

PCHA JUNE NEWSLETTER 2024

KICK OFF SUMMMER FUN...

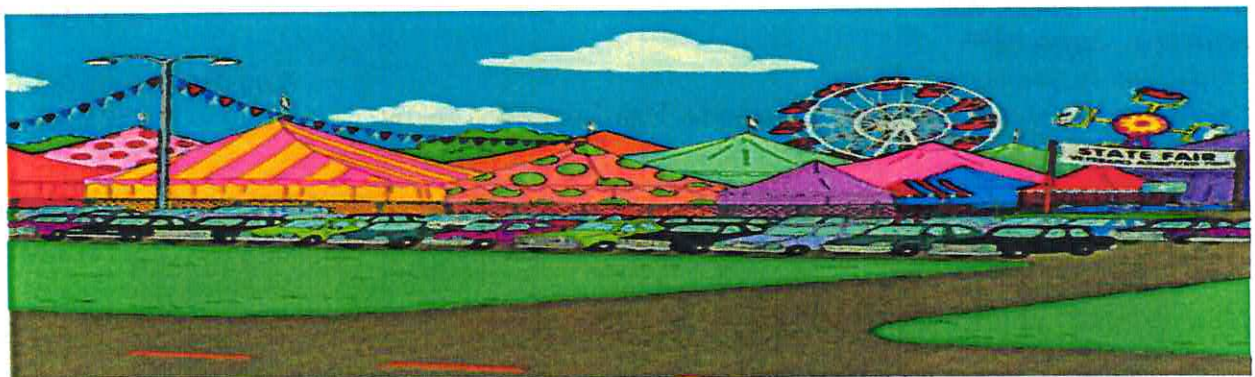
Pike County Fair - Pleasant Hill

June 4th – 8th



Western Illinois Fair – Griggsville

June 19th – 23rd



2024 Pike County Fair Schedule Pleasant Hill

Tuesday, June 4th

Sheep/Goat Open Show	9:00 AM
Carnival Rides and Games	5:00 PM - 10:00 PM
Miss Pike County Fair & Junior Miss Pageants	7:00 PM
Speed Horse Show	7:00 PM

Wednesday, June 5

Beef Open Show	1:00 PM
Carnival Rides and Games	5:00 PM - 10:00 PM
Heartland Garden Tractor Pullers - South Track	6:00 PM

Thursday, June 6

Swing Market Open Show	9:30 AM
Carnival Rides and Games	5:00 PM - 10:00 PM
ITPA Truck & Tractor Pull	6:30 PM

Friday, June 7

Carnival Rides and Games	5:00 PM - 10:00 PM
Full Throttle Monster Truck - Pit Party	5:00 PM - 6:30 PM
Full Throttle Monster Truck Show	7:00 PM

Saturday, June 8

Pike County Baby Contest	10:00 AM
Little Mr. & Miss Pike County	11:00 AM
Carnival Rides and Games	2:00 PM - 10:00 PM
Cornhole Tournament	1:00 PM
Domination Motorsports Southern #9 Memorial Tour Demolition Derby	6:30 PM
Mega Ball Drop	9:00 PM

2024 Western Illinois Fair Schedule Griggsville

Wednesday, June 19th

Connor Family Amusement Rides	5:00 PM - 10:00 PM
Queen and Princess Pageant	7:00 PM

Thursday, June 20th

Connor Family Amusement Rides	5:00 PM - 10:00 PM
Thursday Night Thunder (more to be announced)	7:00 PM

Friday, June 21st

Connor Family Amusement Rides	5:00 PM - 10:00 PM
UPA Truck & Tractor Pull	6:00 PM

Saturday, June 22nd

Connor Family Amusement Rides	5:00 PM - 10:00 PM
Domination Motorsports Southern 9 Memorial Tour Demolition Derby	7:00 PM

Sunday, June 23rd

Connor Family Amusement	TBD
Heartland Garden Tractor Pull	11:00 AM





INSPECTION DATES

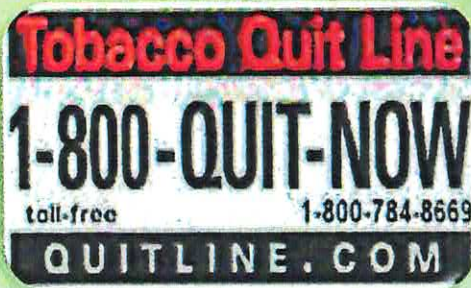
Barry - New Canton - **Notice to be Given**

Pleasant Hill - 7/15 - 7/26

Pittsfield - 7/15 - 7/26

Griggsville - 8/19 - 8/30

Baylis - Perry - 8/19 - 8/30



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 for needed information.

PCHA

PHONE:
217-407-0707

WEBSITE:
www.pikehousing.com

FAX:
217-407-0708





Flag Day...

"And let us never forget that in honoring our flag,
we honor the American men and women who have
courageously fought and died for it..."
-President Ronald Reagan

Flag Day Friday, June 14th, 2024

Benefits of Sunshine

While many may avoid the sun for fear of skin cancer or skin damage, we are here to ease the fear and share how to get the most from the sun for your health, without the negative consequences that may occur from over-exposure. Vitamin D produced in the skin also helps protect the skin. Unlike traditional vitamins that you must get from your diet or supplements, vitamin D can be produced naturally in your skin. When exposed to UVB rays, and in the proper circumstances, your body has the ability to make vitamin D. Sensible exposure to sunlight actually protects the skin and deeper tissues from UV damage by increasing pigmentation (short term tanning) and thickening the outermost layer of skin, a process beneficial for the skin. Keratinocytes, which make up over 90% of the outermost layer of skin, cannot rely on vitamin D3 from supplements. Keratinocytes must synthesize their own supply of vitamin D directly from sun exposure or topical application. So make sure you feed your keratinocytes vitamin D from the sun or topical application.

THE HEALTH BENEFITS OF PEACHES

AIDS DIGESTION

IMPROVES HEART HEALTH

REDUCES ALLERGY SYMPTOMS

GOOD SOURCE OF VITAMIN E

PACKED WITH NUTRIENTS AND ANTIOXIDANTS

HELPS LOWER BLOOD PRESSURE

GRILLED PEACHES



- 4 medium ripe peaches (ripe, yet firm)
- 2 tablespoons unsalted butter
- Optional: Add cinnamon, honey, or nuts

- Cut the peaches in half and remove the pit. With a sharp paring knife, slice each peach in half. Then twist each half in opposite directions to pull the halves apart. Use your fingers to remove the pit. If it's stuck, carefully slide the knife under the pit and then pull it away.
- Brush the peaches all over with melted butter.
- Place the peaches, cut side down, on the grill. Grill until tender and slightly charred, about 4 minutes per side. Serve immediately.
- Remove from the grill and add cinnamon, honey or nuts.

Assistance Animals and Fair Housing

Types of Assistance Animals



Assistance Animal

- Assistance animals are not pets.
- Trained or untrained animals that do work, perform tasks, provide assistance, and/or provide therapeutic emotional support for individuals with disabilities.
- Can be any common domestic household animal.



Service Animal

- Trained to do work or perform a task directly related to a disability.
- A type of Assistance Animal under the FHA.

All Assistant/Service Animals *must have appropriate documentation from a Dr. who is familiar with the tenant's medical history.*

We *do not* need to know the diagnosis of the individual, only that the assistance animal provides therapeutic emotional support or are trained to do work or perform a task directly related to a disability.

All documentation pertaining to either an Assistance Animal or a Service Animal, must be updated annually.

This means that every year you must provide a letter from your attending physician stating that the animal is necessary for providing relief.



PCHA



838 Mason St.
PO Box 123
Barry, IL 62312



217-407-0707

Fax 217-407-0708



www.pikehousing.com





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.

BARRY FOOD PANTRY

Tuesday Evenings

4:30pm-7:00pm

Friday Mornings

8:30-Noon

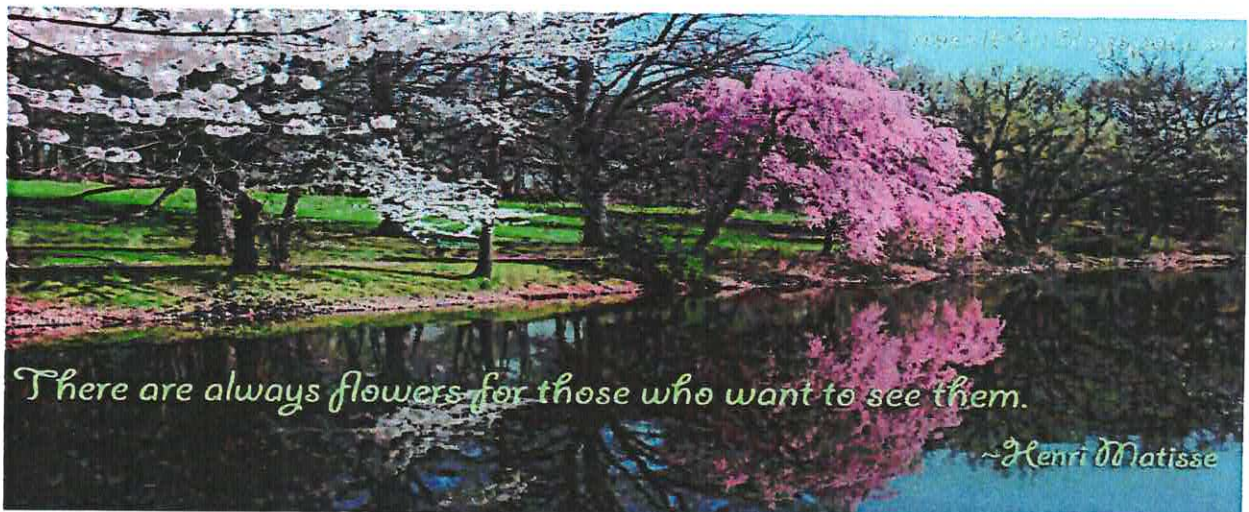
MEALS PLUS FOR SENIORS

Eligibility: Seniors aged 60+ and spouses/partners under 60 who are primary home-based caregivers for their eligible spouses/partners.

Eligibility is determined through an assessment process.

Donation Policy: Seniors aged 60+ are encouraged to donate what they can afford to support the program. No eligible senior will be denied a meal because they cannot contribute to the cost of the meal.

Call 217-285-6150



There are always flowers for those who want to see them.

~Henri Matisse

The Salvation Army Supportive Services for Veteran Families

You May Qualify If...

1. You or your spouse are a Veteran
2. You have a very low income that does not exceed 50% of area median income
3. Your housing status is in one of the following three categories:
 - You reside in housing and lack the ability to pay all of your bills
 - You are currently homeless
 - You have left permanent housing within the past 90 days to seek other housing that better meets your family's needs or preferences

Services The Salvation Army May Offer Include:

- Case Management Services
- Assistance in Obtaining VA Benefits
- Time & Amount Limited Rental Assistance
- Time & Amount Limited Utility Assistance
- Transportation Assistance
- Amount Limited Emergency Supplies

Supportive Services for Veteran Families (SSVF)

The Salvation Army provides financial and support services to Veterans and Veteran Families through the Supportive Services for Veteran Families (SSVF) Program. SSVF is a housing stability-focused service delivery program for very low-income Veteran families throughout Central Illinois. This program will serve Veteran families that are homeless or imminently at-risk for being homeless. The goal is to stabilize these families in housing while providing on-going support as needed to sustain independent living.

For More Information Call 217-222-2087

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

