



PIKE COUNTY HOUSING AUTHORITY

SEPTEMBER 2020

Thank you for using the secure drop box, postal service and call in credit/debit card to make your payment. *Our office remains closed to the public. We will operate on appointment only basis.*



**PCHA
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217-407-0707
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WWW.PIKEHOUSING.COM



EMERGENCY PREPAREDNESS

Be Prepared:

Unexpected emergencies are just that-unexpected. They can happen quickly, without much warning, or develop over months. Recent events like last summer's catastrophic flooding and now COVID-19 have encouraged all of us to take a closer look at emergency preparedness. What steps can we take to be prepared?

WHY PLAN NOW?

Planning ahead makes sense: having your bases covered reduces anxiety and lessens the risk of overlooking something important. Clear communication ensures that in the case of an emergency, you and your family know what to do.

What Should I Do?

Start with the basics. Update your emergency contact list. Include your family, healthcare providers, and other important numbers. Keep a copy in your wallet and have one near your phone. Keep copies of important documents in a fire-safe box in your home or in a safety deposit box at your bank. Update your list of medications. If possible, consider getting on a three-month fill in case you are unable to leave home or have medicines delivered for a short while. Know the safe places within your home in case you need to shelter in place during a severe weather emergency. Plan for transportation and/or a place to stay if you need to evacuate. If you use medical equipment like a wheelchair or walker, make sure it's in good repair and label it with your name and contact information (pre-printed mailing labels work well). Don't forget your furry friends: If you would need to leave your home, identify someone who could care for your pets and plan for their care.

What Do I Need?

After you've completed your plan, consider pulling together some essential supplies. Your "Emergency Kit" may include extra batteries for flashlights, hearing aids, and portable radio; a small first-aid kit; several days' worth of non-perishable food (canned, dried, or shelf-stable microwaveable meals); hygiene supplies; and pet supplies. Be sure to check your Emergency Kit every six months and remove and expired items.

When an Emergency Happens:

Remember that everyone in a community is impacted by an emergency or disaster. First responders and relief organizations will do everything they can to help, but it will take time. Having your emergency plan in place before an emergency happens will let you focus on taking care of yourself. It's much easier to remain calm when you know what to do. Take responsibility by planning now.



FRIENDLY CALLER PROGRAM

A simple phone call can make someone's day!

The Area Agency on Aging, in conjunction with the Retired and Senior Volunteer Program (RSVP), are now offering Friendly Calls to older adults in **Adams, Brown, and Pike Counties!** Individuals can be self-referred or may be referred by others. Participants will be matched with a volunteer and calls can range from 5-20 minutes anywhere from 1-5 times a week. This is a voluntary program and can be ended at any point.

This program is born out of a commitment from the State of Illinois to address social isolation and loneliness. Research shows that loneliness and social isolation are linked with negative physical and mental health consequences, including depression, cardiovascular disease, quality of life, general health, cognitive function, and mortality.



WEST CENTRAL ILLINOIS
AREA AGENCY ON AGING
Serving Adams, Brown, Calhoun, Hancock, Pike & Schuyler Counties



How can we help?

Safety & wellbeing checks

Provide supportive listening and social calls

Decrease impact of social isolation

Provide referrals if needed & offer ongoing follow-up contact

To refer yourself or someone you know for the Friendly Caller Program:

Call: Kim Schuette

Phone: 217-223-7904

Email:

kim.schuette@wciagingnetwork.org

Hours available for calls:

Mon-Friday: 8:30 am – 3:00 pm

Flat Rent Policyⁱ

As of August 20th, 2020, the Pike County Housing Authority Board of Commissioners established by resolution the following change to the Pike County Housing Authority's flat rent schedule.

This change will be in effect for all bedroom sizes that the Pike County Housing Authority maintains as of October 1st, 2020.

Annually, the Pike County Housing Authority's flat rent schedule will be set at the least of the following methods:

- 80% of the HUD determined Final Fair Market Rents (FMR) for the fiscal year; or
- 80% of the HUD determined Final Small Area Fair Market Rents (SAFMR) for the fiscal year; or
- For non-metropolitan areas in which HUD does not publish a SAFMR, 80% of the HUD determined Final Unadjusted Rents for the fiscal year.

The below example is a comparison of the above methods for Federal Fiscal Year 2021:

80% of the HUD determined Final Fair Market Rents (FMR):

	<u>2021 FMR</u>	<u>80% FMR</u>
1BR	\$531.00	\$425.00
2BR	\$700.00	\$560.00
3BR	\$871.00	\$697.00
4BR	\$949.00	\$759.00

80% of the HUD determined Final Small Area Fair Market Rents (SAFMR):

This data has not been published by HUD for Pike County, Illinois.

80% of the HUD determined Final Unadjusted Rents:

	<u>2021 Unadjusted Rents</u>	<u>80% Unadjusted Rents</u>
1BR	\$478.00	\$382.00
2BR	\$630.00	\$504.00
3BR	\$783.00	\$626.00
4BR	\$854.00	\$683.00

Brightly-colored birds often catch our eye as they fly by our windows and porches. Males typically have bright plumage designed to impress potential mates; females usually display neutral feathers to help provide camouflage in nesting habitats. This month we're taking a closer look at two show-stoppers; the American Goldfinch and the Cardinal. A dull yellowish-gray during the non-breeding season, male goldfinches transform into vibrant yellow chatterboxes during breeding season. Look for the distinctive black forehead patch on mature males and their characteristic black wing bars. Goldfinches love sunflower and thistle seed, and will enjoy visiting your feeders all year long. The red Cardinal bird is also known by its other names like North Cardinal, Common Cardinal and Redbird. The male redbird is slightly larger than its female counterpart. The habitat of this bird is mainly swamps, shrub lands, woodlands and gardens. Yellow, orange or red pigments found naturally in plants are responsible for the characteristic red coloration exhibited in the feathers of male birds. Northern cardinals are monogamous, and pairs stay together year round. The Northern Cardinal is the official state bird of 7 States; Illinois, Indiana, Kentucky, North Carolina, Ohio, Virginia, and West Virginia. Cardinals are typically the first bird to visit feeders in the morning and the last to visit in the evenings. Female Cardinals express themselves using more elaborate songs than males and may sing up to two dozen different tunes, depending on their location. Both male and female vocal patterns vary slightly based upon the region, just as dialects of languages appear depending upon the locale.

**Thank you for paying your
rent on time**

**Please return all paperwork
to our office within 10 days of
receiving**

**Report all income changes to
your household within 10 days**

Pick up after your pets

**Do not allow someone to
move into your apartment
without PCHA authorization**

**Keep your apartment clean
and safe**



HUD SMOKE-FREE HOUSING RULE



Why did HUD adapt a smoke-free policy rule?

The smoke-free rule was adopted to prevent fires, allows residents to breathe clean air and reduce maintenance cost.

What tobacco products are banned?

All lit tobacco products are banned including cigarettes, cigars, and pipes.

Is marijuana allowed at PHAs?

HUD **does not allow** marijuana on any PHA site. Marijuana is on the federally banned substance list, and is not allowed in any form on PCH properties.

Where is smoking banned?

It is banned inside all Public Housing Authority (PHA) buildings, including patios, or within 25 feet of building.

Are PHAs required to build smoking shelters?

No, they are not required to do so.

If I have a physical disability can I smoke in my unit?

No, all residents are banned from smoking in their unit and within 25 feet of any building.

How is the rule enforced?

Like other rules, the smoke-free rule will be part of the lease agreement. Warning and fines may also be issued for people who violate the rule.

What help is offered to residents who want to quit smoking?

Residents can contact PHA staff for information on free quit counseling services. Quit smoking resources are also available to Medicaid enrollees, and military personnel and their families.

Tobacco Quit Line
1-800-QUIT-NOW
toll-free 1-800-784-8669
QUITLINE.COM



RECIPE: SOUTHERN MILK & HONEY SWEET CORN

Nothing says summer like fresh, sweet corn on the cob. We love grabbing a few ears of corn at our local farmer's market or grocery store. There are a million-and-one ways to prepare corn on the cob; grilling is definitely one of the favorites – the char on the corn from the grill not only looks pretty but adds great flavor. Boiling corn is another cooking method, and we've got a way to use that pot to our advantage, infusing the corn kernels with a sweet buttery creaminess that will make everyone cheer for corn!



Ingredients

- 8-10 ears of sweet corn, shucked
- ½ cup heavy cream
- 1 cup milk
- ½ cup unsalted butter
- 3 tablespoons honey
- 1 teaspoon Cajun seasoning (opt)
- Salt and pepper, to taste
- Chopped parsley, to garnish

Preparation

1. Add water to a large stockpot until half filled. Transfer to stovetop and add heavy cream, milk, butter, honey, and Cajun seasoning, salt and pepper, to taste.
2. Heat milk and butter on medium until butter is melted and milk is warmed, but not boiling. Add corn cobs and lower heat slightly to prevent milk from scorching.
3. Simmer corn for 7-12 minutes (shorter for firmer kernels, longer for softer kernels). Carefully remove corn from pot and place on a serving platter to cool slightly before serving.

Give your corn a spa treatment in a bath of warm milk and honey. The corn bubbles and simmers away in this sweet infusion of flavor and comes out perfect every time. Leave the corn in for as long as you like – longer for softer kernels, shorter for firm kernels. We like it somewhere in between, al dente like pasta, and we can't get over how sweet and savory this turns out. A sprinkle of salt and pepper, if you like, at the end is just about all we need to achieve corn nirvana.





**NATIONAL PROBLEM GAMBLING
HELPLINE
CALL/TEXT 1-800-522-4700**

**PLEASE PICK UP AFTER YOUR PET.
THANK YOU!**

**RENT IS DUE BY THE LAST WORKING DAY
OF THE MONTH.**

**IF YOU ARE HAVING PROBLEMS PAYING
YOUR RENT, WE DO HAVE PAYMENT
ARRANGEMENTS AVAILABLE. CALL THE
OFFICE TO SEE IF YOU QUALIFY.**

**IF YOU ARE PLANNING TO MOVE, CALL
THE OFFICE TO GIVE A 30 DAY NOTICE.
DURING THE 30 DAY NOTICE, YOU MUST
LEAVE THE ELECTRIC IN YOUR NAME,
YOU WILL BE CHARGED RENT DURING
THAT TIME. FAILURE TO DO EITHER OF
THESE THINGS WILL RESULT IN
ADDITIONAL CHARGES AND/OR
FORFEITURE OF DEPOSIT.**

217-407-0707