

Decatur Housing Authority February 2022 Newsletter

Decatur Housing Authority
1808 E. Locust Street
217-423-7711
www.decaturhousing.com



Terri Goodman, Executive Director

MESSAGE FROM MAINTENANCE

Avoid flushing wipes, paper towels, diapers, and any hygiene products (sanitary napkins and tampons) down the toilet. Flushing these items down the toilet can clog the pipes and lead to serious plumbing problems.

Please do not put grease down your drains. This can cause damage to your pipes. Grease should be disposed of in a can and sealed in a bag before placing in the garbage. If you are saving grease for a later use it should be stored in a tightly sealed container. Leaving it open will increase infestations in your home.

Just a reminder if maintenance finds damage to pipes from grease or clogged sewer line due to non-flushable items you will be charged a non-negotiable fee.



DATES TO REMEMBER

February 1 - Rent Due*

February 14 – Valentine's Day

February 21 – President's Day (DHA Office Closed)

You can pay rent by mail, drop box at main office (1808 E Locust St.) or pay at Busey Bank. Just a reminder, if paying at Busey Bank, you must pay full amount and have your statement with you.

BATHROOM REMODELING AT SCATTERED SITES

A contract for the bathroom remodeling project at the scattered sites has been awarded to Building Systems of Illinois, Inc. Work will begin as soon as all the materials arrive which is expected by the end of February.

We will be starting with the 5-bedroom houses and then the 4-bedroom houses. I will notify tenants when this work will be happening in your unit. If you receive a notice that they are coming, and you are in quarantine due to Covid, please let the Housing Authority know prior to their arrival.

If you have any questions, please do not hesitate to contact me at 423-7745 Ext. 3038
Sincerely, Diane Hackert

VALENTINE'S DAY

The first commercial valentines in the United States were printed in the mid-1800s. Valentines commonly depict Cupid, the Roman god of love, along with hearts, traditionally the seat of emotion. Because it was thought that the avian mating season begins in mid-February, birds also became a symbol of the day. Traditional gifts include candy and flowers, particularly red roses, a symbol of beauty and love.



SCATTER SITES

If you have a large family, it is highly recommended that you recycle to reduce your garbage. It is important that you follow the instructions on your recycling toter or the garbage company will not pick up your recycling. If DHA must pick up your excess trash including recycling, you will be charged a fee.

If you do not have a recycling toter and would like to one, please call your Property Manager to request one.

RECYCLE RIGHT MEANS "CLEAN" RECYCLING

So what can I recycle?

ACCEPTABLE ITEMS:



Cardboard
(Yes, all those Prime boxes!)



Paper
(Office paper, brown paper bags, mail, etc.)



Aluminum Cans, Metal Containers
(After being quickly rinsed)



Plastic Bottles, Jars, Jugs and Containers
(After being quickly rinsed)

UNACCEPTABLE ITEMS:

- Any Plastic Bags**
- Tanglers**
(No wires, holiday light strings, hoses, cords, etc.)
- Food Waste or Liquids**
(Organic material)
- Batteries**
(All types, especially lithium)
- Safe Sharps**
(Any needle, syringe, blade, etc.)



SERVICE COORDINATOR'S CORNER


Tracey Green
DHA Service Coordinator
217-423-7745 Ext. 3026

HEART MONTH


- February -

February is American Heart Month, a good time to think about the facts about heart disease.


BE IN THE KNOW




1 IN 3
U.S. adults is currently living with a type of heart disease.



HEART DISEASE
is the leading cause of death in the United States and a major cause of disability.



DENTAL HYGIENE
Taking care of your teeth can impact heart health by reducing your chances of having a heart attack or a stroke by 50%.




MORNING IS PEAK TIME FOR HEART ATTACKS
The majority of heart attacks happen during the hours of 8 and 9 in the morning.

STATISTICALLY MOST HEART ATTACKS OCCUR ON MONDAYS

\$444 BILLION DOLLARS


In 2010, heart disease cost the United States \$444 billion. This total includes the cost of health care services, medications, and lost productivity.




START MOVING
The risk of heart disease doubles in inactive people versus people who get regular exercise. Aerobic activity, like running, swimming, jump roping and biking, are good choices for reducing the risk of heart disease.

The American Heart Association recommends following "Life's Simple 7" for good heart health.


INCREASE HEART HEALTH




GET ACTIVE




CONTROL YOUR CHOLESTEROL




EAT BETTER




MANAGE YOUR BLOOD PRESSURE



LOSE WEIGHT



REDUCE YOUR BLOOD SUGAR



STOP SMOKING

TO LEARN ABOUT ADDITIONAL WAYS TO BE HEART HEALTHY, VISIT
WWW.HEALTH.NIH.GOV | WWW.HEART.ORG

FREE ONLINE FILING OF STATE AND FEDERAL INCOME TAX FORMS FOR:

- **Families** (more than one person in the household) with \$70,000 or less in total income.
- **Individuals** with \$35,000 or less in total income.

By Appointment ONLY

- Call **217-424-6381**, beginning Monday, January 24 - Monday-Friday between 1:00pm-4:00pm
- Messages will **NOT** be returned. If the line is busy or unanswered, ***please try again***
- Limit of 20 people on Thursday nights - 4:30pm - 7:30pm
February 3, 17, 24, March 3, 10, 24, and April 14
- Limit of 40 people on Saturdays - 9:30am-2:30pm
February 5, 12, 19, 26, March 5, 26, and April 2, 9

Please note that:

- the times and dates of this service can vary or even be canceled due to bad weather, staff availability, or other unforeseen circumstances.
- *there is no tax preparation between March 12-19 due to Spring Break*

What to bring:

- All W-2s, W2G, and 1099s for the year(s) you want to file.
- Social security cards or Individual Taxpayer Identification Numbers (ITINs) for all family members.
- A valid (**NOT EXPIRED**) photo identification for all family members.
- Copies of last year's State and Federal tax returns.
- Proof of bank account number and routing number (if you choose direct deposit for your refund).
- Total amount paid for day care and the necessary ID numbers.
- Property tax bill.
- Amount spent on college expenses.

This is a **FREE** service provided by students of Millikin University. The Decatur Public Library provides the location. If you have questions about your tax returns, please call the Internal Revenue Service at **1-800-829-1040**.

Happy Groundhog Day

[CAN YOU SPELL PUNXSUTAWNEY PHIL?]



Shadow

6 more weeks of winter, folks.



No Shadow

Early spring. Hooray!



National Wear Red Day®

National Wear Red Day® is celebrated the first Friday of February (February 4th). Wear red and encourage others to do the same to bring awareness that heart disease is a leading cause of death in the U.S., and that it is largely preventable.

Maple Syrup Festival – February 19 - FREE

Rock Springs Nature Center, 3939 Nearing Ln. Sample and discover how maple syrup is produced by tapping a tree, collecting the sap, and boiling it down over an open fire, 11am, 12pm & 1pm, reservations required by 2/18, 217-423-7708.

