

# Berwick Housing Authority

NEWSLETTER

## JULY 2016

*Clarence Robinson, Jr., Executive Director*

### Berwick Housing Authority

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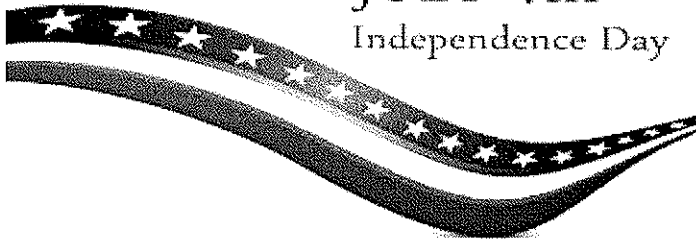


The Berwick Housing Authority office will be closed Monday, July 4 for Independence Day. If you have a maintenance emergency please call the office and listen to the message for the phone number to the maintenance guy on call.



Rent is due **July 13<sup>th</sup>** which is the 8<sup>th</sup> working day of the month. If you do not pay by the 13<sup>th</sup> a \$10 late fee will be applied. If you signed a contract, your rent is due July 15, 2016, but a late fee is still applied after the 13<sup>th</sup>. **The absolute last day to pay rent is July 20<sup>th</sup>.**

JULY 4<sup>th</sup>  
Independence Day



Independence Day of the United States, also referred to as Fourth of July or July Fourth in the United States, is a federal holiday commemorating the adoption of the Declaration of Independence on July 4, 1776, by the Continental Congress declaring that the thirteen American colonies regarded themselves as a new nation, the United States of America, and no longer part of the British Empire. Independence Day is commonly associated with fireworks, parades, barbecues, fairs, carnivals, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private events celebrating the history, government, and traditions of the United States. Independence Day is the National Day of the United States.



**Celebrate**  
*National  
Ice Cream Day*

*July 17, 2016*

When you get the urge for a snack on a hot, humid summer night, what's the first thing that comes to your mind? That's right.....Ice Cream! Therefore, its only fitting that ice cream be given it's own special day. Onthis day, we hope you enjoy and ice cream cone, a sundae, or a milk shake. Set the diet aside and slurge a little.....have one of each!

In 1984, President Ronald Reagan proclaimed July as National Ice Cream Month. He also established National Ice Cream Days as the third Sunday of the month.

Ice cream is nutritious. A little heavy on the sugar and calories, ice cream is otherwise good for you. Its base ingredient is milk, which is loaded with healthy vitamins and minerals.



# Beat the Heat

- **Avoid the Heat.** Stay out of the heat and indoors as much as possible. Spend time in an air conditioned space. Remember, electric fans do not cool, they just blow hot air around.
- **Dress for the Heat.** Wear loose-fitting clothes that cover as much skin as possible. Lightweight, light colored clothing reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by wearing a wide-brimmed hat. Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. Use a sunscreen lotion with a SFP rating.
- **Drink FOR the Heat.** Drink plenty of water and natural juices, even if you don't feel thirsty. Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration.
- **Do not drink IN the Heat.** Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea, and cola. Alcohol and caffeine constrict blood vessels near the skin reducing the amount of heat the body can release. Although beer and alcohol beverages appear to satisfy thirst, they actually cause further body dehydration.
- **Eat for the Heat.** Eat small meals more often. Avoid foods that are high in **protein** because they increase metabolic heat.
- **Living in the Heat.** Slow down. Reduce, eliminate, or reschedule strenuous activities such as running, biking and lawn care work when it heats up. The best times for such activities are during early morning and late evening hours. Take cool baths or showers and use cool, wet towels.

**BE KIND! LEAVE YOUR DOG BEHIND!**

**It's HOT !!!!**

But do you know just how quickly your car's temperature heats up?

### Vehicle Temperature

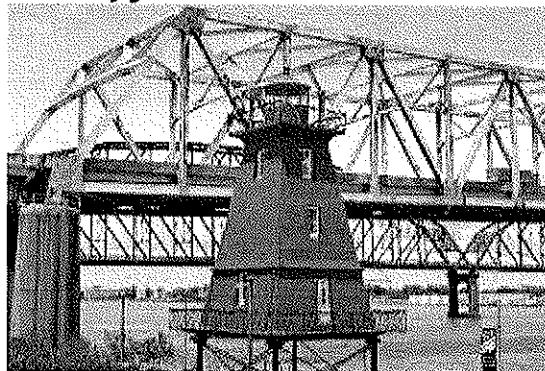
Outside	Inside	Time to Reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

The German Shepherd Dog Community



## Rockin' the Riverfront

*Berwick's Patriotic Celebration*  
**SUNDAY, JULY 3<sup>RD</sup> FROM 2-9:30 PM**



### Festivities:

**Music:** **Gone Pecans 2-5**  
**Old Soul 5:30-8:30**

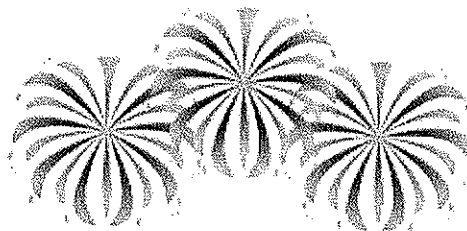
**Food:** **Berwick Fire Dept.**  
 Jambalaya, hamburgers,  
 cold drinks and beer

**The Big Chill**  
 Hot dogs, nachos and snow  
 cones

**Fireworks: On the River**

SPONSORED BY THE TOWN OF BERWICK

FIREWORKS SPONSORED BY: TOWN OF BERWICK, CAJUN  
 COAST VISITORS & CONVENTION BUREAU, THE CITY OF  
 MORGAN CITY, AND MORGAN CITY MAIN STREET



## TIPS TO KEEP KIDS HYDRATED THIS SUMMER

Summer is filled with opportunities for kids and teens to enjoy outdoor activities and sports. But when the weather is hot, it's extremely important to make sure kids are drinking enough water to prevent dehydration which can be dangerous. If a person becomes dehydrated and cannot sweat enough to cool their body, his or her internal temperature may rise to dangerously high levels, causing heat stroke.

To help prevent your kids from becoming dangerously dehydrated this summer, watch for the below common signs of dehydration and follow these simple tips.

### SIGNS YOUR CHILD IS DEHYDRATED:

- thirst, which is a late sign of dehydration
- decreased urination
- thick saliva
- fast heart rate
- dry lips and mouth
- fatigue
- irritability and restlessness
- if your child is lethargic, cool to touch, confused or not thinking clearly, that's a sign of severe dehydration that requires immediate medical attention.

### HOW TO PREVENT DEHYDRATION:

- make sure your child drinks about 12-20 oz of water before beginning outside activities
- take a break every 15 minutes to drink more water, about 8 oz.
- wear light clothing
- avoid the heat and stay inside when it's really hot and humid or try to play sports or time outside in the morning and evening when it's cooler
- teens especially should avoid energy drinks and sodas as they have caffeine and are dehydrating
- while drinking water is the best way to stay hydrated, if a child or teen is doing an extremely vigorous activity and sweating a lot then a sports drink such as Gatorade might be appropriate.



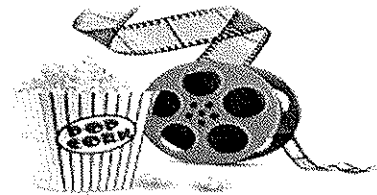
Low-Income Home Energy Assistance Program

### ATTENTION RESIDENTS:

Next year when Community Action comes to the Berwick Housing Authority to complete LIHEAP applications, you will have to have all of your documents copied before coming to apply. We will no longer make copies on the sign-up day. Therefore, we suggest that you begin a folder to keep your proof of income, Cleco bills, copies of social security cards for all household members, and proof of residency. We will give you as much notice as we possibly can so that you can have your information in order.



PLEASE CONTACT THE OFFICE TO GIVE US AN UPDATED TELEPHONE NUMBER.



Lake Cinema-Free Movies for all  
Tuesday & Wednesday 1:30 pm  
Thursday 10:30 am

July 5, 6, 7	Frozen, PG and Lego Movie PG
July 12, 13, 14	Zootopia, PG and Up, PG
July 19, 20, 21	Inside Out, PG and Kung Fu Panda 3, PG
July 26, 27, 28	Croods, G and Home, PG



If you plan on moving out, you must give the office a **2 week** notice by coming in to complete a Notice to Vacate form. If you owe rent when you leave, we will not take it out of your security deposit. Your security deposit is for cleaning your unit and paying for any damages. You will go on the books as left owing the housing authority.