



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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COMMUNITY ROOM RENOVATION AT MEST MANOR SITE

The Carroll County Housing Authority began renovation of the Community Room in the Mest Manor building on January 23rd. This renovation will enlarge the room, with the addition of a kitchenette to provide our tenants and guests the use of a coffee pot, refrigerator and a sink. A new entrance into the Community Room will be designed from the main hallway, and the current entrance will be closed off to prevent the cold air from entering the room when the front entrance door is opened. The patio doors that look out to Third Street will be replaced with a window that will open to allow fresh air into the room. The exterior walls will be insulated to help keep the room a comfortable temperature year round. New flooring, furniture and other amenities will allow the room to look like a residential living room.

The renovation is scheduled to be completed by March 3rd. Watch for information in our March newsletter for a Grand Opening Celebration!

"LOVE - a wildly misunderstood although highly desirable malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow, blood pressure to rise and the lips to pucker

-Author Unknown



SUPER BOWL RECIPE WHITE PIZZA DIP

It is **"GAME TIME!"** This dip is a great addition to a snack table because it can be made ahead of time and refrigerated until you are ready to pop it in the oven.

INGREDIENTS

- 2 cups (16 ounces) sour cream
- 1 cup whole-milk ricotta cheese
- 1 cup (4 ounces) shredded part-skim mozzarella cheese, divided
- 1/4 cup chopped pepperoni
- 1 envelope Lipton savory herb with garlic soup mix
- French bread baguette slices, toasted

DIRECTIONS

- * Preheat oven to 350°. In a small bowl, mix sour cream, ricotta cheese, 3/4 cup mozzarella cheese, pepperoni and soup mix until blended. Spread into a greased 9-in. pie plate. Sprinkle with remaining mozzarella cheese.
- * Bake, uncovered, 35-40 minutes or until bubbly. Serve with baguette slices.

Yield: 12 servings.



ENJOY!



SPECIAL BINGO DAY

Everyone from all the communities in Carroll County and the surrounding areas are invited to join in on a special **BINGO DAY** sponsored by our local **TRIAD**. Refreshments will be served, as well as, different agencies will give a presentation on services their particular agency offer. **TRIAD** will be presenting a program on Fraud and Depression.

DATE: TUESDAY, FEBRUARY 14TH

TIME: 1:00 P.M.

LOCATION: HERITAGE CENTER (106 S. BROAD ST., LANARK, IL)

If transportation is needed to and from this event, please contact the **CCHA OFFICE**, and we will make arrangements with the Carroll County Transit.

TRIAD is a collaborative partnerships involving law enforcement, fire/medical personnel, county government and public safety, senior service providers, hospitals, senior clubs, and senior residents themselves.

Come join in on the fun filled afternoon!

CCHA MONTHLY HAPPENINGS:

- **Annual Re-Examinations**
Throughout the Month of February (**All Tenants**)
* Please call the office as soon as possible to schedule an appointment if you have not already done so.
- Board Game/Card Club
Saturday, February 11th
6:30p.m. (Mest Manor)
All Tenants Welcome
- BINGO (Mest Manor)
Monday, February 13th & 27th
1:00p.m. (All Tenants Welcome)
- Policy Committee Meeting & Regular Board Meeting
Tuesday, February 21st
(Mest Manor Dining Room)
1:30p.m. & 2:00p.m.
- Maple Lane Unit Inspections
Friday, February 24th
Beginning at 1:30 p.m.

OFFICE CLOSURE: PRESIDENTS' DAY

Monday,
February 20th





FEBRUARY BIRTHDAYS

Steven Delp	4
Elenor Paisley	6
Trinity Perry	9
Alexander Gouty	12
Brydyn Keister	15
Laura King	17
Raphnie Lawrence	17
Albert Anderson	21
James Fecke	22



CARROLL COUNTY HOUSING AUTHORITY

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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 HEART HEALTH MONTH

February is National Heart Health Month. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease.



The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Make a difference in your family and community. Spread the word about preventing heart disease and encourage friends and family to live heart healthy lives.

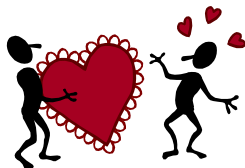
Here are ten (10) tips to live by, for Heart Healthy Families:

1. Keep portions small, to have less wasted food, and avoid obesity.
2. Watch calories to maintain a healthy weight.
3. Provide kids nutritious snack choices, ready to grab on the go.
4. Use soft spread margarine labeled zero trans fats in place of butter to help reduce intake of saturated fat, trans fat and cholesterol.
5. Don't let anyone skip breakfast; a healthy breakfast is essential for a productive day.
6. Choose beverages wisely. Include nonfat or low fat milk and drink plenty of water and other non-sweetened beverages like tea.
7. Make the dinner occasion a family get-together occasion, and turn the TV off while eating.
8. Offer your family plenty of fruits and vegetables every day.
9. Prepare low-fat versions of your family's favorite meats and poultry, use low fat cheeses and milk and eat at least two (2) servings of fish per week in place of fatty meats.
10. Choose whole grain foods as a good source of fiber.

**CARROLL COUNTY SENIOR SERVICES
(A NON-PROFIT SERVICE ORGANIZATION)**

Have questions regarding Social Security, Medicare, Medicaid, etc.? Then you are in luck, as our local Carroll County Senior Services (located at 306 N. Main Street, Mt. Carroll, IL) is here and ready to help. They offer multiple services for our seniors, which includes S.H.I.P. Counselors. **Deb Connor, Karen Holm, and Sandra Aude** are all SHIP Counselors and Certified Information and Referral Specialists for Aging. Deb and Karen are readily available for information and/or assistance to clients and their caregivers on Medicare, Medicaid, prescriptions (i.e. Medicare Part D, Social Security Extra Help and patient assistance programs), free amplified phone program (ITAC), LIHEAP (heating assistance), etc. They would more than happy to help you. Feel free to stop in at their office in Mt. Carroll, IL, or give them a call at (815) 244-1800 for assistance or to set up an appointment. The CCSS office hours are 8:00 a.m. - 2:30 p.m. daily, Monday through Friday.

**HUMOUROUS VALENTINE STORY
CAN WE COME BACK TOMORROW?**



A couple were having marital problems. They decided together to do the right thing and they contacted a marriage guidance counsellor. Several visits followed where lots of questions were asked, and lots of listening carried out. Eventually, the counsellor felt that he had discovered the main problem. He stood up, went over to the woman and asked her to stand up, then he gave her a **HUGE CUDDLE**. Her turned to the husband, and said, "This is what your wife needs, at least once every day." The husband frowned, considered what had been said for a moment, then replied, "Ok, what time do you want me to bring her back tomorrow?"