

# VICTORY

## APARTMENTS



May 2020

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Crisis budgeting

Grocery shopping safety

Work from home tips and more!

# Lifestyle

Victory Apartments • 1520 Bailey • Houston, TX 77019

## How to Kick Germs to the Curb

It's more important than ever to wash your hands frequently. You need to wash your hands for at least 20 seconds with soap and water. Don't forget to wash the backs of your hands, between your fingers, and under your nails. Using warm water isn't necessary, but most people wash longer if the temperature is pleasant. To time it out, sing the Alphabet song, which last about 20 seconds. (You could also sing "Happy Birthday" twice instead.) After you're finished singing, rinse your hands and dry them off.

## For Residents Affected by COVID-19

The coronavirus (COVID-19) pandemic has thrust our community into unknown territory. We recognize this is a frightening time and that many in our community have faced both health and economic impacts. We are here to try to help.

The last thing anyone wants is to lose a safe place to call home. Unfortunately, there has been misinformation circulating online and in the media about what the current crisis means for those who rent their homes. Our hope is to eliminate any confusion.

If you have suffered a job loss or other substantial loss of income due to the COVID-19 pandemic and are unable to pay rent, we encourage you to notify us as soon as possible to discuss potential alternative payment arrangements that may be made to accommodate your situation. Please be aware that if you do not contact us to let us know that you have been affected by COVID-19, we will not know that you may need assistance.

If you are not currently facing a COVID-19 related hardship, please continue to pay rent as usual. As employers, we want to ensure we are able to continue to support the personnel and staff who work every day to provide essential services to all residents. We are all in this together, and if we work together, we will weather this storm.

## Compliance Corner:

### Coronavirus: Putting Community First

Even if you are young, or otherwise healthy, you are at risk and your activities can increase the risk for others.

#### It is critical that you do your part to slow the spread of the Coronavirus.

- Listen and follow the directions of your State & Local Authorities
- If you feel sick, stay home.
- If your children are sick contact a medical provider
- If you are an older person, or have a serious underlying health condition stay away from other people
- If someone in your household has tested positive keep the entire family home
- Avoid social gathers
- Avoid eating and drinking at bars and restaurants. Use pick up or delivery options
- Do not visit nursing homes or retirement or long term care facilities unless to provide critical assistance

#### Always Practice Good Hygiene

- Wash your hands
- Avoid touching your face
- Sneeze or cough into a tissue or the inside of your elbow
- Disinfect frequently

Stay Safe!

### YOUR COMMUNITY STAFF

#### Reuben Brown

Property Manager

#### Karen Collins-Price

Assistant Property Manager

#### Julio Cortez

Lead Maintenance

#### Christopher Darden

Property Inspector

### OFFICE HOURS

#### Monday thru Friday

8:00 am–5:00 pm

#### Saturday

Closed

#### Sunday

Closed

### CONTACT DIRECTORY

#### Management Office

(713) 529-8773

#### Office Fax

(713) 529-7382

#### Resident Crime Line

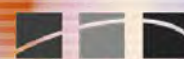
(713) 571-9437

#### Non-Emergency

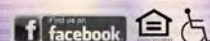
(713) 884-3131

#### Emergency Dial

911



ALLIED ORION GROUP





# Crisis Budgeting: What to Focus on First

**W**hen unforeseen circumstances arise, many of us go into panic mode. Paying the bills becomes a burden, and budgeting can be confusing. Financially speaking, uncertain times can force us to take a long, hard look at how we're spending our money.

*Here are a few suggestions:*

**Reach for relief.** If you've lost your job, apply for unemployment insurance as soon as possible. Although it's not a permanent solution, it does provide a bit of breathing room.

**Cut the fat.** You may think all of your bills and everything you buy is equally important, but are they all "musts?" Not likely—at least not always.

Look at the things you have on autopay that you might not need or haven't used in five years and get rid of them. Focus on such necessities as your rent, car payment, utilities, phone and food.

**Get organized.** Once you've cut out non-essentials, it's time to work with what you've got and get yourself straightened out. Search online for budgeting advice and tools that provide guidance on how to spend and save responsibly. Some favorites: Mint.com, Clarity Money, and Quicken.

The more you cut from your spending, the more streamlined this process will be. If you find you have more left over than expected, either save it for future emergencies, or bring back one or two extras you miss the most.

**Defer payments when possible.** Credit cards and car payments are usually substantial sums you owe monthly. You may have to spend a chunk of time on the phone to defer these payments for now, but you'll be pleased when many of these lenders are able to lighten your load. If they can't defer, a reduced monthly payment may be possible.

If you have federal student loans, you can delay your payments without penalty until Sept. 30, as part of the recently passed coronavirus stimulus package.

**Pursue a side hustle.** If you're working from home, you are on leave or you have lost your job, you might find yourself with time to spare. Instead of watching TV all day, you can use this time to look for a remote gig online. Skills such as writing, editing, video and photo editing, graphic design and proof-reading have a huge demand online. If you have the right skills, you might also want to look for part-time jobs as a virtual assistant.

**Try not to panic.** Keeping your cool will allow you to think clearly and take on this challenge. Times of crisis are never easy, but when your budget is less of a burden, you can tend to your family, health, and getting through the storm. Use this as a turning point to save sensibly from here on out.



## Sweet & Spicy Honey Popcorn

Here's a great snack idea for family movie and game nights. This recipe is sure to satisfy your sweet tooth while providing a nice zing of spice.

### INGREDIENTS

- 10 cups plain popped popcorn
- 2 tablespoons butter
- 2 tablespoons honey
- 1 pinch cayenne pepper
- 1/4 teaspoon cinnamon
- 1/4 teaspoon sea salt (more or less to taste)

### DIRECTIONS

1. Pop the popcorn according to the instructions.
2. Mix the butter, honey, cayenne, and cinnamon together in a bowl. Microwave for 20 seconds at a time until it will easily combine.
3. While the popcorn is still fresh and hot, sprinkle with sea salt and drizzle the honey mixture on top.
4. Toss everything together, ensuring an even coat. Enjoy!



## Working from home? Protect yourself from hackers.

Someone at your workplace no doubt makes sure the networks are secure and safeguards are in place to block bad guys.

And who does that at home? Right. You or no one.

During the current crisis, with employees working at home, many companies have issued employees guidance on how to establish home internet security. It's guidance worth following.

• **Change the locks.** That means update your software. You might have noticed that software frequently has security updates. That's because smart hackers figured out how to break the software. But what you may not know is that there is a second wave of dumb hackers who just read the security update for tips on how to get the folks who don't update.

It's like they have a key. Your mission is to change the locks and update.

• **Use a secret code.** Implement two-factor identification. Yes, it is a second step. You will have to put in a new secret code every time you do certain tasks. But it is better than a hacker walking out with your briefcase.

• **Use a mask.** Meaning, mask your internet activity with a personal Virtual Private Network. It protects your privacy. It doesn't protect you from phishing, malicious software, or digital viruses, but at least you aren't accessing your company website in cyber-public. Check out services like ExpressVPN, NordVPN or Surfshark.



# Shopping safety tips

**C**ontactless delivery is the preferred method of acquiring your groceries these days, but it's becoming increasingly difficult to score a delivery time. So, if you must venture out to the store during the COVID-19 pandemic, here are a few smart tips to get you in and out with the least amount of risk.

**Make a list.** Knowing exactly what you need before you get inside will ensure you can get out as quickly as possible.

**Gear up.** Be sure to wear a face mask or cloth covering over your nose and mouth, and keep hand sanitizer at the ready. You may want to use a disinfectant wipe on the shopping cart or basket too, as long as you can dispose of it hygienically. If you choose to also wear gloves, be sure to remove them before touching your personal belongings or your face, and dispose of them in a trash receptacle before touching your car, if you drove.

**Shop when it's least crowded.** With most people working remotely, it can be a little more difficult to predict a store's peak hours these days. However, try to go early in

the morning or later at night, and keep six feet of distance between yourself and other shoppers or store employees.

**Shop with your eyes, not your hands.**

Remember: The more you touch, the higher your chance of contracting or transmitting the virus. Try to only touch the items you intend to buy, because you can still unknowingly spread the virus to others if you're asymptomatic, and vice versa.

**Don't touch your face.** Keep your hands away from your nose, mouth, and eyes throughout your entire shopping trip, and only cough or sneeze into your elbow. Once you finish checking out, use a hand sanitizing wipe or gel with at least 60 percent alcohol to kill off as many germs as possible until you can properly wash your hands.

**Onto the home stretch.** Once you bring your groceries home, give your hands a good, thorough washing. Next, wipe down all non-porous packaging—that's plastic, metal, glass, etc.—with a disinfectant wipe or homemade bleach solution. (The CDC suggests 4 teaspoons of bleach per quart of water.) Set cardboard boxes aside without

touching them for 24 hours if they don't need refrigeration, or carefully transfer their contents to a clean container and dispose of the outer packaging. As for produce, there's no need to use soap—a good scrub with clean hands under a running faucet should do the trick.

**The cleanup after the cleanup.** Once your groceries are cleaned and put away, be sure to dispose of the bags you brought them home in, or give your reusable bags a good wash. Then, disinfect any surfaces or counters that the grocery bags or their contents touched. You'll want to do the same for any door knobs, cabinets, and refrigerator handles you touched, as well as your phone, keys, credit card, and anything else you brought with you into the store.

**Wash your hands...yes, again.** Give your hands one last scrub, dry them well, and be sure to use a bit of lotion to keep your skin from getting dry and cracked. Then you can sit back, relax, and hopefully not have to go through this tiresome process again any time soon.

## HOW TO MAKE MONEY ON THE SIDE

Shelter-in-place orders and business closures across the country have many people wondering about the future of the economy and their own personal finances. Whether you're working from home or your hours have been reduced, you can still make some extra money on the side—and from the safety and comfort of your home in most cases.

**Tutor kids online.** With parents' demands split between their own work and homeschooling their children, many could use an extra (albeit virtual) hand.

Search job boards to work with a family directly, apply to a service such as Tutor.com, or teach English through VIPkid.

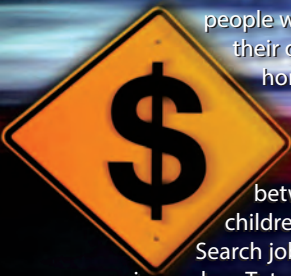
**Perform "micro" jobs.** If you're the parent working remotely and homeschooling your kids, these types of gigs are perfect for earning

supplemental income on your terms. You complete tasks whenever you have spare time, such as audio transcription through Rev, UI testing via TryMyUI, or creative tasks on Fiverr.

**Give someone a lift.** Help the car-less get to the stores to buy their essential goods by becoming a ride-share driver. Just be sure to sanitize after each passenger to keep everyone safe!

**Shop for others.** Instead of toting someone around, you can do the heavy lifting for them as a Shipt or Instacart shopper and deliver their groceries right to their doorstep.

**Essential industries are still hiring.** Most major supermarket chains, Healthfirst and UnitedHealth insurance companies, and financial service providers like Charles Schwab, Deutsche Bank, and Prudential are all currently looking for fresh faces.





# COVID-19

ADVICES FOR HOME QUARANTINE

SYMPTOMS MAY SHOW UP 2-14 DAYS LATER

TESTS FOR DIAGNOSIS ARE AVAILABLE

THERE IS NO VACCINE YET

IF YOU ARE SICK CALL HEALTH DEPARTMENT AND STAY AT HOME

### GENERAL ADVICE



WASH HANDS WITH SOAP AND WATER OR SANITIZER AT LEAST 20 SEC



DRY HANDS WITH A DISPOSABLE TOWEL. DON'T SHARE TOWELS



COVER COUGHS AND SNEEZES WITH A TISSUE OR FLEECED ELBOW. DISPOSE TISSUES



DO NOT TOUCH EYES, NOSE, MOUTH WITH UNWASHED HANDS



DO NOT SHARE PERSONAL OBJECTS AND HOUSEHOLD ITEMS



KEEP A SAFE DISTANCE FROM OTHERS

### IF YOU FEEL SICK



IF YOU FEEL SICK STAY AT HOME AND CALL THE LOCAL HEALTHCARE DEPARTMENT



DO NOT GO TO THE HOSPITAL, CALL FIRST



DO NOT USE PUBLIC TRANSPORTATION



ISOLATE YOURSELF IN A ROOM AND DO NOT MEET PEOPLE



WEAR A FACE MASK



REPLACE THE FACE MASK WHEN IT IS WET AND DISCARD SAFELY



MONITOR YOUR SYMPTOMS



TAKE CARE OF YOUR EMOTIONAL HEALTH



FOLLOW YOUR LOCAL HEALTHCARE DEPARTMENT GUIDELINES

### ASSISTING A SICK PERSON



WEAR A FACE MASK AND DISPOSABLE GLOVES



CLEAN AND SANITIZE CONTAMINATED SURFACES EVERY DAY WITH DISINFECTANTS



HANDLE CONTAMINATED LAUNDRY WITH GLOVES. DO NOT SHAKE IT. STORE IN A CLOSED SACK



WASH CLOTHES IN THE WASHING MACHINE WITH THE WARMEST APPROPRIATE SETTING



DISINFECT THOROUGHLY ALL HOUSEHOLD ITEMS AND PERSONAL OBJECTS



FOLLOW YOUR LOCAL HEALTHCARE DEPARTMENT GUIDELINES ON HOUSEHOLD

# May 2020

friday      saturday

					friday	saturday
					1	2
					<b>RENT IS DUE!!!</b>	Brothers and Sisters Day
sunday	monday	tuesday	wednesday	thursday		
3 Lemonade Day	4 Star Wars Day	5 Cinco de Mayo	6 <b>RENT IS LATE!!!</b>	7	8 Military Spouse Appreciation Day	9 Native American Day
10 Mother's Day Happy Mother's Day!	11 Eat What You Want Day	12 Tulip Day	13 May is National Salsa Month	14	15 Peace Officers Memorial Day	16 Love a Tree Day
17 Stepmother's Day	18	19	20 Turn Beauty Inside Out Day	21 I Need a Patch for That Day	22 Solitaire Day	23 International Jazz Day
24 Neighbor Day	25 Memorial Day We Honor Those Who Made the Ultimate Sacrifice	26 Paper Airplane Day	27 Senior Health & Fitness Day	28 National Hamburger Day	29 May is Military Appreciation Month	30 Mint Julep Day
31 National Smile Day						