

JANUARY 2022

THE COMMUNITY

Monthly Newsletter of The Housing Authority of McDonough County



Martin Luther King Day

On January 17th, we celebrate the great Dr. Martin Luther King Jr. Dr. Martin Luther King, Jr. was a social activist and Baptist minister who played a key role in the American civil rights movement from the mid-1950s until his assassination in 1968. King sought equality and human rights for African Americans, the economically disadvantaged and all victims of injustice through peaceful protest. He was the driving force behind watershed events such as the Montgomery Bus Boycott and the 1963 March on Washington, which helped bring about such landmark legislation as the Civil Rights Act and the Voting Rights Act. King was awarded the Nobel Peace Prize in 1964 and is remembered each year on Martin Luther King Jr. Day, a U.S. federal holiday since 1986. Martin Luther King, Jr. Day has become the most recognized day on the calendar for community service. King spoke of service, community, empowerment, and nonviolence. If you have the opportunity to serve your community in any way. We encourage our residents to do so. Let's be the change!

Important Dates:

January 17th: Martin Luther King Day ALL HAMC Offices
CLOSED

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Resident Spotlight: Debra K. Bryan



Meet Debra K. Bryan. Debra is from Bushnell, Illinois and has been a resident at Fitch Manor for 21 years.

Debra is a very sweet woman who always keeps her house very neat and tidy. In her spare time Debra loves hanging out with her sister and getting to know her neighbors. She also has a great green thumb and enjoys learning new and interesting ways to grow plants.

Debra's favorite part of living at Fitch Manor is her community. She enjoys being able to help those she can and genuinely enjoys her neighbors and their company.

Debra, we appreciate your unique and kind personality and love that you have made HAMC the place you call home.

New Year Recipe: Garlic Parmesan Spaghetti Squash

Ingredients

8 tablespoons unsalted butter, divided
3 cloves garlic, minced
1/4 cup vegetable broth
1/2 cup freshly grated Parmesan
2 tablespoons chopped fresh parsley leaves
1 (2-3 pounds) spaghetti squash
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste

Directions

1. Preheat oven to 375 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
2. Cut the squash in half lengthwise from stem to tail and scrape out the seeds.* Drizzle with olive oil and season with salt and pepper, to taste.
3. Place squash, cut-side down, onto the prepared baking dish. Place into oven and roast until tender, about 35-45 minutes.
4. Remove from oven and let rest until cool enough to handle.
5. Using a fork, scrape the flesh to create long strands.
6. Melt 4 tablespoons butter in a large skillet over medium high heat. Add garlic, and cook, stirring frequently, until fragrant, about 1 minute.
7. Stir in vegetable broth. Bring to a boil; reduce heat and simmer until reduced by half, about 1-2 minutes. Stir in remaining 4 tablespoons butter, 1 tablespoon at a time, until melted and smooth.
8. Stir in spaghetti squash and gently toss to combine until heated through, about 2 minutes.
9. Serve immediately, topped with Parmesan and garnished with parsley, if desired.





Internet Discount Resource

The Emergency Broadband Benefit is a temporary FCC program to help households struggling to afford internet service during the pandemic. These new benefits are available for low-income families that help cover the monthly cost of internet and/or phone plans, up to \$50/month off their bill. **Households are eligible if at least one member:**

- Has an income that is at or below 135% of the Federal Poverty Guidelines or participates in certain assistance programs, such as SNAP, Medicaid, or Lifeline;
- Approved to receive benefits under the free and reduced-price school lunch program or the school breakfast program, including through the USDA Community Eligibility Provision (CEP) in the 2019-2020, 2020-2021, or 2021-2022 school year;
- Received a Federal Pell Grant during the current award year;
- Experienced a substantial loss of income due to job loss or furlough since February 29, 2020 and the household had a total income in 2020 at or below \$99,000 for single filers and \$198,000 for joint filers; or
- Meets the eligibility criteria for a participating provider's existing low-income or COVID-19 program.

The application process is multi-step. First, clients must:

- Go to [GetEmergencyBroadband.org](https://www.getemergencybroadband.org) to submit an application or print out a mail-in application.
- Then, contact their preferred participating provider to select an eligible plan and have the discount applied to the bill.

Maintenance Notices: Snow Removal

- Beginning November 15th through April 15th snow removal season begins so please be prepared.
- **For Greenbriar Apartment residents we ask that you DO NOT PARK** directly in front of the snow removal signs but instead park ONE FOOT away from the curb.
- Maintenance will shovel/ plow the snow once it has reached 3". We appreciate your patience.

Lease Highlights

1. Smoking- Resident Obligations (Section X, (vv) of your lease):

Residents are not to Smoke or permit guest to smoke in units, common areas or any other area not designate for smoking or nearby while using medical oxygen. If you would like to smoke, it must be 20 feet away from any public housing structure.

2. Payment of Utilities - (Section X (tt)):

Residents are required to pay promptly any utility bills for utilities supplied to Resident by a direct connection to the utility company, and to avoid disconnection of utility service for such utilities.

3. Move Out Notice (Section X. (gg)):

Residents are to give prompt prior notice to PHA, in accordance with Section VII hereof, of Resident's leaving dwelling unit unoccupied for any period exceeding thirty (30) days.

Beating the Winter "Blues"

As the clocks go back and the weather changes, many of us feel more tired, irritable and lacking in motivation. Here are some helpful tips to help you get through it:

1. **Sun exposure.** Going for a walk in the middle of the day or in your lunch break can help.
2. **Eat well.** Aim to eat a healthy balanced diet, with fruit, vegetables and nuts as snacks.
3. **Exercise.** If you can, try taking up a new hobby that involves walking more or some form of exercise.

Apartments Available

Are you or someone you know looking for a new place to call home? HAMC Has apartments available at all of our four locations; Eisenhower Tower, Prairieview Townhomes, Greenbriar Apartments, and Fitch Manor. For more information please visit our website at: <https://mcdonoughcountyhousing.org/> or contact us by phone at:
Eisenhower Tower- (309)575-3032
Prairieview Townhomes- (309)575-3068
Greenbriar Apartments & Fitch Manor- (309)575-3044

Resident Council Meetings

Eisenhower Tower: Tuesday January 4th, at 1:00pm in the Eisenhower Tower Community Room

Prairieview Townhomes: Friday January 7th, at 1:00pm in the Prairieview Townhomes Community Room

Greenbriar Apartments: Wednesday January 5th, at 1:00pm in the Greenbriar Apartments Community Room

REMINDER: IBC

A friendly reminder to those parents whose children are participating in the FREE monthly book club, your books will be available at both Greenbriar Apartments Office Prairieview Townhomes Offices the FIRST FRIDAY OF EVERY MONTH. The next pick-up for BOTH properties is scheduled for Friday January 7th, from 8am to 4pm. If you are unable to pick up your books, they will also be available for pick-up the following week from 8am to 4pm.

What has HAMC been up to?

Imagination Book Club Christmas Event at Greenbriar Apartments and Prairieview Townhomes, Eisenhower Tower Christmas Dinner, Staff Ringing the Bell for Salvation Army,



Imagination Book Club Christmas Event at Greenbriar Apartments



Imagination Book Club Christmas Event at Prairieview Townhomes



Eisenhower Tower Christmas Dinner



Samm Ringing the Bell for Salvation Army

Thanks to Amber Clark, our section 8 coordinator, for setting up and partnering with River Bend Food Bank to make the Mobile Food Pantry in Colchester this past December as well as many others we have had. We have loved getting the opportunity to serve people all across McDonough County.



The dates for the next upcoming Mobile Food Pantries are listed below:

- The exact location is TBD.
- Friday, April 1, 2022
 - Friday, July 15, 2022
 - Friday, September 9, 2022
 - Friday, November 4, 2022