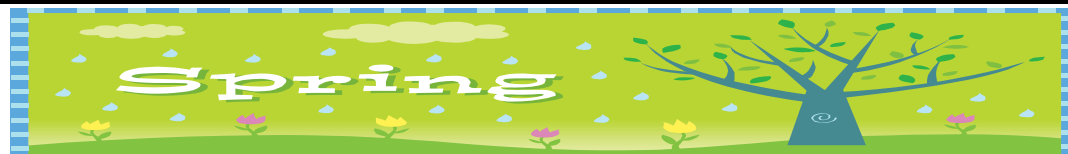




CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

Volume VIII, Issue IV
MARCH 2018



HOP ON OVER AND JOIN US TO CELEBRATE EASTER LIKE NO BUNNY ELSE.....

The Carroll County Housing Authority will be sponsoring an **EASTER EGG HUNT** for the **CARROLL APARTMENTS CHILDREN** (12 years old and younger.) We welcome, and encourage all eligible children to join us for a fun-filled afternoon. This year's event will be held as follows:

DATE: THURSDAY, MARCH 29, 2018

HUNT TO BEGIN PROMPTLY AT: 2:00 P.M.

LOCATION: MAPLE LANE COURTYARD (Between Maple Lane & Primary School)

Following the Easter Egg Hunt, an assortment of refreshments will be served in the Maple Lane Community Room. Our **EASTER EGGSTRAVAGANZA** will include prizes for each of the participants. At the conclusion of the afternoon, all children attending will be eligible to sign up for our **GRAND PRIZE: A EGCELLENT EASTER BASKET** filled with lots of goodies!

NOTE: R.S.V.P. to the CCHA office by **FRIDAY, MARCH 23RD**. P.S. Don't forget your baskets.

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CCHA MONTHLY HAPPENINGS:

- Tenant Meetings
Friday, March 9th
10:00 a.m. & 2:30 p.m.
(Mest Manor Dining Room)
Tuesday, March 13th
2:30 p.m. (Maple Lane)
- Board Game/Card Club
Saturday, March 10th
6:30p.m. (Mest Manor)
All Tenants Welcome
- BINGO (Mest Manor)
Monday, March 12th & 26th
1:00p.m. (All Tenants Welcome)
- Pest Control (All Units)
Friday, March 16th
8:30a.m.
- Regular Board Meeting
Wednesday, March 21st
2:00 p.m. (Mest Manor)
- Quarterly Unit Inspections:
(Mest Manor Only)
Thursday, March 22nd
Beginning at 12:30pm on the 1st Floor

OFFICE CLOSURE:

GOOD FRIDAY HOLIDAY
Friday, March 30th



FESTIVE MINT CREAM DESSERT RECIPE

INGREDIENTS

- * 3/4 cup butter or margarine, divided
- * 1 package (16 oz.) chocolate cream filled sandwich cookies, crushed
- * 2 quarts mint ice cream
- * 1-1/2 cups milk chocolate chips
- * 1 cup confectioners' sugar
- * 3/4 cup evaporated milk
- * 1 carton (16 oz.) frozen whipped topping
- * Chocolate syrup, green sprinkles optional

DIRECTIONS

- * In microwave, melt 1/2 cup butter. Stir in cookie crumbs; mix well. Press into a 12-in. x 9-in. dish. Freeze for 30 minutes or until firm. Meanwhile, remove ice cream from freezer to soften. Spread ice cream over crust; return to freezer until firm.
 - * In a saucepan, combine chocolate chips, sugar, milk and remaining butter. Bring to a boil, stirring frequently. Cook and stir for 3 to 5 minutes or until thickened. Cool to room temperature. When cool, spread over ice cream; return to freezer.
 - * When chocolate layered has hardened, spread with whipped topping. Cover and freeze. Remove from freezer 30 minutes before serving. If desired, drizzle with chocolate syrup and top with sprinkles.
- Yield:** 24 servings.



DAYLIGHT SAVINGS TIME...

It is that time of year again.... set your clocks **AHEAD ONE HOUR** on **SUNDAY, MARCH 11TH**. Daylight Savings Time is the practice of advancing clocks during the lighter months so that evenings have more apparent daylight and mornings have less.

PAPER SHREDDING

Just a reminder, in an effort to protect your identity, CCHA offers complimentary shredding service for our residents. Your paper documents can be dropped off at our office during regular business hours. The documents will be placed in a locked container on-site. The documents are picked up every eight weeks (next pick-up is 3/20/18), and will be securely shredded on-site by a SHRED-IT USA representative.

SAVANNA FIRE DEPARTMENT ANNUAL PANCAKE BREAKFAST



Sunday, March 25, 2018
Savanna Fire Department
(101 Main St., Savanna, IL)
7:00 a.m. - 1:00 p.m.

MENU INCLUDES:

Pancakes, Sausage, Eggs, Hash Browns,
Juice & Coffee

COST: \$4.00 Donation (6 and under free)



MARCH BIRTHDAYS

Laikyn Lawrence	14
Miila O'Neill	17
Anthony Biasi	20
Mark Karsten, Jr.	29



NATIONAL CAFFEINE AWARENESS MONTH

Do you drink more than four cups of coffee a day? Do you drink several cans of soft drinks or several cups of tea a day? Do you often find yourself irritable, depressed or disoriented after drinking caffeinated beverages? When you don't drink caffeine do you find yourself experiencing headaches, drowsiness, or insomnia?

If you answered yes to any of these questions, you may be a caffeine addict according to the Caffeine Awareness Association. The Caffeine Awareness Association, a non-profit organization, is committed to the physical, mental, and emotional wellness of the public whose lives have been affected by their misuse of, or dependence on caffeine. Their mission is to provide objective, evidence-based information, and advice to help reduce the health, social, and economic harm associated with caffeine abuse and addiction.

National Caffeine Awareness Month is an annual event held in March that draws attention the risk associated with caffeinism and caffeine withdrawal syndrome, a disorder recognized by the psychiatric community. At 200 mg of caffeine, you can experience irritability, restlessness, tension, insomnia, excitement, and gastrointestinal disturbance. If you consume more than 1 gram (1000 mg), you can receive irregular heartbeats, panic and anxiety disorders, muscle twitching, incoherent speech, excessive urination, flushed skin, and depression. And, believe it or not, when you ingest more than 5 grams, the results can be fatal.

There are some facts about caffeine that may come as a surprise for you. There are about 60 different plants that have caffeine in them including cocoa, coffee beans, and tea leaves. This means that you may not always know if there is caffeine in a product, because in the United States, the Federal Food and Drug Administration does not require companies to list the amount of caffeine in the nutritional information.

Some sodas that you would think did not have caffeine in them, actually, do. Sunkist's Orange, A&W Cream Soda, and most diet drinks. Chocolate is another food that has caffeine in it. Because of this, ice cream that has either chocolate or coffee as a flavor can rack up the amount of caffeine you consume as well. Most surprisingly, you will get caffeine from pain relievers and weight loss pills as well!

To celebrate Caffeine Awareness Month, it is the perfect time to do some research into this commonly found stimulant. Learning about what products contain it allows you to make better choices when shopping. For some people, the effects of caffeine are prominent and extremely troublesome. Some of the effects are trouble sleeping, nervousness, shaking and increased heart rate. The amount of caffeine needed to cause this differs from person to person.

The commonly held safe amount of caffeine consumed in a day is 400mg. That is equal to about 10 cans of soda, 5 cups of coffee or 2 energy drinks. It is possible to use the internet to find charts of what products contain caffeine and the estimated amounts. This can be helpful in tracking the amount of caffeine that you consume and help you stay away from some products if needed. Activities such as brisk walking, running or other forms of working out will let the body release chemicals that can lift your mood and increase energy. Changing what drinks you have during the day can help alleviate the effects of caffeine. Use Caffeine Awareness Month to learn all you can about this stimulant and how it is working in your life.

CARROLL COUNTY HOUSING AUTHORITY

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CCHA Board Members

- Paul Hartman, Chairman
- Peg Haffey, Vice-Chairman
- Shawn Piccolotti, 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.



LOCAL HAPPENINGS.....



Following are a few local events to provide you an opportunity to enjoy a great meal, as well as, support your local communities:

1ST ANNUAL THOMSON FIRE DEPARTMENT FISH FRY

Friday, March 16, 2018 (4:00pm - 7:00pm @ Thomson Fire Department)
All you can eat Cod, Cheesy Hash Browns, Coleslaw, Baked Beans, Rolls, Dessert, Beverage
\$10.00/Adult, \$5.00/Children (Ages 6-12), Kids Under 5 Free

MT. CARROLL FIREMAN'S PANCAKE BREAKFAST

Sunday, March 18, 2018 (7:00am - 1:00pm @ Mt. Carroll Fire Department)
Pancakes, Eggs, Hash Browns, Whole Hog Sausage, Juice, Milk and Coffee
\$5.00/Person, Kids Under 5 Free

