

PIKE COUNTY HOUSING AUTHORITY

January 2018

We encourage tenants to use West Central Mass Transit for your transportation needs for important appointments, such as doctor appointments, grocery trips, the bank, or the pharmacy. This service is **FREE** for PCHA tenants. Please call 217-285-4529 to get on the schedule. This is the perfect solution for those that must rely on others for transportation.

FOR THOSE TENANTS THAT HAVE MADE THE SWITCHOVER TO AMEREN, IF YOU HAVE ANY QUESTIONS ABOUT YOUR BILL YOU MUST CALL AMEREN, OUR OFFICE NO LONGER TAKES CARE OF THE ELECTRICITY FOR YOU. THESE BILLS ARE YOUR RESPONSIBILITY.

Office Closed

January 1
New Year's Day

January 5
Close at 3pm for meeting

January 15
Martin Luther King Day

January 26
Close at 2pm for an end of month meeting

For those tenants that are receiving new windows, since it is wintertime, we would suggest that you not be home when the installers come to change out your windows. They will not leave until all the windows are installed in your unit. We suggest that you take that day to run errands, grocery shop, etc. If you have nowhere to go, we encourage you to use the PCHA community buildings in the area. These are located in Barry, Landess Terrace, and at East Adams in the long building. We apologize that this work is being done now but with the manufacture of the windows being delayed, we are at the mercy of the contractor.

THE ANSWER FOR THE
DECEMBER PUZZLE WAS
44 TRIANGLES.

IF YOU RECEIVE A STATEMENT IN THE MAIL FROM THE OFFICE AND YOU KNOW YOU HAVE ALREADY SENT YOUR PAYMENT, **PLEASE DISREGARD THE NOTICE**. THERE IS NO NEED TO CALL THE OFFICE EVERY MONTH WHEN YOU RECEIVE YOUR STATEMENT. THEY ARE SENT OUT AS REMINDERS.

Please remember no one has permission to permanently attach items to the building. We appreciate that you want to decorate and encourage you to do so, however we do not want damage to government property. There are other ways of decorating without permanently attaching items to the building. Command has many products available for outdoor use, we encourage you to use these items. You will be charged for any damage you cause to the property.



HEALTH TIPS

DON'T FORGET YOU CAN
PAY YOUR BILL ONLINE AT
OUR WEBSITE OR YOU CAN
CALL THE OFFICE. A
\$3.00 CHARGE APPLIES.



DON'T SKIP BREAKFAST

STUDIES SHOW THAT EATING A PROPER
BREAKFAST IS ONE OF THE MOST
POSITIVE THINGS YOU CAN DO IF YOU'RE
TRYING TO LOSE WEIGHT.

EAT YOUR STRESS AWAY

PREVENT LOW BLOOD PRESSURE AS IT
STRESSES YOU OUT. EAT REGULAR AND
SMALL HEALTHY MEALS AND KEEP FRUIT
AND VEGGIES HANDY. HERBAL TEAS WILL
ALSO SOOTHE YOUR FRAZZLED NERVES.

LOAD UP ON VITAMIN C

WE NEED AT LEAST 90MG OF VITAMIN C
PER DAY AND THE BEST WAY TO GET
THIS IS BY EATING AT LEAST FIVE
SERVINGS OF FRESH FRUIT AND
VEGETABLES EVERY DAY. SO HIT THE
ORANGES.

LAUGH AND CRY

HAVING A GOOD SOB IS REPUTED TO BE
GOOD FOR YOU. SO IS LAUGHTER,
WHICH HAS BEEN SHOWN TO HELP HEAL
BODIES, AS WELL AS BROKEN HEARTS.

If your apartment is
infested with fleas, the
treatment to get rid of
them is the tenant's
responsibility. This
treatment costs \$125.00
to \$150.00. Please make
sure you treat your pets.
We will schedule the
treatment and then pass
the charge on to you. If
you are unable to pay the
full amount all at once,
you can do a formal
repayment agreement.

January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Office Closed	2	3	4	5 Close @ 3 for Meeting	6
7	8	9	10	11	12	13
14	15 Office Closed	16	17	18	19	20
21	22	23	24	25	26 Close @ 2pm Meeting	27
28	29	30	31 Rent Due			

©2016 MichelZbinden.com

Calendars Michel Zbinden

Pike County Housing Authority

838 Mason St.

Barry, IL 62312

Phone: 217-407-0707

Fax: 217-407-0708

Office closed from 12pm-1pm for
lunch.



1-866-QUIT-YES

1-866-784-8937

Natural gas is a naturally abundant gas found deep beneath the earth's surface. It is odorless and colorless and produces very few emissions. It is also considered the cleanest fuel because of its clean-burning qualities.

Natural gas is the most popular energy used for home heating. Its uses are expanding to electrical power generation, cooling and fuel transportation, due to its ease of use and its positive environmental qualities.

The natural gas delivery system has the best safety record of all energy delivery systems. This brochure will provide you with important safety information about natural gas.

U.S. Department of Transportation's guidelines require your Gas Distribution Company to make you aware of certain safety recommendations regarding your underground natural gas piping. Gas Distribution Companies do not maintain gas piping past the customer's gas meter. Piping beyond the customer's gas meter is the responsibility of the customer. Buried customer piping if not properly maintained may be subject to corrosion and/or leakage. Your buried piping should be checked periodically to ensure continued safe and reliable operation. You (or the building owner) are advised to contact a licensed contractor to assist you in locating and inspecting your buried gas piping. Should an unsafe condition be discovered, repairs should be made immediately.

The Popular Choice

According to statistics from the National Transportation Safety Board, natural gas pipelines and mains are the safest method of transportation. Natural gas provides about 24 percent of all the energy used in the United States. Gas utilities serve more than 60 million residential, commercial and industrial customers through underground pipelines.

The Safety Commitment

It is extremely unlikely a gas leak will occur, but you should always be prepared. Natural gas is extremely flammable and if released and contacted by any source of ignition will ignite, and possibly explode.

We are committed to protecting you, your property and the environment, and by implementing programs like these we are better equipped to detect the possibility of a leak happening prior to it actually occurring. These safety guidelines will provide you with important information to help you avoid dangerous activities that could lead to a gas leak, and what steps to take if a natural gas leak were to occur.

Using the latest technology, security and industry practices, natural gas pipelines and mains are monitored to maintain service and safety. Natural gas companies execute many programs to ensure your safety, including:

- Design and construction, planning with local agencies
- Monitoring 24 hours a day, 7 days a week
- Integrity Management Programs for transmission pipelines
- Inspection and patrol, by aerial and foot
- Emergency Responder and Excavator Training Programs
- Public Awareness and Damage Prevention Programs
- Coordination and communication with police and fire officials

What you should DO if a leak occurs

DO leave the home, building and area of the suspected leak, and get to a safe area.

DO call 911 and the pipeline company from a safe distance.

DO warn others to stay out of the area.

What you should NOT DO if a leak occurs

DO NOT touch, breathe or make contact with the leak.

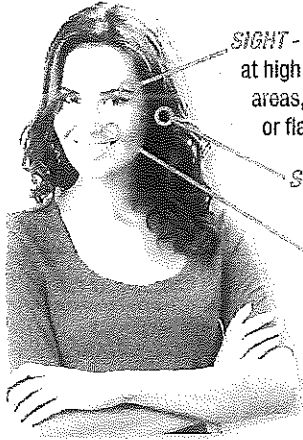
DO NOT light a match, turn light switches on or off, use a cell or home phone, or do anything to create a spark.

DO NOT attempt to extinguish any fire.

DO NOT attempt to operate any valves.

Recognizing a Suspected Leak

Using your sense of sight, sound and smell will help you recognize a suspected leak. Here's what you should look for.



SIGHT - Natural gas is colorless, but vapor and "ground frosting" may be visible at high pressures. A gas leak may also be indicated by bubbles in wet or flooded areas, distinct patches of dead vegetation, dust blowing from a hole in the ground or flames if the leak is ignited.

SOUND - A hissing or roaring noise along the right-of-way of a pipeline could also indicate a natural gas leak.

SMELL - Transmission natural gas has a stale petroleum/hydrocarbon smell. Before it is delivered to your home, natural gas has mercaptan added which gives the gas a sulphur or "rotten egg" smell to help detect leaks. If the gas is from an underground leak, the odorant may be filtered out by the ground.

Call before you dig

99%* of all incidents involving injury, damage to property and the environment, or utility service outages can be avoided by making a FREE call to 811 at least two to three business days prior to excavating. Examples of activities that require a call to 811 include:

- Building a fence
- Landscaping
- Installing a pool
- Installing a sprinkler system

Once the lines have been marked, you will know their approximate location and can safely begin your dig, following safe excavation practices.

* CGA Dirt Report 2013

Additionally, third-party contractors are subject to the Occupational Safety and Health Administration's (OSHA) requirements. OSHA cites in its "General Duty Clause" possible regulatory enforcement action that could be taken against excavation contractors who place their employees at risk by not utilizing proper damage prevention practices. The lack of adequate damage prevention could subject the excavator to OSHA regulatory enforcement.

- Understanding the One-Call requirements and damage prevention laws in your area by utilizing the following site.
- <https://primis.phmsa.dot.gov/comm/DamagePreventionSummary.htm>

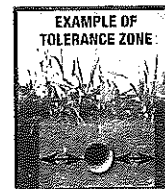


Digging safely around pipelines

State laws require you to maintain minimum clearance, or tolerance zone, between the point of excavation and a marked pipeline.

Even the most minor damage to a pipeline can have serious consequences. If you cause or witness even minor damage to a pipeline or its protective coating, do not cover up or attempt to repair the pipeline. Evacuate the area and call 911 **and** the pipeline company immediately.

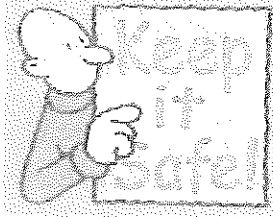
The Tolerance Zone is a defined horizontal space from the outside wall or edge of an underground line or pipe. The size or width varies by state and is defined in the individual state One Call legislation.



January is the deadliest month for carbon monoxide poisoning

According to a new study by the federal Centers for Disease Control and Prevention, the first month of the year is the worst for carbon monoxide poisoning. At least two people die each day from carbon-monoxide poisoning in January—three times the fatality rate recorded in August and July. Unintentional carbon monoxide exposure accounted for 15,000 emergency room visits annually, with an average of 439 people dying each year.

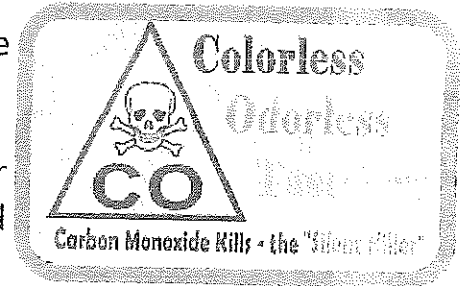
Fatalities were highest among men and senior citizens: Men because they are engaged in more high-risk behaviors such as working with fuel-burning tools or appliances and seniors because they are likely to mistake the symptoms of CO poisoning (headaches, nausea, dizziness or confusion) for the flu or fatigue.



It should come as no surprise that CO deaths are the highest in winter (December is the second highest month). Cold weather increases the use of gas-powered furnaces as well as the use of risky alternative heating and power sources (portable generators, charcoal briquettes, propane stoves or grills) during power outages. It's also understandable that the highest CO death rates are in colder states: Nebraska, Wyoming, Alaska, Montana and North Dakota. By contrast, California has the lowest fatality rate.

With these sobering facts it's a good time to remember the following safety tips to prevent CO poisoning:

- Have your heating system, water heater and any other gas, oil or coal-burning appliance inspected and serviced by a qualified technician every year.
- Install battery-operated CO detectors on every level of your home.
- Don't use a generator, charcoal grill, camp stove or other gasoline or charcoal-burning device inside the home, basement or garage or outside the home near a window.
- Don't burn anything in an unvented stove or fireplace.
- Don't let a vehicle idle inside a garage attached to a house, even if the garage door is left open.
- Don't heat a house with a gas oven.



If a CO detector sounds, leave your home immediately and call 911 from outside. Seek prompt medical attention if you suspect CO poisoning and if you or someone in your household is feeling dizzy, light-headed or nauseated.

Find Number of squares

