

A vibrant night sky with a gradient of colors from green at the top to dark blue and black at the bottom. Several fireworks are exploding, creating bright yellow and orange sparks. A large, glowing yellow sphere is visible on the left side. The text "HELLO January" is centered in the upper half of the image.

HELLO
January

KNOW YOUR NUMBERS

Get to know your numbers for blood pressure, blood sugar, body weight, triglycerides, HDL, and LDL. If these are too high, you are more likely to have heart disease and other health problems. Getting these checked and reviewed by your doctor is an important step for good health. Below are general guidelines for healthy measures.



BLOOD PRESSURE

What should my number be? **Less than 120/80**
What is it? **The force of blood against the arteries when the heart beats [top number] and rests [bottom number].**

YOUR NUMBER



BLOOD SUGAR

What should my number be?
Before eating: **Less than 100**
Two hours after eating: **Less than 140**
What is it? **The amount of sugar in your blood.**

YOUR NUMBER



BODY WEIGHT

What should my number be? **A body mass index of 18.6-24.9**
What is it? **Your ideal body weight depends on your gender, age, height and frame. BMI provides a good guideline.**
What is the suggested waist size? **Your waist should be less than 40 inches around for men, and less than 35 inches for women.**

YOUR NUMBER



TRIGLYCERIDES

What should my number be? **Less than 150 mg per deciliter (mg/dL)**
What is it? **A type of fat (lipid) found in your blood.**

YOUR NUMBER



HDL

What should my number be? **60 mg/dL or above**
What is it? **High-density lipoprotein, called 'good' cholesterol.**

YOUR NUMBER



LDL

What should my number be? **Less than 100 mg/dL**
What is it? **Low-density lipoprotein, called 'bad' cholesterol.**

YOUR NUMBER



Winter Tips...

Inspect for drafts and seal air leaks.

If you're hanging out at home and feel a sudden rush of cold air through a door or window, you might have an air leak.

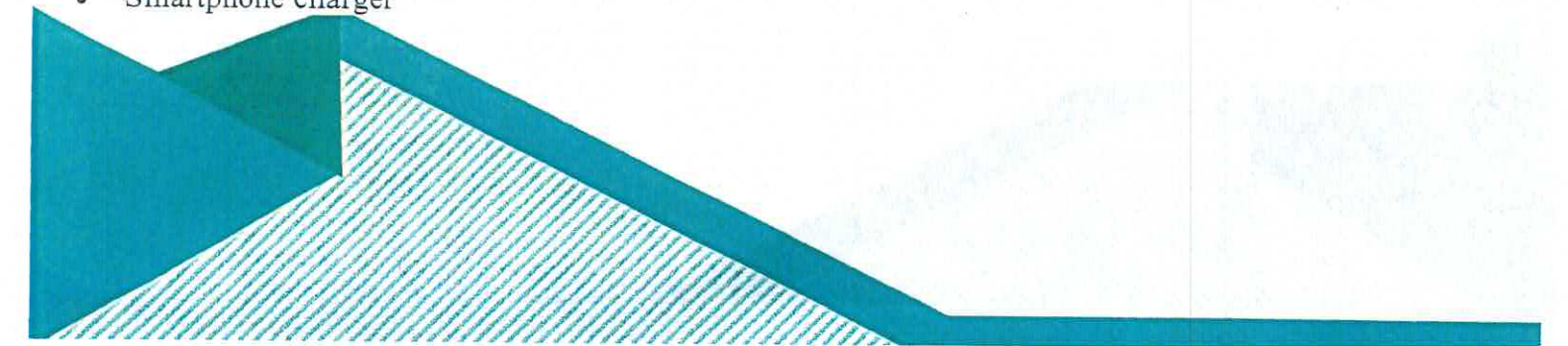
Air leaks typically mean:

- Energy is being wasted, which slows down the operation of your HVAC and kills efficiency.
- An increase in your daily energy costs which will hurt your wallet.

Here are some tips if you need help detecting air leaks in your home. According to [Energy.gov](https://www.energy.gov), you should start with a visual inspection. Here is where you'll inspect all areas of the interior and exterior of your home to look for cracks and gaps. If you notice gaps around your home's windows or door frames, call our office to report the issue and put in a work order.

Prepare for a winter storm.

Mother Nature can show off her nasty side during winter, which has a high potential for severe weather and power outages. Prepare a storm emergency kit including:

- First-aid supplies
 - Flashlights
 - Bottled water
 - Nonperishable food
 - Batteries
 - Smartphone charger
- 



Winter Tips...

Prevent pipes from freezing.

The thing about water is that when it freezes, it expands, which can spell disaster for your plumbing.

These two tips will help protect your indoor plumbing:

- Keep your heat running and set it to not below 55 degrees Fahrenheit.
- Let water drip through faucets. When water moves, even at just a trickle, it's harder for the water to freeze.

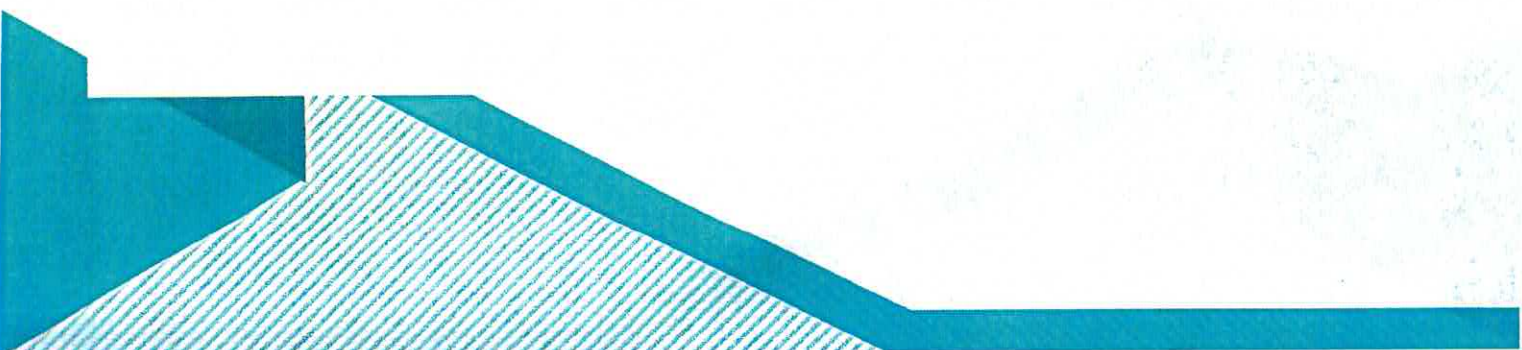
Protect your floors and walkways.

Knowing how to prepare your home for snow can be challenging. Snow and ice can become a hazard, not to mention deal a severe blow to your floors if constantly tracked through the house.

For safety and to keep flooring in good shape:

- Place mats both inside and outside each entrance to your home. • Have waterproof trays just inside the entryway to place wet shoes and boots.
- Provide a boot scraper or brush outside the door to remove excess snow.
- Have hooks ready inside for hanging wet coats and gloves.

This is also the time to make sure any steps leading to your doorway are free from tripping hazards.



7 HEALTH BENEFITS OF APPLES



LOWERS HIGH CHOLESTEROL AND BLOOD PRESSURE



A FIBER RICH FOOD THAT AIDS DIGESTION



SUPPORTS A HEALTHY IMMUNE SYSTEM



ANTIOXIDANTS PLAY A ROLE IN CANCER PREVENTION



A DIABETES-FRIENDLY FRUIT



SUPPORTS HEALTHY WEIGHT LOSS



PREVENTS ALZHEIMER'S DISEASE

APPLE CHIPS

3 large apples

$\frac{3}{4}$ tsp. ground cinnamon

1. Preheat your oven to 200 and line 2 baking sheets with parchment paper
 2. Wash, core, and slice the apples very thin
 3. Arrange apples in a single layer on the baking sheets and sprinkle with cinnamon
 4. Bake for 2.5 hours and remove from oven to cool
- ... naturally sweet healthy snack!

Protect Your Skin During the Winter

The changing of the seasons can impact your skin. Specifically, winter weather brings colder and less humid conditions, leaving your skin prone to issues such as dryness. Dry skin symptoms can include itchiness, flakiness, redness, cracking and bleeding. Dry skin may not seem like the most concerning health problem, but not treating dry skin can result in itchiness, cracked or painful skin, eczema and dermatitis.

The following tips can help care for your skin during the winter months:

- **Adjust your shower routine.** The length and temperature of your showers can make a big difference in the dryness of your skin. Long and hot showers during the cold months can strip the natural oils in your skin, drying it out. Try short and cold showers instead.

- **Use moisturizer.** Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.
- **Avoid products with fragrances.** Often, the better a product smells, the more irritating it can be for your skin. As such, consider choosing fragrance-free skin products and laundry detergents.
- **Use a humidifier.** Humidifiers can return moisture to the air in your home, helping prevent and relieve environmental dryness.
- **Stay hydrated.** Make sure you're drinking enough water throughout the day to improve the appearance of your skin and make it less susceptible to drying out.

Contact your doctor if you have any skin concerns.

January Is National Blood Donor Month

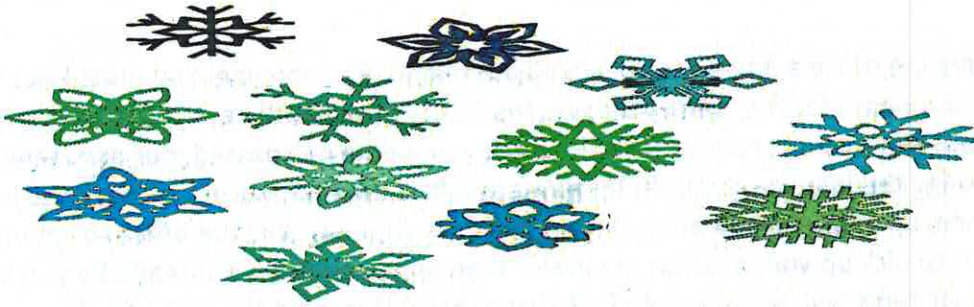
Winter is one of the most difficult times of the year to collect enough blood products and donations to meet patient needs. That's why National Blood Donor Month is celebrated every January.

Someone in the United States needs blood or platelets every two seconds, according to the American Red Cross.

It's vital to have plenty of blood banked to meet the demand. Blood is needed for surgeries, traumatic injuries, cancer treatment and chronic illnesses. On a daily basis, roughly 29,000 units of red blood cells, 5,000 units of platelets and 6,500 units of plasma are required. Blood and platelets cannot be made synthetically, so voluntary donations are necessary. Consider the following health benefits of donating blood regularly:

- **Health problem detection**—Donated blood is tested to determine if there are any irregularities. You must also undergo a quick health screening before giving blood.
- **Heart disease risk reduction**—Donating can help eliminate any excess buildup of iron in the blood, which can lower blood pressure and the risk of a heart attack.
- **Caloric burn**—The blood donation process typically burns up to 650 calories.

Before you roll up your sleeve and commit to being a regular blood donor, check if you meet the American Red Cross' [requirements](#) to donate blood safely.



BEGINNING FEBRUARY, 2025

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

**Pike County Housing Authority monthly newsletter
will continue to be available online at our website:**

www.pikehousing.com

To access the monthly newsletter, you must go to the website, click on the tenant tab and scroll down to the newsletter month and date you wish to read.

If you would like access to your account balance, you must go to our website and sign up for a tenant account. You can do this by clicking on the Tenant tab and scrolling down to REGISTER/LOGIN. If you do not have an account set up, click on "No Account? Set Up", you will be prompted for your information to sign up.

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.



If you are planning on moving...

You must give the office a 30 day notice if you are planning on moving. You must keep the Ameren in your name for the entire 30 days. You must turn in both keys, a \$10.00 charge per key will be added to your account. After the 30 day end date has passed, our maintenance staff will change the locks on the unit. If items are left in the unit, we will remove the items and keep them an additional 30 days. During this time you must call the office to set up an appointment to pick up your abandoned items. If an appointment is not made by you in this time frame, all items will be disposed of. Maintenance will inspect the unit and charge for any and all above normal wear and tear. You will be sent a final bill. If you have any remaining deposit left after the final charges are charged, you will receive a check for the difference.




All units are subject to the state of the unit or outside of the unit being reported to the office by:


1. Our maintenance staff
2. BRPC technician
3. PCHA staff


We reserve the right to inspect units after a report is made. Once a report is made, the tenant will be notified by phone, email or letter, stating the reason given for the inspection of the unit, and will include the date when the inspection will be scheduled.



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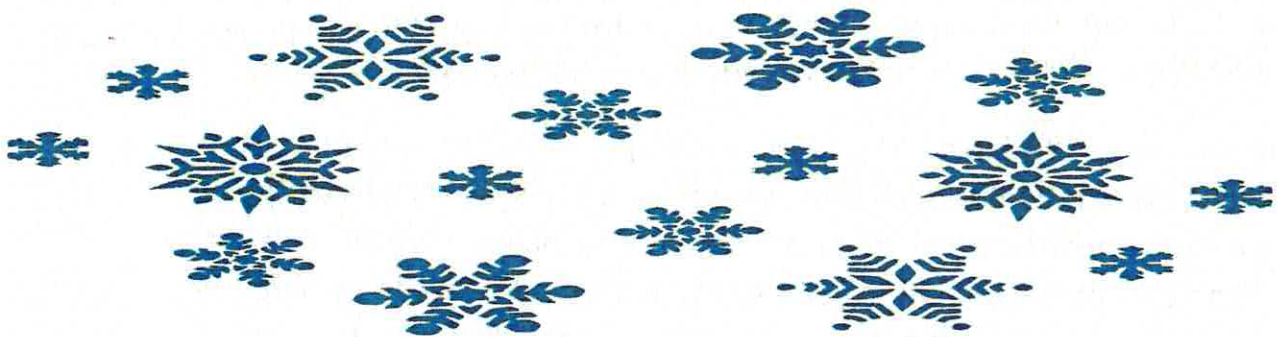
From the desk of
Chris Bruns, Executive Director

Every year I do a kickoff for the newsletter. Instead of typing up a big narrative this time, I'm just going to hit different bullet points.

- This is the last physical newsletter being sent out in bulk. If you require a newsletter or statement to be sent to your physical address you may request one. Otherwise, the newsletters can be found on the tenant tab of www.pikehousing.com.
- If you have changes to your household income up or down you must report it to us within 10 business days. We understand you may not have the physical proof at that time, but we will get it in to our system so that we can follow up on it with you.
- In 2025, we will continue to monitor tenants adherence to the terms of the lease. Being a good tenant is not just paying your bill, please read your lease to make sure you know all of the obligations you have. Most simply put you can be successful by paying on time, reporting changes as they come, keeping your apartment in good shape, and not moving people in without permission. These are the biggest problems year in and year out.
- Talking about paying on time. In 2024, the housing authority had to write off \$68,919.32 in unpaid rent and other charges left by former tenants. While the money was written off, it doesn't mean that we are not still trying to collect it. We will go after State of Illinois tax returns and will report the amount owed to other housing authority's across the country, which will prevent people from getting into a different income based apartment in the future. We are very generous in letting people have until the 25th to have their payments in, and you won't find that much of anywhere else. If you find that you need financial help, please get with us so we can recommend places for you to try. If you need a little more time, hit us up for a repayment agreement that is 0% interest and no late fees if you pay your catch up payments on time.
- Zero Income households. This is a frustrating process for everyone. The Federal government requires that we conduct these interviews to find out how someone lives when they claim to have no income. We all know that a person cannot live on nothing and so there must be help somewhere. We will ask questions and require you to provide many different things to support your claims. I urge these households to supply the requested documents in a timely manner so we can wrap these up. Be aware, if we

find out you have not told us honest answers and are trying to commit fraud we will seek termination of your lease.

- Utility Allowances went up for 2025 and that means if you are on income based rent you will likely pay less monthly rent to the housing authority. Remember, these allowances are actually a reduction of your rent and through that we are helping you pay a part of your Ameren bill every month.
- Flat Rents (maximum rents) are all over the place for 2025. The Federal government changed this up on us. In the past, Pike County did not have what are called Small Area Fair Market Rents (SAFMR) but it does now. Because of that, the Unadjusted Rent figures we used in the past can no longer be used, which leaves us a choice of Fair Market Rents (FMR) or the SAFMR. These are all much higher than the Unadjusted Rent figures, but because of the Utility Allowances can drastically change the flat rents charged for apartments based on the town in which you live. We are stuck with this due to government regulations, but it really only applies to people with higher income. If you are on income based rent, this does not affect you.
- Capital Fund Grant 2023. In the very near future we are going to be renovating the exterior of the apartments in Griggsville. This is our big project for 2025 and will have the area updated and looking great with new siding, fascia, soffit, tuck-pointing, and gutters. We are expecting to spend around \$400,000.00 in doing this work.
- Demolition & Disposition. It has been talked about for some time, and we are still moving forward with reducing the number of apartments we have. We intend to sell our properties in Baylis and Perry and then demolish 3 buildings in Pittsfield. This will reduce the number of apartments we have from 228 to 190. In the last 4 years, we have averaged 180 tenants per month at any given time. So we will still have enough places available to meet the needs of the public. We are still in the process of getting the Federal governments permission for this so it will take some time.



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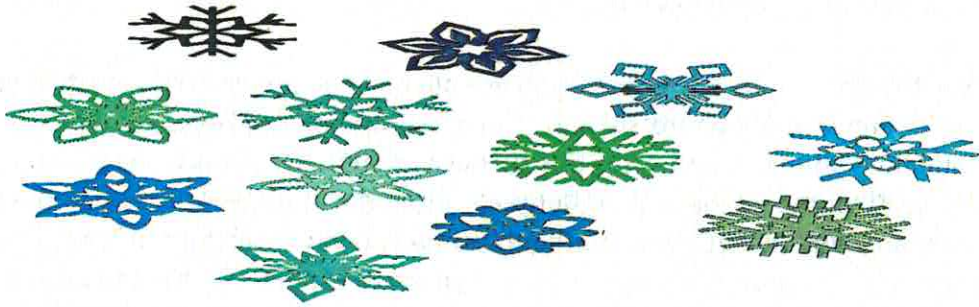
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