Staying Warm this Winter!

It has been, and will continue to be, very cold this month. Our facilities team sent an email to all residents this week with tips (reprinted below) for keeping your apartment warm, and we want to also share some tips on how to keep yourself warm.

When leaving your home, be prepared. Check the weather, and dress accordingly! Frostbite can occur in as little as 15 minutes with temperatures as low as they have been. You should keep as much of your skin covered when outside as possible, some additional tips:

- Cover your head and ears with a hat, ear muffs, or ear band;
- Wear appropriate footwear, including thick socks (Wool socks will retain their warmth even when wet);
- Wear a face mask or partially cover your face with a scarf;
- Keep your hands covered. Mittens are warmer than gloves;
- Dress in layers; including long underwear or snow pants over your clothes

When inside your home, you should still plan to dress warmly. In Wisconsin winter, you should plan to wear pants, long sleeves, socks, and slippers inside during the winter months.

Prolonged Cold Weather Impacting Heat & Water Pipes
(reprinted from email that was sent to community on 1/3/2018)

We are seeing the effects of having such an unusually long stretch of days with temperatures below freezing and so many apartments where residents are on vacation and thermostats are turned down. To assist with maintaining the heat in buildings and to help avoid frozen pipes here are a few things you can do for the next few days until temperatures moderate on the weekend.

- Keep all windows closed. Although some residents prefer to have a window open for fresh air, the apartments will not stay warm enough if a window is open. Please also make sure that windows in common hallways are closed.
- If our staff notice an open window in an apartment where no one is home, they will enter that apartment to close the window. Our staff closed a number of open windows over the last few days. If you notice an open window at a neighbor’s apartment and they are not home, please let us know—call the Apartment Facilities Office during the day 262-2037 or the Resident Manager on call at night 444-9308.
- Keep bedroom and bathroom doors open as much as possible; this helps with overall circulation of heat in the apartments.
- Keep items 6 to 8 inches away from convectors or radiators, this includes furniture and boxes; more space is better.
- Consider opening the cupboard doors below the kitchen sink. If your kitchen has a wall that is exposed to the outside, this can help protect the water pipes from freezing.
- Call in maintenance concerns that could be related to the cold weather as soon as possible. Issues like no heat or no water are urgent and should be called in right away, no matter the time of day. We have staff on call 24 hours a day for emergencies. If we can address frozen pipes early we can usually thaw them out without further damage. If you wait too long and the pipe bursts, there can be thousands of dollars of damage to the building and to personal belongings. If you notice water coming up from the ground outside this is likely a water main break and should also be called in immediately. During the weekdays, contact the Apartment Facilities Office at 262-2037 and evenings or weekends, call the Resident Manager on call at 444-9308.

If you have any questions, please let us know.

University Apartments Facilities Team
Are you ready for when something out of the ordinary happens? Are your kids ready? Below are a series of “what if…” situations that may happen. For example:

**WHAT IF**
I get locked out of my apartment?

THEN:
1. You can go to the community center for keys.
2. You call the resident manager for keys.

Thinking about solutions to problems before they happen is the best way to prepare ourselves and loved ones should something happen. What would you do in the following situations?

WHAT IF the fire alarm goes off in the building?
THEN 1.
2.

WHAT IF I hear or see something suspicious outside the apartment?
THEN 1.
2.

WHAT IF I get into an accident?
THEN 1.
2.

WHAT IF my child is lost in a store or in the community?
THEN 1.
2.

WHAT IF the neighbors are yelling or fighting and I fear for their safety?
THEN 1.
2.

It is important that your kids can answer those situations above as well as a few other ones.

WHAT IF no one is there to pick me up or is home after school?
THEN 1.
2.

WHAT IF I see my friend steal something?
THEN 1.
2.

WHAT IF a stranger offers me candy, a ride, or to keep a secret?
THEN 1.
2.

WHAT IF someone knocks on the door or the phone rings when I am home alone?
THEN 1.
2.

WHAT IF my friend asks me to do something I don’t think is right or am uncomfortable with?
THEN 1.
2.

Remember to practice these and other “what if” scenarios for yourself and your friends and family. Again, if you have any questions about this or need help answering some of these situations please contact me.

Officer Terry Evans
terryevans@wisc.edu
CANCELLATIONS & CLOSURES

Community Center is closed Jan. 15th in honor of Martin Luther King Jr. Day

Typical evening activities are cancelled on this day. Typical activity resumes Tuesday, Jan. 16th.

SPECIAL EVENTS

FoodWISE Nutrition Class
Tuesday, Wednesday and Thursday afternoons

As a part of the University of Wisconsin Extension (UW-Extension), FoodWISE programming offers an evidence based nutrition class, Eating Smart and Being Active. The content of the curriculum is based on the latest research findings from the 2015-2020 Dietary Guidelines for Americans and MyPlate. This class is funded through federal grants and it is FREE for families with children that are 18 years and under. The class is available to pregnant moms, dads, grand-parents and caregivers of young children. Each class is about 2 hours long and is designed to be taught in sequential order, building on previous lesson content. Activities include dialogue-based learning and hands-on activities. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resources management.

Pre-registering for the class via email is required. Kazoua Moua, email: moua@countyofdane.com, phone 608-224-3644.

WEEKLY EVENTS

Mondays:
Table Tennis, 5:45-7:45 pm
Small Gym

Tuesdays:
Soccer, 6:00-7:30 pm
Large Gym

Bulgarian Dance, 6:15-7:30 pm
Small Gym

Wednesdays:
Basketball, 6:00-7:45 pm
Large Gym

Insanity Workout, 6:00-7:30 pm
Small Gym

Thursdays:
Volleyball, 6:00-7:45 pm
Large Gym

Bulgarian Dance, 6:15-7:45 pm
Small Gym

Saturdays:
Zumba, 9:30-11 am
Large Gym

Insanity Workout, 9:30-10:30 am
Small Gym

SAVE THE DATE

Save the date for these exciting events happening in Spring Semester:

Kalahari Resort Day Trip
Sunday, January 28
Join us for a trip to the incredible Kalahari Water Park! The cost is $38 per person and includes a waterpark wristband which is good for all day water-park fun! The price also includes a coupon for an 8” jumbo slice of pizza & large fountain drink for each person registered, and transportation to and from the Community Center.

Milwaukee Bucks Trip
Sunday, February 25
Come join us for a fun NBA game trip to Milwaukee! Bucks basketball plays against the New Orleans pelicans at the BMO Harris Bradley Center. Watch the pre-game warm up in the front row and take a center-court picture. Game starts at 2:00pm, and bus leaves the Community Center at 12:15pm. Cost is $55 per person and includes transportation and admission to the game.

Register for these events at: www.housing.wisc.edu/apartments/resident/news.

EVENTS THIS MONTH

CHECK OUT OUR NEW EVENTS CALENDAR AT WWW.HOUSING.WISC.EDU/RESIDENT/NEWS!