



CCHA NEWSLETTER

CARROLL COUNTY
HOUSING AUTHORITY

Volume XV Issue VII

MAY 2025



SPRING CLEANING IS GOOD FOR YOUR HEALTH

GO AHEAD, CLEAR OUT THAT 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; and decluttering isn't just good for our homes – it can actually lift our moods, as well.

1. **You feel accomplished.** Spring cleaning is 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.
2. **You feel more peaceful.** Having a clean organized home means you know where everything is, which can help you feel in control.
3. **It helps fend off depression.** People who describe their homes as "cluttered" or full of unfinished projects are more likely to suffer from depression and fatigue.
4. **It gets you moving.** Cleaning 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.
5. **It reduces home hazards.** When your floor is clean and uncluttered, you are less likely to trip and fall over stray objects.

INSIDE THIS ISSUE:

SPRING CLEANING IS GOOD FOR YOUR HEALTH	1
BANANA BARS WITH CREAM CHEESE FROSTING RECIPE	1
MOM, THE SUPERHERO	1
EASTER EGG HUNT PICTURES	2

"Of all the gifts that life has to offer, a loving mother is the greatest of them all."

~ Author Unknown

CCHA MONTHLY HAPPENINGS:

- Mest Manor Market Day
Monday, May 5th
Approx. 10:30 a.m.
(Mest Manor Dining Room)
* Available to Mest Manor & Maple Lane Tenants **Only**
- Carroll Apts. Unit Inspections
Wednesday, May 14th
(Units #1 - #12)
Monday, May 19th
(Units #13 - #24)
* Beginning at 1:30 p.m.
- Pest Control
Wednesday, May 21st
8:30 a.m. (Carroll Apts.)
- Regular Board Meeting
Wednesday, May 21st
4:00 p.m.
(Mest Manor)
- Tenant Meeting
Wednesday, May 28th
10:30 a.m. (Mest Manor)
3:00 p.m. (Maple Lane)
(All Tenants Welcome)

OFFICE CLOSURE:

Memorial Day
Monday, May 26th



"Veterans are a symbol of what makes our nation great, and we must never forget all they have done to ensure our freedom!"

~ Rodney Frelinghuysen



BANANA BARS WITH CREAM CHEESE FROSTING RECIPE

With creamy frosting and big banana flavor, this treat is a real crowd-pleaser!

INGREDIENTS:

- * 1/2 cup butter, softened
- * 1-1/2 cups sugar
- * 2 large eggs, room temperature
- * 1 cup sour cream
- * 1 teaspoon vanilla extract
- * 2 cups all-purpose flour
- * 1 teaspoon baking soda
- * 1/4 teaspoon salt
- * 2 medium ripe bananas, mashed (about 1 cup)

FROSTING:

- * 1 package (8 oz.) cream cheese, softened
- * 1/2 cup butter, softened
- * 2 teaspoons vanilla extract

DIRECTIONS:

- * Preheat oven to 350°. In a large bowl, cream butter and sugar until light and fluffy, 5-7 minutes. Add eggs, sour cream and vanilla. Combine flour, baking soda and salt; gradually add to creamed mixture. Stir in bananas. **(Recipe Continued) →**

BANANA BARS RECIPE CONT'D

- * Spread into a greased 15x10x1-in. baking pan. Bake until a toothpick inserted in the center comes out clean (do not overbake), 20-25 minutes. Cool completely.
- * For frosting, in a large bowl, beat cream cheese, butter and the vanilla until fluffy. Gradually beat in enough confectioners' sugar to reach desired consistency. Frost the bars. Store in the refrigerator.

YIELD: 4 dozen.



MOM, THE SUPERHERO

Mom's a superhero, through and through,
She can do anything, it is true.

She cleans the house and pays the bills,
And still has time to cure our ills.

She's our personal chauffeur, day and night,
And always knows how to make things right.

She is there for us, no matter what,
In her presence, we always feel so loved.

So here's to you Mom, our superhero divine,
You are the reason everything is just fine.

Thank you for being our guiding light,
Your love & strength make everything bright!

**MAY BIRTHDAYS**

Anna Hubble	6
James Wakefield	6
Leroy Clayton	9
Edward King	16
Carol Ingersoll	18
Samantha Eppenstein	19
Maison Rihtar	21
Ernst Schaefer	23
Daniel Lopez	27
Amanda Laird	28

**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

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.

**EASTER EGG HUNT PICTURES**

We celebrated Easter for our Carroll Apartments children with an **EASTER EGG HUNT** on Thursday, April 17, 2025. Following are a few photos:

