



**BELIEVE IN YOURSELF
AND ALL THAT YOU ARE.
KNOW THAT THERE IS
SOMETHING INSIDE YOU
THAT IS GREATER
THAN ANY OBSTACLE.**

(CHRISTIAN D. LARSON)

Following Through

Many people want to meet their goals, but they don't follow through. How many times have you done this? You talk about doing something. You think about doing something. You plan on doing something. Then nothing happens.

Why don't we follow up?

Fear: Some people fear failure. What if I can't meet that goal and fail? But what if you never try?

Not enough time: People get absorbed with the day-to-day activities and they just don't make following up a priority. If you make a promise, keep it. Make the time.

Good intentions: You know what they say about good intentions? They don't make goals. Actions help you meet your goals.

The bottom line: If you say you will follow-up, *do* it. Call, email, or check things off your list of things to do. If you say you are going to do something, *get* it done. This is about **you and your goals!** Make yourself a priority!

FSS February Schedule

Coles County - Thursday, February 21st—Lindsay will contact you to schedule an appointment

Livingston County—Tuesday, February 19th—Lindsay will be at St. James Place Community Center from Noon-2:00 p.m. and will contact you to schedule a time

McDonough County—Wednesday, February 6th—Lindsay will be at River Run Community Room from 1-3 p.m. and will contact you to schedule a time

Menard County—Lindsay will contact you to schedule an appointment

Scott County—Wednesday, February 27th—Lindsay will contact you to schedule an appointment

IF YOU ARE NOT CURRENTLY WORKING OR IN SCHOOL FULL-TIME IT IS IMPORTANT TO SCHEDULE A MONTHLY APPOINTMENT WITH LINDSAY. IF YOU ARE WORKING AND HAVE AN UPDATE, CONTACT HER WITH UPDATED INFORMATION.

Reminders

Office Hours:

Monday-Thursday 8 a.m. —
4:30 p.m.

Friday 8 a.m.—Noon

MCHA will be **closed Tuesday, February 12th** in observance of Lincoln's Birthday and **Monday, February 18th** in observance of Presidents' Day

FSS Coordinator

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Illinois JobLink for Job Seekers

Illinois JobLink is an Internet-based job search tool that features current job openings. Illinois JobLink searches for open jobs by Job category. Both statewide and nationwide job banks are included.

To create an account: Log into www.IllinoisJobLink.com then click on "Find a Job" and create a basic or plus account based on your needs. The recommendation is to create a plus account to access all services. You will need to create at least a basic account from the "Find a Job" page and follow the screens entering all required information. The more complete and current the information, the better chance of being matched with a job.

You can build your resume online, employers will search for resumes and will only see yours if you allow them access.

Benefits:

- No cost to users
- Employers can match their needs to key words in your resume
- Easily update your information and have multiple resumes in Illinois JobLink
- Search for jobs 24 hours a day, 7 days a week
- Ability to set up searches so you are notified when a position is posted that matches your search criteria

Illinois JobLink is provided by the State of Illinois Department of Employment Security.

For more information, call 1-888-367-4382 or visit www.ides.illinois.gov

You're one step closer to finding employment.

Unlike most online job posting sites, creating an IllinoisJobLink.com account is free.

Plus, it's fast and easy.

Budgeting with Teresa and Pam

Everyone deals with financial challenges on a daily basis. If you are willing to set goals and make changes, you will see different results! Would you like to start the first step in saving for a new car or home? Do you want to figure out how to make your money go farther? Would you like to take steps to get out of debt? Would you like to start a savings account? Do you want to learn how to reach your goals? We offer one-on-one sessions to help you reach your financial goals. If you will take the time to set up an appointment, we can help you determine what needs to be done to meet your goals. Call our Housing Counselors, Teresa or Pam, at 217-632-7723

Job Search Tips

- Get plenty of rest during your job search. You will be more alert and able to respond to people in a more positive way.
- Research companies before applying with them. Know about their product, length of time in business, and any other information you can find.
- Apply with employers who want skills or education that you have.
- Be prepared to spend a lot of time on your job search—several hours a day including research and preparation.
- Don't be afraid to ask for help from someone with knowledge of job search issues.
- Include some time to relax; job search can be stressful. Don't let it drag you down. Plan to have some fun.
- Always aim for a positive attitude. It will make your job search more pleasant and more successful.



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.

February is American Heart Month: Heart-Healthy Tips



Quit Smoking: 20 minutes after you stop smoking, your heart rate decreases to more normal levels. After 12 hours, the carbon monoxide level in your blood returns to normal. 2 weeks-3 months after quitting, your heart attack risk begins to drop and your lung function begins to improve.



Maintain a healthy weight: Choose low-fat and low-salt foods. Eat plenty of fruits and vegetables, as well as food high in fiber.



Do moderate physical activity: Check with your doctor for appropriate exercises. Do 30 minutes of moderate activity 4-5 days per week, which can include walking, swimming and gardening.



Reduce alcohol intake: Drinking less decreases your blood pressure, heart arrhythmias and cholesterol.



Decrease stress: Stress can increase heart disease risks. Find healthy ways to relieve stress, such as yoga, bubble baths, coloring, etc.

Menard County
Housing Authority

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