

PIKE COUNTY HOUSING AUTHORITY

FEBRUARY 2025

FEBRUARY

IS HEART
MONTH

HEART
HEALTHY
TIPS

*Help keep your
heart healthy...*

*Exercise and
healthy diet...*

A heart-healthy diet focuses on consuming nutrient-rich foods that promote cardiovascular well-being. Here are key components of a heart-healthy diet:

Fruits and Vegetables:

- Abundant intake of fruits and vegetables, especially those high in fiber, antioxidants, and vitamins (e.g., berries, leafy greens, citrus fruits, tomatoes)

Whole Grains:

- Choose whole-grain breads, cereals, pasta, and rice to provide fiber, which helps regulate cholesterol and blood pressure.

Lean Proteins:

- Opt for lean protein sources such as fish (rich in omega-3 fatty acids), poultry, and plant-based proteins (e.g., beans, lentils, tofu).

Healthy Fats:

- Include moderate amounts of healthy fats, such as monounsaturated and polyunsaturated fats found in olive oil, avocados, nuts, and seeds.

Low-Fat Dairy:

- Consume low-fat or skim milk, yogurt, and cheese to obtain calcium and other essential nutrients.

Limited Saturated and Trans Fats:

- Minimize intake of saturated and trans fats, which raise cholesterol levels and increase heart disease risk.

Other Considerations:

- Limit processed foods, sugary drinks, and excessive sodium.
- Choose foods low in cholesterol and sodium.
- Incorporate regular physical activity for overall heart health.

Sample Meal Plan:

- **Breakfast:** Oatmeal with berries, nuts, and seeds, and a glass of low-fat milk.
- **Lunch:** Salad with grilled chicken, avocado, and olive oil dressing.
- **Dinner:** Baked salmon with steamed vegetables and brown rice.
- **Snack:** Greek yogurt with fruit and a handful of almonds.

Remember to consult a healthcare professional for personalized dietary recommendations based on your individual health needs and preferences.

From the desk of Chris Bruns

- Recently, with the funding freeze that was announced by the administration we took several calls from people wondering how it would impact their tenancy. While we could not access our federal funding for a short period of time, it would not have affected the daily operations of the housing authority in any capacity. The housing authority maintains reserves in its accounts to cover such situations for at least 4 months.
- Capital Fund Grant 2023. In the last newsletter it was discussed about the about the renovations to be done at 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 were expecting bids to come in somewhere between, \$403,000.00 - \$443,000.00, in doing this work, but were pleasantly surprised with a proposal of \$371,680.00. This works out great as there is typically always an issue or another when these firms get into the work that adds additional cost.
- Trash Pickup Contract Services. The housing authority is going to be taking bids from firms for trash services soon for the next 3 years. There will be some changes already to discuss. Baylis, Perry, and New Canton townships offer the ability for trash to be included in the water/sewer bills at a rate negotiated by the towns. It is the housing authority's intention to piggyback on these negotiated terms and remove them from the bid process for the remaining PHA units. Pleasant Hill, Griggsville, Pittsfield, and Barry will be part of the request for proposal. The services will be different at the Pittsfield E. Adams inside property. In the past a roll off was used in the interior of the building boiler room, but this creates problems for the smell inside the building, trash overflow, and for the trash company to remove it. We will request the bidding firms to include the 95 gallon toters at the outside entrance of this property for the residents to use there and do away with the roll off entirely.
- A reminder that flat rents and utility allowances have changed and are in effect until the next updates later in the year. Some of these flat rents and utility allowances have changed significantly. The flat rents are set off of rates provided to the housing authority by the federal government and then reduced by the utility allowances to get the final flat rent numbers. Congress approved in 2015 that flat rents are not be set at no less than 80% of fair market rents, small area fair market rents, or unadjusted rents. The utility allowance changes affect everyone, while the flat rents only apply to those with higher incomes. If you are not sure what you are on please check your copy of the rent choice form from your last rent exam or give us a call.

Regards,

Chris Bruns
Executive Director

Please do not....



Flush any wipes in toilet



Pour grease down sink



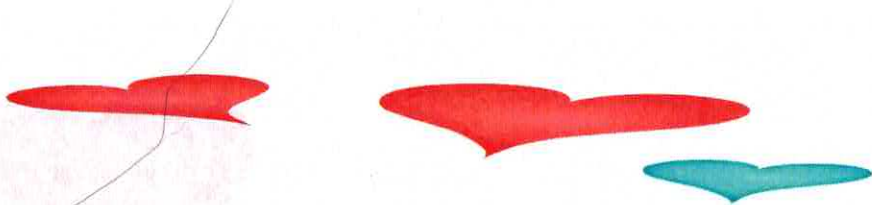
Put food down the drain

We are having a lot of work orders being made for these reasons.

Even though the wipes you are using say they are flushable, they do not dissolve and get caught in the pipes and do not let anything pass.

Pouring grease and or food down the drain will cause a clog. Dispose of grease and leftover food properly. **DO NOT THROW INTO YOUR YARD!!**

You must keep your apartment clean and in good order. This includes the outside area as well. If maintenance or the pest control report to us that your unit is not clean, we will schedule an inspection.



Warning Signs for Heart Attack, Stroke and Cardiac Arrest Symptoms

If these warning signs are present CALL 911

Heart Attack Symptoms:

CHEST DISCOMFORT: Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

DISCOMFORT IN OTHER AREAS OF THE UPPER BODY: Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

SHORTNESS OF BREATH: with or without chest discomfort.

OTHER SIGNS: May include breaking out in a cold sweat, nausea or lightheadedness.

The intent of this context is for informational purposes only. If you feel you need medical attention call 911.



**If these warning signs are present;
CALL 911**



STROKE SYMPTOMS

Spot a stroke **F.A.S.T.**

FACE DROOPING: Does one side of the face droop or is it numb? Ask the person to smile.

ARM WEAKNESS: Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

SPEECH DIFFICULTY: Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like “The sky is blue”. Is the sentence repeated correctly?

TIME TO CALL 911: If the person shows any of these symptoms, even if the symptoms go away, call 911 and get them to the hospital immediately.



Heart disease is very common. In the United States, heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.

The intent of this context is for informational purposes only. If you feel you need medical attention call 911.



Two Rivers Regional Council

Two Rivers Regional Council is a member of the Illinois Association of Community Action Agencies. TRRC provides staff to develop and administer programs and policies which further the efforts of local governments and aid the economically disadvantaged throughout the region. Community Action includes programs like: Food Pantries, Reach-out Centers, and Energy Assistance.

Workforce Development Center

Workforce Development promotes the development and implementation of workforce education strategies for occupations in high-growth/high-demand industries. Workforce education often includes job search assistance, assessment, vocational classroom training, work experience, and supportive services. It further develops and implements workforce education programs that enable low-skilled, low-income, adults to embark on career pathways and earn family sustaining wages. Dislocated workers receive training and assistance to find and retain work after a layoff. Eligible youth, ages 17-24, in or out of school, can receive assistance with getting their GED, workforce education, work-based learning, or apprenticeship opportunities. Veterans receive preferential treatment.

Workforce Center Offices Pike County - 120 S. Madison, Pittsfield, IL 62363

217-285-2216

Pike County Food Distribution

Food pantry is open on a drop in basis during the hours below.

120 South Madison, Pittsfield, IL 62363

Monday 9:00 AM - 3:00 PM

Wednesday 9:00 AM - 3:00 PM

Two Rivers Regional Council of Public Officials Mission

To grow stronger and more positive communities through relationships. As a connected community of individuals, families, businesses and government; we focus on supporting the basic needs of our community, fostering resiliency, and developing economic opportunity for all.

THANK YOU FOR PAYING YOUR RENT ON TIME!!

Please report **ALL** income changes to the office. Provide us with copies of 2 consecutive paycheck stubs if you have started a new job. If you are no longer employed, please provide a letter from your previous employer providing your last day of employment.

If you own a pet, please read the pet policy and follow the guidelines. This can be found on our website, under Tenant, scroll down to pet policy.



**PCHA TENANTS ARE PROVIDED WITH WEST CENTRAL MASS TRANSIT FREE OF
CHARGE FOR LIFE ESSENTIALS**

DOCTOR VISITS

GROCERY SHOPPING BANKING

POST OFFICE

PHARMACY VISITS

FOR MORE INFORMATION CALL

217-285-4529

866-443-2901

Did you know Pike County has leash laws...

ALL DOGS MUST BE ON A LEASH

Violations will be reported to Animal Control



KEEP YOUR DOG SAFE

Do not let your dog out without a leash

Pike County Animal Shelter 217-285-4811

We have had complaints of tenants feeding stray cats, and they are making messes and causing damage. Please do not feed stray animals.

Quit Smoking

A free resource to quit for good. Free material to help.

Make a change for a healthier life. Explore this free resource to become tobacco free. You can quit — we can help.

1-866-784-8937



Illinois Council on Problem Gambling Call

217-652-9611



NATIONAL GAMBLING PROBLEM HELPLINE

CALL OR TEXT

1-800-522-4700