

# HEIGHTS MANOR NEWSLETTER



February  
2020

325 North Shady Lane · East Liverpool, OH 43920

[www.heightsmanorapartments.com](http://www.heightsmanorapartments.com)

## Office Hours

Monday-Friday  
10am-4pm

Closed Saturday &  
Sunday

Happy  
Valentine's  
Day

Telephone  
330-385-4047

Email  
[heightsmanor@yahoo.com](mailto:heightsmanor@yahoo.com)

## Maintenance

NON-EMERGENCY  
330-385-4047  
EMERGENCY  
330-853-8626

## Heights Manor Team

Property Manager  
Kathy Buzzard

Maintenance Manager  
Mark Stewart

## Maintenance Team

Randy Simmons  
Tammie Hill  
Charles Keyes

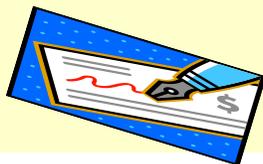
## February is Healthy Heart Month:

### Healthy heart tips

- Reduce sodium intake (salt)
- Eat more fruits and vegetable
- Do regular exercise
- Meditate
- Get a physical
- Limit intake of red meat



Rent is always due on the first day of each month. On the 6<sup>th</sup> late fees are charged to your account.



## RESIDENTS RECEIVING UTILITY CHECKS

For any resident receiving a utility check from us, we ask that you cash the check within 30 days. If you do not receive your reimbursement check by the 20th of the month, please call the office and let us know.



## SCHOLARSHIP NOW AVAILABLE



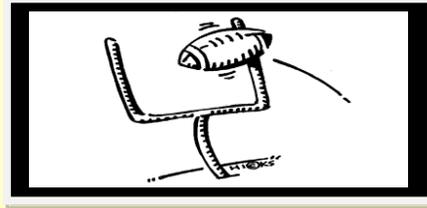
MAHMA is excited to announce that in 2020 they will be awarding four types scholarships to MAHMA member residents. To qualify for the scholarship, an applicant must be at least a senior in high school, in pursuit of and accepted to post-secondary studies. In addition to colleges and universities, this scholarship may also be used for trade, vocational or professional classes. Applications must be completed and returned to the MAHMA office for consideration no later than April 11, 2020. Scholarship winners will be announced by June 30, 2020 after being judged by members of the MAHMA Board of Trustees.

Visit [www.mahma.com](http://www.mahma.com),  
<http://hudnlha.com/education-fund/> Or  
call 888-242-9472 for more  
information

*In honor of my favorite NFL NFC team San Francisco 49er's making it to the Superbowl on February 2,2020 I am bringing back the recipe for 2 different kinds of dip!*

### Easy Dip

8 oz brick cream cheese  
room temp.  
1 Can Hormel chili  
(without the beans)  
1 Jar salsa, any flavor  
1 bag grated sharp  
cheese



Spread cream cheese in bottom of baking dish, layer rest of ingredients until all gone, spread cheese on top. Bake at 350 for approx. 30 minutes.

### Buffalo chicken dip

8 oz cream cheese softened  
½ cup blue cheese or ranch dressing  
½ cup Frank's red-hot sauce, original, cayenne pepper  
sauce, or buffalo wing sauce  
½ cup crumbled blue cheese  
or shredded mozzarella cheese.



2 can (12.5oz) Swanson white premium chunks chicken breast in water (drained).

Heat oven to 350, place cream cheese into baking dish. Stir until smooth.  
Mix in salad dressing, Frank's sauce and cheese. Stir in chicken.  
Bake 20 minutes or until mixture is heated through; stir.  
Garnish as desired. Serve with crackers or vegetables.  
Makes approximately 4 cups  
Prep time 5 minutes  
Cook time 20 minutes.

Enjoy the dips and the game!

