

Resident Services Newsletter



TIPS TO GET A GOOD SLEEP

- **Move your furniture.** If you share a wall with a loud neighbor or a noisy street, rearranging your furniture could help control some of the sound coming into your home. Move your bed to the side of the room farthest from the noise source.
- **Insulate the floor.** If the noise in your home is coming from below, you can reduce noise by putting down center rugs or carpets.
- **Sound-proof your windows.** If noise keeps coming in from the street or from other noisy neighbors, hang thick curtains in your bedroom windows to help block some noise. Check the windows for gaps. These tiny spaces between the window and the wall don't just let in a draft of air, they can also let outside noise slip in.
- **Use white noise.** Ambient sounds such as white noise are often helpful for blocking out louder, sharper sounds by "masking" those noises with a gentle, tolerable sound. You can buy a specialty white noise machine, or simply keep a fan blowing in your room while you sleep.
- **Play something distracting.** If you don't have a white noise machine or fan handy, you can try using household items to distract you and drown out undesirable noise. A television or radio can help block outside sounds, however, leaving a TV or radio on all night could disrupt your natural sleep patterns and your neighbors. It is recommended using a timer to ensure that the radio or television will automatically turn off at a certain time.
- **Wear earplugs.** Earplugs are an effective way to help block outside noises while you sleep. They're even more effective if you combine earplugs with white noise in your room. You can buy earplugs at many pharmacies, or online. Earplugs may take some getting used to and be uncomfortable at first.

Reference: <https://www.wikihow.com/Sleep-with-Lots-of-Noise>

Get Warm!

- Dress properly for the cold – layer of loose fitting clothing provides insulation.
- Wear an outer wind and rain protection coat or layer
- Wear knit mask to cover face and mouth
- Wear hat that will cover your ears
- Wear insulated gloves to protect hands
- Wear insulated and waterproof boots to protect the feet



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Resident Services Director: Jack Knockstead, Ext. 201.

JANUARY 2018

HOLIDAY DECORATIONS

Thank you to all of our residents who made RHA homes and community spaces a shining place during the holidays. We love to see others celebrate in their own special way. However, now that the New Year is among us, we ask that you please remove any holiday decorations and lights from your unit. Thanks again!

SMOKE FREE CLASSES:

Rhodes - Every Wednesday starting 1/17/18 to 3/7/18, 11-12 PM

Franklin - Every Thursday starting 1/18/18 to 3/8/18, 11-12 PM

Eisenhower - Every Thursday starting 1/18/18 to 3/8/18, 3-4 PM

Please ask Resident Services Department for other sites dates and times.

