



PAGE 2

# CCHA NEWSLETTER

#### OCTOBER BIRTHDAYS

Joyce Sober	4
Nancy Handel	6
Mark Cygan	7
Richard Price	9
Donna Jones-Morehead	9
LeRoy Young	10
Wayne Wiegert	12
Joseph Mika	12
Georgina Zink	16
Stephanie Hebeler	19
Thomas Ehrler	20
Elijah Nowlin	22
Aaron Swanson	23
Elaine Zemke	24
Mary Darr	30



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

EQUAL HOUSING OPPORTUNITY

courtesy, respect, and caring.

## BLUES, BLAHS, AND BOUNCING BACK

The University of Illinois Extension office will be offering a complimentary healthy living program exclusively for our Carroll County Housing Authority residents. Please join University of Illinois Educator, Karla Belzer, for an open discussion about Blues, Blahs, and Bouncing Back for adults.



#### DATE: MONDAY, OCTOBER 22, 2018 TIME: 10:30 A.M. - 12:00 P.M. (NOON) LOCATION: MEST MANOR DINING ROOM (525 THIRD STREET)

We all certainly experience times of sadness or grief throughout the course of our lives. If we occasionally have a "blue" day or feel down in the dumps, that is normal. But when the down feelings last a long time and are more severe than just feeling blue, then we need to find out the underlying cause and get help. This workshop will discuss the differences between the everyday blues and depression, tips to help bounce back from occasional blues, and how to help others through these times.



## ILLINOIS LOW INCOME HOME ENERGY ASSISTANCE PROGRAM

The Illinois Low Income Energy Assistance Program (LIHEAP) is designed to assist eligible low income households pay for winter energy services. LIHEAP will provide a one-time benefit to eligible households to be used for energy bills.

Effective OCTOBER 1, 2018, Tri-County Opportunities Council will be completing LIHEAP applications at their office (located at 1801 Chicago Avenue, Savanna, IL) for the following individuals: Elderly (62 or older), and Disabled. For further information, please contact Bonnie Norman at our local Tri-County Opportunities Council office at (815) 273-2240.

# 4TH ANNUAL SAVANNA FIRE DEPARTMENT FISH FRY

Everyone is invited to come out and support our local fire department for their annual fundraiser event; Savanna Fire Department Fish Fry:

DATE: Saturday, October 6, 2018
TIME: 4:00 p.m. - 7:30 p.m.
LOCATION: Savanna Fire Station
(101 W. Main St., Savanna, IL)
MENU: All You Can Eat....Fish, French Fries, Coleslaw, Dinner Roll & Lemonade
TICKETS: \$9.00/Per Person

# FHN FLU SHOTS 2018

With flu season fast approaching, the Freeport Health Network will be offering flu shots at our host site of Mest Manor (525 Third Street, Dining Room) as follows:

- DATE: Tuesday, October 9th
- Тіме: 1:00 р.т. 3:00 р.т.

(Medical cards and photo IDs will be requested)

**Cost:** High Dose will be <u>\$62.00</u> for persons over 65 if <u>not</u> covered by Medicare Part B or Medicare Replacement Plan accepted by FHN. Persons under 65 will be give the Quadrivalent vaccine with an out of pocket cost of <u>\$28.00</u>. No insurance plan claims can be processed other than Medicare Part B or Medicare Replacement Plan.

Influenza ("flu") is a contagious disease that spreads around the U.S. every winter, usually between the months of October and May. Flu is caused by the influenza virus, and can be spread by coughing, sneezing, and close contact. Symptoms come on suddenly and may last several days. They include: fever, chills, sore throat, muscle aches, fatigue, cough, headache, runny or stuffy nose. **FLU VACCINE** is our best protection from flu and its complications.

