

May 2022

# THE COMMUNITY

Monthly Newsletter of The Housing Authority of McDonough County



## Memorial Day

It's easy to forget what Memorial Day actually means while you're sitting by the pool and looking ahead at summer vacation—but the historical reason for the holiday signifies much more than just a three-day weekend.

Memorial Day is a solemn day of remembrance for everyone who has died serving in the American armed forces. The holiday, originally known as Decoration Day, started after the Civil War to honor those who have fallen.

HAMC would like to take this opportunity to thank those who courageously gave their lives for our country. You are appreciated.



## Important Dates:

Monday, May 30- ALL HAMC OFFICES WILL BE CLOSED

## In this Month's HAMC Newsletter...

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## Resident Spotlight: Jora Taylor



This month's resident spotlight is Jora Taylor. Jora has been a resident at Eisenhower Tower for 9 months and her favorite part of living there is the community room, size of the apartment provided, and the monthly rental fee.

She is currently a student at WIU and is striving towards becoming a Social work and Psychology major and enjoys helping others in any way she can.

When Jora isn't hitting the books she likes to garden, read, and game online.

Jora was recently awarded an \$1000 scholarship through the Illinois Association of Housing Authorities and we are so proud of her accomplishment! Thanks for being such a positive role model in our community and for choosing to call HAMC home.

## Sunny Weather Recipe: Kiwi, Cucumber, and Mango Salsa

### Ingredients

- 1 cucumber, seeded and chopped
- 4 kiwi, peeled and chopped
- 2 mango, peeled and chopped
- 1/2 red onion, chopped
- 1 red bell pepper, chopped
- 2 cups cherry tomatoes, quartered
- 1 jalapeño, seeded and chopped
- 2 avocado, chopped
- 1/4 cup cilantro, roughly chopped
- 4 Tbsp. Health-Ade Jalapeño-Kiwi-Cucumber kombucha (Can be found at HyVee or Aldi)
- 1/4 tsp. black pepper
- 1/2 tsp. sea salt

### Directions

- **Step 1-** Combine all fruits and veggies (cucumber, kiwi, mango, red onion, bell pepper, cherry tomatoes, jalapeño, avocado, and cilantro) in a large bowl. Mix altogether.
- **Step 2-** Add in kombucha, sea salt, and black pepper. Toss to combine.
- **Step 3-** Serve with tortilla chips, on tacos, on grilled chicken or seafood, or just on a spoon!



## National Dental Care Month

During the month of May, National Dental Care Month takes time to remind us of the importance of caring for our pearly whites.

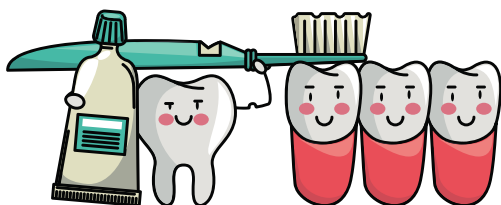
Today, oral hygiene is learned at an early age. Brush twice a day, floss, keep the sugary snacks to a minimum and see your dentist twice a year. That's what we learn. Beyond childhood, it seems, we forget all we have learned.

A healthy smile requires continued healthy habits. Maintaining those habits reduce not only the risks of cavities and infection but the costs associated with long-term dental repairs. If it's been awhile since your last visit, understand that dentists today appreciate your fears. They will do everything they can to alleviate your anxiety and get your smile back on track

National Dental Care Month brings awareness just in time for a summer full of family reunions, weddings, and vacations – all times when we love to take pictures and smile! So, brush up on your dental care and check up with your dentist.

### Here are some tips to keep your mouth in tip top shape:

- Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque.
- Visit your dentist at least once a year, even if you have no natural teeth or have dentures.
- Do not use any tobacco products.
- Limit alcoholic drinks.
- If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease.



## Maintenance Notice: Reporting: Air Conditioning Units

- Charges for A/C units will begin June 1st at \$31.00 each, per month. Residents must report their units to the property manager.

## Lease Highlights

### 1. Garbage, Trash, and Litter (Section C, 3. of your Resident Handbook):

You will need proper containers for the deposit of all garbage within your home. It must be properly disposed of as needed in the dumpsters that are provided by the Housing Authority.

Car and bicycle parts are to be placed within the dumpster. You are responsible for the disposal of car and bicycle tires. You should be careful-while carrying trash to the dumpster. Don't leave any garbage lying on the ground.

### 2. Differences in Opinion (Section C, 5. of your Resident Handbook):

If you have a problem with the behavior of a neighbor, you should try to discuss it with them. Problems are best resolved by the participants alone. However, if a matter is left unresolved, it can grow into a larger problem. Housing Authority staff may become involved if it involves lease violations. If the matter represents a direct threat to the health or safety of someone in your family, the police should be contacted by dialing 911.

## School is Almost Out!

We would like to give a friendly reminder to parents that the last day of school for kids in Macomb is Thursday, May 26th and the last day for kids in Bushnell is Friday June, 3rd!

Hope everyone is ready for summer!!!

## Resident Council Meetings

**Eisenhower Tower:** Tuesday May 3rd, at 1PM in the Eisenhower Tower Community Room

**Prairieview Townhomes:** Friday May 6th, at 1PM in the Prairieview Townhomes Community Room

**Greenbriar Apartments:** Wednesday May 4th, at 1PM in the Greenbriar Apartments Community Room

## Reminder: Book Club Pick-Up

Parents at Greenbriar Apartments and Prairieview Townhomes, **please pick up your Imagination Book Club books on FRIDAY MAY 6TH FROM 8AM to 4PM.**

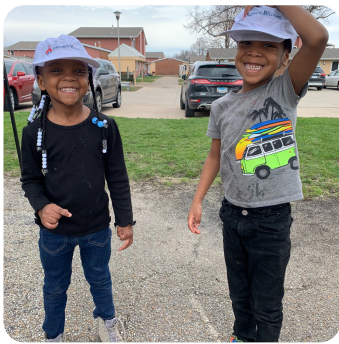
Thank You!

## LIHEAP Closes May 31st

The Low-Income Home Energy Assistance Program (LIHEAP) is a federal grant program that helps eligible homeowners and renters with paying their winter home heating bills. The program is set to close for the season at 4:00 p.m. on May 31, 2022. While the deadline is still over a month away, WIRC-CAA team members say that it is important to call the agency now at (309)837-2997 to schedule an appointment.

## What has HAMC been up to?

**Prairieview Townhomes Mural Kick- Off, Earth Day Community Clean- Up at Eisenhower Tower, Greenbriar Apartments 4H Club,**



**Prairieview Townhomes Mural Kick- Off**



**Getting the Flower Boxes Ready at Eisenhower Tower**



**Easter Raffle at Greenbriar Apartments**



**Maintenance Olympics Winners at the Maintenance and Management Clinic. GO HAMC!**