



CCHA NEWSLETTER

CARROLL COUNTY HOUSING AUTHORITY

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SELF CARE & WELLNESS FOR 2025



Just one year—365 days—could completely redefine who you are, what you do, and how you live. It might sound ambitious, but 2025 holds the potential to be your most transformative year yet. Think of it as a blank canvas, waiting for you to splash it with bold strokes of change. This isn't about dramatic, unrealistic resolutions that fizzle out. Instead, it's about embracing purposeful, actionable steps to create a new mindset, a new body, and new skill or habit, new connections, and ultimately, a new life.

(1) Start by practicing gratitude, and journaling your thoughts. Surround yourself with positivity: Read self-help books, or listen to motivational podcasts. (2) This year, make exercise a sustainable part of your routine by choosing an activity that you enjoy, like yoga, running or even walking. Pair it with mindful eating—more whole foods, and less of the processed junk food. (3) Learn a new skill or habit that is aligned with your goals, whether it's for your career or hobby, choose something meaningful. (4) Seek out a new connection, as it can be life changing. Surround yourself with inspiring, supportive people who will push you to aim higher.

A new year doesn't guarantee a new you, however, with focused effort, 2025 could be the year you look back on and say, "That is when everything changed."

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"I'm a little groundhog in my hole. On February 2nd you will know. If I see my shadow it will be, six more weeks of winter for you and me."

~ Author Unknown



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 3rd
Approx. 10:30 a.m.
(Mest Manor Dining Room)
* Available to Mest Manor & Maple Lane Tenants **Only**
- **Regular Board Meeting**
Wednesday, February 19th
4:00p.m.
(Mest Manor Conf. Room)

OFFICE CLOSURE:
PRESIDENTS' DAY
Monday,
February 17th



VALENTINE'S RECIPE CHERRY BLOSSOM COOKIES

These scrumptious cherry blossom cookies are sweet, fruity and chocolaty, with a little something to make everyone smile.

INGREDIENTS

- * 1 cup butter, softened
- * 1 cup confectioners' sugar
- * 1/2 teaspoon salt
- * 2 teaspoons maraschino cherry juice
- * 1/2 teaspoon almond extract
- * 6 drops red food coloring, optional
- * 2-1/4 cups all-purpose flour
- * 1/2 cup chopped maraschino cherries
- * 54 milk chocolate kisses, unwrapped

DIRECTIONS

- * Preheat oven to 350° in a large bowl, beat butter, confectioners' sugar and salt until blended. Beat in cherry juice, extract and, if desired, food coloring. Gradually beat in flour. Stir in cherries.
- * Shape dough into 1-inch balls. Place 1-inch apart on greased baking sheets.
- * Bake 8-10 minutes or until bottoms are light brown. Immediately press a chocolate kiss into center of each cookie (cookie will crack around edges). Cool on pans 2 minutes. Remove to wire racks to cool.

VALENTINE'S DAY HUMOR

- Q: What flower gives the most kisses on Valentine's Day?
A: Tulips.
- Q: How did the doorbell propose to his sweetheart?
A: He gave her a ring.
- Q: What did the painter say to her sweetheart?
A: I love you with all my art.
- Q: What do call someone with a cold on Valentine's Day?
A: Lovesick.
- Q: Why did the Valentine get arrested?
A: For stealing someone's heart.
- Q: Knock, Knock! Who's there? Peas. Peas who?
A: Peas be my Valentine?
- Q: What do you call two birds in love?
A: Tweet-hearts.

CCHA LEASE — LATE FEE UPDATE



EFFECTIVE APRIL 1, 2025, following the Lease renewals, Carroll County Housing Authority will return to applying a **\$25.00/LATE FEE** to all monthly rent payments received after the fifth of the month, or next business day if the 5th falls on a weekend, per your Lease agreement.



FEBRUARY BIRTHDAYS

Brinda Spencer	1
Kay Anderson	4
Steven Delp	4
Trinity Perry	9
Joel Root	11
Alexander Gouty	12
Chad Dykema	13
Laura King	17
Raphnie Lawrence	17
Philip Hoffman	18
Dusty Crutchley	23



CARROLL COUNTY HOUSING AUTHORITY

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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.



NATIONAL BAKE FOR FAMILY FUN MONTH

National Bake For Family Fun Month, celebrated all of February, provides a reason to put down the Domino's menu. Baking, nearly as old as humans, is steeped in tradition, both familial and communal. Tactile teachings passed down for generations serve as historical signifiers. Avoid the growing trend of takeout food, and enjoy the opportunity to be near your loved ones as you bake together this month. Following are a few activities for, and reasons why we love **National Bake For Family Fun Month:**

1. Involve the Kids

Baking is for anyone willing to do it, so celebrate this inclusive value as you recruit your younger siblings, cousins, or kids to help you cook more basic recipes such as pancakes.

2. Challenge Yourself with Sourdough Bread

The wild yeast present in sourdough bread makes it one of the least acidic varieties of bread to consume, and thereby one of the easiest on your stomach. Cultivating wild yeast is tough even for an experienced baker, though, but succeeding in spite of this makes the loaf even tastier.

3. Take it Easy on Yourself

If you are determined to make this February the best Bake For Family Fun Month but have minimal baking experience, buy a cookbook and pre-packaged ingredients for your first few runs, branching out as you become more comfortable.

4. Baking is Sacred

For Passover, those of the Jewish faith eat unleavened bread. While your family's tradition might be a touch less biblical, you still have your way of making cookies, brownies, cakes, and everything in between that no other family does. Embrace your nostalgia.

5. It's Time to Turn Off Electronic Devices

As you and your family dig into making bagels from scratch, you will inevitably get your hands covered in flour, raw dough, and other fun ingredients. This means *gasp* that the phones will have to remain in the chef's pockets as conversation abounds between family members.

Baking at home can be a therapeutic and calming activity, helping to reduce stress and promote mental health. In addition, baking at home allows you to control the size and amount of treats you consume, reducing overeating and promoting a healthy weight. Remember, to still enjoy baked goods in moderation, as even homemade options can be high in calories. Incorporate healthy ingredients and portion control to make your baked goods as nutritious as possible. So grab your aprons, preheat your ovens, and get ready for a month of family fun and delicious treats!

SUPER BOWL TRIVIA

The Super Bowl is almost here! The biggest night in not just football, but also television, is set to arrive in just a few weeks. From the snacks to the commercials to the halftime performers, there is much more to Super Bowl Sunday than the game itself. These Super Bowl trivia questions and answers will make you the life of your Super Bowl Party!



Q: What team has played in four Super Bowls but never held a lead?

A: Minnesota Vikings

Q: What teams have not appeared in a single Super Bowl?

A: Cleveland Browns, Detroit Lions, Houston Texans and Jacksonville Jaguars

Q: How many chicken wings are consumed on Super Bowl Sunday?

A: 1.45 billion

Q: Which two starting quarterbacks won Super Bowls with two different teams?

A: Peyton Manning (Colts and Broncos), and Tom Brady (Patriots and Buccaneers)

Q: Who was the first singer to perform at a Super Bowl Halftime Show?

A: Carol Channing (1970)

Q: How much did a ticket to the very first Super Bowl cost?

A: \$12.00

Q: Super Bowl XLIV beat out what to become the most-watched television program in history?

A: M*A*S*H series finale