



HELLO  
*January*



Time to sharpen your mind...

Brain Exercises to sharpen  
your Memory & Focus

- Learn a new language
- Mindful Breathing meditation
- Play Chess
- Crossword puzzles
- Sudoku
- Listen or play music
- Work a jigsaw puzzle
- Active reading and note-taking



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## **JANUARY 2026 NEWSLETTER**

**TAR Write-Offs FYE 12/31/2025** – At the end of each PHA fiscal year, it is practice to write off the amounts left by former tenants to clear the PHA’s books. These amounts will still be pursued via IDROP and also have been reported in EIV so that other PHA’s may know the balances are due so they can assist with collection and prevent from providing these households housing. For FY 2025, the amount to write off is \$62,573.02. In 2024, the amount to be written off was \$68,919.32, which was \$6,346.30 more.

**Utility Allowances & Flat Rents FY 2026** – The new Utility Allowances and Flat Rents to be used for FY 2026 are active and will be applied to all transactions after 1/1/2026. The Flat Rents only impact higher earning households whereas the Utility Allowances affect everyone. The Utility Allowances do vary by location. There are many factors that go into these such as utility cost/type, property age, unit type/size, consumption patterns, HUD regulation, etc. These are posted on the PCHA website [www.pikehousing.com](http://www.pikehousing.com) under both the applicant and tenant tabs.

**Repositioning** – With the year just starting, my attention is turning to getting the remaining two applications sent in for HUD approval to reduce the PHA’s unit count. On the first application, I will be applying for another building at Landess Terrace and one at E. Adams to be demolished. The PHA has approval for one building at Landess Terrace already. With the demolition of these buildings the PHA will lose 20 one bedroom apartments. Besides these units, the other application I will be sending in is to get approval for the sale of the PHA’s units in Baylis & Perry. The sale of these properties will remove 8 one bedroom apartments, 5 two bedroom apartments, and 5 three bedroom apartments from the PHA’s inventory.

There are several reasons for this activity, but the main ones are the population of Pike County is getting smaller, too many apartments of the same size and type, and apartments in locations that people don’t want to live.

**Tenant Responsibilities** – With the arrival of each year, I like to remind people of the contract they signed when they became tenants and the responsibilities they agreed to in exchange for the apartment itself and a few basic services from the PHA.

In the lease agreement you indicated that you will;

- Pay your rent by the due date
- Keep your electric in good standing
- Turn in materials requested in a timely manner
- Take good care of the apartment by not causing damage or living in poor conditions
- Cooperate with the housing authority staff and contractors
- Seek permission prior to moving someone in
- Be respectful of your neighbors, housing authority staff and contractors
- Keep the max number of pets
- Not smoke within 25 feet of any PHA building

The list is not comprehensive, but it's enough to make you aware that there are several things you must do to remain in good standing. All PHA staff do our best to make sure we are meeting our obligations to you, so please do us the same courtesy in return.

Let's get 2026 off to a good start! Have a great month of January and thank you.

Regards,



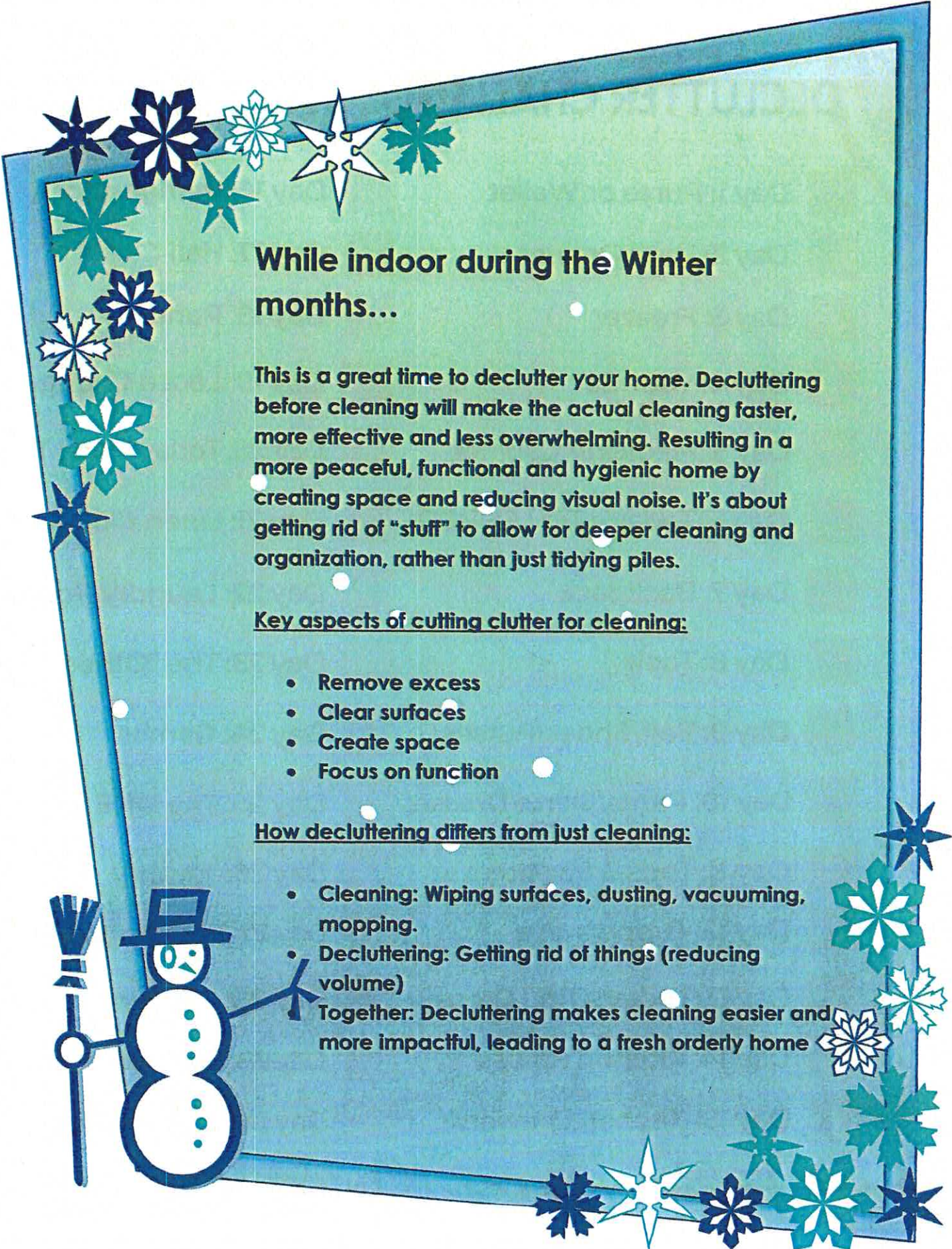
Chris Bruns  
Executive Director

# 30 day

## DECLUTTER CHALLENGE DAILY CHECKLIST

- |  |  |
|--|--|
| <input type="checkbox"/> Day 1: Purse or Wallet        | <input type="checkbox"/> Day 16: Refrigerator          |
| <input type="checkbox"/> Day 2: Junk Drawer            | <input type="checkbox"/> Day 17: Hall Closet           |
| <input type="checkbox"/> Day 3: Freezer                | <input type="checkbox"/> Day 18: Pantry                |
| <input type="checkbox"/> Day 4: Your Car               | <input type="checkbox"/> Day 19: Loose Change          |
| <input type="checkbox"/> Day 5: Medicine Cabinet       | <input type="checkbox"/> Day 20: Today's Tip   To Do   |
| <input type="checkbox"/> Day 6: Today's Tip   SHRED    | <input type="checkbox"/> Day 21: Linen Closet          |
| <input type="checkbox"/> Day 7: Backpack               | <input type="checkbox"/> Day 22: Laundry Room          |
| <input type="checkbox"/> Day 8: Tools                  | <input type="checkbox"/> Day 23: The "Other" Closet    |
| <input type="checkbox"/> Day 9: Belt/Shoes/Purses      | <input type="checkbox"/> Day 24: Games                 |
| <input type="checkbox"/> Day 10: Pants/Skirts/Dresses  | <input type="checkbox"/> Day 25: The ONE Thing         |
| <input type="checkbox"/> Day 11: Tops & Sweaters       | <input type="checkbox"/> Day 26: Jewelry               |
| <input type="checkbox"/> Day 12: Tupperware            | <input type="checkbox"/> Day 27: Today's Tip   Rolodex |
| <input type="checkbox"/> Day 13: Today's Tip   Grocery | <input type="checkbox"/> Day 28: Gift Wrap             |
| <input type="checkbox"/> Day 14: Kitchen Spices        | <input type="checkbox"/> Day 29: Summer Dreaming       |
| <input type="checkbox"/> Day 15: Kitchen Drawers       | <input type="checkbox"/> Day 30: Clutter Free!         |

*Simplify Your Space | Clear Your Mind*

A decorative border surrounds the page, featuring various styles of snowflakes in shades of blue and green. In the bottom-left corner, there is a cartoon snowman wearing a top hat and holding a broom. The background of the page is a light green color with a blue border.

## While indoor during the Winter months...

This is a great time to declutter your home. Decluttering before cleaning will make the actual cleaning faster, more effective and less overwhelming. Resulting in a more peaceful, functional and hygienic home by creating space and reducing visual noise. It's about getting rid of "stuff" to allow for deeper cleaning and organization, rather than just tidying piles.

### Key aspects of cutting clutter for cleaning:

- Remove excess
- Clear surfaces
- Create space
- Focus on function

### How decluttering differs from just cleaning:

- **Cleaning:** Wiping surfaces, dusting, vacuuming, mopping.
- **Decluttering:** Getting rid of things (reducing volume)
- **Together:** Decluttering makes cleaning easier and more impactful, leading to a fresh orderly home

# Health Benefits of Dry January

As the holidays end, Dry January is a popular wellness challenge where participants abstain from alcohol for the entire month. This initiative encourages people to take a break from drinking after the often-indulgent holiday season. The goal is to reassess one's relationship with alcohol and start the new year with a fresh perspective. Many people use the month to reflect on their drinking habits and make more mindful choices about alcohol.

While a month of sobriety can seem overwhelming to some, it comes with some advantages. A brief break from moderate to heavy alcohol consumption may offer the following health-related benefits:

- Better sleep

- Increased focus
- Improved mood
- Boosted energy
- Clearer complexion
- Potential weight loss

Alcohol can also contribute to various health conditions, such as high blood pressure, kidney or liver problems, heart disease and certain cancers. As such, a period of sobriety can positively affect one's well-being and overall health. If you have any questions or concerns about your alcohol consumption, talk to a health care professional.

# Rescue Your Skin This Winter

Taking care of your skin properly can be challenging. The task can seem almost impossible to achieve when the temperature and humidity levels drop. Having dry skin may not seem like the most concerning health issue, but not treating it can result in itchiness, cracked or painful skin, as well as eczema and dermatitis.

A Harris Poll found that 6 in 10 Americans say their skin feels "unhealthy" during the winter.

Consider these skin care tips for the winter months:

- **Adjust your shower routine.** The length and temperature of your showers can significantly impact the dryness of your skin. Long and hot showers during the cold months can strip the natural oils from your skin, leaving it dry. Try short, lukewarm showers instead.

- **Use moisturizer.** Applying moisturizer, especially after showering, can help keep your skin hydrated and prevent dryness.
- **Avoid products with fragrances.** Oftentimes, 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 add moisture to the air within your home, helping to prevent and relieve environmental dryness.
- **Stay hydrated.** Ensure you're drinking enough water throughout the day to improve the appearance of your skin and reduce its susceptibility to dryness.

Talk to your health care provider if you have specific skin health concerns.



# Live Well, Work Well

January 2026

## Clear the Clutter for Your Health

January is recognized as Get Organized Month, making it the perfect time to refresh your space and mindset. Clutter doesn't just take up physical space—it can weigh on your mental health, increase stress and even impact productivity. By clearing the clutter, you set yourself up for a healthier, more successful year.

A survey commissioned by The Container Store revealed that 7 in 10 Americans pin the success of a new year on a clutter-free home.

Being organized extends beyond having a neat desk or a tidy home; it has a direct impact on your overall well-being. A cluttered environment can lead to feelings of overwhelm and anxiety, making it harder to concentrate and complete tasks efficiently. When your surroundings are orderly, your mind feels clearer, decision-making becomes easier and stress levels drop. Organization also saves time and energy, allowing you to focus on what truly matters instead of searching for misplaced items or juggling chaos. In short, an organized space creates a sense of control and calm that benefits both your mental and physical health.

Getting organized may seem overwhelming, but small, manageable steps can add up to big results:

- **Start small.** Pick one area, such as a drawer, a shelf, or even your email inbox, and tackle it first. Success in one spot builds momentum.
- **Declutter daily.** Spend just 10 minutes each day putting things back in their place. This simple habit prevents clutter from piling up.
- **Create systems.** Use labeled bins, folders or digital tools to keep items easy to find.
- **Go digital.** Reduce paper clutter by scanning important documents and storing them securely in the cloud.
- **Set limits.** Adopt a "one in, one out" rule for new items to keep your space from becoming overcrowded.

Organization isn't about perfection—it's about creating a space that supports your goals and well-being. By making small, consistent changes, you'll feel more in control and energized for the year ahead.

# HEALTH BENEFITS OF POPCORN

- 🌽 WHOLE GRAIN
- 🌽 PROTEIN & PHOSPHORUS
- 🌽 ANTIOXIDANTS
- 🌽 GLUTEN FREE
- 🌽 BRAIN FOOD
- 🌽 SUGAR FREE

## ***SPICY CHIPOTLE*** POPCORN

- 1/2 cup popcorn kernels
- 1 tsp. olive oil
- Cooking spray
- 1-2 tsp. chipotle chili powder
- Zest of 1 lime

- Toss the popcorn kernels with oil. Cook however you like to cook your popcorn (stove, microwave, airpopper, etc.)
- If possible, grind or blend the spice mixture to a fine powder. This will help the seasoning stick better.
- Once popped, transfer to a bowl and spritz with cooking spray. Sprinkle on the chipotle chili powder and lime zest, toss and enjoy!



# *Happy New Year*

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## PCHA

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Many make resolutions with a new year for improvement in their lives. In order to help make your New Year resolutions more achievable, here are a few tips for success...

- **Be Specific:** Instead of “exercise more”, try “walk 30 minutes, three times a week”.
- **Start Small:** Break big goals into tiny, manageable steps to build momentum.
- **Track Progress:** Monitor your efforts and celebrate small wins.
- **Be Kind to Yourself:** If you slip, don’t quit, just get back on track.

