

Summer 2025

THE COMMUNITY

Quarterly Newsletter of The Housing Authority of McDonough County



Alzheimer's and Brain Awareness Month

June is National Alzheimer's & Brain Awareness Month, a time to focus on brain health and raise awareness about Alzheimer's disease. While there's no cure yet, research suggests that maintaining a healthy lifestyle can help reduce the risk. Regular exercise, a balanced diet, mental stimulation, and social engagement are key factors in keeping your brain in top shape. Additionally, managing chronic conditions like high blood pressure and diabetes can have a big impact on brain health. By spreading awareness, supporting research, and adopting brain-healthy habits, we can all play a role in fighting Alzheimer's and supporting those affected.

Important Dates:

Dates in black = Office Closed

June 13th- Health Fair- Fitch Manor

June 15th- Fathers Day

June 19th- Juneteenth

June 20th- 1st Day of Summer

July 4th- Independence Day

July 11th- Health Fair-
Eisenhower

In this Month's HAMC Newsletter...

Page 2

- Resident Spotlight
- Beat the Heat Tips

Page 3

- Summer Dinner Recipe
- Maintenance Notice
- Summer Reminders

Page 4

- Need to Know
- Coming Up!



Resident Spotlight: Mark Peters

My name is Mark Peters. I am a resident at Fitch Manner in Bushnell, IL. I moved here in September 2024. I am visually impaired and have cerebral palsy. I have always wanted to live on my own to show other individuals who are blind/visually impaired or have multiple disabilities that you can live on your own and you have the freedom to be your own person. I want to break the stereotype that individuals with disabilities must be taken care of their whole lives. Just because you are someone with a disability does not mean you cannot do certain activities without accommodation. To those of you who have a disability, go out and chase your dreams and never let anyone stop you from your aspirations.

I have my associate's degree in applied science Admin Services Office Apps and a certification in Business Operations from LoneStar College in Houston, Texas. I currently hold a certification as an Assistive Technology Instructor. I teach individuals who are blind or visually impaired how to use their Assistive Technology whether it be for school, work, or personal lives. I am currently going through a program to get my certification as an Assistive Technology Instructional Specialist for the blind and visually impaired plus multiple disabilities. I currently serve as the Lead Assistive Technology Trainer for a non-profit organization called Blind Professionals Network (BPN). We do all our AT Trainings for free at no cost. However, you must be blind or visually impaired to receive our services. If you are someone or know of someone who is blind or visually impaired and you would like to receive services from BPN. Please visit us on the web at www.blindpronet.org.

If you are interested in joining BPN as a member, navigate to the link that says Join BPN and fill out the membership form. If you need any assistance with this process, please do not hesitate to email me at mark@blindpronet.org and I will assist you with navigating the form for BPN membership.

I look forward to serving you with your Assistive Technology needs in any way possible.



Stay Cool This Summer!

Here are a few quick tips to beat the heat:

- Keep blinds/curtains closed during the day
- Use fans to circulate air and draw in cooler evening air
- Avoid using the oven—opt for no-cook meals
- Stay hydrated and take cool showers
- Turn off lights and heat producing electronics.
- Close off unused rooms.



Easy Summer Dinner Recipe

Slow Cooker Pulled Pork

- 4 lb boneless pork loin or pork shoulder (trimmed if desired)
 - 1 cup apple juice (or soda)
 - 1 tablespoon seasoning salt
 - 1 tablespoon garlic powder
 - 1 tablespoon Italian seasoning
 - 1 teaspoon dried mustard
 - 1 teaspoon onion powder
 - ½ teaspoon black pepper
 - 2 cups barbecue sauce as desired
1. Place pork loin in a 4-6 quart crock pot and pour in apple juice.
 2. Combine seasoning salt, garlic powder, Italian seasoning, mustard, onion powder and black pepper and sprinkle half over pork loin. Turn and sprinkle on the remaining half.
 3. Cover and cook on low until fall apart tender – 8 to 10 hours.
 4. Shred with two forks, discarding excess fat. Toss in remaining juices and coat with barbecue sauce as desired. Serve on hamburger buns.



Maintenance Notice:

- If you borrow a cart from the Maintenance Shop please make sure to return it.
- As we go into summer it is important that tenants are keeping their outdoor areas clean and picked up.
- Debris, broken items, and excessive pet waste removed by maintenance can lead to charges.
- As things stop working, break, or become damaged remember to report them immediately.



Summer Reminders:

- It is warm outside and more people will be out taking advantage of the beautiful weather, but please be mindful of your neighbors and the “Quiet Hours.”
- Children **MUST** be supervised.
- Fireworks are not allowed on property.
- Fire pits are not permitted on property and are a lease violation.
- Small Pools are allowed but they must be no deeper than 1 foot and have to be emptied daily- before night fall.
- HAMC has zero tolerance for fighting, bullying, and discrimination.

Summer Lunch Program

Prairieview Townhomes Community Room

June 2nd - August 8th

Monday - Friday
12:00 PM - 1:30 PM



Food Pantry and Vouchers

Mobile Food Pantry

June 27th- Friendway Park (Colchester)

July 25th- Eisenhower (Macomb)

August 22nd- Fitch Manor (Bushnell)

Loaves and Fishes

Tuesdays at Prairieview Community Room
10:00am-12:00pm and 2:00pm-4:00pm

Macomb Summer Food Program

Free Breakfast and Sack Lunches

(18 and under)

Edison Elementary School

Macomb Middle School

Macomb High School

June 2nd - July 27th

Breakfast- 7:30 AM - 8:30 AM

Lunch- 10:30 AM - 12:30 PM

What is Juneteenth?

Juneteenth, celebrated on June 19th, marks the end of slavery in the U.S. It commemorates the day in 1865 when the last enslaved people in Texas learned they were free. It's a day to honor African American history, resilience, and the ongoing pursuit of equality.

Farmers Market



Chandler Park

Thursday and Saturday

8:00 AM - 12:00 PM

An opportunity to shop from local farmers, food producers, artisans, and crafters.

Heritage Days

Chandler Park

June 26th - June 29th

Wristband Hours:

Thursday and Friday- 5:00 PM - 10:00 PM

Saturday- 11:00 AM - 4:00 PM

Saturday- 5:00 PM - 10:00 PM

Carnival Wristbands- \$25

Parade-

Saturday 10:00 AM



Firework Safety

As we approach the season of fireworks, it's important to keep safety in mind. Follow these tips!

- Always light fireworks in open, clear areas, away from buildings and dry grass.
- Keep a bucket of water or a hose nearby for emergencies.
- Never relight a "dud" firework—wait 20 minutes and then soak it in water.
- Wear safety glasses to protect your eyes and keep a safe distance from lit fireworks.
- Only buy fireworks from licensed retailers, and never try to make your own.

Stay safe, enjoy the show, and remember—safety first for a blast of fun!



Reminder: Fireworks are not permitted on HAMC property.