



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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UNIVERSITY OF ILLINOIS EXTENSION "SHARE YOUR LIFE STORY"



UNIVERSITY OF ILLINOIS
EXTENSION

Do you have treasured memories from your past you would like to record? Have you written down the special moments of your life to share with your family? The University of Illinois Extension will offer the "Share Your Life Story" writing series on Mondays, beginning March 11, in Mount Carroll and Thomson.

The writing series for all abilities will explore how to get started in sharing your life story and will include writing sessions and activities. Previous writing experience is not required.

"Share Your Life Story: A Writing Series" will be held on Mondays at 10:00 a.m. at the Thomson Public Library, and at 1:00 p.m. at the Mount Carroll District Library. The writing series is free and open to the public. The series will meet weekly, March 11 through April 29. There is no writing class April 15 in Mount Carroll, but there will still be class in Thomson.

Pre-register for the series at either library or online at go.illinois.edu/CLWfamilylife. For more information contact Karla Belzer at 815-632-3611 or email kbelzer@illinois.edu.

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CCHA MONTHLY HAPPENINGS:

- Regular Board Meeting (Feb.)
Wednesday, March 6th
12:30 p.m. (Mest Manor)
- Board Game/Card Club
Saturday, March 9th
6:30p.m. (Mest Manor)
- BINGO (Mest Manor)
Monday, March 11th & 25th
1:00p.m. (All Tenants Welcome)
- Tenant Meeting
Wednesday, March 13th
2:30 p.m. (Mest Manor)
All Tenants Welcome
- Pest Control (All Units)
Friday, March 15th
8:30a.m.
- Tenant Meeting
Thursday, March 21st
3:00 p.m. (Maple Lane)
All Tenants Welcome
- Regular Board Meeting
Wednesday, March 27th
2:00 p.m. (Mest Manor)
- Quarterly Unit Inspections:
(Maple Lane Only)
Thursday, March 28th
Beginning at 2:30pm



REUBEN-STYLE PIZZA RECIPE

If you love a good Reuben sandwich, why not make it into a pizza?

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 and well drained
- * 1-1/2 cups shredded Swiss Cheese

DIRECTIONS

- * Preheat oven to 425°. Unroll and press dough onto bottom of a greased 15x10x1-in. baking pan. Bake 6-8 minutes or until edges are lightly browned.
- * Meanwhile, in a small 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 or until crust is golden and cheese is melted. **YIELD:** 6 servings.



DAYLIGHT SAVINGS TIME...

It is that time of year again.... set your clocks **AHEAD ONE HOUR** on **SUNDAY, MARCH 10TH**. 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 4/22/19), and will be securely shredded on-site by a SHRED-IT USA representative.

ST. PATRICK'S DAY JOKES

- Q: How is a best friend like a four leaf clover?
A: Because they are hard to find and lucky to have.
- Q: Why do leprechauns hate running?
A: They would rather jig than jog.
- Q: Why can't you borrow money from a leprechaun?
A: They are always a little short.





MARCH BIRTHDAYS

Rita Troha	7
Laikyn Lawrence	14
Miila O'Neill	17
Anthony Biasi	20
Mark Karsten, Jr.	29



CARROLL COUNTY HOUSING AUTHORITY

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Bill Robinson, Commissioner

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Ed Bochniak, Executive Director
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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 OPTIMISM MONTH

Although March is Optimism Month, any month can be an opportunity to build your tendency toward grounded optimism, and reap the many benefits that come from this. Optimism is associated with many benefits in life, including increased health, happiness, and longevity. And although a tendency toward optimism is partially due to inborn factors like openness to experience and agreeableness, optimistic thinking patterns can be developed any time during your life and can bring these benefits with them. Focusing on developing these thinking habits may take a little time, so focusing on them over the course of a month can help you to make this a lifelong habit. Let's look a little closer on why it's worth taking the time and effort to do this.



How Optimism Benefits You

People often wonder if those who are optimistic are only more likely to expect the best because they haven't been disappointed by setbacks in life enough yet. Or perhaps they are happier because they already have more to be happy about. However, research finds that those who are optimistic tend to have more to be happy about because of benefits that they gain from their optimism, and not that they are merely more optimistic because they have had easier lives.

This is great news because it opens up the benefits of optimism to anyone who wants to change their perspective. These benefits include greater success, physical and emotional health, and longevity, less stress, and more.

Why Celebrate Optimism Month?

While you can focus on optimism any time from moment to moment and improve your outer and inner experience, focusing on optimism for a full month can really help you to make it more of an established part of your life. This is true for several reasons:

1. Optimism is about more than looking on the bright side. Becoming more of an optimist may involve examining your current thinking patterns, deciding on new perspectives to adopt, developing new habits, and other actions. This can take time.
2. Habits take time to develop, whether we're talking about habits of thought or about life style habits. Both types of habits can help you to be more of an optimist, so it helps to give yourself a few weeks to cement these new aspects of your life

Some changes may work better for you than others. If you spend a month focusing on making optimism-supporting changes in your life, this gives you time to try and discard a few things before you settle on the changes that will work best for you. (This is true whether you're focusing on optimism, happiness, stress relief, or anything else that requires change.)

How to Celebrate

There are several ways to "celebrate" Optimism Month and make it work for you to the fullest. Remember, March is the official Optimism Month, and you can use the momentum of a group by joining with others in celebrating optimism if you observe it in March. However, you are welcome to make any month the month that you focus on optimism (or begin focusing on optimism more), and you can even recruit friends to join you, so don't let the date limit you. As for what, specifically, you can do to celebrate, here are some ideas, each of which can be transformative:

1. Learn about what optimism is and isn't. This will make it easier for you to know what direction you should be moving toward.
2. Examine your habitual thought patterns, and see what you can change.
3. Develop optimism-enhancing habits: maintain a gratitude journal, a coincidence journal, or a vision board.
4. Look back and re-examine your past with more optimistic eyes.
5. Practice other everyday optimism habits.

OPTIMISM QUOTES

- Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster it's a cha-cha.
- Both optimists and pessimists contribute to our society. The optimist invents the airplane and the pessimist the parachute.