



**PLEASE BE ADVISED THE WAVES
COMPUTER LAB IS
TEMPORARILY CLOSED UNTIL
FURTHER NOTICE AS WE ARE
LOOKING FOR A NEW FAMILY
SUPPORT COORDINATOR.**

Jacksonville Housing is actively hiring for a Family Support Coordinator (brief job description provided below). If you are interested, please email Eveada Finklea at efinklea@jaxha.org.

The purpose of the Family Support Coordinator (FSC) for The Waves at Jacksonville is to provide family supportive services at no cost to the resident. The FSC shall assist The Waves residents in assessing needs and obtaining services with the goal of promoting successful tenancies and helping residents achieve and maintaining maximum independence and self-sufficiency. Provide and promote the development of local strategies to coordinate the use of assistance under the PBV and PH programs with public and private resources to enable participating families to increase earned income and financial literacy, reduce or eliminate the need for welfare assistance, and make progress toward economic independence and self-sufficiency.

If you need Resident Services, you are encouraged to contact Jacksonville Housing Resident Services Department at (904) 366-3425

February is American Heart Month. Let us be aware of our Heart Health. It's possible to reduce the risk for heart disease by making certain lifestyle changes and managing medical conditions sooner rather than later. You can keep your heart healthy no matter how old you are, by making changes in your everyday habits. Here's how to get started:

- Get Enough exercise – Physical activity is one of the best ways to improve heart health.
- Quit smoking – There are many benefits to living a smoke-free life including improved circulation, reduced risk of certain types of cancer, and feeling more energetic.
- Eat a heart-healthy diet – Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats.
- Reduce your alcohol intake – Excess alcohol consumption can worsen health conditions that contribute to heart disease, such as high blood pressure, arrhythmias, and high cholesterol levels.
- Get better sleep – It is critical for everyone to have a good night's sleep. Sleep is beneficial for brain functionality, metabolism, immune functionality, and emotional well-being.
- Reduce stress factors – Stress can compound many heart disease risks. Take time to find healthy outlets to relieve stress and lower your risk of heart disease. Like a walk on the beach.

**COMMUNITY ENGAGEMENT MEETING &
EVICTION PREVENTION HOUSEKEEPING WORKSHOP**

THURSDAY FEBRUARY 3, 2023

3 – 4 PM @ THE WAVES COMMUNITY ROOM



REMINDERS

- RENT IS DUE ON FEBRUARY 1, 2023
- RENT RECEIVED AFTER TUESDAY FEBRUARY 7, 2023 WILL RECEIVE A LATE FEE OF \$50.00
- MAINTENANCE FEES DUE ON TUESDAY FEBRUARY 14, 2023

February 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <u>RENT DUE</u>	2 Community Engagement Meeting @ Housing Office 3-4 PM	3 <u>Pest Control</u> The Waves: Bldg 13 JBR: 106 9 th St A, B, C, D	4
5	6	7 LAST DAY RENT DUE TO AVOID \$50 LATE FEE	8	9	10 <u>Pest Control</u> The Waves: Bldg 14 JBR: 831 4 th Ave S A, B, C, D	11
12	13	14 	15 	16	17 <u>Pest Control</u> The Waves: Bldg 15 JBR: 819 4 th Ave S A, B, C	18
19	20 President's Day <u>OFFICE CLOSED</u>	21	22 	23	24 <u>Pest Control</u> The Waves: Bldg 16 JBR: 916 4 th Ave S 908 4 th Ave S 902 4 th Ave S	25
26	27	28				

GET – A – HEART & FIND – A – HEART

Stop by the office, pick up a heart or two,

Place your Heart on a window, in plain view,

Walk through your community,

It's a land of opportunity,

If you seek, you will find,

A heart not hidden under a blind,

The heart equals love,

Search below and above,

How many hearts will you see,

One, two or three?

Search with an open heart and open eyes.

The most hearts found will win a prize.



Turn into the office the number of HEARTS you found on Tuesday February 14, 2023

Valentine's Day Word Search

K S Q S J I V R T D S R Q G K
R Q Q T D M A B X U F N Q J J
K G D A S N L Y E U S F S N S
S V E E M B E R I G C E V O L
Q W Q R Q Q N I A W R A O C G
T Z E T G R T Z R E Y I N Q T
D Q I E E O I K Z F D R E D J
H O B N T P N W N O E F T G Y
X U T H C H E H V X E A L A T
N A G B P R E E Y B M T C B H
F O M G T U S A R L R K U T Q
I M T M Q S K U R A U N P E H
C A R D S K A A E T W I I G U
M C D I R R M H H X E P D P N
W Q K L Y S R E W O L F J O J

CANDY
CARDS
CUPID
DEAR
DOVES
FEBRUARY
FLOWERS
FRIENDS
HEART

TREATS
VALENTINE
SWEETHEART
RED
LOVE
KISS
PINK
HUG



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