



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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HOW SPRING CLEANING IS GOOD FOR YOUR HEALTH

Happy Spring! Go ahead, clear out the clutter—it's good for you! For many of us, the renewal of spring signals that it's time to get into spring cleaning mode. While decluttering is good for our homes—it can actually lift our moods, as well. Following are a few ways that tidying up our living space can be good for our brain and body.

- You feel accomplished.** Spring cleaning is a kind of ritualized behavior, our own act of starting anew to accompany the themes of spring. Plus, our brains like it when we finish what we've started. So, when a task is accomplished, our brains feel good, which reduces tension.
- It destresses you.** Feeling overworked and overwrought? Some people find cleaning to be a soothing way to work out their stress.
- You feel more peaceful.** Having a clean and organized home means you know where everything is, which can help you feel in control. There is also peace of mind that comes with having an aesthetically pleasing place to wake up in and return to at the end of your day.
- It improves your focus.** Keeping your space neat and clean can prevent any workday distractions and contribute to better focus and motivation.
- It gets you moving.** Cleaning the windows and vacuuming the living room can actually get those endorphins pumping. The act of cleaning itself is a physical act, so depending on how vigorously you are cleaning, you may actually get in a bit of a workout.

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"April songbirds' joyful music, and the early springtime flowers, colorful umbrellas opened wide for April showers. Days are brighter, hearts are lighter, promise fills the air. The gifts of April bring us special happiness to share!"
~ Author Unknown

CCHA MONTHLY HAPPENINGS:

- Mest Manor Market Day
Monday, April 1st
Approx. 10:30 a.m.
(Mest Manor Dining Room)
* Available to Mest Manor & Maple Lane Tenants **Only**
- Mest Manor Unit Inspections
Wednesday, April 10th
(3rd & 4th Floors)
* Beginning at 1:30 p.m.
- Regular Board Meeting
Wednesday, April 24th
4:00 p.m. (Mest Manor)
- Mest Manor Unit Inspections
Monday, April 29th
(1st & 2nd Floors)
* Beginning at 1:30 p.m.

"Nature is painting for us, day after day, pictures of infinite beauty!" ~ John Ruskin





BERRY DREAM CAKE RECIPE

This cake is so festive-looking. Top it with whatever fruit you like.

INGREDIENTS

- * 1 package white cake mix (regular size)
- * 1-1/2 cups boiling water
- * 1 package (3 oz.) cherry gelatin
- * 1 package (8 oz.) cream cheese, softened
- * 2 cups whipped topping
- * 4 cups fresh strawberries, coarsely chopped


DIRECTIONS

- * Prepare and bake the cake mix batter according to package directions, using a greased 13x9-in. baking pan.
- * In a small bowl, add boiling water to the gelatin; stir for 2 minutes to completely dissolve. Cool cake on a wire rack for 3-5 minutes. Using a wooden skewer, pierce holes in top of cake to within 1 in. of edge, twisting skewer gently to make slightly larger holes. Gradually pour gelatin over cake, being careful to fill each hole. Cool for 15 minutes. Refrigerate, covered, for 30 minutes. **(Recipe continued) →**

DREAM CAKE RECIPE (CONT'D)

- * In a large bowl, beat cream cheese until fluffy. Fold in whipped topping. Carefully spread over cake. Top with strawberries. Cover and refrigerate for at least 2 hours before serving. **YIELD:** 15 servings.

CCHA ANNUAL SPRING CLEAN-UP WEEK



Spring has finally Sprung! Thus, the Carroll County Housing Authority is once again sponsoring our Spring Clean-up Week on the dates of **APRIL 15 - 19, 2024**. As many CCHA residents are tackling their spring cleaning, and are looking to get rid of some items, our Spring Clean-up Week offers the perfect opportunity to do so at **NO CHARGE**.

Our staff will pick-up and dispose of any of your large unused, or broken household items. The following items will be accepted: TVs, furniture, electrical items, etc. Please note, tires **will not** be accepted.

If you are interested in participating, please contact our CCHA office at (815) 273-7081 to schedule a date and time for the items to be picked up during the above stated week.



APRIL BIRTHDAYS

Christina Williams	1
Edward Hearne	4
Sharon Mills	6
Rex Bowman	12
Jozie Gillen	12
Jonathan Schaefer	13
Maria Crespo	14
John Menke	16
Breanna Schaefer	19



CARROLL COUNTY HOUSING AUTHORITY

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CCHA Board Members
Peg Haffey, Chairman

Bill Robinson, Vice-Chairman
Joanna Davies, Commissioner
Dan Nevills, Commissioner

Amanda Titus, Commissioner/Treasurer

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.



INTERNATIONAL PLANT APPRECIATION DAY



Plants are fundamental to life, and there's no denying their importance in society. International Plant Appreciation Day is celebrated annually on April 13th and provides us with an opportunity to reflect on the valuable roles plants play in our lives. The day aims to promote the significance of plants and increase awareness and appreciation for their benefits.

Plants are present in almost every aspect of our lives, and it's impossible to understate their importance. Not only do they provide us with oxygen, but they also play an essential role in food, medicines, and other vital resources. Int'l Plant Appreciation Day is an ideal opportunity to remind ourselves of the significance of plants and their essential role in sustaining our lives.

Moreover, plants also have a positive impact on our mental health and well-being. Studies have shown that being around plants can reduce stress levels, improve our overall mood, and increase productivity. This is why many hospitals and healthcare facilities incorporate plants into their design, to create a more calming and healing environment for patients.

Plants offer a wide range of health benefits. They are a source of vitamins and minerals that help to strengthen our immune systems, and they have a calming effect on our minds and bodies. Plants also help to purify the air we breath, removing pollutants and toxins from the atmosphere. It's easy to overlook these benefits, but they are an essential consideration.

Furthermore, plants can also have a positive impact on our social lives. Gardening and caring for plants can be a great way to connect with others who share similar interests. It can also be a fun and rewarding activity to do with family and friends, creating a sense of community and bonding over a shared hobby.

There are many ways to participate in International Plant Appreciation Day. One way is to plant a tree or create a garden patch. Another way is to explore the natural environment and learn about the native plant species. Lastly, visiting a botanical garden or participating in a community garden project is also an excellent way to honor and appreciate plants, and their role in our lives.

Celebrate International Plant Appreciation Day by incorporating more plants into your daily life. This can include buying a houseplant for your home or office, or even starting a small herb garden in your kitchen. Not only will this help you appreciate plants more, but it can also have a positive impact on your mental health and well-being.

On International Plant Appreciation Day, we are reminded to reflect on their importance and how to support their conservation. Whether by starting our own garden, or supporting local farmers' markets, there are many ways to show appreciation for plants this April and beyond. By appreciating and supporting plants, we can also contribute to the fight against climate change and protect our planet for future generations.

AND NOW IT'S SPRING

(BY LHTHEAKER)



The grass is green across the hill, But yellow blooms the daffodil.
 It's sunshine on a little stalk, A friendly flower, I bet they talk...
 Of little kids, too long inside, They burst outdoors to play and hide.
 Tracking mud and bringing bugs. Look, there's footprints on the rug!

Tiny whirlwinds, these little tykes,
 They skin their knees while riding bikes.
 They rip and roar, they are running wild!
 What fun it is to be a child.



It grows warmer every day. Shoo the children out to play!
 Pick flowers, play in the mud. Too much rain, here comes a flood.
 My snowy winter days are gone. I mourn them, but I hear a song.
 Of birds in trees; wind chimes ring. I guess it might as well be spring!