



The COMMUNITY

QUARTERLY NEWSLETTER FOR THE HOUSING AUTHORITY OF MCDONOUGH COUNTY



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FALL 2026

Managing Diabetes on a Budget

Nearly 1 in 10 Americans lives with diabetes, and many more have prediabetes without knowing it. Knowing the warning signs can help you catch it early. Common symptoms include increased thirst, frequent urination, constant hunger, fatigue, blurry vision, slow-healing cuts or sores, numbness or tingling in your hands or feet, and unexplained weight loss. When diabetes goes untreated or blood sugar stays too high, it can lead to heart disease, kidney damage, vision loss, nerve damage, and other serious complications.

Managing diabetes doesn't have to be expensive. Small, consistent changes can make a big difference.

- 🥬 Choose affordable healthy foods like frozen vegetables, beans, oats, brown rice, eggs, peanut butter, and canned tuna or chicken.
- 🚶 Aim for 30 minutes of walking or other activity most days.
- 💧 Drink water instead of sugary drinks.
- 💊 Take medications as prescribed, and ask your doctor or pharmacist about lower-cost options or assistance programs.
- 🏠 Keep up with regular checkups to catch problems early.

You don't have to be perfect to make progress. Every healthy meal, short walk, or glass of water is a step toward better health. If you think you may have diabetes or are having trouble managing it, don't wait to ask your healthcare provider for help.

Important Dates

September 7th - Labor day

October 12th - Indigenous Peoples' Day

October 31st - Halloween

November 27th - Black Friday

November 11th - Veterans Day

November 26th - Thanksgiving

THE OFFICE IS CLOSED ON ALL DAYS LISTED.



Food Assistance



Salvation Army - (309) 837-4824

Monday, Wednesday, and Friday 10a - 1p

Loaves and Fishes

Tuesdays- 10a -12p and 2p - 4p

Good Food Pantry - (309) 313-2049

Tuesdays and Thursday- 1p - 5p

Health and Hope Food Pantry - (309) 883-3018

1st and 3rd Tuesdays (6p - 7p) and Saturdays (9a - 10a)

Understanding Addiction: Replacing Stigma with Support

Addiction can affect anyone, regardless of age, income, or background. It doesn't always begin with illegal drugs or at a party—it can start with a prescription after surgery, an injury, or treatment for chronic pain. Addiction is a medical condition, not a personal failure, and recovery is possible.

Knowing the signs can help you or someone you care about get help sooner. Common warning signs include:

- ♥ Changes in mood or behavior
- ♥ Withdrawing from family and friends
- ♥ Missing work or responsibilities
- ♥ Changes in sleep or eating habits
- ♥ Using more medication than prescribed

If you think someone is struggling, start with compassion, not judgment. Listen without criticizing, encourage them to talk with

Annette's Message

THANK YOU! In my last letter, I highlighted the lease provisions about fighting, harassment and stalking because the Housing Authority has zero tolerance for fighting. We had the best summer! Aside from posts on those stupid Facebook pages where people knock one another down and then kick them "anonymously" – makes me shake my head at that nonsense. Even making threatening and harassing posts can get you in trouble with the Housing Authority if we believe it may end in a physical altercation on, or around property. Thank you for your efforts to keep our communities – your neighborhoods – a safe place where families may be proud to call home.

Thank you to the Mt. Calvary Church of God in Christ for hosting their 4th successful summer food program at the Prairieview Townhomes Community Center. We also want to thank McDonalds East for donating half of the meals for the last day of the summer food program. We appreciate their partnerships.

Thank you to Zamir, Zaveon, and Zenovia for all their help this summer! Wow. These young people stepped up and helped keep Prairieview Townhomes looking good by picking up trash, taking the trash out for the summer food program, and they even helped the mowers pick up sticks, etc. Thank you! You made a big difference!

And finally, thank you each one for your cooperation earlier this summer when we had those special HUD NSpire inspections. We know that extra inspections can be stressful. The Housing Authority did very well on our inspections with an overall score of 86, which is higher than the national average, so we thank you for your help.

Looking forward: there will be a bid opening for the Greenbriar Apartments siding project in September. That project is projected to begin in early 2027. The back surrounds will be removed. There are also plans for a new playground at Greenbriar Apartments next summer. We will soon have new backboards for the basketball court at Prairieview Townhomes, so they'll have a fully refurbished court.

I hope you have a great day!

Best,
Annette



Greenbriar Siding Project Plan



Mt. Calvary Church Summer Food Program



FALL 2026

Fire Pits



As fall approaches, please remember that fire pits are not permitted anywhere on HAMC property. Fire pits pose a serious fire hazard and can put residents, homes, and surrounding property at risk. We appreciate everyone's cooperation in keeping our communities safe.

Cold Weather Prep

As temperatures begin to drop, please help prepare your home for colder weather. Report any heating issues, plumbing leaks or dripping faucets to the office as soon as possible so they can be addressed before freezing temperatures arrive.

Prairieview Basketball Court



The Prairieview basketball court has been the backdrop for Prairieview community events and countless games over the years—and it's getting a much-needed refresh! The court now has a brand-new, smooth playing surface, with new backboards and hoops coming soon. We can't wait to see the next generation of games played on it! The ribbon cutting will be announced soon.

Trick or Treating Safety



Halloween is a fun time to get out and enjoy the community, but a little extra caution can help keep everyone safe. Children should be accompanied by a responsible adult, use sidewalks and crosswalks when available, and carry a flashlight or wear something reflective. Always check candy before eating it, and remind children to watch for cars and stay with their group while trick-or-treating.

Resource Spotlight!



Over the past several months, Loaves and Fishes has welcomed several community agencies during its hours of operation to provide residents with valuable resources and support, including free STI testing, harm reduction services, WIC information, addiction recovery resources, and more. We extend our sincere thanks to Central Illinois Friends and the McDonough County Health Department for helping connect our community with these important services and resources.

Thank you for being part of our community! ♥

CONNECT WITH US



/HAMCDONOUGHCOUNTY



Finance and Credit Workshop

Maureen from Woodforest will be hosting a financial literacy and credit building workshop in the Prairieview Community Room on the 3rd Wednesday of each month from 1:00 PM - 2:00 PM.

Please reach out to the office to sign up!

September 16th, 2026

October 21st, 2026

November 18th, 2026



Trunk or Treat

Prairieview Community Room

October 30th, 2026

4:30 PM - 6:30 PM



The Costume Parade will begin at 4:30 PM at the Prairieview Office. Trunk or Treat, food, and activities will begin at 5:00 PM.

Make sure to come in your costume!

Moon Over Macomb

Macomb Square

October 17th, 2026

10:00 AM - 12:00 PM

Halloween costume parade, family games, activities and trolley rides!



LIHEAP ⚡

The Low Income Home Energy Assistance Program is a grant program that helps income-eligible households with paying their winter home heating bills.

WIRC will begin taking applications on October 1st, 2026.

To apply call WIRC in Macomb at (309)837-2997

First Wednesday

The WIU Department of Art & Design opens their studio to the community. Come get creative! Free, open to all ages, student and family friendly!



WIU Garwood Hall

7:00 PM - 9:00 PM

October 7th, 2026

November 4th, 2026

December 2nd, 2026

Breast Cancer Awareness



October is a reminder to prioritize your health and encourage the women in your life to do the same. Early detection can make a difference. Know your body, keep up with recommended screenings, and don't hesitate to talk with your healthcare provider about any concerns.

Call the Health Department at (309) 837-9951 ext 2140 for more information on breast cancer screenings.

Thanksgiving Baskets and Project Santa

Macomb is a resource rich community with many local agencies, churches, and organizations ready to help our residents during the holiday season. As Thanksgiving approaches, several local churches will be offering Thanksgiving food baskets, so keep an eye out for sign-up information.

Don't forget to watch for sign-up dates for Project Santa through WIRC and The Salvation Army! As details become available, we'll share them on our Facebook page and post information at our offices to help make sure everyone has a chance to participate.



WIU Homecoming Parade

