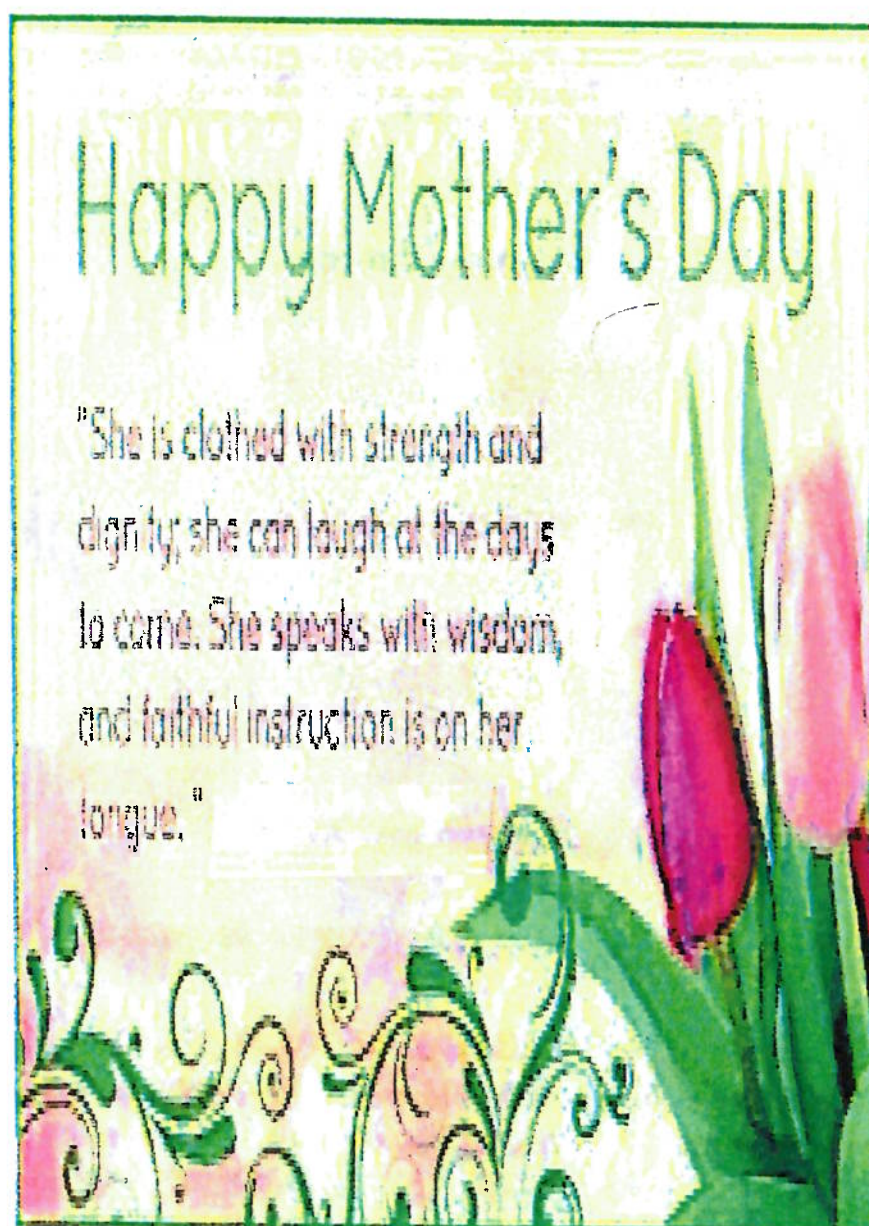


# May 2025

## PCHA Newsletter





## **ANNUAL INSPECTIONS**

**Barry/New Canton**

**June 9-13 & June 16-20**

**Pleasant Hill/Pittsfield**

**July 14-July 18 & July 21-July 25  
July 28-August 1**

**Griggsville/Perry/Baylis**

**August 11-August 15 & August 18- August 22**

**This is your required 48 hour notice. PCHA staff will enter your unit if you are not home to conduct Annual Inspections. Notifications will be hand delivered to each location 2 weeks prior to inspection as well.**

## FROM THE DESK OF CHRIS BRUNS...

Recently door to door salespeople have been observed going to PHA properties and indicating they are with Ameren or some other utility provider. If they say they are from Ameren, that is false, Ameren does not go door to door. Also, any of these individuals must have a peddlers license issued by the City Hall of the city that they are going to go door to door. This even applies to those going around for religious purposes. If any of these people come to your door ask them to display their peddlers license, do not accept that "their boss has it" because I have caught these people lying about that. If these individuals cannot provide the peddlers license, ask these people to leave the property immediately or that you will call the police. The reality of this is that these people have been going to the doors of housing properties only, not the rest of the city, which means they are deliberately preying upon those they think that they can take advantage of. **Please do not put your personal and financial data at risk!** In the future we are going to be installing "private property, no soliciting" signs to combat this behavior. Once those signs go up, even people with a peddlers license will no longer be welcome on the property.

The Capital Fund Grant 2023 outside work at Griggsville is moving along smoothly. There have not been any negative observations thus far and the work is expected to be completed in a timely fashion.

Many of you have executed the new 9886-A privacy release forms and we thank you for making that a smooth process. There are still a few that have not executed the new form however, and we must have one on file for you as a participant of the program. **If we do not have the right privacy release on file for you then you are risking your housing benefits for non-compliance.** Get these turned in, and if you are not sure if you have the correct one filed, just reach out to us and ask. The correct form is available in both the tenant and application section on [www.pikehousing.com](http://www.pikehousing.com) if you were to need one.

PCHA has available for review and comment its Admissions and Continued Occupancy Policy (ACOP) draft revision. This ACOP revision carries significant changes to the public housing program as required by the federal government. The ACOP draft revision was approved at PCHA's 4/17/2025 Board Meeting and will be available for review for a period of at least 30 days, beginning 4/23/2025 through 6/16/2025, at which time a public meeting will be held at 1:00p.m. at PCHA's Barry Community Building to collect and review any and all comments received regarding the ACOP policy revision. At PCHA's 6/19/2025 Board Meeting it is planned to ratify the ACOP draft revision as final. The ACOP draft revision is available for review at the PCHA's Barry Community Building located at 842 Mason Street, Barry, Illinois 62312 and also on PCHA's website at [www.pikehousing.com](http://www.pikehousing.com) in the Public Notice section. Questions and comments may be directed to the office if you have any. **This is an important update as the federal government has made many changes, which affect the policy sections on income, verification, and reexaminations, which will have significant impact on the program.** As it currently stands, these changes are to be in effect as of 7/1/2025, however the housing software providers have had issues implementing these updates and there could be a delay from the federal government still. We are moving forward with what we need to do as an agency, but this will be the most significant changes to the program in years.



## FROM THE DESK OF CHRIS BRUNS...

Separately in the newsletter there is the schedule for the upcoming annual physical inspections. **Please take heed to the schedule and make sure you are ready!** The PHA is here to help people with housing, but **we absolutely 100% refuse to just let people trash the apartments.** There should be no reason that we have to terminate a family's housing benefits because their place is a dump, but yet we still do year after year. Don't be that person.

Lately we have seen an improvement on people getting their accounts current with payments and keeping them that way. **We thank you for that!** This is another common way people lose their housing benefits. **Always remember that if you have an income change, need to enter into a repayment agreement, need information on rental assistance available, or have any other issues in paying your bill, please get in contact with us.**

Regards,

Chris Bruns  
Executive Director



# Cleaning checklist



**Start with general areas around your**

**home that don't usually get cleaning attention:**

- ☐ Go room to room organizing and decluttering.
- ☐ Dust ceiling fans and light fixtures.
- ☐ Clean all door knobs and light switches.
- ☐ Wipe down baseboards and walls.
- ☐ Clean the inside of the windows and window sills.

## **Kitchen**

- ☐ Organize the pantry and cabinets by discarding expired food/cleaning shelving.
- ☐ Clean out the refrigerator by discarding expired food and wiping interior shelving.
- ☐ Deep clean the oven and stove.
- ☐ Clean small appliances like toasters, microwaves, and coffee machines.
- ☐ Wipe down countertops and cabinets.

## **Living Room**

- ☐ Organize cabinets and bookshelves.
- ☐ Clean and dust all electronics.
- ☐ Dust and polish furniture.
- ☐ Vacuum or wipe down all upholstery.
- ☐ Clean curtains or wipe down blinds.

# Cleaning checklist



## Bathroom

- ☐ Organize toiletries in the cupboards.
- ☐ Clean mirrors and glass surfaces.
- ☐ Disinfect toilets, wipe down sinks and counters, and scrub the bathtub.
- ☐ Wash shower curtains or remove water stains from glass shower doors.
- ☐ Clean bath mats.
- ☐ Clean grout if needed.

## Bedrooms

- ☐ Change bedding and wash the mattress cover.
- ☐ Rotate and flip the mattress.
- ☐ Clean under the bed, dressers, and nightstands.
- ☐ Dust all furniture and fixtures.
- ☐ Organize closets and purge clothing you no longer wear.

**Don't forget to pick up outside of your units as well. Pick up and remove all pet feces off the ground. Make sure outside toys are put away when children are done playing with them each night. Pick up any trash or debris out of the yard.**

**Annual Inspections are starting soon. Use this checklist to help get prepared.**

# TRAILER DATES

PLEASANT HILL-MAY 12-16

LANDESS TERRACE- MAY 19-23

EAST ADAMS-JUNE 2-6

GRIGGSVILLE- JUNE 9-13

NEW CANTON- JUNE 16-20

BARRY-JUNE 23-JULY 3

SPRING CLEANING







## Origins & History of Memorial Day

- The origins of Memorial Day can be traced back to the aftermath of the American Civil War. As the conflict ended in 1865, people across the country began holding ceremonies to honor the Union and Confederate soldiers who had died in the conflict. One of the earliest known ceremonies took place in Charleston, South Carolina, in May 1865, when a group of freed slaves gathered to commemorate fallen Union soldiers buried in a local racecourse.
- The first national observance of Memorial Day, then known as Decoration Day, was declared by General John A. Logan of the Grand Army of the Republic on May 5, 1868. The day was designated as a time to decorate the graves of the fallen with flowers and to hold ceremonies to honor their sacrifice.
- Over time, Memorial Day became an important national holiday, honoring all Americans who died while serving in the military. In 1971, Congress declared Memorial Day a federal holiday to be celebrated on the last Monday in May.
- Today, Memorial Day is marked by parades, speeches, and ceremonies at military cemeteries and other sites across the country. It serves as a solemn reminder of the sacrifices made by the men and women who have died in service to our country, and a time to reflect on the true cost of freedom.

- American flags are flown at half-staff until noon on Memorial Day and then raised to full-staff for the rest of the day as a symbol of the nation's resilience and determination.
- The National Moment of Remembrance was established by Congress in 2000 as a way to encourage Americans to pause for one minute at 3 p.m. on Memorial Day to remember and honor the sacrifices of those who died in service to the country.
- The red poppy has become a symbol of Memorial Day. This tradition dates back to World War I when a poem called "In Flanders Fields" described red poppies growing on the graves of fallen soldiers.
- Arlington National Cemetery in Virginia is one of the most famous military cemeteries in the United States. It was established during the Civil War, and today it is the final resting place for more than 400,000 military veterans and their families.





## **MAY IS MENTAL HEALTH AWARENESS MONTH**

### **BOOST YOUR MENTAL HEALTH DAILY**

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#### **EXPRESS GRATITUDE**

**Taking 5 minutes daily to write down the things you are grateful for has been proven to lower stress levels and help you achieve a more positive mindset.**

#### **BE KIND**

**Helping others and being kind not only helps the recipient but can also benefit your mental health. Simply holding the door for someone or giving a compliment can go a long way.**

#### **GET MOVING**

**Exercising regularly can benefit your brain functions, reduce anxiety and improve your self-image.**

#### **LIVE WELL, WORK WELL**

#### **SPEND TIME OUTDOORS**

**Getting outside, especially when it's sunny, can greatly improve your mood and ability to focus.**

**GET QUALITY  
SLEEP**

**PRACTICE  
HEALTHY  
EATING**

**PRACTICE  
SELF CARE**

**DECLUTTER  
YOUR HOME**

**FOR IMMEDIATE SUPPORT FOR A MENTAL CRISIS, CALL THE SAMHSA'S NATIONAL HELPLINE  
1-800-662-4357**

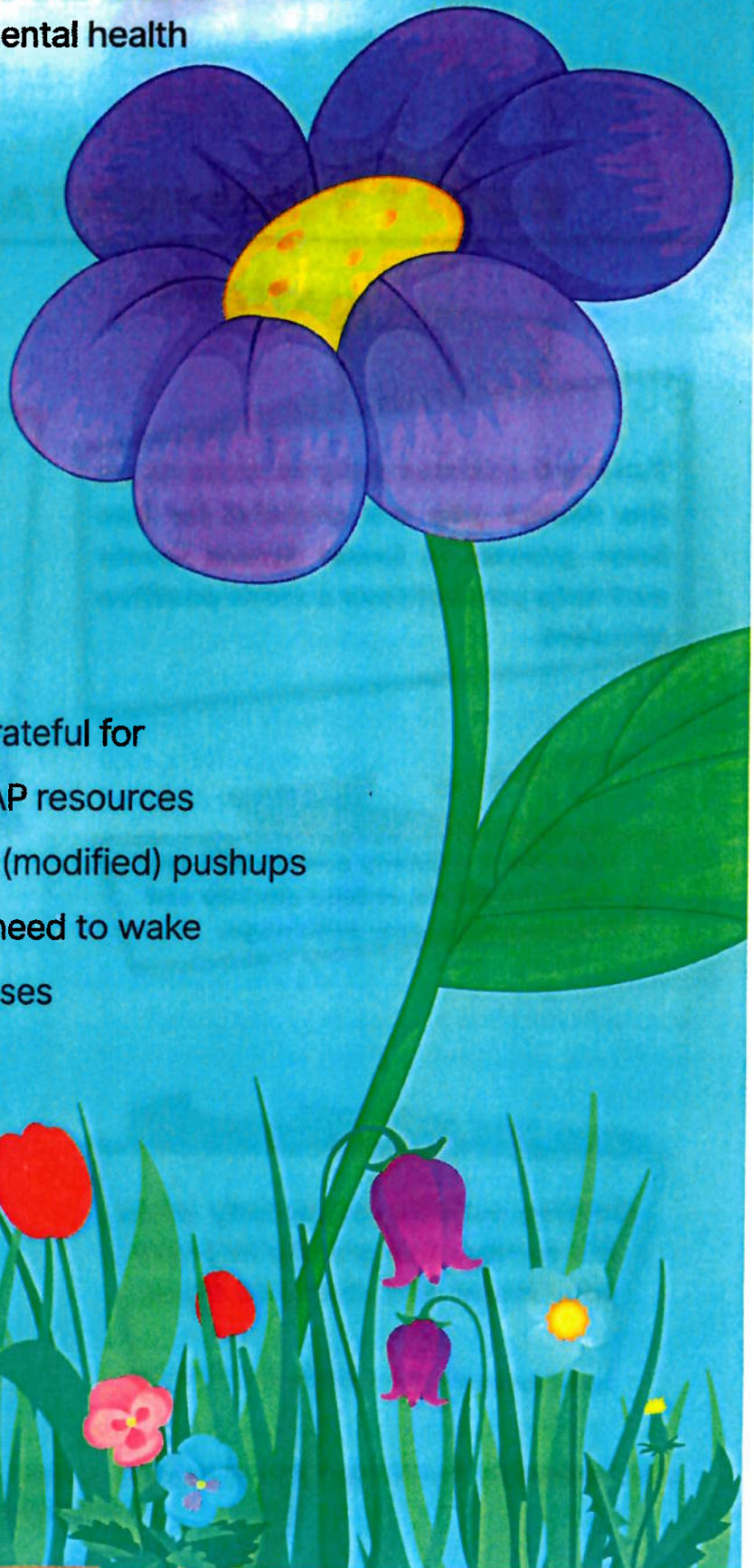


# Grow Your Mental Health

  
AssuredPartners  
<https://tinyurl.com/ypfftbxn>

Check off tasks below to nurture your mental health

- ☐ Cut back on social media
- ☐ Go for a walk
- ☐ Cook a homemade meal
- ☐ Organize a closet or drawer
- ☐ Do a random act of kindness
- ☐ Give someone a compliment
- ☐ Make your bed
- ☐ Eat a nutritious breakfast
- ☐ Do a mid-day stretch
- ☐ Think about 3 things you are grateful for
- ☐ Learn about your company's EAP resources
- ☐ Do a weight lifting exercise like (modified) pushups
- ☐ Get in bed 9 hours before you need to wake
- ☐ Review your reoccurring expenses







**Please do not interrupt our maintenance crew, mower or Big River Pest Control technician to report a problem. If you have something that you need reported, you must call the office.**

**217-407-0707**

**A work order will be put into the system.**

**If you are having trouble paying your rent, you need to call the office. You may be eligible for a repayment agreement. Do not ignore your account balance, if left unpaid and no repayment arrangement has been made, you will make yourself open to lease termination for non-payment.**

**If you have a change in income, you must contact the office within 10 days of the income change. PCHA requires documentation of all income changes, such as, 2 full consecutive pay stubs or end of employment documentation from your previous employer.**

**If a member of your household turns 18, please contact the office. PCHA requires that the household member signs the apartment lease as an adult.**

**If that household member is employed, 2 full consecutive pay stubs are required. If you have a household member who turns 18 and will be moving out of the apartment, please call the office.**







**If you need help**  
**call 911**

**Pike County Housing Authority is not an assisted living facility. If you need medical attention you must call 911. Please do not call the office, or approach our maintenance crew asking us to come to your apartment for a medical assist. We are not trained for medical emergencies. We are not allowed to have physical contact with a tenant, as in helping a tenant who has fallen.**

**Pike County Housing Authority is not authorized to "police" any domestic violence incidence. If you have a problem with anyone, you must call 911. If you suspect violence toward a person, child or animal, you must report it to the Pike County Sheriff's Department, or other law enforcement agency.**

**Pike County Police Department**  
Pittsfield, IL  
**(217) 285-5011**

**Pike County Crime Stoppers**  
Pittsfield, IL  
**(217) 285-1500**

**Pittsfield Police Department**  
Pittsfield, IL  
**(217) 285-5011**

**Illinois State Police Department**  
Pittsfield, IL  
**(217) 285-9542**