

PCHA JUNE 2021

EVENTS HAPPENING IN PIKE COUNTY

THE FAIRS ARE BACK IN TOWN!!

Pike County Fair

June 8th- June 12th

Pleasant Hill, Il. Fairgrounds

Western Illinois Fair

June 23rd-June 27th

Griggsville, Il. Fairgrounds

BACK THE BLUE

SATURDAY JUNE 12, 2021

11am-3pm@ Save-A-Lot Parking Lot

Trendy's Take It Cheesy will be cooking

There will be law enforcement and so much going on, with drawings and raffles. Call 217-285-5712 for more information.



IN HOME INSPECTIONS

PCHA STAFF WILL BE DOING IN HOME
INSPECTIONS THE WEEKS OF

JUNE 22-25TH & JUNE 28TH-JULY 2ND.

THIS IS YOUR 48 HOUR NOTICE. STAFF
WILL ENTER YOUR HOME TO DO THE
INSPECTION EVEN IF NO ONE IS HOME.
YOUR ENTIRE UNIT INCLUDING YOUR
YARD AND PORCH AREAS WILL BE
INSPECTED.



NATIONAL GAMBLING HOTLINE

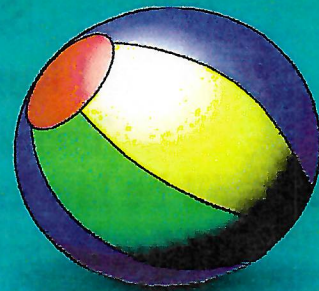
800-522-4700

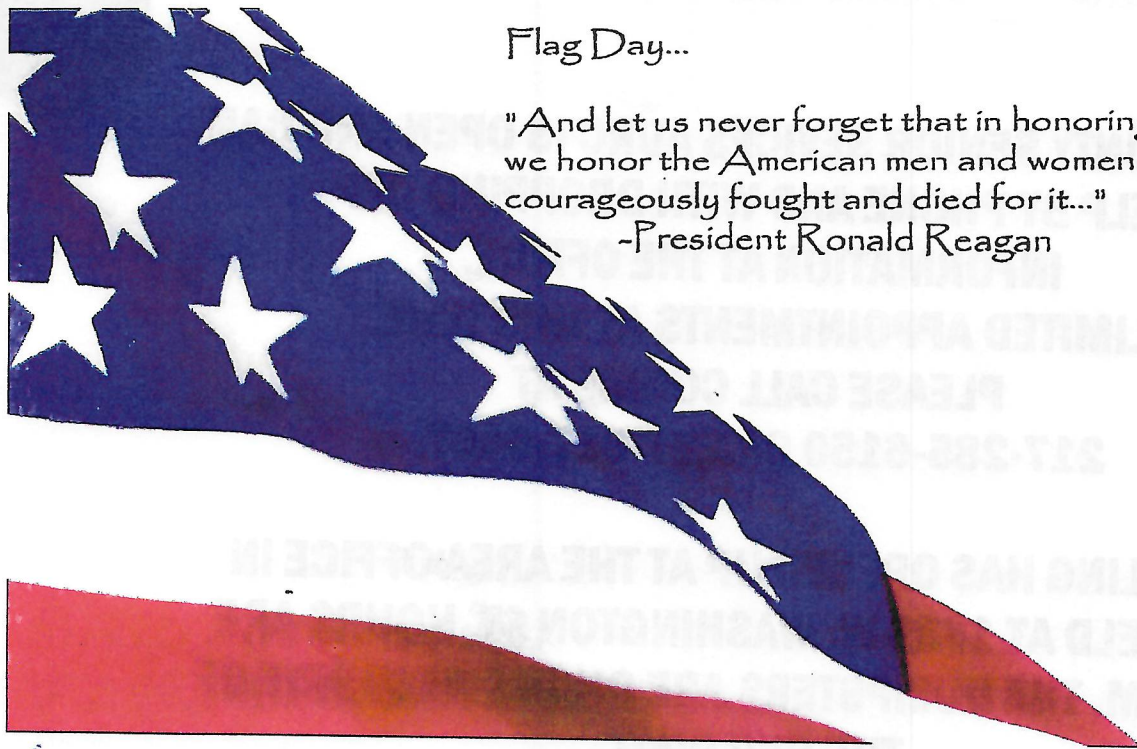
ILLINOIS TOBACCO QUITLINE

866-QUITYES

866-784-8937

RETURN ALL
PAPER WORK
TO THE OFFICE
WITHIN 10 DAYS





Flag Day...

"And let us never forget that in honoring our flag, we honor the American men and women who have courageously fought and died for it..."

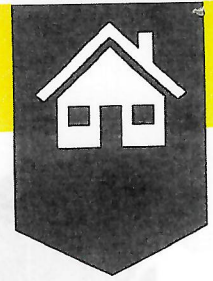
-President Ronald Reagan

Flag Day Monday June 14th, 2021

Benefits of Sunshine

While many may avoid the sun for fear of skin cancer or skin damage, we are here to ease the fear and share how to get the most from the sun for your health, without the negative consequences that may occur from over-exposure. Vitamin D produced in the skin also helps protect the skin. Unlike traditional vitamins that you must get from your diet or supplements, vitamin D can be produced naturally in your skin. When exposed to UVB rays, and in the proper circumstances, your body has the ability to make vitamin D. Sensible exposure to sunlight actually protects the skin and deeper tissues from UV damage by increasing pigmentation(short term tanning) and thickening the outermost layer of skin, a process beneficial for the skin. Keratinocytes, which make up over 90% of the outermost layer of skin, cannot rely on vitamin D3 from supplements. Keratinocytes must synthesize their own supply of vitamin D directly from sun exposure or topical application. So make sure you feed your keratinocytes vitamin D from the sun or topical application.

PCHA 217-407-0707



**PIKE COUNTY SENIOR SERVICES ADRC IS OPEN AND CAN
HELP BY PHONE AND WITH DROPPING OFF
INFORMATION AT THE OFFICE.
LIMITED APPOINTMENTS AT THIS TIME.
PLEASE CALL CONNIE AT
217-285-6150 OR 217-617-5467.**

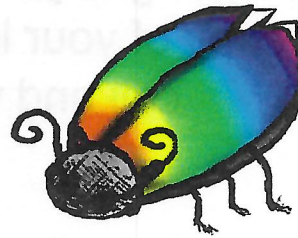
**RECYCLING HAS OPENED UP AT THE AREA OFFICE IN
PITTSFIELD AT 1335 W. WASHINGTON ST. HOURS ARE
8AM-4PM. THE DUMPSTERS ARE ON THE WEST SIDE OF
THE BUILDING.**

LANDESS TERRACE TRASH CORRALS

**WE ARE CONTINUING TO SEE ITEMS THAT ARE NOT
ALLOWED IN THE TRASH CORRALS. ONLY ITEMS THAT
CAN FIT IN THE TRASH CONTAINERS ARE ALLOWED.
OLD FURNITURE, BOXES WHICH ARE NOT BROKEN
DOWN, ANY ITEMS TOO LARGE FOR THE TRASH
CONTAINERS MUST NOT BE THROWN INTO THE
CORRALS. CALL THE OFFICE FOR ASSISTANCE WITH ANY
LARGE ITEMS.**

THANK YOU FOR PAYING YOUR RENT ON TIME

Please make sure your screen door is unlocked on the days that your complex is due for pest control.



Please pick up all items in the yard including pet tie outs and toys when you are finished. Maintenance will not stop to pick up your items left in the yard.

Please do not approach the maintenance crew while they are mowing or doing any type of yard work. This is for everyone's safety.

The office will remained closed to the public. Please **DO NOT** knock on the door or yell through an open window. You must call the office if you need assistance, or to make an appointment. If you cannot get through, please leave a message and we will call you back as soon as possible.

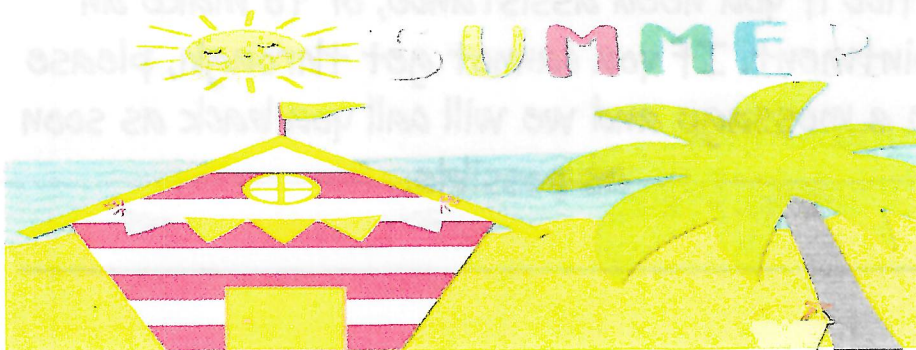
If you have any questions concerning what is and what is not allowed according to your lease, please call the office. If you would like a copy of your lease sent to you for your records, just call and we will mail it to you.

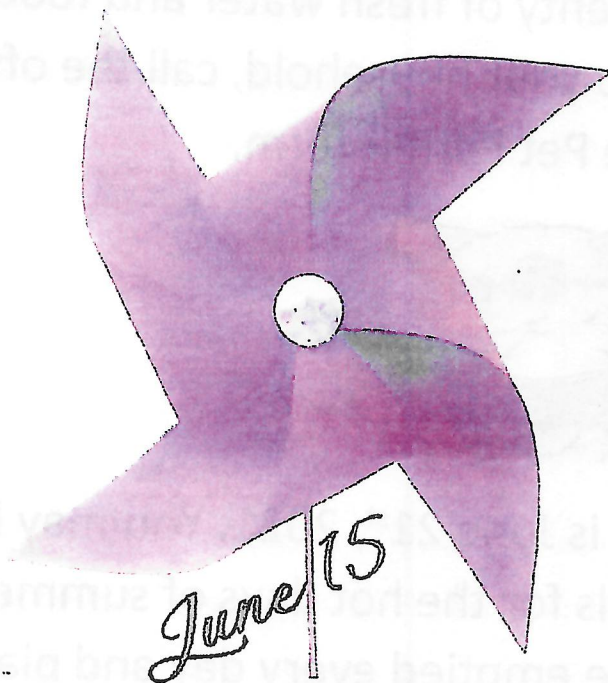
Each apartment is only allowed to have 2 pets per unit. The pet weight limit is 35 pounds. All pets must be registered with PCHA office and have a copy of the Pet Permit. We do require copies from your pets vet confirming the weight of the animal, and that the pet has had all required vaccinations, and has been spayed or neutered. Any apartment with a pet is required to have a pet sticker on the front door, in case of an emergency and no one is home, we will know pets are in the unit. If you need either a Pet Permit or a pet sticker, please call the office.

Return for a chance to win \$50.00 off of your rent.

ACCOUNT MUST BE IN GOOD STANDING

Name _____ Phone _____





WORLD ELDER
ABUSE AWARENESS
DAY

See it. Stop it. Prevent it.
Take a Stand Against Elder Abuse

Together
We can make
a difference

If you suspect
Elder Abuse
please contact the
IL Dept
on Aging
Adult
Protective Services
hotline

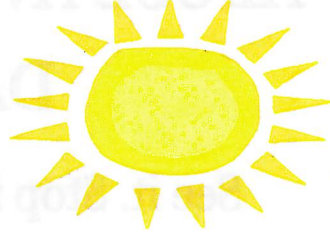
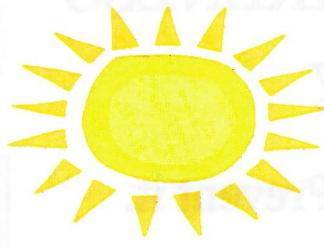
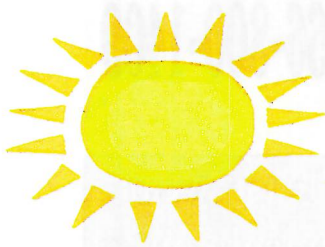
1-866-800-1409

Please wear
purple on
June 15th
to take a stand
against
Elder Abuse

If your pets are outdoors during summer days, please make sure they have plenty of fresh water and food. If you have added a pet to your household, call the office to get the Pet Permit form.



The first day of summer is June 21st, 2021. You may have kiddie swimming pools for the hot days of summer, however, they **MUST** be emptied every day and placed standing against the outside of your apartment for. Insurance requires these steps be done.



June

HISTORY OF WORLD ELDER ABUSE AWARENESS DAY

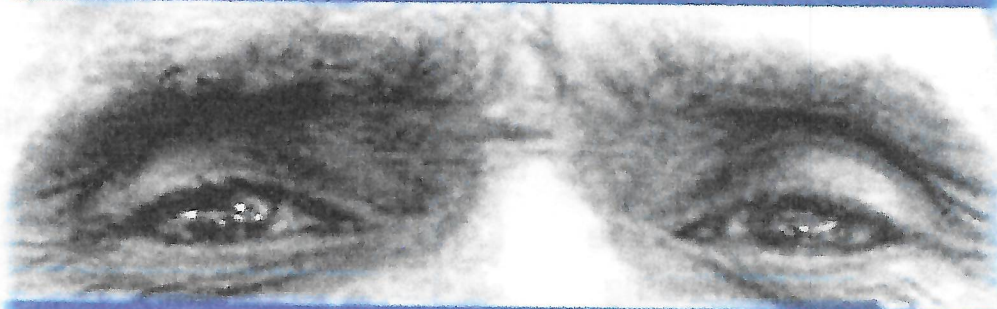
World Elder Abuse Awareness Day, or WEAAD, is an annual initiative launched on June 15, 2006, by the International Network for the Prevention of Elder Abuse and the World Health Organization. In its 66/127 resolution, the United Nations General Assembly designated that date as World Elder Abuse Awareness Day, a day in which the entire world voices its opposition to any form of abuse of the older generation.

WEAAD aims to provide an opportunity for communities around the world to promote a better understanding of the abuse older people suffer by raising awareness of the cultural, social, economic, and demographic processes affecting them. Elder abuse is one of the least investigated types of violence and does not get addressed in national action plans as frequently as other key social issues.

The UN International Plan of Action described elder abuse as a public health and human rights issue. Globally we have an aging population, with the number of older people in the world expected to be 1.4 billion by 2030. Research suggests that 4 to 6 percent of the elderly suffer from some kind of abuse, most of which go unreported. This day is to make sure we remain focused on our elders, ensuring they lead a life of high quality and dignity.

Help spread the word for World Elder Abuse Awareness Day on June 15. It can be hard to imagine that anyone would deliberately want to harm an elderly person, but unfortunately, elder abuse is a widespread problem. Some instances of elder abuse are intended to exploit the person financially; you've probably heard of scams targeting seniors. In other cases, it's simple negligence: Caregivers don't provide the basic necessities, like nutritious food, appropriate medication, safety, or assistance with hygiene. If you see something, say something.

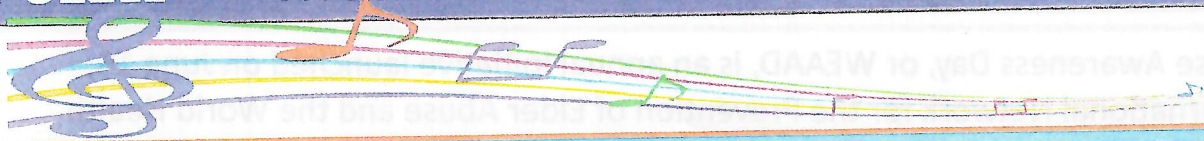
ELDER ABUSE



See it. Stop it. Prevent it.

PUZZLE

MUSIC GENRES



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

acid jazz

bebop

bossanova

chamber

doo wop

folk rock

grunge

irish

middle eastern

pop music

surf

tropical

african

blues

brazillian

classical

elevator

funk

gypsy

mambo

new age

reggae

swing

urban

alternative

bollywood

celtic

country

experimental

gospel

hip hop

mariachi

opera

salsa

techno

*Great music is that which penetrates the ear with facility
and leaves the memory with difficulty. Magical music never leaves the memory.*