The background features a waving American flag with red and white stripes and a blue field with white stars. In the upper right, there are bright blue and white fireworks exploding against a dark blue sky. The overall theme is patriotic and celebratory.

HELLO
JULY

Pike County
Housing
Newsletter
7/2024

THE HEALTH BENEFITS OF **TOMATOES**

LOWER HEART DISEASE RISK AND CHOLESTEROL

INCREASE IMMUNITY

HIGH IN VITAMIN C

GREAT SOURCE OF FIBER

PROTECT AGAINST SUNBURNS

WEALTH OF ANTIOXIDANTS

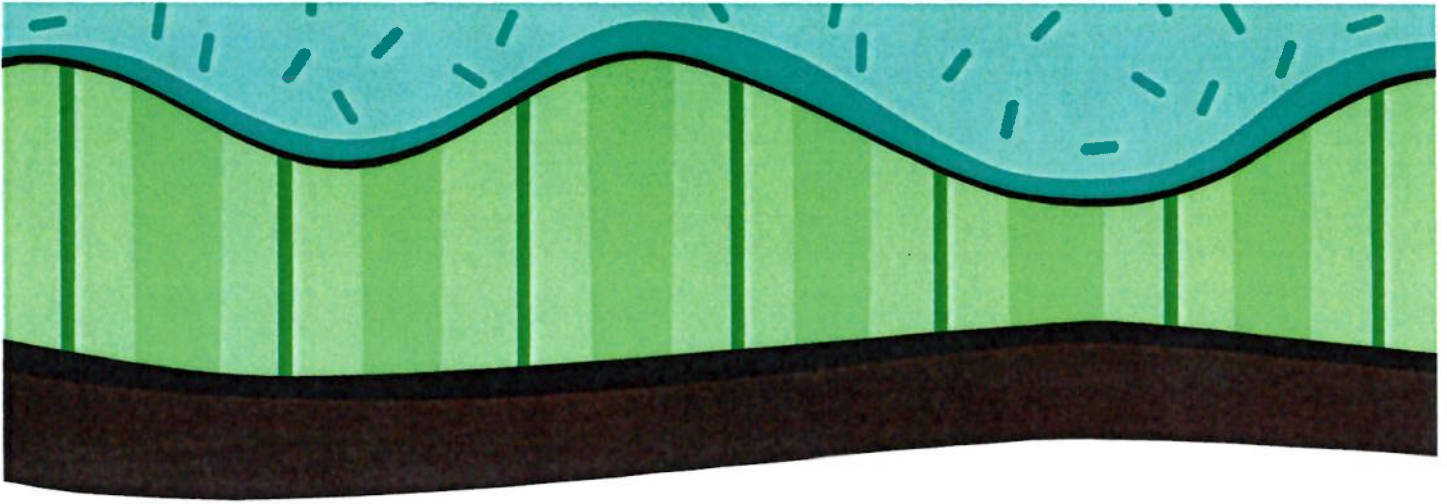
GREAT SOURCE OF POTASSIUM

LOWER CANCER RISK

MARINATED TOMATOES

- 1 pound cherry or grape tomatoes, halved or quartered
 - 1 clove garlic, finely grated
 - 2 tablespoons olive oil
 - 1 tablespoon lemon juice
 - 1 tablespoon freshly minced parsley
-
- Toss tomatoes, grated garlic, olive oil, lemon juice, herbs, and salt together in a small bowl. You're done.
 - Now just let the marinated tomatoes get real yummy. Give them 2-3 hours minimum to just rest in the fridge, but you can also let them soak in all that goodness for up to 24 hours, especially if your tomatoes were sturdy to begin with, and/or if you'll be mixing them into other things like a salad. Bring them back to room temperature for ideal serving conditions!





Inspections are completed in New Canton and Barry.

Next inspection dates are:

Pleasant Hill and Pittsfield - July 15th - July 26th
M-F

Griggsville, Baylis and Perry - August 19th - August 30th
M-F

If your unit does not pass the annual inspection, you will have 30 days to take care of any issues that were noted. *If you do not pass the 2nd inspection, you will be subject to termination.*





Oh say can you see, by the
dawn's early light, what so
proudly we hailed, at the
twilight's last gleaming?

Whose broad stripes and bright
stars, through the perilous fight,
O'er the ramparts we watched,
were so gallantly streaming?

And the rocket's red glare, the
bombs bursting in air, gave
proof through the night, that our
Flag was still there.

Oh say does that Star Spangled
Banner yet wave? O'er the land
of the free and the home of the
brave?



Maintenance Contact Information

Josh Harrison, Maintenance Supervisor

T.J. Brennan, Maintenance Technician

Chris Coultas, Maintenance Technician

Brian Lister, Maintenance Technician

During normal business hours you must call the office for a maintenance problem. A work order will be prepared and the call will be documented.

For after hour/off hour emergencies only:

Please call 217-407-0707 and hit option 1 to be connected with a member of maintenance.

Emergencies Include:

- Gas leaks
- Broken water pipes
- Exposed electrical wires
- No heat (if the outdoor heat is 45 degrees or lower)
- Sewer line stoppage (not drain line)-this includes a clogged toilet
- CO/Smoke detector beeping or chirping

Also fire, flood or anything that threatens life, safety or property damage.

ANNUAL INSPECTION NOTICE 2024
PITTSFIELD & PLEASANT HILL
INSPECTION DATE: 7/15/2024 – 7/19/2024 & 7/22/2024 – 7/26/2024

NOTICE DATE: 6/28/2024

According to the scheduling terms of Pike County Housing Authority (PCHA) policy, please be advised that PCHA will conduct the annual inspections of its apartments in Pittsfield & Pleasant Hill during the time frame of 7/15/2024 – 7/19/2024 & 7/22/2024 – 7/26/2024.

During the time leading up to the above dates, it is strongly recommended you make the premises ready to be viewed **before** the annual inspections begin. Negative inspection reports will affect your tenancy with PCHA, so please consider that as you make your preparation for staff arrival.

While PCHA does not expect the apartments to be spotless, it does expect them to be free from bad odors, debris, garbage, clutter, dirty floors, dirty dishes and old food, dirty stoves, dirty refrigerators, etc. If you have pets, staff do not expect to find urine and feces on the interior of the unit, overflowing litter boxes, or significant damages caused by the animals. Staff also do not expect to find pet waste or cigarette butts not being picked up in the yard areas around the units.

All of these terms and conditions are covered in your rental agreement with PCHA.

After inspection, you will receive a notice of pass/fail status of the inspection along with action items to be addressed, if any. As always, you do not need to be present for the inspection, but can be if you so choose.

Thank you for your prompt attention to this notice and your help in performing this annual requirement. We look forward to seeing great results!

Best Regards,

Chris Bruns
Executive Director

July 2024

Live Well, Work Well



Beat the Summer Heat

Summer heat can be more than uncomfortable; it can threaten your health, especially for older adults and children. Hot and humid weather can make it more challenging for your body to cool down, leading to heat-related illnesses. If left untreated, heat-related illnesses can become life-threatening. In fact, heat-related deaths have been on the rise in the United States.

The CDC reports that heat-related deaths in the country have been increasing, with approximately 1,602 occurring in 2021, 1,722 in 2022, and 2,302 in 2023.



Exposure to abnormal or prolonged heat and humidity without relief or adequate fluids can cause various heat-related illnesses. Here are some common types of illnesses to keep an eye out for this summer:

- **Heat cramps** are a mild form of heat illness consisting of painful muscle cramps and spasms. These occur during or after intense exercise and sweating in high heat, so moving to a cool place to rest and stretch cramped muscles is important.
- **Heat exhaustion** occurs when a person cannot sweat enough to cool the body, usually due to not drinking enough fluids during hot weather. A person suffering from

heat exhaustion must move to a cool place and drink plenty of water.

- **Heatstroke** occurs when your body temperature reaches 104 F or higher within minutes. The person may also become confused or lose consciousness. The condition is the result of untreated heat exhaustion and a serious medical emergency that must be treated quickly by a professional.

Don't let the summer heat get the best of you. Consider these tips to prevent heat-related illness:

- Drink plenty of fluids, but avoid alcoholic and caffeinated beverages (e.g., coffee, tea and soda) that can lead to dehydration.
- Eat light, refreshing foods.
- Wear lightweight, light-colored and loose-fitting clothing.
- Apply sunscreen and wear a wide-brimmed hat and sunglasses.
- Do chores or other outdoor activities in the morning or evening.
- Stay indoors as much as possible, or take breaks from being outside.

Remembering these tips can help you beat the heat. Contact a doctor if heat-related symptoms don't improve within an hour and seek immediate medical attention if the person has heatstroke.



Happy Fourth of July!

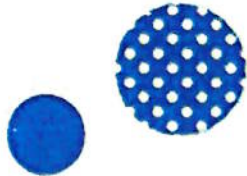


Combating Summer Time Stressors:

CHOOSING THE RIGHT SUNSCREEN

With so many sunscreen options on the shelves, it can be difficult to know which offers the best sun protection. Opt for a sunscreen labeled with these factors:

- MINERAL FORMULA
- BROAD SPECTRUM
- SPF 30 OR HIGHER
- WATER-RESISTANT



❖ Get Outside

Spending time outside can help improve your mood by reducing stress, combating anxiety and depression, and enhancing cognitive function.

❖ Stay Active

Exercise can help reduce stress, so prioritize daily movement.

❖ Stick with a Routine

Establishing and following a routine can help you feel more in control of your summer and motivate you.

Grilling Safety Tips

Although grilling is a popular way to prepare food in the summer, it can also be dangerous.

PCHA only allows charcoal grills, gas grills are not allowed. July is the top month for grill fires.

- Keep your grill at least 10 feet away from other objects, including your home, and over hanging branches.
- Set up grill on a flat, even surface.
- Keep children and pets at least 3 feet away from the grilling area.
- Clean the grates and trays to remove grease and fat build up.
- Never leave your grill unattended.





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.

Landess Terrace

ONLY put trash/garbage bags in the trash corral totes.

DO NOT put any items in the corral that are too large to fit in the totes.

Break down **ALL BOXES** before placing them in totes.

DO NOT set anything on the ground outside of the totes. The trash company will not pick up items left outside of the totes.



No Assigned Parking Spots at PCHA

- If your unit has multiple vehicles, you must park behind your units other vehicle. Do not park behind another tenant or tenant's guest.
- That person will not be able to get out in case of an emergency, which is a safety concern.
- If your property has a handicapped parking space, do not park in it without proper license or tag.
- Do not park in alleys or on the grass of PCHA properties.



Our office remains closed to the public, please call 217-407-0707 for an appointment.

Rent is due the 25th of each month.

Ask about our automatic payment program for paying your rent.

Do not pour grease down the sinks!

Always pick up after your animals, indoor & outdoor.

Keep cat litter boxes clean, to cut down on odor.