

Close blinds during the sunniest time of the day Open windows at night Limit the use of the oven and large appliances Use fans after cooking & showering to push hot air out



Drink cold water & stay hydrated Wear loose fitting & light colored clothing Complete outside activities in the morning or evening Eat smaller & more frequent meals instead of hot foods

Catch the WAVE of Opportunity

Join FSS This Summer!

Work with a case manager to:

- accomplish your goals using community resources
- find fulfilling employment or education
- save money
- and more!

Questions about the ISS program?

Contact Natalie Schmidl for more information: 859-760-5846

Steve Arlinghaus Executive Director 859-292-2145 steve.arlinghaus@hacov.org

April Peacock Manager of Resident Services 859-655-7310 april.peacock@hacov.org

Hannah Troll Program Coordinator 859-292-3264, Ext. 4 Hannah.troll@hacov.org



Jon Adkins Deputy Director 859-655-7316 jon.adkins@hacov.org

> Natalie Schmidl FSS Coordinator 859-669-7305 natalie.schmidl@hacov.org

Veronica Williams Customer Support Specialist 859-491-5311 veronica.williams@hacov.org

Hot Lunches Available! For Latonia Terrace Youth ages 0-18 June 2nd - August 8th

Program

mmer

Monday/Wednesday/Friday

12-1 PM

Latonia Terrace Rec Room

Resident Services

UMCFood Minist

HOUSING AUTHORITY OF COVINGTON



Offices will be closed on 7/4/2025 in observance of

