

# OCTOBER 2024 PCHA NEWSLETTER

## HAPPY HALLOWEEN

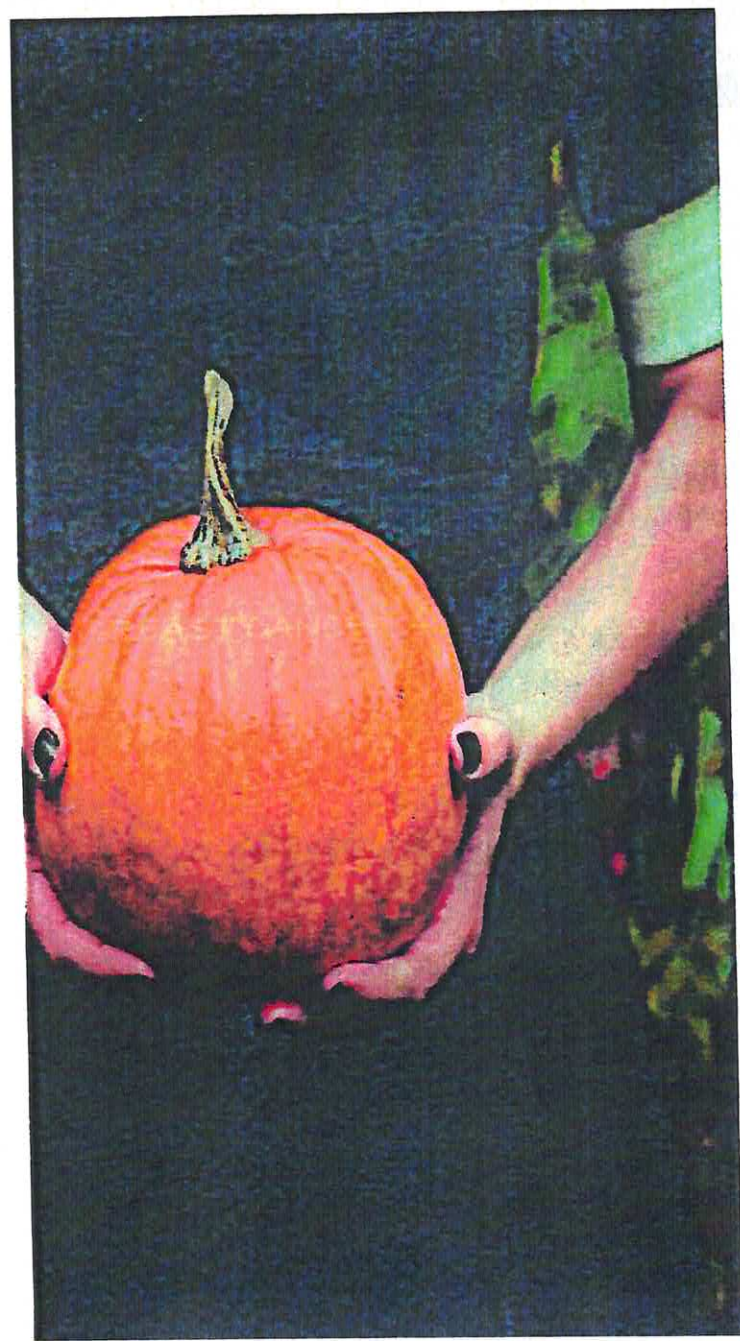
OCTOBER IS:

FIRE PREVENTION MONTH

BREAST CANCER AWARENESS MONTH

ADHD AWARENESS MONTH

MENTAL HEALTH  
AWARENESS MONTH



**The LIHEAP application period is October 1, 2024, to August 15, 2025,  
or until funding is exhausted.**

Beginning October 1, 2024: Older adults (age 60 and older), individuals with a disability, households with at least one child age 5 years and under, households that are disconnected from their utilities/energy vendors have a disconnect date within 7 days or have less than 25% in their propane tank.

Beginning November 1, 2024: All other income eligible households can start applying for LIHEAP assistance.

If your household's combined income for the 30 days prior to application (gross income, before taxes are deducted) is at or below 200% of the federal poverty level\*, as shown in the chart below, you may be eligible to receive assistance. If you rent, and your heat is included in the rent, you may be eligible for a LIHEAP benefit.

**2024 Federal Poverty Guidelines for 200% of Poverty for 2025 Program Year**

<b>FAMILY SIZE</b>	<b>30 DAY INCOME</b>	<b>ANNUAL INCOME</b>
1	\$2,510	\$30,120
2	\$3,407	\$40,880
3	\$4,303	\$51,640
4	\$5,200	\$62,400
5	\$6,097	\$73,160
6	\$6,993	\$83,920
7	\$7,890	\$94,680
8	\$8,427	\$101,127

*\*Program Year 2025 Income Guidelines are based on Federal Poverty Guidelines and State Median Income. The state reserves the right to adjust these levels based on the availability of federal appropriations.*

**What documentation do I need to prove eligibility?**

For each household member, please have the following documents ready for your local agency to verify your eligibility:

- Proof of past 30-day income through paystub, check or copy of check showing fixed income amount (e.g. SSA, VA, DHS benefits), or other proof of documentation for any income source,
- Copy of most recent bill for heating (usually gas, propane or electric) and/or electric bill issued within the last 30 days (if energy directly paid for).
- Social security card or ITIN for residents who have them. Residents without ITIN or SSN can still apply and your Local Administering Agency will advise accordingly.
- A copy of rental agreement (if renting) showing that heating utility(ies) is/are included, the monthly rental amount, and landlord contact information.
- Proof the household received TANF or other benefits, such as Medical Eligibility or SNAP, if receiving assistance from the Illinois Department of Human Services.

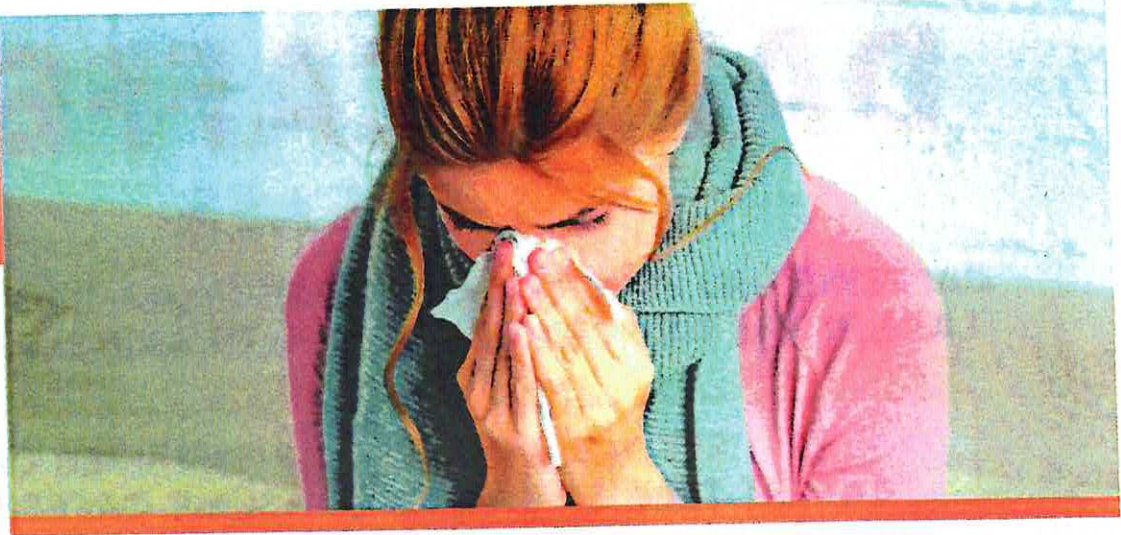
**Please call 217-224-8171**

Two Rivers Regional Council



October 2024

# Live Well, Work Well

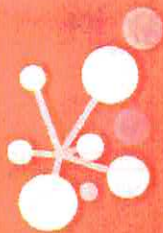


## What to Know About This Year's Flu Season

In the United States, influenza (flu) season lasts from October through May, with peak flu activity between December and March.

What's more, flu season in the Southern Hemisphere often indicates what's to come in the United States. Data revealed that the 2024 flu season in the Southern Hemisphere was similar to previous flu seasons. With the potential for this year's flu season to be severe in the United States, vaccination remains the most effective way to prevent the flu, especially severe disease and hospitalization.

The U.S. Centers for Disease Control and Prevention (CDC) estimates that the flu caused between **9 million and 41 million illnesses** annually between 2010 and 2023.



### How to Stay Healthy

The flu can cause serious complications for people of any age, but children and older adults are especially vulnerable. To help keep your household healthy this flu season, consider these tips:

- Get the flu vaccine. Being vaccinated against the flu is your best chance of preventing the illness. The CDC recommends that anyone aged 6 months and older get a flu shot every year.

- Avoid close contact with people who are sick, and stay away from others when you feel unwell. Because flu, cold and COVID-19 symptoms are similar, doctors say it's best to get tested to know what you have.
- Wash your hands often using soap and warm water to protect against germs. If soap and water are unavailable, use an alcohol-based hand sanitizer.
- Cover your mouth and nose. Cough or sneeze into a tissue or your elbow, and dispose of tissues immediately.
- Get seven to nine hours of quality sleep each night to boost your immune system.
- Exercise regularly to strengthen your body and make it more resilient against infections, including the flu.
- Stay hydrated and eat a nutritious diet rich in whole grains, lean proteins, fruits, vegetables and fiber.

Experts recommend getting vaccinated against the flu by the end of October, so don't delay getting your shot. Contact your doctor today to learn more about vaccines.

*Thank you*

*for paying your rent on time!!*





# DAILY CAFFEINE

## TRACKER

CAFFEINE HAS IT **PERKS**, BUT CONSUMING TOO MUCH OR TOO LATE IN THE DAY CAN CAUSE HEALTH AND SLEEP PROBLEMS.

**SET YOUR GOAL:**  # CUPS PER DAY  
LATEST TIME OF DAY TO CONSUME CAFFEINE  PM

NOW TRACK YOUR CONSUMPTION IN CUPS AND CIRCLE ANY DAY YOU CONSUME CAFFEINE AFTER YOUR GOAL TIME.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

### CONSUMING OVER 400MG OF CAFFEINE A DAY CAN LEAD TO:

(400mg is about 4 cups of coffee)

- Jitters and shakes
- Disrupted sleep
- Fast or uneven heartbeat
- High blood pressure
- Headaches
- Nervousness or anxiety
- Dizziness
- Dependency
- Dehydration
- Irritability
- Heartburn
- Muscle tremors

NAME:





**National Problem  
Gambling Helpline**

**Call/Text  
1-800-522-4700**

**ILLINOIS  
TOBACCO  
QUIT LINE  
1-866-QUIT-YES  
1-866-784-8937**

**WE DO NOT  
ACCEPT CASH.  
PAY WITH  
CHECK,  
MONEY  
ORDER, OR  
DEBIT/CREDIT  
CARD.**

## Monthly debit option

*We offer recurring payment option.*

*Simply fill out our*

**Recurring Debit Authorization Form,**

*Sign it, return it to the office  
and we'll take care of the rest.*

### Bed Bug Prevention

Bed bugs are hard to prevent due to their small size, night habits and ability to hitchhike. Here are some tips to get you started...

Be on the look out for sign of infestations such as; waking up with bites, dark red spots on bedding, carpets, walls and furniture.

Inspect furniture and any items purchased at yard sales, second hand and thrift shops or items coming in from someone else's home. Look for signs of infestations in cushions, zippers, seams, under springs and frames.

Call our office immediately if you think you have bed bugs. We will contact Big River Pest Control. A technician will inspect the apartment. If it is confirmed that you have bed bugs, we will let you know when BRPC will return for treatment.

You will be given a checklist that you are responsible for doing prior to the treatment. Failure to comply with the BRPC and PCHA will be considered a termination of lease offense and subject to lease termination. Bed bugs are highly contagious and can spread quickly.





# HEALTH BENEFITS OF DRINKING

# APPLE CIDER

- Boosts skin health
- Aids in weight loss
- Improves heart health
- Lowers blood sugar
- High in antioxidants
- Reduces risk of some cancers

## CLASSIC APPLE CIDER

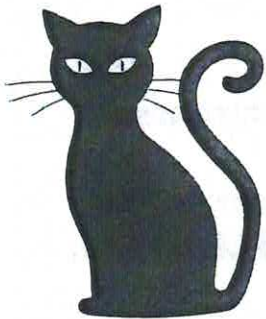
- 10–12 medium apples (assorted types), quartered
- 2 oranges, quartered
- 4 cinnamon sticks
- 16 cups water, more or less
- 1/2 cup sweetener, try maple syrup

- Combine ingredients in a stockpot. Add the apples, oranges, cinnamon to a large stockpot. Cover with water, leaving about an inch or two of space at the top of the stockpot.
- Heat the cider over high heat until it reaches a simmer. Then reduce heat to medium-low, cover and simmer for about 2 hours, or until the apples are completely soft.
- Using a potato masher or a wooden spoon, take a minute to mash all of the apples and oranges against the side of the stockpot to release more of their flavors. Then cover and simmer for 1 more hour.
- Strain. Using a fine-mesh strainer or a cheesecloth, strain out all of the solids (apples, oranges, spices), pressing them against the strainer to release all of their juices. Discard the solids.
- Stir in your desired amount of sweetener, to taste.
- Serve warm and enjoy!

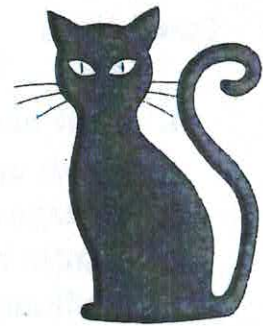


# Update your personal information

If you have changes in your personal information, please contact the office. If you need to change information on forms, such as, Emergency Contact Form, Release of Information Form or the Final Affairs Form, you need to request a new form from the office. It is very important for us to contact you and for us to know who to contact for you.



**217-407-0707**



**Update**

Phone number, email address

**Update**

Emergency Contact, Release of Information

**Update**

Final Affairs Form





## Cake Mix Monster Cookies



- 1 box (15.25 oz) yellow cake mix (DO NOT PREPARE)
  - 1/2 Cup brown sugar
  - 3/4 cup (1 1/2 sticks) butter, softened
  - 1/2 cup creamy peanut butter
  - 2 tablespoons water
  - 1 large egg
  - 2 cups quick cooking oats
  - 1/2 cup miniature semi-sweet chocolate chips
  - 1/2 cup Halloween M&M's (plus extra for top of cookies)
  - Candy eyes
1. Heat oven to 350 degrees. Line cookie sheet with parchment paper or spray with cooking spray.
  2. In large mixing bowl, combine cake mix, brown sugar, butter, peanut butter, water and egg. Beat with handheld blender on medium speed until well combined.
  3. Add oats, chocolate chips, and M&M's. Stir with a wooden spoon.
  4. Use a cookie scoop to scoop out dough. They should be about the size of a golf ball. Bake for 12-14 minutes. Cookies will not spread much at all.
  5. Press a few additional M&M's and candy eyes onto the tops of the cookies when they come out of the oven. As you press them on, the cookie will flatten slightly and look more like a traditional cookie shape. Let cool on cookie sheet for 15 minutes so they can set up.





## The Power of Breathwork

Breathwork, an ancient practice now embraced in modern wellness, benefits physical and mental health. By consciously altering your breathing patterns, you can:

- **Reduce stress.** You'll activate the parasympathetic nervous system, promoting relaxation and reducing chronic stress.
- **Enhance focus.** Slow, deep breathing can improve your concentration and emotional resilience.
- **Boost overall health.** Breathwork positively impacts physical health, emotional well-being and sleep quality.

Taking a few intentional breaths can make a difference, so try the techniques below.

### Common Breathing Techniques



#### Equal breathing

Inhale and exhale for the same amount of time, such as breathing in for four seconds and out for four.



#### Box breathing

Mirroring the shape of a box, inhale for a count of four, hold for four, exhale for four and hold for four.



#### Deep breathing

For the 4-7-8 technique, breathe in for a count of four seconds, hold for seven and breathe out for eight.

## Start Planning Now for a Stress-free Holiday Season

While the holiday season often brings joy, it can also cause stress for many individuals. Top holiday stressors include budgeting, managing multiple commitments and finding the perfect gifts. Fortunately, getting organized and planning what you can do ahead of time can help reduce your holiday stress. Consider these tips:

- **Write down any known commitments.** Are you hosting a holiday dinner? Does your child's school have a seasonal concert? Making a list of your commitments will help you plan your time accordingly and avoid double-booking yourself.
- **Create your budget now.** If you're stressed about how your holiday spending will impact you after the season ends, you're not alone. Set and stick to a realistic budget. Remember that a gift's sentiment is more important than the cost.
- **Start shopping early.** Sometimes, you can get great deals on presents before the holiday season hits. Also, you can avoid the scenario (and stress) of not being able to get the gift you want because it's sold out.

Makes: 8 servings

### Ingredients

- 2 tsp. olive oil
- 1 small yellow onion (chopped)
- 1 green bell pepper (chopped)
- 2 jalapeño peppers (finely chopped)
- 2 cloves garlic (finely chopped or ½ tsp. garlic powder)
- 1 lb. ground turkey
- 1 can low-sodium diced tomatoes
- 1 can pumpkin puree
- 1 cup water
- 1 tsp. ground cumin
- 1 Tbsp. chili powder
- Salt and black pepper (to taste)
- 1 can low-sodium kidney beans

### Preparations

1. Heat the oil in a large pot over medium-high heat.
2. Add the onion, bell pepper, jalapenos and garlic and cook, stirring frequently, until tender.
3. Add the turkey and cook until browned.
4. Add tomatoes, pumpkin, water, chili powder, cumin, salt and black pepper; bring to a boil.
5. Reduce the heat to medium-low, then add the beans.
6. Cover and simmer for 30 minutes, stirring occasionally.

### Nutritional Information (per serving)

Total calories	195
Total fat	9 g
Protein	14 g
Sodium	228 mg
Carbohydrate	18 g
Dietary fiber	6 g
Saturated fat	2 g
Total sugars	5 g

Source: MyPlate





# VELVEETA® Taco Mac & Cheese

20 Min(s) 20 Min(s) Prep

With just 20 minutes of prep time and five ingredients, this cheesy, taco-inspired mac and cheese is sure to become a new family favorite.

## What You Need

6 Servings

- 1 lb. lean ground beef
- 2-3/4 cups water
- 1/3 cup TACO BELL® Thick & Chunky Salsa
- 1-1/2 tsp. chili powder
- 2 cups elbow macaroni, uncooked
- 1/2 lb. (8 oz.) VELVEETA, cut into 1/2-inch cubes

*TACO BELL® and Logo are trademarks owned and licensed by Taco Bell Corp.*

## Let's Make It

- 1 Brown meat in large skillet on medium-high heat; drain. Return meat to skillet.
- 2 Stir in water, salsa and chili powder. Bring to boil. Stir in macaroni; cover. Simmer on medium-low heat 8 to 10 min. or until most the water is absorbed.
- 3 Add VELVEETA; cook 3 to 5 min. or until completely melted, stirring frequently.



The balance on your account must be paid in full by the 25<sup>th</sup> of each month. If it is not, a \$25.00 late fee will automatically be added. Thank you.