



June 2017

Our offices will be closed Tuesday, July 4th in observance of Independence Day.

Updated Policies

MCHA is in the process of updating policies. Currently, we have updated our pet policy, bed bug policy and Resident Emergency Policy. Copies are available at the MCHA office.

Free Lunch For Kids

Central Presbyterian Church will be providing free lunch, followed by an activity, at the 18 Georg community room June 26-29. Lunch will be served at 11am and children will need to be picked up by 1pm.. For registration information, please call our offices at 632-7723 or contact the Central Presbyterian Church at 632-2651 Monday-Thursday, 9am-2pm.

Lunch & Learn

Come join us on Monday, June 26 at 113 West Antle Street to learn what hospice services truly are, and the common myths associated with this valuable service. Starting at noon, lunch will be provided. To register or learn more about the Lunch & Learn series, contact the Area Agency on Aging for Lincolnland at 217-787-9234 or 800-252-2918.

Please remember that if you are currently on the Section 8 program, you must update your income to Andee or Brad from the Section 8 department. Thank you!

PORTA Pool Summer Hours

- ⇒ **Open Swim**
Sun 12p-2:30p,
Wed 7p-9p,
Mon Thurs & Fri 12p-4p
- ⇒ **Water Aerobics**
Mon & Thurs 7p-8p
Mon Wed & Fri 8a-9a
- ⇒ **Lap Swim**
Tues & Thurs 6a-7a

Contact Rachel Frost for more info 632-4745

Back To School supply forms are now available at the MCHA office. Please have all forms turned in by July 14th.

Please inform the MCHA office of any phone number changes as soon as possible. Thank you!

Extreme Heat

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive. Children, older adults, outside workers, and people with disabilities are more prone to heat exhaustion. Make sure to stay hydrated with water, stay in cool areas when possible, and wear light-weight, light colored, loose fitting clothing. During extreme heat, the temperature in your car could quickly become deadly. Please make sure to never leave children or pets in your car unattended. For more information on ways to beat the heat, please visit:

www.cdc.gov/extremeheat



Bed Bug Prevention Tips

- Vacuum suitcases after returning from a vacation.
- Check your sheets for tell-tale blood spots.
- Consider bringing a large plastic trashbag to keep your suitcase in during hotel stays.
- Regularly inspect areas where pets sleep for signs of bed bugs.

Never bring second-hand furniture, especially mattresses and box springs, into a home without thoroughly examining for signs of a bed bug infestation. You might consider having a pest control professional inspect the furniture as it is difficult to detect an infestation without training.



Bed bugs are elusive creatures, so it is imperative to seek professional assistance to address an infestation.
