



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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SPRING RENOVATION AT MEST MANOR BUILDING

The Carroll County Housing Authority is in the process of finalizing blueprints for the renovation of the 1st floor Mest Manor building. The Mest Manor Community Room was renovated back in February 2017, and this next renovation is the second phase of making the public area at Mest Manor more useable for all. The upgrades to the building will include: new windows in the dining room; new dining room flooring; dining room wall insulation and dry wall; new wider hallway doorways to both the dining room and recreation room; new carpeting in the 1st floor hallway; new placement of tenant mailboxes on the 1st floor and a new wider doorway to the laundry room. This renovation encompasses the remaining public areas at Mest Manor that have not been upgraded. Renovation work is anticipated to begin in March of this year. The staff and the Board of Commissioners continue to utilize the capital funds provided from HUD to modernize all facilities utilized by tenants and guests. Watch for further developments with this renovation in upcoming newsletters!



SUPER BOWL RECIPE REUBEN-STYLE PIZZA

A Reuben-Style Pizza is a favorite for game day. It's got extra cheesy goodness in the sauce, and smells wonderful coming out of the oven!

INGREDIENTS

- * 1 tube (13.8 oz.) refrigerated pizza crust
- * 4 ounces cream cheese, softened
- * 1 can (10-3/4 oz.) condensed cheddar cheese soup, undiluted
- * 1/4 cup Thousand Island salad dressing
- * 2 cups cubed pumpernickel bread
- * 2 tablespoons butter, melted
- * 1/2 pound sliced deli corned beef, coarsely chopped
- * 2 cups sauerkraut, rinsed/well drained
- * 1-1/2 cups shredded Swiss cheese

DIRECTIONS

- *Preheat oven to 425°. Unroll and press dough onto greased baking pan. Bake 6-8 minutes until edges are lightly browned.
- *In a bowl, beat cream cheese, soup, and salad dressing until blended. In another bowl, toss bread cubes with melted butter.
- *Spread cream cheese mixture over crust; top with corned beef, sauerkraut and cheese. Sprinkle with bread cubes. Bake 12-15 minutes until crust is golden.

YIELD: 6 Servings



THOUGHTFUL VALENTINE'S PRESENT (HUMOROUS STORY)

Peter who is in his early 20's was buying an expensive bracelet, to surprise his girlfriend on Valentine's Day, at a very smart jewelers shop. The jeweler inquired, "Would you like your girlfriend's name engraved on it?" Peter thought for a moment, grinned, then answered, "No, instead engrave, "To my one and only love." The jeweler smiled and said "Yes sir; how very romantic of you." Peter retorted with a glint in his eye, "Not exactly romantic, but very practical. This way if we break up, I can use it again."

VALENTINE'S DAY TRIVIA

1. 10 million roses, the majority color red, will be sold and delivered within a three-day time period.
2. Approximately 1 billion Valentine's Day cards are exchanged on February 14th each year, the largest seasonal card sending occasion next to Christmas.
3. Hallmark has over 1,330 different cards specifically for Valentine's Day.
4. More than 35 million heart-shaped boxes of chocolate will be sold for Valentine's Day.

INSIDE THIS ISSUE:

SPRING RENOVATION AT MEST MANOR	1
SUPER BOWL RECIPE REUBEN-STYLE PIZZA	1
THOUGHTFUL VALENTINE'S PRESENT	1
VALENTINE'S DAY TRIVIA	1
NATIONAL LOVE YOUR PET DAY	2
ADDITIONAL TENANT HOLIDAY PARTY PICS	2

*A bell is no bell 'til you ring it,
A song is no song 'til you sing it,
And love in your heart
Wasn't put there to stay—
Love isn't love
'Til you give it away!
- Oscar Hammerstein*



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 10th
6:30p.m. (Mest Manor)
All Tenants Welcome
- BINGO (Mest Manor)
Monday, February 12th & 26th
1:00p.m. (All Tenants Welcome)
- Policy Committee Meeting & Regular Board Meeting
Wednesday, February 21st
(Mest Manor Dining Room)
1:30p.m. & 2:00p.m.

OFFICE CLOSURE:
PRESIDENTS' DAY
Monday,
February 19th





FEBRUARY BIRTHDAYS

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



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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 LOVE YOUR PET DAY



Pet lovers everywhere observe February 20th as National Love Your Pet Day. This holiday is a day set aside to give extra attention to, and to pamper your pets. Did you know that most households in the United States have at least one pet? In the United States, dogs are slightly more popular than cats, but not by much. We know you love your pet because he or she is cute, loyal, and entertaining too. But scientific evidence suggests that you might want to show your pet some gratitude for your good health.

Pet ownership can boost your health and your social life says Erika Friedmann, Ph.D., Associate Dean of Research at the University of Maryland School of Nursing, who has conducted several studies on pets and well-being.

So on Nat'l Love Your Pet Day, here are three reasons to give Scruffy a little extra affection:

1. Pets Keep You Moving

Of all the research in the field, the strongest evidence suggests, unsurprisingly, that people with pets, especially dogs, tend to be more active than their pet-free counterparts. Studies have shown that dog owners walked about 20 minutes more per week than people with cats, or those who had no pet. An additional 20 minutes per week may not seem like a lot, but even modest increases in physical activity can be beneficial, and can help you hit the recommended 2.5 hours of moderate-intensity physical activity per week.

2. Pets Help Your Heart

According to the Centers for Disease Control, pet ownership is associated with decreases in blood pressure, cholesterol, and triglyceride levels—all factors that play a role in heart disease. Pets help reduce feelings of loneliness and depression, the latter of which has been linked to an increased risk of heart disease.

3. Pets Ease Your Stress

Pet ownership, and animal therapy dog visits in particular, might boost mental health by counteracting anxiety and depression, especially among the elderly. One study found that among 65 nursing home residents with moderate to severe dementia, those who participated in one 45-minute session of petting and grooming a therapy dog each week were less depressed and agitated over the two and a half months of the study than those who did not. There is quite a bit of evidence showing that when a pet is present, people may be less stressed, and feel safer and more comfortable in the environments they are in. For example, walking with your dog in your neighborhood might make you feel safer than if you were walking alone. There have even been studies that show that other people are more likely to be friendly—smiling at you, or striking up a conversation—when you are accompanied by an animal.

**A FEW ADDITIONAL TENANT HOLIDAY PARTY PICTURES
(THURSDAY, DECEMBER 21ST @ MANNY'S PIZZA)**

