

The background is a warm-toned wood grain. On the right side, there are several dark, thin branches extending upwards and outwards, adorned with numerous small, round berries in shades of orange, red, and yellow. The text 'HELLO' is in a simple, white, sans-serif font, and 'September' is in a large, elegant, red cursive font with a black outline.

HELLO  
*September*

Pike County Housing  
Authority Newsletter

# Tips To Help Stay Healthy

## What to Know About This Year's Flu Season

**Handwashing is one of the best way to prevent the spread of germs, especially after sneezing, coughing or blowing your nose.**



**#StaySafe**

Influenza (flu) season lasts from October through May in the United States, with peak flu activity between December and March. In the last few years, the timing and duration of flu activity have been unpredictable. The U.S. Centers for Disease Control and Prevention (CDC) reported early increases in seasonal flu last year. The Southern Hemisphere also experienced an early surge of flu activity this year, which may indicate what's to come in the United States.



The flu can cause serious complications for people of any age, but children and older adults are especially vulnerable. To help keep your household healthy this flu season, consider the following suggestions:

- Avoid contact with people who are sick, and stay away from others when you feel unwell.
- Wash your hands often using soap and warm water to protect against germs. If soap and water are unavailable, use an alcohol-based hand sanitizer.
- Cover your coughs and sneezes to prevent the spread of germs.
- Get plenty of sleep, stay active and drink plenty of water to help keep your immune system strong.
- Eat a nutritious diet of healthy grains, fruits and vegetables.

## Are You Prepped for a Disaster?

Disasters such as hurricanes, tornadoes, floods and earthquakes can strike with little or no warning. September is National Preparedness Month, making it a good time for you and your household to make a plan if you need to evacuate your home or get trapped inside for days. The Federal Emergency Management Agency (FEMA) recommends discussing the following questions when creating an emergency plan:

- How will I receive emergency alerts and warnings?
- What is my shelter plan?
- What is my evacuation route?
- What is my household communication plan?
- Do I need to update my emergency preparedness kit?

You'll also need to consider your household's specific needs, make an [emergency plan](#) and practice it with your family members. These tips pertain to your home, but remember that emergencies can happen anywhere. Visit FEMA's website, [Ready.gov](#), to learn more about preparing for emergencies at home, at work and on the road.

### Emergency Supply Kit Checklist

- |   |  |
|---|--|
| <input type="checkbox"/> Water              | <input type="checkbox"/> Local maps            |
| <input type="checkbox"/> Nonperishable food | <input type="checkbox"/> Manual can opener     |
| <input type="checkbox"/> Flashlight         | <input type="checkbox"/> Battery-powered radio |
| <input type="checkbox"/> Whistle            | <input type="checkbox"/> First-aid kit         |
| <input type="checkbox"/> Dust mask          | <input type="checkbox"/> Pet supplies          |

## Don't Forget About the 988 Mental Health Crisis Hotline

The [988 Suicide and Crisis Lifeline](#) (988) was launched nationwide in July 2022. Like dialing 911 for medical emergencies, people in emotional distress or suicidal crisis can call or text 988 to connect with counselors who will listen, provide support and connect them to resources. Since 988's launch, counselors have answered over 10 million calls, texts and chats. Despite the volume, a new poll revealed that only 23% of Americans are at least somewhat familiar with 988.

988 provides immediate and accessible care to anyone experiencing mental health-related distress, including thoughts of suicide, mental health or substance use crisis, or other emotional struggles. It's vital to continue spreading the word about 988. People can also call if they are worried about a loved one who may need immediate support.

## Rice Bowl Breakfast With Fruit and Nuts

Makes: 2 servings

### Ingredients

- 1 cup cooked brown rice
- ½ cup nonfat milk
- ½ tsp. cinnamon
- 1 cup chopped fruit (e.g., apples, bananas, raisins, berries and peaches)
- 2 Tbsp. chopped nuts (e.g., walnuts and almonds)

### Preparations

1. Combine cooked rice, milk and cinnamon in a microwave-safe bowl. Microwave on high for 45 seconds. Stir and heat for another 45-60 seconds or until the rice mixture is heated.
2. Divide the rice mixture between two bowls. Top with fruit and nuts. Serve warm.
3. Refrigerate any leftovers within two hours.

### Nutritional Information (per serving)

Total calories	203
Total fat	5 g
Protein	6 g
Sodium	31 mg
Carbohydrate	35 g
Dietary fiber	4 g
Saturated fat	1 g
Total sugars	10 g

Source: MyPlate

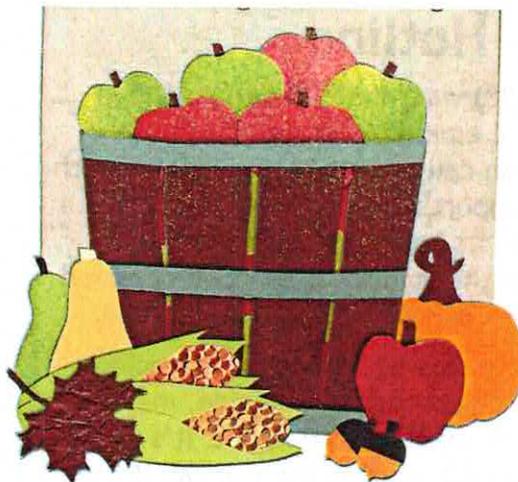
# Vehicles on PCHA Properties

Page 8 Section J. of the PCHA lease addresses parking on PCHA properties and the vehicles that are parked there.

Part J. Repeated violations of parking illegally or possession of "junk vehicles".

1. Resident and members of the household, their visitors, and guests shall use the designated parking areas.
2. Parking on any lawn area within the development site is not permitted, including motorcycles.
3. Motorcycles are not to be driven within the development except for travel to and from the development.
4. Loud mufflers, large trucks or other objectional vehicles shall not be driven or parked in the parking areas.
5. Resident's and Resident's guests motorized vehicles must be properly tagged and licensed and shall be in running condition with fully inflated tires.
6. Resident agrees to call Management Office for permission to perform any maintenance activities on Residents vehicle.
7. Resident agrees to pay towing charges for parking motorized vehicles and vehicles that are not in a running condition as outlined in Section 4 Part J above.

**All Resident's must maintain current registration, insurance and all vehicles must be in running condition, to be on any PCHA property.**



# FIVE SIGNS of SEVERE FOOD POISONING

Do you have any of these symptoms?  
IF SO, SEE A DOCTOR!



Bloody diarrhea



Fever higher than 102°F



Vomiting so often you  
can't keep liquids down



Dehydration



Diarrhea for more  
than 3 days



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

CS334793

# Pike County Housing Authority

217-407-0707

[www.pikehousing.com](http://www.pikehousing.com)

***Do you realize...*** If you commit fraud on an application to obtain assisted housing or commit fraud on your yearly recertification for assisted housing, you could:

- Be evicted from your home
- Required to repay all overpaid rental assistance you received
- Fined up to \$10,000.00
- Imprisoned for up to 5 years
- Prohibited from receiving future assistance
- Subject to State and local government penalties

***YOU ARE COMMITTING FRAUD IF YOU SIGN A FORM KNOWING THAT YOU PROVIDED FALSE OR MISLEADING INFORMATION.***

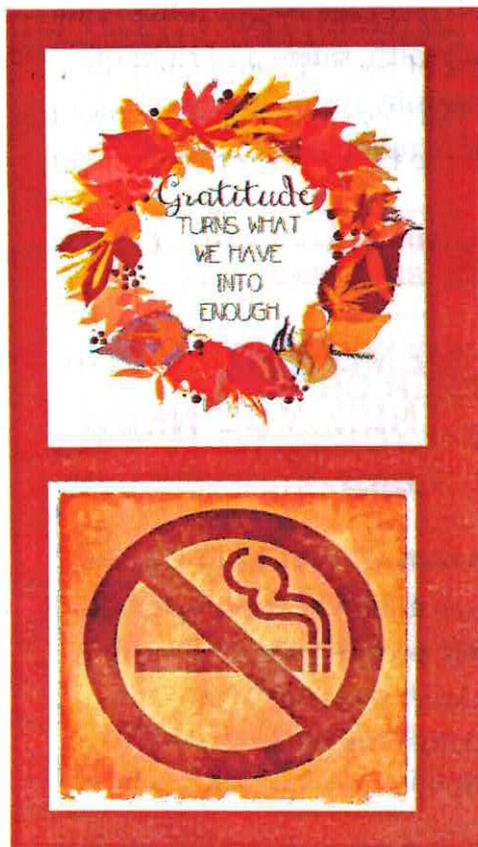
The information you provide on housing assistance application and recertification forms **will** be checked. The local housing agency, HUD, or the Office of Inspector General **will** check the income and asset information you provide with the Federal, State or local government.

***Housing someone who has not been approved by PCHA or on your lease is committing fraud.***

So be careful, when you fill out your yearly recertification for assisted housing from HUD. Make sure your answers to the questions are accurate and honest. You must include all sources of income and changes in income you or any members of your household receive, including wages you or any household member has, child support, and social security for any household member, etc.



# LIVE WELL WORK WELL



## CHOLESTEROL AND YOU

Cholesterol is a waxy substance found in your blood that your body needs to build cells; however, too much can pose a problem. Cholesterol travels through the blood on proteins called lipoproteins.

There are two types of lipoproteins:

1. Low-density lipoproteins (LDL), known as bad cholesterol, makes up most of your body's cholesterol. High levels of LDL cholesterol can increase your risk for heart disease and stroke.
2. High-density lipoproteins (HDL), known as good cholesterol, absorbs cholesterol and carries it back to the liver to be flushed from the body.

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***More than 40% of Americans with high cholesterol don't know they have it***

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## YOU CAN TAKE STEPS TO LOWER YOUR RISK FOR HIGH-CHOLESTEROL WITH THESE LIFESTYLE CHANGES

- Eat a heart-healthy, balanced diet
- Exercise regularly
- Avoid or quit smoking
- Limit alcohol use
- Maintain a weight that is healthy for you

## VISIT YOUR DOCTOR FOR A CHOLESTEROL SCREENING AND TO DISCUSS LIFESTYLE RISKS

Contributing factors to bad cholesterol include:

1. Age
2. Family history
3. Certain health conditions including, Type 2 diabetes
4. Lifestyle factors



If you have questions about your lease, a copy is available online at our website

[www.pikehousing.com](http://www.pikehousing.com)

If you would like a copy of your lease sent to you, please call our office at

**217-407-0707**

## COMPLAINTS ON PCHA PROPERTIES

Complaints on PCHA properties are recorded by our office, and go in your tenant file. To ensure the health, safety and right of peaceful enjoyment of PCHA premises by resident's or PCHA employees, we expect the rules and regulations set forth in the PCHA lease to be upheld.

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***If you feel unsafe call law enforcement***

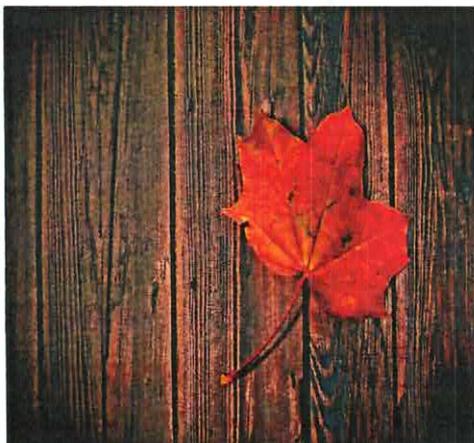
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### IF YOU, YOUR FAMILY MEMBER OR YOUR GUESTS FEEL THREATENED, YOU NEED TO CALL LAW ENFORCEMENT

This also includes any violations threatening the health, safety and right to peaceful enjoyment. Any noise violation, speeding or reckless driving, possible stalking, provoking an individual either verbally or physically needs to be reported to law enforcement. By reporting to law enforcement, a record of violations against an individual will be made.

If you suspect unlawful activity being done on PCHA property, you need to call law enforcement. If you see a person that is not allowed to be on PCHA property, call law enforcement.

As landlords, we are not able to enforce the law. We are able to take the complaint and make records, but law enforcement needs to be called.



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*Autumn is but a second spring, where every leaf is a flower.*

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