



FSS Newsletter

Make Time Daily for Savings

November 4th is Daylight Savings Time, time to set your clocks back an hour. It could also be a time to start saving money. Saving money is hard, we all have daily expenses and bills. Usually, by the time we pay for those expenses and bills, there's nothing left. So, how do we start saving? First—set a goal of how much you want to save each month, make sure it's attainable. Even if it's \$5 a month into a piggy bank, you're saving! Next, take a look at your expenses. Write down everything you spend for a month. See where you can eliminate spending. Then, create a budget. You can get assistance with budgeting from our Housing Counselors. Finally, commit to saving. Find a way to put money aside, if it's a savings account, a piggy bank or an envelope. Start small, maybe just put loose change in a jar every day. Pennies add up! You'll be surprised how quickly it could turn into a nice savings for a rainy day. Daily Savings Time = Time for Daily Savings.

Events to add to your November Plate

Coles County—Join U of I Extension Educator Cheri Burcham in interactive activities designed to exercise the brain to maintain and enhance function and memory. No fee or pre-registration required. Monday, November 5th from 10-11:30 a.m. at LifeSpan Center of Coles County 11021 E CR 800N in Charleston.

Livingston County—Registered Dietician Jenna Smith will take you down the aisles and show you how to shop smart. The focus will be on diabetes friendly foods. You'll take home a reusable grocery bag full of recipes and tips! Free and no registration necessary. Dave's Supermarket 120 S. 3rd St. in Fairbury, meet in the deli area from 1-2 p.m.

McDonough County— Illinois WorkForce will be at River Run Community Room on Wednesday, November 7th at 10:00 a.m. For questions contact Pam at River Run 309-837-4811

Menard County— Goodwill Career Center will be at 18 Georg Road in Petersburg from 10-11 a.m. and Parkside Community Room in Athens from 1-2p.m. on Thursday, November 15th for a free Internet Basics Class. Information about using the internet and cyber security will be provided.

Scott County— Free health education workshop offered by Natural Health at 2000 Jefferson St. in Quincy on November 5th at 6:00 p.m. Everyone loves a clean house, but are the products you're using also spreading toxins in your house? Come learn about safe and natural common household items you can use to clean your house without all the harmful chemicals.

THERE IS
always, always,
ALWAYS
something
to be thankful for

Reminders

MCHA Office Hours:

Monday-Thursday 8:00-4:30

Friday 8:00-Noon

MCHA will be Closed:

Monday, November 12th in observance of Veterans Day

Thursday, November 22 and Friday, November 23rd in observance of Thanksgiving

FSS Coordinator

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217-717-2551



Feeding the Community

Local Food Pantry Information

Coles County

Blessings Food Pantry in Mattoon helps with immediate problems as well as search for solutions for the future. Hours are Tues-Fri 9:00-1:00. For more information call 217-235-0420.

Mattoon Christian Church Food Pantry in Mattoon reaches out to help those who are needing assistance. The food pantry is open daily Mon & Thu 12:30-6 p.m. Tues 2:30-7 p.m. Wed & Fri 2:30-6 p.m. and Sat 10-Noon. For more information call 217-234-3777.

Charleston Food Pantry located at 990 W. State Street, in the same building as Habitat for Humanity, provides three days worth of emergency food to residents in Coles County. Hours are M,W,F 1:30-4:00 p.m. and Th 5:30-7:00 p.m.

Livingston County

Livingston County Community Pantry located at 420 N. Plum Street in Pontiac, organizes the collection of food donations and distributions to those in need. Hours of operation are Monday 1:00-5:00 p.m.

McDonough County

Loaves and Fishes, Etc. located at 400 E. Carroll in Macomb is open M-Th 1:15-4 p.m. and 1-3 p.m. Fri. For more information call 309-836-FOOD (3663).

The Crossing located at 1600 W. Jackson in Macomb is open the 3rd Saturday of each month from 8:30-10:30 a.m. Call 309-836-7870 for more information.

Menard County

Athens Area Food Pantry located on IL Route 29 in Athens is open on the third Saturday of the month from 9-10:30 a.m. and again the following Monday from 6:00-7:00 p.m.

Menard County Food Pantry located at the Central Presbyterian Church 210 W. Douglas Avenue in Petersburg is open to clients for emergency use once every 60 days. Every Tuesday and Thursday from 1:00-3:00 p.m. A referral from a social service agency is needed prior to going to the pantry.

Scott County

Winchester Kiwanis Food Pantry is located at 24 S. Hill Street in Winchester. For more information call 217-742-5705.

"We often take for granted the very things that most deserve our gratitude."

Housing Counseling

The Menard County Housing Authority serves as a HUD Approved Housing Counseling Agency. We offer pre and post purchase counseling, credit and budget assistance, credit reports, mortgage delinquency, renter's assistance, fair housing assistance, Home Equity Conversion Mortgage (HECM) counseling, loss mitigation and relocation assistance.

Contact Teresa Sexton or Pamela Spoor for any of your Housing Counseling needs.

Teresa: 217-632-7723 ext. 131
tsexton@menardcha.org

Pamela: 217-632-7723 ext. 303
pspoor@menardcha.org

November is National Gratitude Month

grat·i·tude

The quality of being thankful: readiness to show appreciation for and to return kindness. There has been a growing wealth of research on the benefits of acknowledging gratitude and how gratitude has a positive impact on yourself and others.

Some research has shown that those that practice gratitude have:

- * Stronger immune systems and lower blood pressure
- * Higher levels of positive emotions
- * More joy, optimism and happiness
- * More generosity and compassion
- * Less feelings of loneliness and isolation

Here are some actions of gratitude:

- * Journal daily the things you are grateful for
- * Send a gratitude letter expressing thanks
- * Appreciate what you have by imagining your life without it
- * Take a walk outside and appreciate your surroundings
- * Let something go that has been bothering you

Try some gratitude today and see if you enjoy the benefits!



Menard County

Housing Authority

**Your Provider of
Affordable Housing
Services!**

Our mission is to promote and provide quality housing while encouraging upward mobility and a better quality of life.

Our vision is creating housing that families and communities can be proud of.

Food for Thought...

Giving is in the everyday things that happen, often unnoticed. Each smile to another person (a close friend or even a stranger) is a gift that can make a huge difference. Each hug to a child is a gift that teaches the child that there is comfort and safety in the world. Each time a helping hand is extended to another is a gift that may well change the life direction of the one who needed that help.

From www.cprcoaching.com

Just something to keep in mind as the holiday season approaches. Wishing you peace and a giving heart :)

Menard County

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