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RENT IS DUE FEBRUARY 12, 2025, AT 5:30PM.
THURSDAY, FEBRUARY 13, 2025, A \$25.00
LATE FEE WILL BE POSTED TO UNPAID
ACCOUNTS.

THE OFFICE WILL BE CLOSED ON MONDAY,
FEBRUARY 17, 2025, IN OBSERVANCE OF
PRESIDENTS' DAY AND WILL RE-OPEN ON
TUESDAY, FEBRUARY 18, 2025.

MAKE SURE TO CALL IN ALL REPAIRS,
PLEASE.

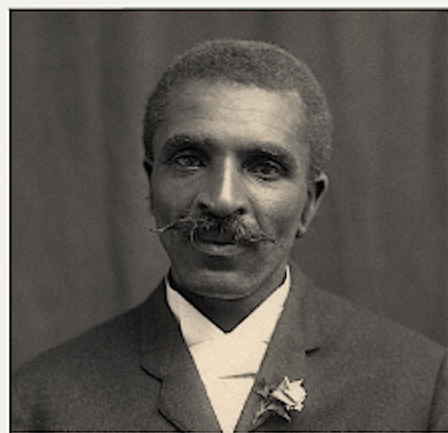
LET'S Celebrate BLACK HISTORY MONTH

FUN FACTS!

The creator of Black History Month was historian **Carter G. Woodson**, and he is often referred to as the "Father of Black History."

George Washington Carver, "The Peanut Man", developed more than 300 food, industrial and commercial products from peanuts, including milk, Worcestershire sauce, punches, cooking oils, salad oil, paper, cosmetics, soaps and wood stains.

Alice Coachman was the first Black female to win a gold medal for the USA in the 1948 Olympics in London for the high jump.



George Washington Carver
1864-1943



Carter G. Woodson



Alice Coachman
1923-2014

AMERICAN HEART MONTH



LET'S KEEP THAT HEART HEALTHY

STRATEGIES TO PREVENT HEART DISEASE

- 1) Eat a heart-healthy diet. An example would be the Mediterranean diet, it's rich in fruits, vegetables, whole grains, and healthy fats, and low in processed foods.
- 2) Get active, aim for at least 30 or 60 minutes of activity.
- 3) Stay at a healthy weight.
- 4) Quit smoking and stay away from secondhand smoke
- 5) Make sure to get enough sleep.
- 6) Manage your stress levels in healthy ways like exercise and deep breathing.



THANKS FOR
TAKING
CARE OF ME!



HOUSEKEEPING



HELPFUL TIPS

REGULAR CLEANING HELPS MAINTAIN THE CONDITION OF YOUR BELONGINGS AND SURFACES, EXTENDING THEIR LIFESPAN.

AND REMEMBER, DON'T FORGET TO ROUTINELY WASH YOUR CLEANING TOOLS.

A CLUTTER-FREE ENVIRONMENT CAN DECREASE STRESS LEVELS AND MAKE YOU FEEL MORE AT EASE.

A CLEAN HOME DISCOURAGES PESTS LIKE RODENTS AND INSECTS FROM ENTERING AND NESTING.

MICROWAVE CLEANING TIP

Pour water and vinegar into a microwave safe bowl and microwave on high for 3-4 minutes. Allow it to cool and then wipe down the interior. This even works on those stubborn food particles.



A CLEAN AND ORGANIZED HOME CAN HELP YOU BE MORE PRODUCTIVE.



Tenants, please be sure to speak to your children about knocking on other tenants doors and running away. This is a violation of your lease and can lead to termination.

HAHA!



NO SMOKING

Remember that all East Point Housing properties are non-smoking. There is a \$250.00 fine for smoking inside the unit.



Make sure to pick up after your pets, and be sure to send in the updated shot records please.



You are invited to "Community Bingo Day!" at the Resident Association Building - 3047 John Freeman Way

Wednesday, February 12, 2025! 12:00PM till 2:00 PM

Come join us for some fun, and prizes.

We hope to see you there!

Age 18 and older welcome.



COME JOIN THE RESIDENT COUNCIL MEETING!

Resident Council Building – 3047 John Freeman Way
6:00PM – 7:00PM

Thursday, February 20, 2025

“Let your voice be heard!”
“We want **you** to be our special guest!”

For more information, contact Denise Jones – 678-705-2006

[HTTPS://WWW.EASTPOINTHA.ORG/](https://www.eastpointha.org/)