



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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CARROLL COUNTY HOUSING AUTHORITY SOCIAL MEDIA UPDATE

This month marks three years that Carroll County Housing Authority (CCHA) has been on Facebook! In early 2020, we made the decision to expand our marketing and communication efforts. Our goal is to utilize the Facebook page as an additional way to connect with our current residents, relatives and friends of residents, spread awareness of our facilities to attract future residents, and engage/inform members of our community.

We are excited to report that in 2022 our Facebook page reached 11,922 people. In addition, our Facebook page currently has 545 followers, in which, 76 were gained in 2022.

You can assist us in our continued efforts by following our Facebook page [CCHASavannaLL](https://www.facebook.com/CCHASavannaLL), and sharing it with your connections. Your help in growing our page would be much appreciated. If you have news or photos you would like us to consider sharing on Facebook, please send it to christineamelaas@gmail.com. Along with your help, we are looking forward to sharing our CCHA events, photos, ideas and memories to make 2023 our best year yet on Facebook!

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

~ John Quincy Adams



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.
- **Mest Manor Market Day**
Monday, February 6th
Approx. 10:30 a.m.
(Mest Manor Dining Room)
* Available to Mest Manor & Maple Lane Tenants **Only**
- **Regular Board Meeting**
Wednesday, February 15th
2:00p.m.
(Mest Manor Dining Room)

OFFICE CLOSURE:

PRESIDENTS' DAY
Monday,
February 20th



VALENTINE'S RECIPE RASPBERRY PATCH CRUMB BARS RECIPE

- To give these fruity bars even more crunch, add a sprinkling of nuts to the yummy crumb topping.

INGREDIENTS

- * 3 cups all-purpose flour
- * 1-1/2 cups sugar, divided
- * 1 teaspoon baking powder
- * 1/4 teaspoon salt
- * 1/4 teaspoon ground cinnamon
- * 1 cup shortening
- * 2 large eggs, room temp, lightly beaten
- * 1 teaspoon almond extract
- * 1 tablespoon cornstarch
- * 4 cups fresh or frozen raspberries

DIRECTIONS

- * In a large bowl, combine the flour, 1 cup sugar, baking powder, salt and cinnamon.
- Cut in shortening until mixture resembles coarse crumbs. Stir in eggs and extract.
- Press two-thirds of the mixture into a greased 13x9-in. baking dish.
- * In a large bowl, combine cornstarch and remaining sugar; add berries and gently toss. Spoon over crust. Sprinkle with the remaining crumb mixture.

(Recipe Continued) →

VALENTINE'S RECIPE CONT'D RASPBERRY PATCH CRUMB BARS

* Bake at 375° for 35-45 minutes or until bubbly and golden brown. Cool on a wire rack. Cut into bars. Store in the refrigerator. **YIELD:** 3 dozen.

VALENTINE'S DAY HUMOR

- Q: What is a bread loaf's favorite song?
A: "All you Knead is Love."
Q: What is Cupid's favorite candy?
A: Hershey's Kisses.
Q: Why was the ghost sad on Valentine's Day?
A: He didn't have a boo.
Q: Did you hear about the two radios that got married?
A: The reception was amazing!
Q: What did one tomato say to the other on Valentine's Day?
A: I love you from my head to-ma-toes.
Q: How do astronomers propose on Valentine's Day?
A: They planet.
Q: Did you hear about the spider wedding?
A: Yes, they're newly-webs.
Q: Knock, knock. Who's there? Fur.
A: Fur you, I'd do anything.
Q: Knock, knock. Who's there? Daryl.
A: Daryl never be anyone like you!



FEBRUARY BIRTHDAYS

Brinda Spencer	1
Hailee Engaldo	2
Kay Anderson	4
Steven Delp	4
Trinity Perry	9
Alexander Gouty	12
Laura King	17
Raphnie Lawrence	17
Philip Hoffman	18
Dusty Crutchley	23



CARROLL COUNTY HOUSING AUTHORITY

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CCHA Board Members

Paul Hartman, Chairman

Peg Haffey, Vice-Chairman

Amanda Titus, Treasurer

Bill Robinson, Commissioner

CCHA Staff

Ed Bochniak, Executive Director

Patty Acree, Administrative Assistant

Randy Meade, Maintenance Lead

Chad O'Neill, 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.



WINTER SELF-CARE IDEAS TO ENJOY

Winter self-care ideas are vital for those blah gloomy days. When you are stuck inside due to bad weather it can weigh on your emotions. Just the lack of sunshine can bring on depressions and SAD (Seasonal Affective Disorder). If you find yourself isolating, gaining weight or can't seem to shake the blue feeling during winter you may need some self care. If you are feeling down, it may be time to take care of yourself with these fun and helpful winter self-care ideas.

- **Start up your diffuser.** Science has shown that different smells can drastically play with your emotions. You can use this to your advantage by diffusing mood lifting essential oils into your home. These essential oils have been shown to improve mood: Lavender, Wild Orange, Lemon, and Sandalwood.
- **Drink a hot beverage.** It's winter, so it is cold out. A hot beverage like coffee has plenty of benefits. Coffee is proven to lower rates of certain illnesses and inspire alertness. That means that not only does it improve physical health, but mental clarity and calm. Especially when the cold makes our bodies tense, the hot beverage instantly allows us to unwind. If you are not a coffee drinker, tea or hot cocoa are great alternatives to keep you toasty.
- **Take a nice warm bath.** A bath is a great way to relieve the body of built up stress. Stress lives in our muscle and bones. It affects the way we think and interact with others. A bath is a gentle way to calm the muscles down, especially during the winter. The cold is horrible to our joints, and a bath is a great way to relax the muscles.
- **Adopt a skin care routine.** The dry cold air of winter months are not kind to the skin. It's important to keep your skin moist so it doesn't start itching, or cracking. Conduct some research and find a skincare routine that is right for your skin type. The routine can be a calming method to relax before the end of a long day.
- **Search for the sun.** The sun makes us happy because the sunlight increases serotonin. The earth leans away from the sun during the winter months. Which means we do not get as much of it. So, when the sun is active, take advantage of the moment and soak in the rays while you can.
- **Start a journal.** Journals are an excellent form of therapy and self-reflection. Do you have a voice inside your head that refuses to stay quiet as you fall asleep? Try to write in a journal right before bed about anything you wish. A journal improves mindfulness and lowers stress.
- **Set goals for next year.** Winter is the perfect time to make a list of everything you want to achieve in the coming year. It can be as simple as appreciating friends and family more, or starting a diet and exercise program. The goals should reflect what you want to commit to improving within yourself and your life next year. This helps promote self-improvement and keep your mind on new horizons.
- **Winter self-care ideas are only needed for a season.** As dark winter days hover overhead, make sure you take time to take care of yourself the best you can. It is essential to stay healthy, both physically and mentally, and its the ultimate cure to winter blues!



NATIONAL THANK A MAIL CARRIER DAY

National Thank A Mail Carrier Day, celebrated on February 4th, is a day set aside that encourages everyone in the U.S. to thank a mail carrier for all the mail that they have delivered throughout the year. For six days of the week and 52 weeks a year, mailmen work hard to deliver letters and documents that are important to you. They do all that they can to ensure your mail reaches you on time. So today take just a few moments out of your day to thank your mail carrier!

To celebrate the day, following are a few U.S. Postal Service Fun Facts about mail carriers, and they are hand-delivered just for you!

- The Havasupai Tribe at the bottom of the Grand Canyon gets their mail delivered by carriers using mules.
- In Sidney, Montana, the local rural delivery route is over 190-miles.
- More than 5,400 postal employees were attacked by dogs in the United States in 2021.