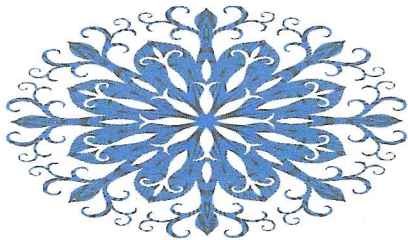


Pike County Housing Authority

JANUARY 2020

CHANGES IN 2020

- New Utility allowances will be implemented
- We will no longer take any *cash* payment, only check, money order, cashier's check, debit or credit cards
- Updated resident portal information
- Office closed to public on Friday
- New flat rates will be implemented



BE THE FIRST TO CALL IN WITH THE
CORRECT ANSWER TO THE RIDDLE
AND GET \$25.00 CREDIT ON YOUR
ACCOUNT



PCHA CLOSED DATES

Monday 1-20-20

CLOSED

Fridays:

CLOSED

Lobby closed

Calls accepted

Landess Terrace 71-1
Building:
Kitchen maintenance
is scheduled to start
in March/April 2020.



SORRY, SON...THERE'S NO APP FOR THAT

With Winter Weather becoming worse in the next couple of months, we would like to remind you that our policy is to only provide snow removal when there is 2 inches of snow or more.

We do will not clean off tenant personal property.

Please take precautions when walking or traveling in these conditions.

In Illinois beginning in 2020, recreational marijuana will be legalized. **HOWEVER, PCHA properties are Federal owned properties. Marijuana is on the Federal banned substance list and can not be used in, on or near our properties.**

NATIONAL GAMBLING PROBLEM HELPLINE
CALL OR TEXT
1-800-522-4700

ILLINOIS COUNCIL ON PROBLEM GAMBLING CALL
217-652-9611

Pike County Housing Authority

838 Mason St
P.O. Box 123
Barry, IL 62312

Phone: 217-407-0707
Fax: 217-407-0708
www.pikehousing.com



ILLINOIS TOBACCO
QUITLINE
Where Quitters Always Win!
1-866-QUIT-YES
1-866-784-8937

SIGN UP FOR RESIDENT PORTAL WITH YOUR
CURRENT EMAIL ADDRESS OR TEXT NUMBER. WE
WILL CONTACT YOU WITH PAST DUE REMINDERS,
OFFICE HOURS AND OTHER INFORMATION. GO TO:

pikecountyha.housingmanager.com

AND FOLLOW THE PROMPTS.



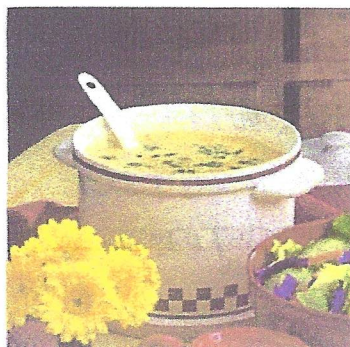
COLD REMEDIES: WHAT WORKS

There is no cure for the common cold. But what about cold remedies that claim to make you feel better faster? Find out what's effective.

Cold remedies are almost as common as the common cold, but are they effective? Nothing can cure the common cold, but there are some remedies that might help ease your symptoms and keep you from feeling so miserable. Here's a look at some common cold remedies and what's known about them.

If you catch a cold, you can expect to be sick for one to two weeks. That doesn't mean you have to be miserable. Besides, getting enough rest, these remedies might help you feel better;

- **Stay hydrated.** Water, juice, clear broth or warm lemon water with honey helps loosen congestion and prevents dehydration. Avoid alcohol, coffee and caffeinated sodas, which can make dehydration worse.
- **Rest.** Your body needs to heal.
- **Soothe a sore throat.** A saltwater gargle- $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt dissolved in an 8 ounce glass of warm water-can temporarily relieve a sore or scratchy throat. Children younger than 6 years are unlikely to be able to gargle properly. You can also try ice chips, sore throat sprays, lozenges or hard candy. Don't give lozenges or hard candy to children younger than 6 years.
- **Combat stuffiness.** Over the counter saline nasal drops and sprays can help relieve stuffiness and congestion.
- **Relieve pain.** Over the counter pain relievers for adults, such as acetaminophen, ibuprofen or aspirin. Consult your child's doctor before giving them any over the counter medications.
- **Sip warm liquids.** Such as chicken soup, tea or warm apple juice, might be soothing and might ease congestion by increasing mucus flow.
- **Add moisture to the air.** A cool-mist vaporizer or humidifier can add moisture to your home, which might help loosen congestions. Change the water daily, and clean the unit according to the manufacturer's directions.



Homemade Cheesy Potato Soup

★★★★☆

It doesn't take long to put bowls of this comforting homemade potato soup on the table. Convenience items such as canned soup and process cheese simplify the preparation. —Tammy Condit, League City, Texas

TOTAL TIME: Prep: 10 min. Cook: 35 min.

YIELD: 10 servings (2-1/2 quarts).

Ingredients

- 1 medium onion, chopped
- 2 tablespoons butter
- 6 medium potatoes, peeled and cubed
- 5 cups water
- 2 cups milk
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/2 teaspoon garlic salt
- 1/8 teaspoon pepper
- 12 ounces process cheese (Velveeta), cubed
- Minced fresh parsley

Directions

1. In a Dutch oven or soup kettle, saute onion in butter. Add potatoes and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender. Stir in the milk, soup, garlic salt and pepper; heat through. Add cheese; stir until cheese is melted. Sprinkle with parsley.

Garnet is the birthstone for January representing constancy and balance in life.

Zodiac signs:

Capricorn 12/22-1/19

Aquarius 1/20-2/18

**PLEASE DO NOT LEAVE ANIMALS OUTSIDE
IN WINTER WEATHER**



JANUARY RIDDLE

**WHAT DO YOU GET WHEN YOU
CROSS A SNOWMAN AND A WOLF?**

WINTER WORD SEARCH



E T C G B W T B X E S S Y H I
T N A H Q L W I K Q E N T O J
A Y E H I I I A U V F O S L T
L W C Z N L L Z O S W W O I S
O I W T O F L L Z I W G R D E
C I E M W R G Y P A H O F A W
O R D O W T F W I B R F N Y O
H S N E E R T E N I P D J S S
C S C T M I T T E N S Y A N N
T E P A E L C I C I F K O A G
O J E K R H B O O T S W M C I
H Y U S E F D N I W B W O V V
F I R E P L A C E A O L E E I
A V U C R U G U L N D D C E N
C P Y I J U U L S U Q S I Y G

WORDS TO FIND:

BLIZZARD

COLD

FROZEN

HAT

ICE

MITTENS

SNOW

SNOWMAN

WINTER

BOOTS

FIREPLACE

GIVING

HOLIDAYS

ICESKATE

PINETREE

SNOWBALL

SNOWSUIT

CHILLY

FROSTY

GLOVES

HOTCHOCOLATE

ICICLE

SCARF

SNOWFLAKE

WIND



STRETCH YOUR DOLLARS WITH THE
NEW YEAR;

SAVE ON YOUR ACCOUNT BY PAYING
YOUR ACCOUNT IN FULL BY THE
LAST WORKING DAY OF EACH
MONTH. BY DOING THIS, YOU WILL
SAVE A \$25.00 LATE FEE EACH
MONTH.

REMEMBER, THE FULL AMOUNT DUE
MUST BE PAID IN ORDER TO AVOID
LATE FEES!!

YOU MAY LEAVE YOUR PAYMENT IN
OUR SECURE DROP BOX AT THE
OFFICE. PAYMENTS RECEIVED IN THE
DROP BOX BY THE LAST WORKING
DAY WILL NOT BE CHARGED A LATE
FEE!!

CHECK, MONEY ORDER, CASHIERS CHECK,
DEBIT OR CREDIT CARD (\$3 SERVICE FEE)

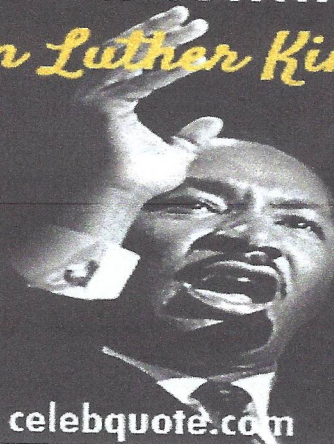
ONLY ACCEPTED PAYMENTS!!

NO CASH ACCEPTED!! NO EXCEPTIONS!!

*Slappy
New Year
2020*

**THE ULTIMATE MEASURE OF A MAN
IS NOT WHERE HE STANDS IN MOMENTS OF
COMFORT & CONVENIENCE
BUT WHERE HE STANDS AT TIMES OF
CHALLENGE & CONTROVERSY**

Martin Luther King Jr.



celebquote.com