



**PCHA  
DECEMBER 2024  
NEWSLETTER**

**MERRY CHRISTMAS  
AND  
HAPPY NEW YEAR!**



## Maintenance Contact Information

Josh Harrison, Maintenance Supervisor  
T.J. Brennan, Maintenance Technician  
Chris Coultas, Maintenance Technician  
Brian Lister, Maintenance Technician

During normal business hours you must call the office for a maintenance problem. A work order will be prepared and the call will be documented.

*Please do not report work orders to maintenance while they are on site working, they cannot enter your unit without a work order present.*

**For after hour/off hour emergencies only:**

**Please call 217-407-0707 and hit option 1 to be connected with a member of maintenance.**

### **Emergencies Include:**

- Gas leaks
- Broken water pipes
- Exposed electrical wires
- No heat (if the outdoor heat is 45 degrees or lower)
- Sewer line stoppage (not drain line) including a clogged toilet
- CO/Smoke detector beeping or chirping

**Also fire, flood or anything that threatens life, safety or property damage.**

**217-407-0707**



# Public Notices

## **CAPITAL FUND PROGRAM 2023 – INVITATION FOR BIDS**

The Pike County Housing Authority will receive sealed bids for Exterior Improvements, Phase 2 at Project IL-71-4/Griggsville. Bids will be received in a single lump sum proposal until 2:00 p.m., prevailing time on the 9<sup>th</sup> day of January 2025, at the office of the Pike County Housing Authority, 838 Mason Street, Barry, IL 62312. Bidders will be required to follow all procurements polices set by HUD and the Pike County Housing Authority, this shall include a Bid Guarantee. For additional information about bid requirements and to obtain a complete bid solicitation contact Chris Bruns, Executive Director for the Pike County Housing Authority at (217) 407-0707 or obtain documents from the Architect, Eggemeyer Associates Architects, Inc., Herrin, Illinois; (618) 988-2380 or the Architect's website: [www.eaarchitects.com](http://www.eaarchitects.com). PCHA is an Equal Housing Provider and Equal Opportunity Employer.

## **2025 FLAT RENTS**

The Pike County Housing Authority (PCHA) has available for public review and comment its updated Federal Fiscal Year (FFY) 2025 Flat Rent Policy. This policy has been updated to incorporate HUD supplied data for FFY 2025 Fair Market Rents, Small Area Fair Market Rents, and Unadjusted Rents.

The FFY 2025 Flat Rent Policy will be approved as a draft at PCHA's 10/24/2024 Board Meeting. PCHA's updated FFY 2025 Flat Rent Policy and related documents will be available for public review for a period of at least 30 days, beginning 10/30/2024, and a public meeting will be held at PCHA's Community Building, 842 Mason St., Barry, IL on 12/9/2024 at 2:00p.m. to collect any and all comments regarding the documents. At PCHA's 12/19/2024 Board Meeting, the FFY 2025 Flat Rent Policy and related documents will be ratified as final. HUD requires the updated FFY 2025 Fair Market Rents, Small Area Fair Market Rents, and Unadjusted Rents to be in effect as of 10/1/2024 and to be incorporated into the housing authority's payment standards upon final PHA policy ratification.

PCHA has the FFY 2025 Flat Rent Policy and related documents posted for review at the PCHA community building mentioned above, and also below. Questions, comments, and concerns regarding the FFY 2025 Flat Rent Policy and related documents can be directed through the public meeting to Chris Bruns, Executive Director at 217-407-0707, [cbruns@pikehousing.com](mailto:cbruns@pikehousing.com), or PO Box 123, Barry, IL 62312. PCHA is an Equal Housing Provider and Equal Opportunity Employer

# Public Notices cont.

## 2025 UTILITY ALLOWANCES

The Pike County Housing Authority (PCHA) has available for public review and comment its FY 2025 Utility Allowance Schedule (UAS) documentation. This documentation indicates the allowances as calculated by Johnson Controls to offset PCHA tenants Ameren Electric utility costs. The FY 2025 UAS will be approved as a draft at PCHA's 10/24/2024 Board Meeting. The FY 2025 UAS documentation will be available for public review for a period of at least 30 days, beginning 10/23/2024 through 12/9/2024 at which time a public meeting will be held at the PCHA community building located at 842 Mason Street, Barry, Illinois at 1:00p.m. At PCHA's 12/19/2024 Board Meeting, it is planned to ratify the FY 2025 UAS as final. After that approval, the FY 2025 UAS will be applied to all tenant re-examination transactions thereafter.

PCHA has the FY 2025 UAS documents posted for review at the PCHA community building mentioned above, and also below. Questions, comments, and concerns regarding the FY 2025 UAS documentation can be directed through the public meeting to Chris Bruns, Executive Director at 217-407-0707, [cbruns@pikehousing.com](mailto:cbruns@pikehousing.com), or PO Box 123, Barry, IL 62312. PCHA is an Equal Housing Provider and Equal Opportunity Employer.

## Update Your Personal Information

If you have changes in your personal information, such as phone number, email address or billing address, please contact the office.

If you need to change information on forms, such as, *Emergency Contact Form*, *Release of Information Form* or the *Final Affairs Form*, you need to request a new form from the office. Forms can also be downloaded from our website [www.pikehousing.com](http://www.pikehousing.com).

It is very important for us to be able to contact you and for us to know who to contact *for* you.







*Here are some ways to help  
combat holiday stress:*

- **Take time for yourself:** Make time for self-care and relaxation, such as meditation, deep breathing, or getting enough sleep. You can also try doing something each day that makes you happy.
- **Practice mindfulness:** Focus on gratitude and reflect on the positive aspects of your life.
- **Set realistic expectations:** Be reasonable about what you expect from the holidays and have reasonable boundaries.
- **Ask for help:** If you're hosting a meal, ask someone to bring a side dish or the main dish.
- **Limit social media:** Taking a break from social media can help reduce stress.
- **Make small adjustments:** Focus on small changes that can help you relax.
- **Plan ahead:** Set a budget for the holidays, including any parties you're hosting or travel.
- **Find meaning in the holidays:** Consider what the holidays are truly about for you, such as spending time with loved ones, religious observance, or celebrating kindness. If you're feeling overwhelmed, you can also consider reaching out to a mental health support group or crisis line.



# **BEGINNING FEBRUARY, 2025**

**Pike County Housing Authority**

**Monthly Newsletter & Monthly Statements...**

**will continue to be available online at our  
website [www.pikehousing.com](http://www.pikehousing.com).**

**We will no longer mail the monthly newsletter or  
monthly statements to tenants.**

**If you wish to continue receiving the monthly  
newsletter and the monthly statement in the  
mail, you need to contact the office and request  
the newsletter continue to be mailed to you.**



## **BARRY FOOD PANTRY**

**603 Decatur St.**

**Barry , Il.**

**Tuesday Evenings  
4:30pm-7:00pm**

**Friday Mornings  
8:30am-Noon**

**Open to all Pike County residents**

## **MEALS PLUS FOR SENIORS**

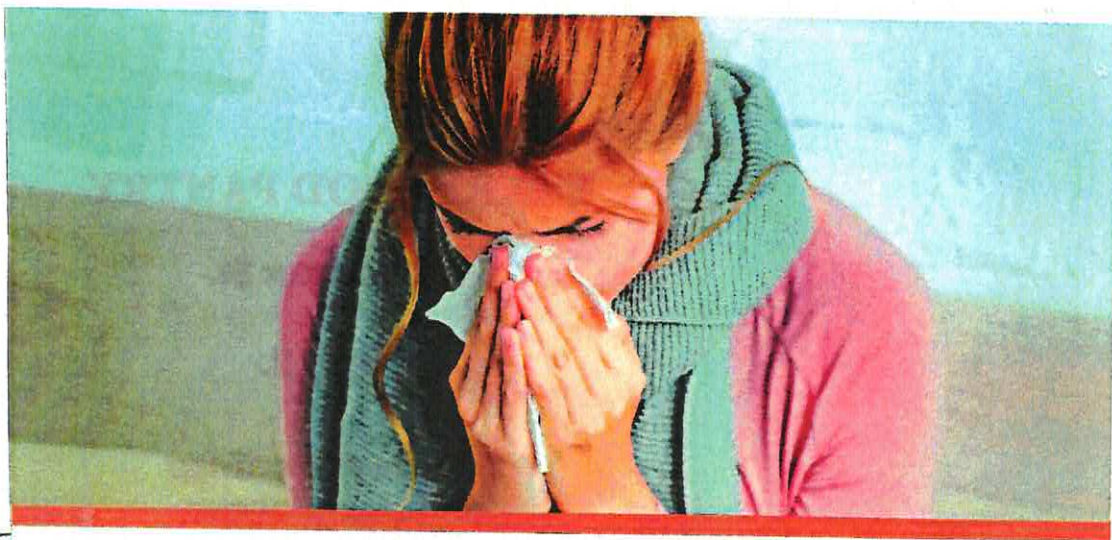
**Eligibility:** Seniors aged 60+ and spouses/partners under 60 who are primary home-based caregivers for their eligible spouses/partners. Eligibility is determined through an assessment process.

**Donation Policy:** Seniors aged 60+ are encouraged to donate what they can afford to support the program. No eligible senior will be denied a meal because they cannot contribute to the cost of the meal.

**Call 217-285-6150**







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

In the United States, influenza (flu) season lasts from October through May, with peak flu activity between December and March.

What's more, flu season in the Southern Hemisphere often indicates what's to come in the United States. Data revealed that the 2024 flu season in the Southern Hemisphere was similar to previous flu seasons. With the potential for this year's flu season to be severe in the United States, vaccination remains the most effective way to prevent the flu, especially severe disease and hospitalization.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that the flu caused between **9 million** and **41 million illnesses** annually between 2010 and 2023.



- Avoid close contact with people who are sick, and stay away from others when you feel unwell. Because flu, cold and COVID-19 symptoms are similar, doctors say it's best to get tested to know what you have.
- 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 mouth and nose. Cough or sneeze into a tissue or your elbow, and dispose of tissues immediately.
- Get seven to nine hours of quality sleep each night to boost your immune system.
- Exercise regularly to strengthen your body and make it more resilient against infections, including the flu.
- Stay hydrated and eat a nutritious diet rich in whole grains, lean proteins, fruits, vegetables and fiber.

### How to Stay Healthy

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 these tips:

- Get the flu vaccine. Being vaccinated against the flu is your best chance of preventing the illness. The CDC recommends that anyone aged 6 months and older get a flu shot every year.

