



The Holiday Season Is Here!

The holiday season consists of nearly two months of celebrating beginning with Thanksgiving and continuing until the beginning of January. This can be good news and bad depending on your attitude. As friends and family gather, we expect these celebrations to be full of love and harmony; however this is not always the case. For some, it's their favorite time of year. For others, it brings feelings of sadness and loss. Feeling depressed or anxious is not unusual during the holiday season. If this is the case for you, here are a couple of pointers to get you through the season.

Be realistic: So many of us have an idealized version of what the holidays should be like and are disappointed when they don't turn out the way we envisioned. Remember, nobody is perfect and none of us have a perfect family. Do your best to love them where they are at and forgive their inadequacies.

Don't be alone, if you don't want to: Make sure to spend time with friends and/or family who value you. If you anticipate spending the holidays alone and would rather not, volunteer somewhere. Help serve meals at the Salvation Army, local community center or your place of worship. Visit a nursing home or check on the shut-in that lives in your building. People will appreciate you, and you will feel better about yourself and most of all, you'll have company.

Be good to yourself: If you're feeling blue, pamper yourself and do what makes you feel good. Take a walk, watch your favorite movie, and focus on all of the good things that have happened to you over the past year. Remember, this is your holiday too and you can be there for yourself just like you try to be for everyone else.

Have a peaceful holiday season!

Things to be Grateful for this Holiday Season

With so much going on during the holiday season, sometimes we forget to reflect on all the things in our lives to be grateful for. Here is a list to start you thinking.

Freedom: The definition of freedom is "The power or right to act, speak or think as one wants without hindrance or restraint." Shockingly, not everyone in this world has this power or right. Fortunately, we live in a country that honors and respects that right.

Family and Friends: Family is so very important and something that no one should take for granted. They're a support system and they care for you when you're in need. Take the time to thank them for all the love and support you receive year after year. If your family situation isn't the greatest, be sure to thank those friends who act as if they were your family.

Health: Whatever your health status may be, find something to be grateful for. If you are in good health and in great shape, don't take it for granted. Life is a beautiful thing.

Food and Water: There are a lot of things that we take advantage of and water is one of the biggest. According to the World Health

Organization, 1.1 billion people worldwide lack access to clean water—that's approximately one in six people on earth. Be thankful every time you turn on the faucet or take a shower. It's a blessing to open up your fridge, or even have a fridge. Just like clean water, there is an abundance of people in this world who are fight hunger each and every day.

Mistakes: President Bill Clinton once said, "If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you that makes the difference." Everyone makes mistakes, but not everyone takes advantage of these learning opportunities. Be grateful for your blunders and faults, as they are what make you stronger physically and mentally, while preparing you for the next obstacle.

May your Holiday Season be merry, may it fill your hearts with cheer, and may all of you be happy throughout the coming year!

Wishing you all the very best!
RIHA & CHS Staff

Mark Your Calendar for the Following Events

December. 17, 2017 Col Ballroom Davenport Community Christmas
Dinner 1:00pm to 4:00pm

January 15, 2018 35th Annual Dr. Martin Luther King Jr. Memorial
Service and Awards Celebration at the Rock Island Martin Luther King
Community Center 10:30am to 12:00pm

January 16, 2018 Black Hawk Spring Classes begin

January 20, 2018 RI Economic Development Homebuyer
class 8:30am to 4:00pm

**For more information, contact Resident Services at
309.788.0825 ext 209 or 210**

CONTACT INFORMATION

RIHA Properties

Lincoln Homes: 309.788-0539

Maintenance: 309.788-3800

Sunset Heights: 309.788-3800

Maintenance: 309.788.3800

Spencer Towers: 309.788.1809

Maintenance: 309.788.1809

3rd & 11th Townhomes: 309.788.1809

Maintenance: 309.788.1809

Leasing Office:

227 - 21st Street, Rock Island, IL 61201

Phone: 309.788.0828 • Email: Housing@RIHA4rent

www.RIHA4Rent.org

CHS Properties

Cascade Garden: 309.283.2299

Maintenance: 309.283.2299

Douglas Park Place Maintenance: 309.283.2299

Lynden Lane: 309.283.2299

Maintenance: 309.283.2299

Leasing Office:

655 Cascade Garden Drive, Rock Island, IL 61201

Phone: 309.283.2299 • Email: Housing@RIHA4rent

www.CHS4You.org

TDD/TTY Use Only: 1.800.1833 ext 355

For More Information Contact:

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