

September 2022

THE COMMUNITY

Monthly Newsletter of The Housing Authority of McDonough County



Labor Day

Labor Day pays tribute to the contributions and achievements of American workers and is traditionally observed on the first Monday in September. It was created by the labor movement in the late 19th century and became a federal holiday in 1894.



Important Dates:

September 5th: ALL HAMC OFFICES ARE CLOSED

In this Month's HAMC Newsletter...

Resident Spotlight
Fresh Labor Day Recipe - 2

Suicide Prevention Month
Maintenance Notice
Lease highlights - 3

Resident Council Meetings

What has HAMC been up to- 4



Staff Spotlight: Lindsey Wiemerslage



We all know and love our fiscal director Lindsey but now we have even more to love as she has given birth to a new baby boy! We have been anxiously waiting his arrival and are so excited that Lindsey and the new baby are happy and healthy. August John Wiemerslage was born on August 16, 2022, weighing in at 7lbs. and 2 oz. We know his big brother Asher is excited to help mom and love on August. Lindsey will be out on maternity leave until October. We are wishing her all the best and can not wait to meet her new bundle of joy!

Fresh Labor Day Recipe: Tomato Salsa Recipe

This easy fresh tomato salsa recipe yields about 5 cups of salsa—plenty to serve a crowd. If you like spicy salsa, use the full amount of jalapeños and add more cayenne pepper. Serve with chips, tacos and more.

Ingredients

- 4 cups diced tomatoes, (5-6 medium)
- 3/4 cup finely diced red onion, (about 1 small)
- ¼ cup red-wine vinegar
- 1-2 jalapenos, seeded and minced
- ½ cup chopped fresh cilantro
- ½ teaspoon salt
- Pinch of cayenne pepper, or more to taste
-

Directions

- **Step 1-** Combine tomatoes, onion, vinegar, jalapeno, cilantro, salt and cayenne in a medium bowl. Refrigerate until ready to serve.



Suicide Prevention Month

September is National Suicide Prevention Month. Also known as Suicide Awareness Month, the month shines a spotlight on a topic not often talked about.

Everyone is affected by suicide, not just the victim. Suicide impacts family and friends long after the loss of a loved one. On average, one person commits suicide every 16.2 minutes. Two-thirds of the people who commit suicide suffer from depression.

One way to help prevent suicide is to increase access to treatment for depression. However, identifying depression can be difficult. Not all people who suffer from depression show signs. The first step in identifying someone who is suffering from depression and contemplating suicide is to see how serious the issue is. Talking to the person involved and asking about their thoughts will decrease the trigger of suicidal action. Suggesting a counselor or treatment for depression might also help. Often, people who are depressed need a caring friend. A common fallacy is that people who talk about suicide never act on it. If a friend or loved one is talking about suicide, it's time to get help for that person.

The mental health of yourself or a loved one can never be taken too seriously. Whether the weight of a long-term struggle or a crisis weighs you down, allow friends, family or a profession to lighten the burden by finding support. There is no shame in seeking help.

If you or someone you know is experiencing depression or thoughts of suicide, here are some helpful resources:

- **National Suicide Prevention Hotline:**
1-800-273-8255
- **Schuyler Counseling and Health Services**
(217)322-4373

Maintenance Notice: Reporting:

- Maintenance asks that you please do your part to keep our grounds clean. We pride ourselves in our community and would like you to do the same. Please make sure that all trash is making it into the allotted dumpsters. If you happen to see trash on the ground help our maintenance out by picking it up and throwing it away. If we all work together we can keep our community beautiful! Thank you for your continued hard work to make HAMC the best place to call home.

Lease Highlights

1. PETS AND ANIMALS Section III of your Resident Handbook):

Prior approval for any cat or dog is necessary. No visiting pets are allowed. Stray animals should not be fed or permitted in your home. Nuisance animals should be reported to the County Animal Control Officer. Animals must be leashed and supervised while outside. Animals must not be tied outside and owner must place feces in a bag, seal it and deposit in the dumpster.

2. HOUSEKEEPING STANDARDS (Section XV11 of your lease):

(b) Tenant responsibility: Tenant is required to abide by the standards set forth below. Failure to abide by the Housekeeping Standards that result in the creation or maintenance of a threat to health or safety is a serious violation of a material term of the Lease and can result in eviction.

Annual Inspections

We have officially finished annual inspections for 2022! We appreciate all your efforts to keep your apartments beautiful and cooperate with maintenance. 2023 HAMC will be rolling out a new inspection protocol. Annual inspections will coincide with your annual recertification. When you receive your letter for renewal you will be given a date for your annual inspection. All inspections will take place on the first and 4th Tuesday of the month starting in January 2023.

Resident Council Meetings

Eisenhower Tower: Tuesday September 6th, at 1PM in the Eisenhower Tower Community Room

Prairieview Townhomes: Friday September 9th, at 1PM in the Prairieview Townhomes Community Room

Movie in the Park: Hocus Pocus

It is time for another movie in the park. On September 23, 2022, at 7:00pm at Veterans Park they will be airing a fall favorite, Hocus Pocus! This is a free event with popcorn and a drink provided. Get into the spooky season spirit and support our Macomb Parks Department!

Stronger Together

The community mural at Prairieview Townhomes is finally complete! We would like to thank everyone who has participated in this project and brought some color to our corner of Macomb. We hope that it brings our community together and we all live by the slogan that we are "Stronger Together." We hope you enjoy our new space!

What has HAMC been up to?



A squirrel enjoying some tasty corn at the Squirrel Cafe at Fitch Manor



Making crafts with Imagination Book Club at Prairieview



Caroline, Peggy, and Shannon attending a training in Knox County



Greenbriar Back to School Event with Local PD