



HELLO
April

STRESS

55% of U.S. citizens are stressed during the day.
This is **20%** higher than the world average of **35%**

THE MOST COMMON SIGNS OF STRESS INCLUDE:



Trouble sleeping



Feelings of anxiety, depression,
irritability, restlessness or anger



Upset stomach



Change in appetite



Social withdrawal

WHAT CAN HELP REDUCE STRESS?

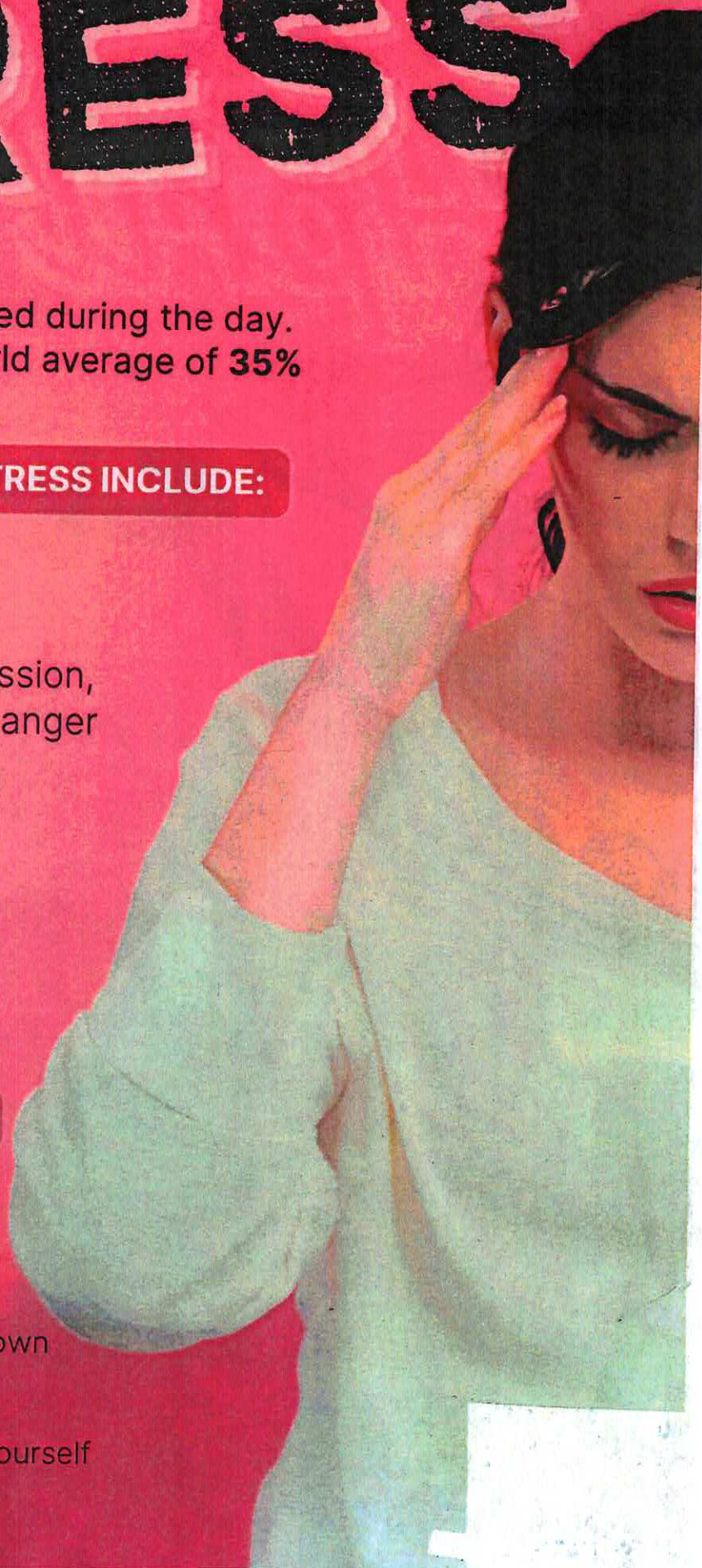
Get some exercise to work off your stress and release stress-fighting endorphins

Listen to relaxing music to calm you down

Avoid caffeine

Practice self-care and make time for yourself

Plan and prioritize your responsibilities



New GFL Trash Pick-Up Policy

ONLY Barry, Griggsville, Pleasant Hill and East Adams (not Long Building)

Placing your trash for curbside pickup

Correct placement of your container for curbside trash, recycling and organic waste collection is easy, but it's also important to ensure your services are handled properly and safely.

We don't want to miss your collection, but we can't pick up your trash if it isn't by the curb when our truck gets there on your service day. This guide on container placement will ensure you're prepared:

- Place your trash can and recycling bin **at the curb with the wheels facing your house and the lid opening into the street.**
- Keep your garbage cans **four feet apart and at least four feet or more from any obstacles such as mailboxes, cars, lamp posts, or power lines.**
- **Keep your container at the curb until the end of the day if it hasn't been collected.** Sometimes the timing of our arrival changes, and we don't want to miss you if we come later than expected.
- It's generally best to put your container out **the night before your collection day.** That way even if we're early, you won't miss your pick-up.

This is a new policy of GFL Disposal, not PCHA. If you are elderly or disabled and have called the office to let us know that you cannot place your garbage container at the curb, you do not have to call again.



Get Ready for Inspections



Spring Trailer
Schedules Will Be
Available Soon.



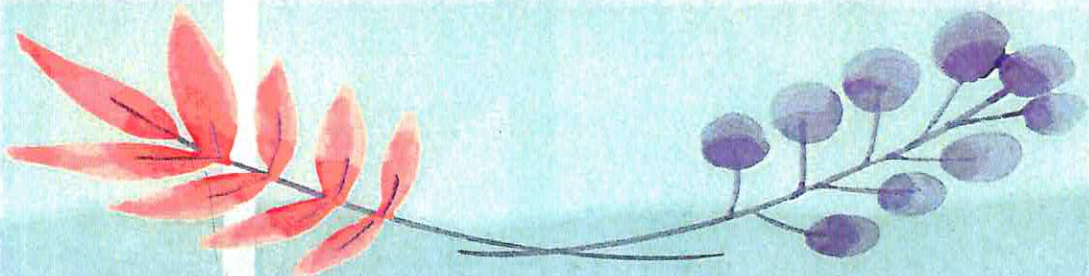
Inspections will be starting soon, make sure your home is ready. Wipe down walls, doors, windows, clear out clutter, and keep litter boxes clean. Be sure to pick up after pets outside, and pick up any trash outdoors.

Clean out and wipe down refrigerators and freezers, stove tops, ovens, showers, toilets and sinks.

You will receive a minimum notice of 2 weeks before the inspection at your property. Inspections will take place if you are not home. You will receive a letter from this office letting you know the results of your inspection. If you fail, you will be given details to the reasons why you failed. You will then be evaluated whether you should receive a re-inspection.



Please do not stop maintenance while they are working on-site to ask for additional repairs to be done. You must call the office and put in a work order.





Reduce, Reuse, Recycle

- The average family throws away 6 trees worth of paper
- The aluminum Americans throw away each year is enough to provide the auto industry with all the material it needs to build a year's worth of cars
- Used plastic dumped into the sea kills and destroys sea life at an estimated 1,000,000 sea creatures per year
- Recycling creates 1.1 million U.S. jobs

What can you recycle?

Cans, Tins, Glass Bottles, and Jars

Plastic Containers-drinks, shampoo and cleaning bottles, yogurt cups, ice cream tubs, and bottle tops

Paper and cardboard-junk mail, newspaper, magazines, envelopes, and cardboard

Allergy-Proof Your Spring

You may notice that you sneeze and cough more during certain times of the year. In this case, you may have seasonal allergies, which are allergy symptoms that occur during specific times of the year, typically when allergens are released into the air. The most common spring allergy trigger is tree pollen, which peaks from March to May.

You can reduce your exposure to seasonal allergens and their impact on your body, such as sneezing, stuffy or runny nose, and watery eyes. Try these strategies to manage seasonal allergies:

- **Keep track of pollen and mold counts.** Pollen and mold counts can be found online or on the local news. Monitoring allergens, especially tree pollen, can help you know when to avoid spending excessive time outside.
- **Keep the indoor air clean.** Closing windows and doors can help prevent allergens from entering your home and sticking to items like furniture and carpet.
- **Shower and put on clean clothing after spending time outdoors.** After playing or working outdoors, pollen may be stuck to your clothes, hair and skin, which can irritate your allergies.
- **Bathe pets often.** If your pets go inside and outside, they are likely tracking in pollen on their coats. Bathe them weekly, especially after spending a lengthy time outdoors.
- **Wash bedding weekly in hot water.** Pollen can settle on sheets and blankets, triggering allergy symptoms at bedtime and disrupting your rest.
- **Vacuum regularly.** When pollen levels are high, vacuum floors at least once a week. It's also best to use a vacuum with a HEPA filter.

For many people, avoiding allergens and using over-the-counter medications are enough to ease their allergy symptoms. Talk to your doctor if your symptoms remain bothersome; they can provide guidance on alternative treatments.

From the PCHA staff

We are here to help you with any questions or problems any of our tenants have. With that being said, I would like to remind everyone that appointments must be made to come into the office. Our doors are closed to the public. Appointment times are set specifically, as we are trying to help residing tenants, sign new leases for new tenants, and any other issues that requires meeting with a member of our staff. If you show up at a different time than your appointed time, you will be expected to wait until your appointed time to be allowed in the building. We ask that you call when you arrive to let us know you are here. If we do not answer the phone, please leave a voice mail with either Lee Ann or Tonya. If we do not answer the phone, we are busy helping someone. We will get to you as soon as possible, or at your appointment time. We have anywhere from 190-218 rented units at a time. This translates to more actual tenants. Calls will be taken on a first come first serve basis, unless a previous arrangement has been made.

As tenants, you expect and will be treated with respect. We, the PCHA staff, expect and will be treated with respect and will not tolerate anything less. Thank you!



In a world
where you can
be anything:
Be kind.

WCMT THE WHEELS OF 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. Same day trips maybe accepted, upcharge fee will be tenant's responsibility.

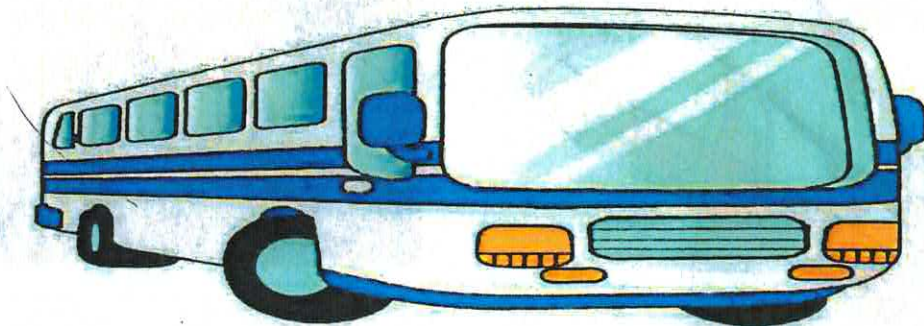
West Central Mass Transit District

1-217-285-4529

Reservations accepted:

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

Reservations are accepted on a first come first serve basis



Community Transportation Survey

The purpose of this survey is to help improve your community's transportation system by finding out your transportation needs. Even if you don't need transportation at this moment, please consider what your future needs might be if you were unable to drive for any reason.

General:

Date: (mm/dd/yy) _____ County name: _____

Transportation Needs:

1. Do you or members of your household have access to (and can afford) a car or other vehicle that is running, licensed and insured? Circle one: **Yes** **No**
- 2a. Are there trips you or members of your household can't make because of a lack of transportation? Circle one: **Yes** **No**
- 2b. If yes, what kind of trips: (Check all that apply)

<input type="checkbox"/> Work	<input type="checkbox"/> Shopping	<input type="checkbox"/> Kids activities (pool, park, skating etc.)	<input type="checkbox"/> Religious
<input type="checkbox"/> Medical appointments	<input type="checkbox"/> Social/ entertainment	<input type="checkbox"/> Senior nutrition or day center	<input type="checkbox"/> Other
<input type="checkbox"/> Visiting friends or family	<input type="checkbox"/> School	<input type="checkbox"/> Other agency appointments	
3. How do you or members of your household travel now? (Check all that apply)

<input type="checkbox"/> Drive or ride in household member's vehicle	<input type="checkbox"/> Walk, bike, use wheelchair etc.	<input type="checkbox"/> Public transportation
<input type="checkbox"/> Drive or ride in someone else's vehicle (other than a household member's)	<input type="checkbox"/> Church or social service agency vehicle	<input type="checkbox"/> Other
- 4a. Do you or members of your household currently use public transportation? Circle one: **Yes** **No**
- 4b. If yes, what types of public transportation do you or members of your household use? Circle all that apply: **Bus** **Taxi** **Van**
- 5a. Would you or members of your household use public transportation if it was available? (If no, skip to question 9) Circle one: **Yes** **No**
- 5b. If available, what types of public transportation would you or members of your household use? (Circle all that apply) **Bus** **Taxi** **Van** **Other**
- 5c. If available, how would you or members of your household prefer to get a ride? (Check all that apply)

<input type="checkbox"/> Catch a bus at a bus stop	<input type="checkbox"/> Call ahead for a ride (curb-to-curb demand response service)
<input type="checkbox"/> Call ahead for a ride (door-to-door demand response service for seniors or people with disabilities)	

6a. Please list locations (city/town names) that you or members of your household would travel to using public transportation.

6b. Using public transportation, how often would you or members of your household travel to the communities listed above? (Circle all that apply) **Daily** **Weekly** **Monthly**

7. What times would you or members of your household need public transportation? (Check all that apply)

Weekdays, before 7:00 AM

Weekends, 7:00 AM to 5:00 PM

Weekdays, 7:00 AM to 5:00 PM

Weekends, 5:00 PM to 10:00 PM

Weekdays, 5:00 PM to 10:00 PM

Weekends, other times

Weekdays, after 10:00 PM

Holidays

8. How much would you or members of your household be willing to pay for a one-way trip within your county? (Circle one) **Less than \$1.00** **\$1.00** **\$2.00** **\$3.00** **\$4.00** **\$5.00** **\$6.00 or more**

9. What would you like to change about your household's experience with public transportation and why?

Demographics:

10. What is your zip code? _____

11. In what age range do you belong?

Circle one: **Under 20** **20-29** **30-39** **40-49** **50-59** **60-69** **70-79** **80 and over**

12. How many people live in your household? Circle one: **1** **2** **3** **4+**

13. Does anyone in your household have a disability (physical, mental etc.) which limits the ability to drive?

Circle one: **Yes** How many people? **No**

14. Do any of your household members need transportation to medical appointments outside the county?

Circle one: **Yes** What city/county? _____ **No**