



# FSS Newsletter

## Family Self-Sufficiency Program: Time to get Focused!!!

*“Goals provide the energy source that powers our lives. One of the best ways we can get the most from the energy we have is to focus it. That is what goals can do for us; concentrate our energy.”*

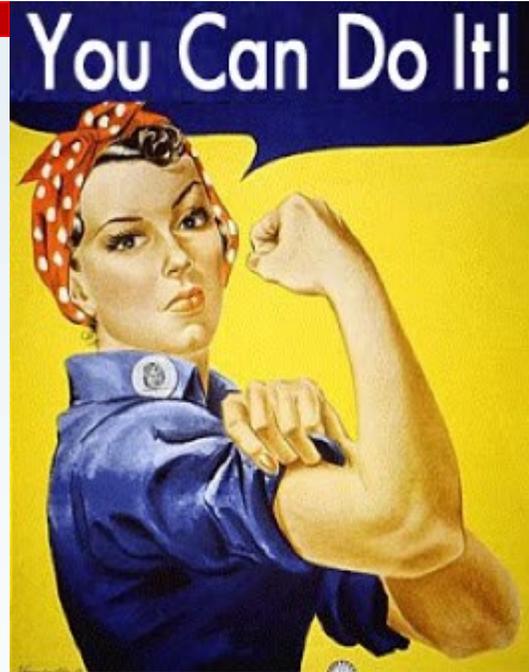
*Denis Waitley*

Do you have a goal that you want to accomplish but don't know where to start? Do you want to change or alter one of your goals but need help in finding what's right for you? Do not hesitate to contact Lindsay to set-up an appointment to discuss your needs. She can provide you with the resources/guidance you need to get on the right track!

## Summer Lunch Programs

**Petersburg**—Lunch and activities for children will be provided at noon every Monday-Friday in July, except for July 4th at 18 Georg Road. The United Methodist Church Mission Camp will be providing activities and lunch for children from 11-Noon the weeks of July 9th and 16th.

**Coles County**—“Food on the Move” program will be giving those 18 and under free lunches throughout the summer at various locations Monday-Friday except for July 4th. Mattoon: West Park Plaza at 11:00 a.m., Lake Land Mobile Estates 11:40 a.m., Old State Village 12:20 p.m., Sunrise Apartments 1 p.m. and Easy Rudy Apartments 1:40 p.m. Charleston: EIU Textbook Rental Service Building 975 Edgar Dr. at 11 a.m., Long Acres Estates at 11:35 a.m. and Ne-Co Fields Park at 12:05 p.m.



### Reminders

MCHA Office Hours:

Monday-Thursday 8-4:30

Friday 8-Noon

**CLOSED—July 4th HOLIDAY**

### FSS Coordinator

Lindsay Wilken

Phone:

217-632-7723 ext. 136

Email:

lwilken@menardcha.org

Text:

217-717-2551

## Illinois Department of Human Services



### How does IDHS benefit Illinois residents?

The IDHS offers a comprehensive and coordinated array of social services to help improve the quality of life for thousands of individuals, families and communities across the state. IDHS administers community health and prevention programs, oversees interactive provider networks that treat persons with developmental disabilities, mental health and substance abuse challenges and provides rehabilitation services. IDHS also aids eligible, low-income individuals and families with essential financial support, locating training and employment opportunities and obtaining child care in addition to other family services.

### How does IDHS provide services?

IDHS informs, explains and connects eligible clients to a wide range of human services at

locations across the state. Using a family-centered approach in addition to other client-service skills, local IDHS professionals confer with individuals seeking assistance to determine their staff are also prepared to make referrals to other local community programs offering substance abuse, developmental disabilities and mental health care services.

### How does IDHS determine a client's needs?

During the initial interview, an IDHS professional will review the individual and/or family's circumstances to determine their eligibility for programs. The determination will then guide all service planning for the client and his or her family. At that point, a client will also confer with an IDHS service coordinator to arrange a schedule of services that responds to their immediate needs and long-term goals.

Illinois DHS Help Line: 1-800-843-6154

### Back to School Program

Menard County Back to School Program is under way. Forms will be available at our office as well as our website and Facebook page. Please have forms turned in to the office no later than July 13. For information on this program as well as other Central Illinois Services programs, please visit our website at: [www.menardcha.org](http://www.menardcha.org)

## Tips to Beat the Heat this Summer

Excessive heat and ultraviolet (UV) radiation are dangerous to people's health. Each year, more people on average die in the United States from heat waves than from any other natural disaster. And every hour, one American dies from skin cancer, which is the most common cancer in the country. **To avoid heat exhaustion and overexposure to the sun, follow these steps to stay cool and safe this summer:**

**Stay hydrated.** Drink plenty of fluid especially if you're going to be out in the sun for long periods of time. Get yourself a reusable bottle, this way you can save money and the environment.

**Wear lightweight clothing.** To keep your body temperature down and stay protected from UV radiation, wear lightweight, light-colored and loose-fitting clothing. Long pants are preferred when you are in any area where you could pick up ticks.

**Apply sunscreen.** About 30 minutes before heading outside, apply SPF 15 or higher sunscreen, and reapply every two hours. Make sure your lotion works for UVA and UVB rays.

**Protect your eyes and face.** Wear a wide-brimmed hat and sunglasses to protect your eyes from sun damage and the development of cataracts.

**Seek shade.** Find shade during the sun's peak hours between 10 a.m. and 4 p.m. to reduce the risk of too much sun exposure.

**Teach sun and heat safety.** Keep an eye on others, particularly the elderly; remind them to be safe in the sun and the heat. Watch for signs of heat illness, which can include hot and dry skin, confusion, hallucinations and aggression.



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.

Menard County

---

Housing Authority

---

101 W. Sheridan Rd.  
P.O. Box 168  
Petersburg, IL 62675-0168

Phone: 217-632-7723

Fax: 217-632-7255

Website: [www.menardcha.org](http://www.menardcha.org)

