


May 2024
PCHA
Newsletter





Inspections will begin in May. You will get a notification informing you of the dates for your property.



Remaining Trailer Dates:

Barry: May 6-17

Baylis/Perry: May 21-24

The outside of apartments are NOT to be used as storage areas. Too many units have unacceptable front porches, back porches or yards. You need to clean up the outside of your home immediately. Pick up after your pets, pick up toys, do not stack or store your items outside. If your unit is deemed unacceptable you will be given 30 days to clean it up.



May 2024

Live Well, Work Well



Breaking Down Mental Health Stigma

May is Mental Health Awareness Month, a national health observance dedicated to shedding light on mental health conditions and fostering understanding and support for those experiencing them. Mental illnesses are among the most common health conditions in the United States.

According to the National Alliance on Mental Illness (NAMI), 1 in 5 adults experience a mental health disorder each year. Despite the prevalence of illnesses and increasing recognition of mental health as a critical component of overall well-being, stigma remains a significant barrier to receiving treatment and support. The fear of judgment and discrimination often prevents individuals from seeking help.

NAMI reports that nearly 60% of adults with a mental illness didn't receive mental health services in the previous year.



It's imperative to raise awareness and educate others about mental health to combat stigma and create a more compassionate and supportive society. Here are some tips for reducing the stigma associated with mental health:

- **Educate yourself and others.** Understanding the complexity of mental illness, including substance use disorders,

can help dispel misconceptions. Take the time to learn about mental health conditions, symptoms and treatments.

- **Talk openly.** Break the silence surrounding mental health by initiating open and honest conversations with friends, family and colleagues. By sharing personal experiences or listening without judgment, you can create a safe space for others.
- **Choose your words carefully.** Avoid stigmatizing words and use person-first language emphasizing the individual, not their condition.
- **Encourage equality between physical and mental health conditions.** Mental illness is a medical condition, so it should be treated just like a physical ailment.
- **Speak up.** If you suspect someone is struggling with their mental health, send them messages of support or help them get on the path to treatment.

By taking proactive steps to reduce mental health stigma, you can help create an inclusive and supportive environment where everyone feels empowered to seek help. Together, we can break down the barriers that stand in the way of healing and acceptance.



8 Ways to Improve Your Financial Well-Being

**Rent is due
the 25th of
each month**

**If you are having
trouble paying
your rent, call the
office to see if
you qualify for a
repayment
agreement.**

**Report changes in income
to the office within 10
days. Provide
documentation for the
income changes, such as,
2 full pay stubs or an end
of employment letter from
your previous employer.**

1. Set and commit to a budget
2. Have an emergency fund
3. Save money consistently
4. Pay off debts in small bites
5. Track the due date of your bills
6. Set alerts in your checking account
7. Don't over apply for lines of credit
8. Check your credit report yearly



**Pay your rent over the phone with a
debit or credit card with no
additional fee.**



**Drop off your rent with check,
cashier's check or money order in
our convenient secure drop box
located next to our door at our
office.**

According to the Lease...

Page 5 G: Transfers:

Resident transfer to another unit are permitted, *only* if there is no applicant on the waiting list that needs a unit of that size and type. PCHA has established a policy which gives preference to for available units to applicants who do not currently have assistance. If a Resident is permitted to move to another unit, there will be a \$200.00 non-refundable moving fee plus responsibility for damages and other charges for the old unit. If the transfer is an administrative transfer generated by the PCHA office for over-housed situations, under-housed situations, reasonable accommodation, etc. There will be no charge for the move, however, a charge for above normal wear and tear and any damage.

PCHA reserves the right to inspect the unit the Resident is moving from before a transfer is approved. If the unit does not pass an inspection the transfer will be denied. A re-inspect will be done in 30 days, if unit fails, the transfer will be denied.

Page 6 H: Other Services:

1. Extermination: PCHA provides extermination services on a regularly scheduled basis and as condition and as conditions may require. Resident agrees to comply with PCHA's pest control efforts. Failure to do so is subject to immediate termination.

According to the Lease...

Page 7 F: Flagrant and/or repeated disregard for other Residents' rights;

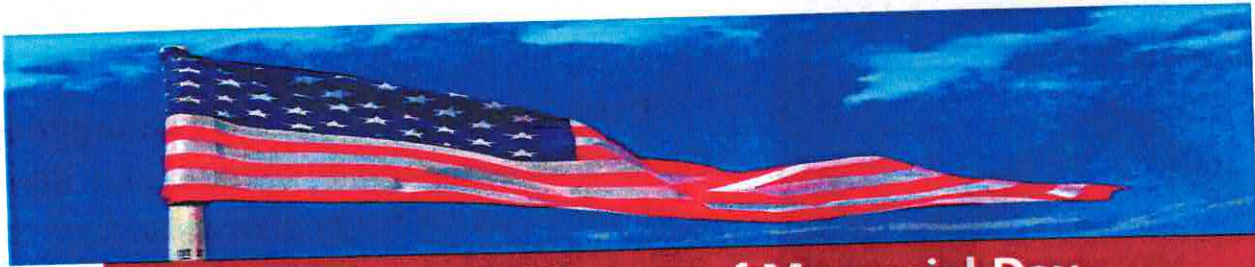
1. Resident's shall not disturb or permit the disturbance of others right to peaceful enjoyment of the property by excessive noise, unwanted, contact, or any other obnoxious, harassing, intimidating behavior.

This includes your children being disrupting and disregarding Residents' rights. No one should be looking in another Residents' unit through the windows.

Children need to be supervised at all times. We have had complaints from several locations concerning unsupervised children being allowed to dig holes (in one case pulling up the cable line to a unit), looking in windows of their neighbors, leaving toys, bikes, and other objects in neighbors' yard, throwing and leaving bricks in the yards, etc..

This cannot be allowed for numerous reasons. First and foremost is the peaceful enjoyment of all residents', and safety concerns with debris being left in everyone's yards for the mower to run over.

Pets should not be allowed to roam through out PCHA properties either. All of our property locations have leash laws, and you MUST pick up after your pet. Failure to follow the Pet Policy will result in the removal of your pet from your home. The Pet Policy can be found on our website www.pikehousing.com by clicking on "Tenant".



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.
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- 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.

**DO NOT WISH ANYONE A HAPPY MEMORIAL DAY
DO NOT THANK A CURRENT SERVICE MEMBER
DO NOT FORGET THE PURPOSE OF THE HOLIDAY**





**EQUAL HOUSING
OPPORTUNITY**



PCHA



217-407-0707

FAX

217-407-0708



www.pikehousing.com



If you need to change your Emergency Contact information or change your Release of Information form, please contact the office. If you are unable to reach someone, please leave a voicemail for Lee Ann.



Zero Income Interviews

If you claim your household has zero income, a zero income interview is required. You will be contacted and asked to provide certain documentation and set up an appointment, with Tonya. Zero Income interviews are reviewed every 3 months.



We offer a recurring payment program. If you would like your rent automatically taken out of your account, please call the office and we can help. You choose the most convenient date for the payment and we will make sure it is removed from your account on that day. Stop late fees by signing up for our recurring payment program.



**NO
SMOKING**

Thank You