

PORT HURON  
**January 2025**  
 CALENDAR OF EVENTS

**Jan. 1st-** Happy New Year

**Jan. 7th-** Talk Tuesday- Comcast will be here to present information about their Internet Essential program and answer questions. Peru 10:00 AM-12:00 PM and Desmond 1:00 PM- 3:00 PM

**Jan. 14th-** MSU Extension will be here for "Move Your Way!". Presenting the benefit of being physically active. In the community room- Desmond @ 1:00 and Peru @ 2:30

**Jan. 15th-** Lakeshore Legal Aid- Stop by for questions and answers. Community room-Peru @ 1:00 and Desmond @ 2:15

**Jan. 28th-** Harbor Impact- Impact Days -FREE food, clothing, and more. Community and prayer support.



**International Silver Stick Hockey Tournament**  
 AAA  
 Weekend Jan. 9th-12th

**OLDIES GET GOODIES**

We are excited Oldies Get Goodies is returning for another year! Adults, 65 or older, are invited to sign up for this free, four-week program where a weekly goodie bag is dropped off at your door.

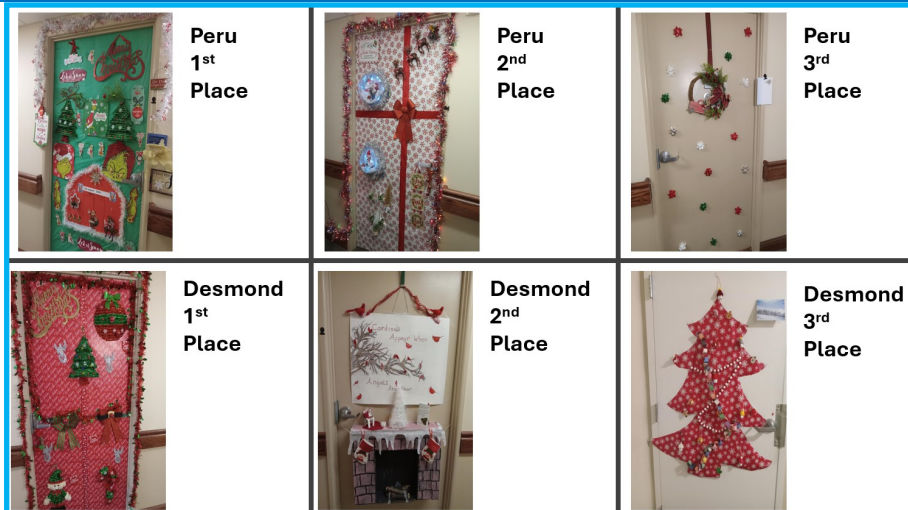
Are you looking to sign up a loved one? Remember to inform the participant they are enrolled and what dates they can expect us to deliver their goodies.

We look forward to bringing fun activities for seniors during the winter season. Sponsored by Blue Water Lodge, Holiday by Atria Senior Living.

**holiday** BLUE WATER LODGE SENIOR LIVING  
 Spaces fill quickly! FREE for residents and township partners!

Participants will be contacted with their delivery day and time.

AGES 65 OR OLDER  
 DATES WEEKLY ON TUESDAYS OR THURSDAYS, FEB. 4-27  
 TIME TO BE DETERMINED, BASED ON ROUTE SCHEDULE  
 LOCATION GOODIES DELIVERED TO YOUR DOOR  
 REGISTER BY MONDAY, JAN. 27



*Door Decorating Contest Winners for 2024. Thank you to all that participated.*



PORT HURON HOUSING  
 COMMISSION



**THE VILLAGE VOICE**  
**NEWSLETTER**  
**JANUARY 2025**

*Welcome*

A warm welcome to the new tenants of Desmond and Peru Villages.

*Steven-Brenda-Mark-Connie*



Please be safe during inclement weather. Project "Salt Buckets" is underway and will be available soon for your convenience as our Staff is not available 24/7.

**Contact Us**

Facebook-Port Huron Housing Commission

Website-www.phhousing.org

Twitter- @phhousing

**Port Huron Housing Commission**

905 7th St. Port Huron, Mi 48060

**Phone: 810.984.3173**

**Fax: 810.984.6430**

Office hours: M-W 7:30-5:00

Thurs 7:30-4:30

Closed 1:00-2:00 for lunch



*Setting Goals-*

*Out with the old, In with the new*

*Improvements- One at a time- Progress*

*Nutrition Mental Health*





*Physical Activity*

*Personal Responsibility*

*Personal Relationships*



# PROPERTY MANAGER NEWS

	<p align="center"><b>PROPERTY MANAGERS 810.984.3173</b></p> <p><b>Dee– x403 dzimmer@phhousing.org    Desmond/Gratiot Village</b></p> <p><b>Lizz– x 413 enelson@.phhousingorg    Dulhut Village</b></p> <p><b>Nicole– x408 ngourlay@phhousing.org    Peru/Huron Village</b></p>
	<p align="center"><b>24 HOUR MAINTENANCE LINE</b></p> <p align="center"><b>810.984.6410</b></p> <p>◆ <b>After hour emergencies include:</b></p> <ul style="list-style-type: none"> <li>◆ Electrical hazards/power failure</li> <li>◆ Sewer/Drain back ups</li> <li>◆ Smell of gas in or around your unit</li> <li>◆ Toilet is plugged or overflowing</li> <li>◆ Locked out</li> </ul>
<p><b>In The Know:</b></p> <p>Information for our new tenants and friendly reminders for all.</p> <p>See tenant handbook for all policies.</p> 	<p align="center"><b>Snow Plowing Safety:</b></p> <p>Please cooperate with maintenance to allow for plowing of the parking lots. The following regulations apply to all villages for snow removal procedures:</p> <p>Your vehicle must be moved out of the parking lot no later than 9:00am. If you are unable to move your vehicle yourself, please make arrangements with a friend or neighbor to move it for you.</p> <p>Be advised that the Management Office will not call tenants to move their vehicles. Our maintenance workers do not plow between parked cars. If you do not move your vehicle, it may be “plowed in” or towed at your expense.</p> <p>Failure to remove your car from the lots by 9:00am can result in a \$50.00 charge per day.</p> <p>Snow will be removed from main sidewalks only, as well as on driveways leading into and out of parking lots.</p> <p>Please be safe and respectful of the workers by staying away from the snow plows at all times.</p> <p>Do not move your vehicle back into the parking lot until after your lot has been plowed</p> 

# SENIOR VILLAGE NEWS

## Cold Weather Safety

### What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body’s core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

### What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

### What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don’t use a heating pad.
- Don’t rub the person’s legs or arms.
- Don’t try to warm the person in a bath.

## Avoid Eviction!

List of reasons residents were evicted in 2024.

- Smoking-2
- Pest Control non-compliance-2
- Criminal Activity-2
- Court Action and Violations-11  
(roomer and boarder, house-keeping, non-payment)

### WHAT SHOULD YOU DO?

If you see a non-resident sleeping in the building, please contact the Port Huron Police Central Dispatch and ask if they will move that individual along and out of the building.

**Port Huron Police Central Dispatch**

**810.985.8115**

PHHC does not allow people to sleep in our building, hallways, or common areas.

In 2024, EDSC has hosted presentations from Council on Aging, Lakeshore Legal Aid, Paul Mitchell Hair Academy, Visiting Nurses Association, Community First Medical, MSU Extension, PHHC staff, Sunrise PACE, Blue Water Area Transit, Lake Huron Medical, Comcast, and PHAFD. Topics including mental health, Talk Tuesdays, Trivia Tuesdays, Vial of Life, Dealing with Difficult people, Garden Club, restarting Resident Council, Walking Club, Identity theft, scam prevention, Project Fresh, mobile pantry, and other enrichment opportunities have been held. There is something for everyone. Please attend the presentations to help understand how the community services may help you and join in the chats to be in the know. The more you attend, the more we can do.

Always look at the Senior TV screen, flyers, newsletters, and Calling Post for information.

Any questions– Please contact Tina– EDSC at Port Huron Housing Commission.

### EDSC– ELDERLY/DISABLED SERVICE COORDINATOR

Tina– your service coordinator is here to assist you with connecting to community resources such as—

**TRANSPORTATION, FOOD RESOURCES, HOUSEKEEPING, MENTAL HEALTH, AND SOCIAL ENRICHMENT OPPORTUNITIES.**

Call her for a chat and see if she can help support your independent living experience.  
810.984.3173 ext. 437 or cell 810.300.0397