



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

Volume VI, Issue VII
MAY 2016



MOTHER'S DAY BRUNCH CELEBRATION

All Carroll County Housing Authority residents are cordially invited to join in on a wonderful Mother's Day Brunch Celebration at Mest Manor. The event will be hosted by Christie & Ritchie Atkins.

MENU: Pancakes (Regular & Blueberry), Scrambled Eggs, Sausage, Bacon, Applesauce, Milk, Orange Juice, and Coffee

DATE: SATURDAY, MAY 7, 2016

TIME: 10:00 A.M. - 11:00 A.M.

LOCATION: MEST MANOR DINING ROOM



NOTE: If you would like to attend this event, please sign up on the list provided in the Mest Manor Lobby area, or call the CCHA office at 815-273-7081 by **FRIDAY, APRIL 29, 2016**. Also, if you would like to make a donation of any menu item listed above, please contact Christie Atkins at 815-590-3394. We hope to see you there!!

ZIPPY CHICKEN

ENCHILADAS RECIPE

Celebrate Cinco de Mayo (Fifth of May) with this scrumptious Mexican recipe.

INGREDIENTS

- * 1 can (16 ounces) refried beans
- * 10 flour tortillas (8 inches), warmed
- * 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- * 1 cup (8 ounces) sour cream
- * 3 to 4 cups cubed cooked chicken
- * 3 cups (12 ounces) shredded cheddar cheese, divided
- * 1 can (15 ounces) enchilada sauce
- * 1/4 cup sliced green onions
- * 1/4 cup sliced ripe olives
- * Shredded lettuce, optional

DIRECTIONS

- * Spread 2 tablespoons of beans on each tortilla. Combine soup and sour cream; stir in chicken. Spoon 1/2 cup down the center of each tortilla; top with 1 tablespoon cheese.
- * Roll up and place seam side down in a greased 13-in. x 9-in. baking dish. Pour enchilada sauce over top, sprinkle with onions, olives and remaining cheese.
- * Bake, uncovered, at 350° for 35 minutes or until heated through. Before serving, sprinkle lettuce around enchiladas if desired. **Yield:** 10 servings.

PRINCIPLES OF MOTHERHOOD

1. If it was going to be easy, it never would have started with something called labor!
2. A child outgrows your lap, but never outgrows your heart.
3. There are only two things a child will share willingly: communicable diseases and his mother's age.
4. Cleaning your house while your kids are at home is like trying to shovel the driveway during a snowstorm.
5. Adolescence is the age at which children stop asking questions because they know all the answers.

FIREWORKS FESTIVITIES

COOK-OUT AT SULLIVAN'S (217 CHICAGO AVE., SAVANNA, IL)

Choice of: Hot Dog, Brat or Burger
Chips, Soda.....\$5.00

* Delivery Available - Minimum Order 4

DATE: Thursday, May 26, 2016

TIME: 10:30 a.m. - 2:00 p.m.

LOCATION: Sullivan's Foods

NOTE: Come out and support your local community during this fundraiser. For additional information, please contact the following: Tony at 815-541-8684, or Pam at 815-273-2722, or 815-590-1784.

INSIDE THIS ISSUE:

MOTHER'S DAY BRUNCH 1	1
CELEBRATION	
ZIPPY CHICKEN	1
ENCHILADAS RECIPE	
PRINCIPLES OF	1
MOTHERHOOD	
FIREWORKS FESTIVITIES	2
COOK-OUT	
NATIONAL ARTHRITIS	2
AWARENESS MONTH	
PITTER PATTER PANTRY	2

"As we express our gratitude we must never forget that the highest appreciation is not to utter the words, but to live by them"

- John F. Kennedy

CCHA MONTHLY HAPPENINGS:

- "Importance of Exercising at any Age" Presentation
Wednesday, May 4th
10:30 a.m. & 2:30 p.m.
(Mest Manor Dining Room)
- Mest Manor Unit Inspections
Friday, May 6th
Beginning at 11:00 a.m.
- BINGO (Mest Manor)
Monday, May 9th & 23rd
1:00 p.m. (All Tenants Welcome)
- Board Game/Card Club
Saturday, May 14th
6:30 p.m. (Mest Manor)
- Regular Board Meeting
Tuesday, May 17th
2:00 p.m.
(Maple Lane Community Room)
- Tenant Meetings as follows:
Friday, May 20th
10:00am & 2:30pm (Mest Manor)
Tuesday, May 24th
2:30 p.m. (Maple Lane)
- Pest Control
Friday, May 20th (9:00 a.m.)
(Carroll Apartment Units)

OFFICE CLOSURE:

MEMORIAL DAY
Monday, May 30th





MAY BIRTHDAYS

Marijan Rihtar	1
Marian Haring	2
Anna Hubble	6
La'kyra Lewis	13
Brittany Spencer	13
Edward King	16
Vernon Taylor	16
Samantha Eppenstein	19
Juulyn Rihtar	21
Maison Rihtar	21
Ernst Schaefer	23
Lyla Hoyt	24
Daniel Lopez	27



CARROLL COUNTY HOUSING AUTHORITY

525 Third Street
Savanna, IL 61074

Phone: 815-273-7081
Fax: 815-273-4050
E-mail: ccha@grics.net

Website: carrollcountyha.com

CCHA Board Members
Paul Hartman, Chairman
Peg Haffey, Vice-Chairman
Shawn Picolotti, Treasurer
Ruth Kelly, Resident Commissioner
Bill Robinson, Commissioner

CCHA Staff
Ed Bochniak, Executive Director
Patty Acree, Administrative Assistant
Chad O'Neill, Maintenance Lead
Terry Koser, Maintenance Assistant

Mission Statement
The Housing Authority of the County of Carroll is committed to providing quality, affordable housing that is decent and safe, to eligible families in this community. We endeavor to instill pride and desire for an enhanced quality of life for our residents and their families.

We are committed to serving our residents and this entire community in a manner that demonstrates professional courtesy, respect, and caring.



NATIONAL ARTHRITIS AWARENESS MONTH

May is recognized each year as National Arthritis Awareness Month. Arthritis is a disease that impacts more than 50 million Americans, making it the number one cause of disability in the country. That means 1 in every 5 adults, 300,000 children and countless families are affected by arthritis. It is even a more frequent cause of activity limitation than heart disease, cancer, or diabetes.

Arthritis is a joint disorder featuring inflammation. A joint is an area of the body where two different bones meet. A joint functions to move the body parts connected by its bones. Arthritis literally means inflammation of one or more joints. Symptoms of arthritis include pain and limited function of joints. Inflammation of the joints from arthritis is characterized by joint stiffness, swelling, redness, and warmth. Tenderness of the inflamed joint can be present.

The most common type of arthritis is osteoarthritis (OA). OA occurs when the tissue that provides cushioning between the bones of a joint, called cartilage, begins to break down over time. It is sometimes referred to as "degenerative" or "non-inflammatory" arthritis.

Rheumatoid arthritis (RA) and juvenile arthritis (JA), on the other hand, are autoimmune diseases. This means that a person's immune system malfunctions and mistakenly attacks healthy joints. These diseases not only create inflammation and chronic pain in the joints, but can also have other symptoms such as weakness, fatigue, and the possibility for organ damage. Autoimmune arthritis often requires the use of specialized medications to control a person's overactive immune system, keep symptoms in check, and prevent long term joint damage.

If you have been diagnosed with arthritis, you will probably have several healthcare professionals involved in your care. But the most important part of your healthcare team is you. Simply put, self-management of arthritis is what you do to manage your disease. Self-management is about making positive and healthy lifestyle choices, and acknowledging and addressing the physical and emotional effects of arthritis. Having arthritis affects everyone differently, so it is up to you to learn and practice what helps you to live well and thrive.

Following are three important self-management habits that can help you successfully manage your disease:

1. **Be Organized** - Take charge of your treatment plan by keeping track of symptoms, pain levels, medications, and possible side effects so together with your doctor, you can determine what works best for you.
2. **Stay Active** - Even though it might seem like the last thing you want to do when you are in pain, exercise is beneficial for managing arthritis and your overall health.
3. **Eat a Healthy Balanced Diet** - A healthy diet, when combined with exercise, can help you achieve and maintain a healthy weight. Also, adding foods with anti-inflammatory properties and that are rich in antioxidants can help control inflammation.

If you invest in yourself and recognize your responsibility - and ability - to take good care of yourself, you can live well with arthritis.

PITTER PATTER PANTRY



ARE YOU INTERESTED IN BECOMING A VOLUNTEER?

We are looking for volunteers to help sort, clean, and volunteer time at the pantry.

What is the Pitter Patter Pantry? It is a pantry used by families enrolled in the Carroll County WIC (Women, Infants, and Children) program. WIC clients are able to earn "Baby Bucks" to purchase items at the Pitter Patter Pantry.

Why do we need it? By helping the children of Carroll County have a warm, secure, and healthy start, we can fight the devastating effects of childhood poverty. Currently, there are approximately 300 individuals in Carroll County utilizing the WIC program.

Where is it located? At the Land of Oz, 855 South Mill S., Mt. Carroll, IL. We are set up at the north end of the building.

To become a volunteer, please contact: Ms. Karen Kromer, Coordinator of Volunteers, at karenkromer@aol.com, or 815-266-1014.