

PCHA AUGUST 2023 NEWSLETTER

Be alert and aware for severe weather. Know the best place to go in your home to be the safest. Keep weather information tuned in or turned on.

Pay attention to your towns warning systems. Take shelter when indicated by those systems.

Severe weather can happen very quickly. Make sure to be prepared and informed.



You know it's hot when the dog melts!



COUNTY EVENTS

3rd SATURDAYS OF THE MONTH

GOOD SAMARITAN CLOSET

9:00am-11:00am

Free Clothes to all

For information or to donate call

217-491-8981

Food Bank: The Crossing Thrift Store

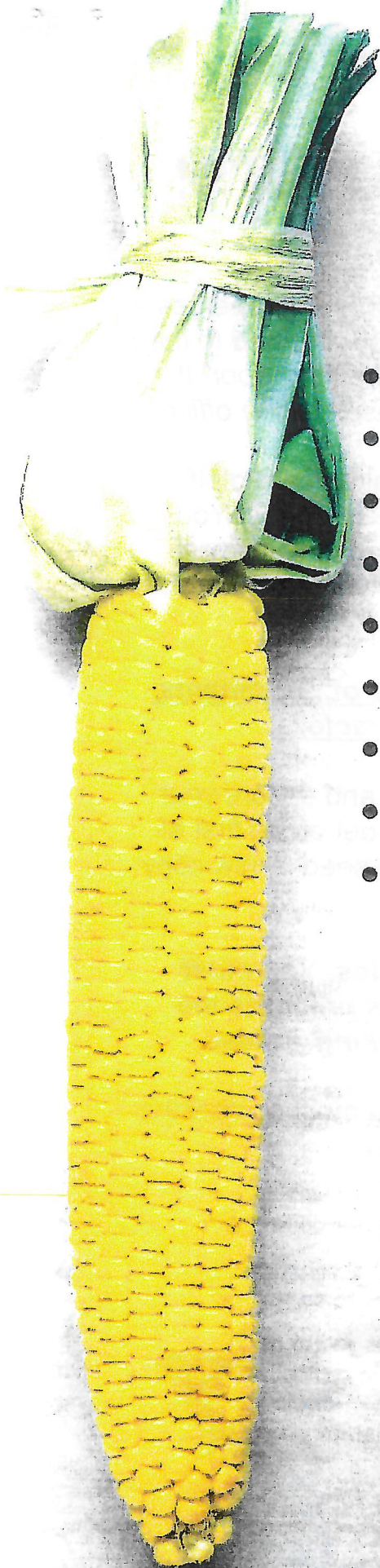
9:00am-11:00am

Cleaning Supplies (Pike County Residents Only)

9:00am-11:00am

Calvary Baptist Church





HEALTH BENEFITS OF **CORN**

- SPEEDS UP WEIGHT LOSS
- IMPROVES DIGESTIVE HEALTH
- HELPS LOWER LDL CHOLESTEROL LEVELS
- AN EXCELLENT PRE-BIOTIC
- PREVENTS ANEMIA
- RICH SOURCE OF PROTEIN
- HELPS KEEP BLOOD HEALTHY
- PROMOTES HEALTH NERVES AND MUSCLES
- PACKED WITH VITAMINS AND MINERALS

BLACK BEAN & CORN GUACAMOLE

- 3 MEDIUM RIPE AVOCADOS, PEELED AND CUBED
- 2 TO 3 TBS FRESH LIME JUICE
- 1/2 TO 1 TSP KOSHER SALT
- 1/2 C. BLACK BEANS, RINSED AND DRAINED
- 1/2 C. UNCOOKED FRESH WHOLE KERNEL CORN
- 1/4 TSP COARSELY GROUND PEPPER

IN A BOWL, MASH AVOCADOS UNTIL ALMOST SMOOTH. STIR IN LIME JUICE AND SALT. LET STAND 10 MINUTES TO ALLOW FLAVORS TO BLEND. TOP WITH BLACK BEANS, CORN AND PEPPER.

PICK UP AFTER YOUR PETS!

We have been receiving a lot of calls concerning pets on PCHA properties. *All animals need to have a pet permit filled out on them and returned to the office, you will then receive a pet sticker to be placed on the front door. If you have a pet or pets and do not have a pet sticker, please call the office.*

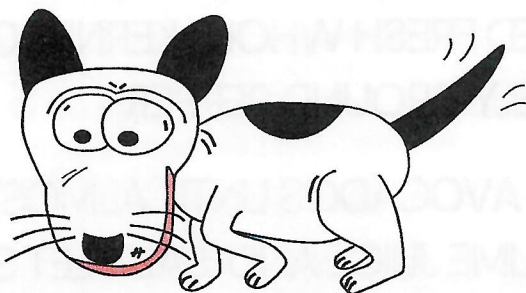
Pets are allowed on PCHA properties, but they must be taken care of! If you have a pet, you must follow the rules set forth in the **Pet Policy**. You must follow certain rules for emotional support or service animals as well. You were given a copy of the Pet Policy when you signed your lease, if you need a copy, please call the office.

No aggressive behavior will be tolerated for the safety of our tenants, tenant's guest, PCHA employees and third party contractors.

You need to be aware of your properties pest control day and secure your animals' appropriately. Pest control calendars are mailed out at the first of the year, are in the Newsletter, and on our website. If you need a new copy of the pest control schedule, please call the office.

Your pets are not allowed to run freely on the properties. You must have them tied securely in the yard or on a leash. This prevents the animals from going onto other tenant's yards and making a mess.

If you have a pet that is not registered with this office, you must contact the office and ask for a Pet Permit.





YOUR CHECKLIST FOR BETTER HEALTH

- Jump start your day with breakfast. Try a high-fiber cereal topped with berries.
 - Split bulk items or fresh produce with friends.
 - Drink fluids throughout the day even though you may feel less thirsty as you age.
 - Avoid sitting for long periods of time in front of a TV or computer.
 - Limit drinks and foods with fats and added sugars. Drink fat-free milk instead of sodas. Avoid foods with butter, shortening, and other solid fats.
 - Put down the salt shaker. Cut salt to 2/3 teaspoon a day.
 - Get enough sleep.
 - Strengthen your muscles twice a week to ward off frailty and muscle loss. Climb stairs, lift weights or use an exercise band.
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In home inspections continue...

8/28-9/8 Pittsfield

10/23-10/27 Baylis/Perry

Change in Pest Control Schedule for 9/4/23

Due to the Holiday, Monday 9/4/23, pest control for Maine St. Perry, E. Congress St. Griggsville and East Second St. Baylis, will be rescheduled to Friday, 9/15/23.



Storm Damage June 29th, 2023 Update

PCHA is currently still working with insurance companies to complete the damage done to properties. Two roofing companies and general contractors have been contacted for quotes. Any and all property damage will be addressed in the near future.

CAP Fund 2020-Water Heaters & Landscaping

With the excessive wind from the June 29th storm, the new signage that was installed was damaged. New anchorage and installation should be completed within 60 days.

CAP Fund 2021/2022-Exterior Improvements

Properties include 2 Barry locations and Pleasant Hill.

Some exterior surfaces on these properties are in need of repair. We expect the repairs to be done in the next 60 days.

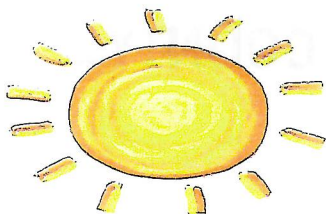


Board Member needed...

Must be business minded, computer literate and must sign a waiver of confidentiality (HIPPA). PCHA will offer a stipend for the position. This amount will not be counted as income and will not affect rent.

Call the office if interested.

217-407-0707



You must pay your Ameren bill

If you are unable to pay your electric bill *you must call Ameren* at the number below to set up payment arrangements. If your electric is disconnected, this is cause for immediate termination for health, safety and building code requirements.

1-800-755-5000

Pike County Housing Authority's newest staff member is Tonya Kirk. Tonya is the Executive Assistant at PCHA.

Welcome!



WCMT PUTTING WHEELS ON PIKE COUNTY...

Pike County Housing Authority would like to remind our tenants that PCHA will cover the cost of West Central Mass Transits rides for medical, education, employment, shopping (local food & beverage, dry goods and pharmaceuticals), congregate meals, professional services (not including barber/beauty shops, nail salons, etc.), legal, court ordered, financial, and social service appointments.

Not covered by PCHA are shopping trips to Jacksonville/Quincy etc. for “recreational shopping”, recreational activities such as restaurants, movie theaters, events, or other personal trips. *You can still use the service for your personal recreational activities but tenants would pay their own fares.*

West Central Mass Transit District

1-217-285-4529

Reservations accepted:

Monday-Friday 7:00am-5:00pm

Reservations are accepted on a first come first serve basis

