\_\_ (6)
20. Meek and \_\_\_ (4)
22. \_\_\_ Sam (5)
23. Pen and \_\_\_ (3)







**“A person does not make his light burn brighter  
by putting another person’s out.”  
--Anonymous, contributed by Yvett**