



# CCHA NEWSLETTER

**CARROLL COUNTY HOUSING AUTHORITY**

Volume VI, Issue IX

JULY 2016



## TENANT 4TH OF JULY COOK-OUT

All Carroll County Housing Authority residents are cordially invited to join in on a wonderful **TENANT 4TH OF JULY COOK-OUT** at Mest Manor. We will be celebrating the holiday while cooking up some food, fun, and games, and sure hope you all can come.

**DATE:** Sunday, July 3, 2016

**TIME:** 11:00 a.m. - 4:00 p.m.

**LOCATION:** Mest Manor Dining Room

**MENU:** Pulled Pork, Hamburgers, Hot Dogs, Chicken, Smoked Sausage, Assorted Salads, Baked Beans, Deviled Eggs, Chips, Dessert & Beverage



**NOTE:** If you would like to attend, please sign up on the list provided in the Mest Manor Lobby area, or call the CCHA office at 815-273-7081 by **FRIDAY, JULY 1, 2016**. If you would like to make a donation of any menu item listed above, please contact Christie Atkins at 815-590-3394.

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*"Love is to the heart what the summer is to the farmer's year...it brings to harvest all the loveliest flowers of the soul!"*  
- Author Unknown

### CCHA MONTHLY HAPPENINGS:

- Tenant 4th of July Cook-Out Sunday, July 3rd (Mest Manor) 11:00 a.m. - 4:00 p.m.
- BINGO (Mest Manor) Tuesday, July 5th & Monday, July 18th 1:00p.m. (All Tenants Welcome)
- Board Game/Card Club Saturday, July 9th 6:30 p.m.
- Pest Control (All Units) Friday, July 15th 9:00 a.m.
- Regular Board Meeting Tuesday, July 26th 10:00 a.m. (Mest Manor)
- Mest Manor Unit Inspections Thursday, July 28th Beginning at 10:30am (Will Start on 4th Floor)
- Maple Lane Unit Inspections Friday, July 29th Beginning at 11:30am

### OFFICE CLOSURE:

INDEPENDENCE DAY  
Monday, July 4th



*"May the sun in his course visit no land more free, more happy, more lovely, than this our own country."* - Daniel Webster



## FROZEN BANANA SPLIT PIE RECIPE

This dessert is special enough to make hamburgers and fries a meal to remember! It's so tall and pretty and just like eating a frozen banana split.

### INGREDIENTS

- \* 3 tablespoons chocolate hard-shell ice cream topping
- \* 1 graham cracker crust (9 inches)
- \* 1/2 teaspoon lemon juice
- \* 1/2 cup pineapple ice cream topping
- \* 1 quart strawberry ice cream, softened
- \* 2 cups whipped topping
- \* 1/2 cup chopped walnuts, toasted
- \* Chocolate syrup
- \* 8 maraschino cherries with stems

### DIRECTIONS

- \* Pour chocolate topping into crust; freeze for 5 minutes or until chocolate is firm.
- \* Meanwhile, place bananas in a small bowl; toss with lemon juice. Arrange bananas over chocolate topping. Layer with pineapple topping, strawberry ice cream, whipped topping and walnuts.
- \* Cover and freeze until firm. Remove from the freezer 15 minutes before cutting. Garnish with chocolate syrup and cherries.

**YIELD:** 8 servings.



## INDEPENDENCE DAY CELEBRATION

This year, the City of Savanna will celebrate the Fourth of

- July on **TUESDAY, JULY 5TH**. The evening festivities will kickoff at 5:00 p.m. with a parade held on Main Street in downtown Savanna. All local residents, organizations, and businesses are encouraged to participate. Following the parade, the celebration will continue at the West Carroll High School grounds with fun activities for the children; which will include face painting, fire truck rides, and bouncy houses. Food, as well as, soft drinks will be available for purchase. **FIREWORKS** will be held at dusk!

### SENIOR TEXTING CODES

- Now that we oldies can text, here are some helpful texting ideas. Young people have their acronyms, now seniors have their own texting codes:
- 1. ATD - At the Doctor's
- 2. BTW - Bring the Wheelchair
- 3. FWIW - Forgot Where I Was
- 4. LOL - Living on Lipitor
- 5. WWNO - Walker Wheels Need Oil
- Hope these codes help. GGLKI (Gotta Go, Laxative Kicking In!)



**JULY BIRTHDAYS**

Christa Darr	2
Wallace Bullis	3
Montana Mosel	3
Jamie Matas	6
Ruby Wright	10
Samantha Yenney	13
Teresa Poore	15
Heather Law	17
James Mills	21
Sienna Young	21
Lyra Siglar	23
Latrice Lewis	23
Elena Schaefer	24
Robert Lopez	26
Keegan Gibson	27



**CARROLL COUNTY HOUSING AUTHORITY**

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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.



**JULY IS NATIONAL GRILLING MONTH**



Get outside and start the grill - July is National Grilling Month! Not only do you get to experience being outside in the sunshine while you cook, you also get to enjoy the health benefits that result from grilling your food.

Grilled foods are known to be healthier than foods cooked on the stove or in the oven. This is because fewer vitamins and minerals are lost when food is grilled compared to other methods such as baking or frying. Also, grilling allows food to retain moisture while the fat contained in or on the food drips out of it, decreasing the fat content.

**REMEMBER:** Not all grilled food is healthy. Adding toppings like sauces and butter increase calories and fats. Luckily, there are plenty of healthy grilling options that everyone can enjoy.

**Healthy Grilling Options:**

- Choose lean meats such as, ground beef, sirloin, skinless chicken, fish, or tofu.
- Instead of using marinade or oil to flavor the meat, try using a dry or low sodium seasoning.
- Grilled vegetables such as corn on the cob, zucchini, broccoli, asparagus, or sweet potatoes are always a delicious option.
- Another benefit to grilling is that even grilled bananas, peaches, and pineapples taste great!

**Safe Grilling Tips:**

- Marinate foods in the refrigerator (never on the counter or outdoors.)
- Cook food thoroughly.
- The grill should be placed well away from home, and out from under leaves and overhanging branches.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below grill.
- Never leave your grill unattended.

**Fun Facts About Grilling:**

- 63% of the U.S. population grills monthly.
- 62% of Americans own an outdoor grill.
- The four foods grilled most often are: #1 Hamburgers, #2 Steak, #3 Hotdogs, #4 Chicken.
- The 4th of July is the largest grilling holiday, followed by Memorial Day, and Labor Day.

What better time to grill than summertime? Grilling is a great way to eat well while hanging outside with friends and family.



**THE AMERICAN FLAG**

The American Flag, is red, white and blue. To you, I salute, this is what I do.  
 The American flag, you stand so free. To you, I salute, with love from me.  
 The American Flag, nicknamed "Old Glory." To you, I salute, a flag with a story.  
 The American Flag, you changed over the years. To you, I salute, with song and music to our ears.  
 The American Flag, we display you with pride. To you, I salute, your true colors we do not hide.  
 The American Flag, what can I say. To you, I salute, each and everyday.  
 The American Flag, raised by a rope. To you, I salute, you give us hope!



**ENJOYING SUMMER FAMILY FUN**

The pull of electronic games and social media is overwhelming, at times, it seems impossible get your family (and yourself) to look up from your phone to enjoy quality time with your loved ones. Add to that the importance of staying active, and it can seem like quite the mountain to climb. Luckily, summer offers several opportunities to have fun with your family, while also getting everyone moving and active. As an added bonus, you will get quality bonding time and create memories with your brothers, sister, kids, and/or spouse—something you will appreciate now and in the years to come. So pry away the phones and game controllers, grab your family and get out of your house to try these wallet-friendly summer activities for some much needed **FAMILY FUN**...

Hiking, Gardening, Badminton, Frisbee, Outdoor Scavenger Hunt, Swimming, Biking, Family Walk, Neighborhood Sport Tournament, the list is truly endless.