

**News**  
You Can Use

**Hogan Creek Tower**  
1320 N Broad Street  
904-366-3437

Managed by  
**Jacksonville HOUSING**  
JaxHA.org  
🏠 ♿ ℹ️

## February is American Heart Month

# LOVE YOUR HEART: MAKE HEART HEALTH A PART OF YOUR SELF-CARE ROUTINE DURING AMERICAN HEART MONTH



Heart disease is responsible for one in four deaths in the United States, making it a critical national issue. Understanding the major risk factors for heart disease and how to live a heart-healthy lifestyle is essential to protect your heart health.

Heart disease is responsible for one in four deaths in the United States, making it a critical national issue. Understanding the major risk factors for heart disease and how to live a healthy life. 1. Be physical healthy 2. Eat Healthier 3. Manage Stress and Sleep better is just a few things you can do to keep your heart health

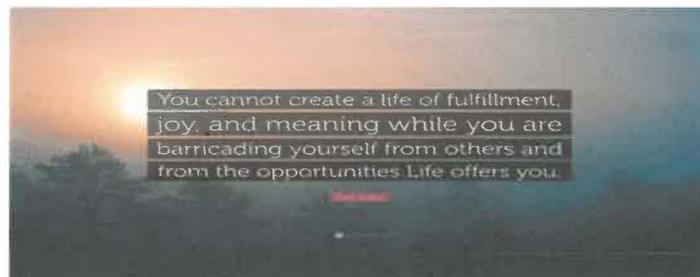


February is HIV Awareness month thank you everyone who participated It was a beautiful day and everyone had an awesome time, Thank you Mr. Alexander.

## Do You care about your brain. We do, too.

Daily exercise for your mind

Work out with a fresh set of games each day to keep you challenged. We have bingo every Wednesdays and Fridays we also offer game day once a week please come out and exercise your brain.



**News**  
You Can Use

**Hogan Creek Tower**  
1320 N Broad Street  
904-366-3437



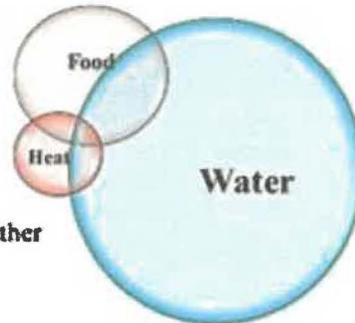
## What Makes Mold Grow?

### 1. Water / Moisture

- *Is the main controllable factor*
- *No water = no growth*

### 2. Food (it's abundant)

- Wood, carpeting, padding
- Wallpaper, sheetrock, paper
- Ceiling tiles, cotton, wool, leather
- Body cells, hair, dust



### 3. Heat

- *like many living things, mold grows best at room temperature*

incomplete and improper **ventilation** may cause mold to grow on walls, furniture, or personal property. **Mold** can be responsible for irritant and allergic reactions. Wet, damp weather, combined with closed windows, causes walls to "sweat," forming mildew and **mold**.

One important thing to remember is not to put your wet towels on the bath or room doors.

**Customer Service Survey** links to: <https://www.jaxha.org/customer-service-survey>

**Rent Café** links to:  
<https://www.jaxha.org/rent-cafe>.



## February Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rent Due	2	3	4
5	6 Late Rent <b>Game Day @11am</b>	7 HIV Awareness Day @10am <b>BINGO @11AM</b> Computer Class/ 2 <sup>nd</sup> Mile Ministry @11am	8 <b>Game Day @11am</b> Computer Class/2 <sup>nd</sup> Ministry @11am	9 <b>Computer Class/2<sup>nd</sup> Mile Ministry @9:45am- 11am</b> COVID-19, FLU A&B, RSV Testing @9am	10 Pest Control <b>Computer Class/2<sup>nd</sup> Ministry @11am</b> Food Pantry @1pm RCM Meeting@11am	11
12	13 Game Day @11am Resident Meeting @11am	14 <b>Computer Class/2<sup>nd</sup> Ministry @11am</b> <b>Happy Valentine's Day</b>	15 Computer Class/2 <sup>nd</sup> Ministry @11am <b>Game Day @11am</b>	16 COVID Testing@9-12 Computer Class/2 <sup>nd</sup> Ministry @11am <b>BINGO @11am</b>	17	18
19	20 Game Day @11am	21 COVID Testing @9-12 <b>Computer Class/2<sup>nd</sup> Ministry @11am</b> Mobile Health Fair @11am	22 Game Day @11am <b>Computer Class/2<sup>nd</sup> Ministry @11am</b>	23 COVID Testing @9-12 <b>Computer Class/2<sup>nd</sup> Ministry @11am</b>	24 Pest Control	25
26	27 <b>Game Day @11am</b>	28 <b>Computer Class/2<sup>nd</sup> Ministry @11am</b> COVID Testing <b>BINGO @11AM</b>				

**News**  
You Can Use

**Hogan Creek Tower**  
1320 N Broad Street  
904-366-3437



## Easy Lemon Cookie Recipe

### Ingredients

- 1 (15.25 ounce) package lemon cake mix
- 2 large eggs
- $\frac{1}{3}$  cup vegetable oil
- 1 teaspoon lemon extract
- $\frac{1}{3}$  cup confectioners' sugar for decoration

### Directions

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Pour cake mix into a large bowl. Stir in eggs, oil, and lemon extract until well blended.
3. Working in batches, drop teaspoonfuls of dough into a bowl of confectioners' sugar. Roll dough in sugar until lightly coated, then place 2 inches apart onto ungreased cookie sheets.
4. Bake in the preheated oven until the bottoms are light brown, 6 to 9 minutes.