



# Rock Island Housing Authority

MAY 2010

## RIHA and Its Partners Help Residents Embrace Healthier Lifestyles

In honor of National Preventative Healthcare week, Rock Island Housing Authority (RIHA) and its partners took a small step toward furthering the goals of the American Public Health Association (APHA) by sponsoring a Preventative Healthcare Fair at Manor Homes and Spencer Towers on April 28 and 29.

RIHA Healthcare Partners answered healthcare related questions and distributed information on healthy ways to deal with stress, on parenting skills and on referral services for people with disabilities. They also helped residents identify dental and other healthcare issues and provided the information necessary for them to access the appropriate service providers. In addition, partners provided residents with a myriad of related services and educational information including:

- Family Internet Safety Tips
- Anger Management
- Say NO to Violence
- Family Counseling
- Drug, Alcohol and tobacco use prevention, treatment, recovery and counseling
- H1N1 Flu Vaccinations
- HIV Prevention Education
- HIV Screenings
- Blood Pressure Screenings
- Chair Massages
- Nutritional Information



When asked to consider the value of events like this in our community, Ms. Kim Thompson, Program Coordinator for the Prevention Department at Rock Island County Council on Addictions (RICCA), said, "An ounce of prevention is worth more than a pound of cure. Getting information like this out into the community generates interest and awareness and that's what prevention is all about."

During the course of the RIHA Preventative Healthcare Fair, 95 residents took steps toward embracing healthier lifestyles making it easier for them to make healthy choices.

RIHA Healthcare Fair Partners include:

- Augustana College
- Rock Island Health Department
- Community Health Care
- Aids Project QC
- Institute of Therapeutic Message & Wellness
- Rock Island County Council on Addictions (RICCA)
- IA/IL Center for Independent Living

America's health system currently ranks 37th in the world. The APHA strives to improved our ranking to #1 in one generation by working together - one community at a time - to make that happen. The APHA has determined that access to healthcare services is essential if we are going to successfully promote good health in our communities.

According to the APHA, preventive healthcare services include immunizations, screenings, lab tests and other services that either help prevent illness or help find diseases or medical problems before you experience

symptoms. The right preventive services at the right time can help you stay healthy by detecting potential health problems while they can still be prevented or are at a stage that is easy to treat.

For more information on this and other Self-Sufficiency programs offered by RIHA, contact Adrian Blackwell, Resident Services Coordinator, at 309-788-0825 ext. 210.

## Don't Invite Bugs to Dinner

While some people are frightened of bugs, others may be fascinated. But the one thing most people will agree on is that insects don't belong in the home. Not only do they create unsanitary conditions, but they're also just plain annoying, from the buzz of a fly to the itchy bite of the mosquito.

No matter how many ways you try to bug-proof your home, there's likely going to be some way for them to enter your house. To keep them from making themselves at home, get rid of their favorite amenities. This means eliminating clutter, as well as unprotected food and water sources. Without these resources, bugs will move on to the next house and leave you in peace.

A cluttered home is an easy breeding ground for bugs. Hidden by piles of newspaper or in a packed cupboard, insects can reproduce in huge numbers before they're even discovered. By that point, it's almost

impossible to get rid of them. Keep clutter to a minimum, and end infestation before it begins.

Insects also need a source of food to survive. Keep them from dining in your home by storing all food in airtight containers and storing unsealed food products in the refrigerator whenever possible. Limit food consumption to a single area of the home, and wipe up crumbs or spills quickly. Wash dishes immediately after use, or put them into the dishwasher.

Don't forget pet food, which can be a tempting treat for ants and cockroaches. Put pet food away after mealtimes, or invest in a bug-proof container, which gives your pet access to food while keeping insects out.

While experiencing a completely bug-free summer may be wishful thinking, these tips should keep them to a minimum!

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
ROCK ISLAND, IL  
PERMIT NO. 299



**Commercial Rental Space**  
2125 3rd Avenue Rock Island, IL

- 3,000 sq feet
- Brand new construction
- Handicap accessible
- Two private entrances
- Independent heat & air conditioning
- Large display windows
- New carpeting
- Two restrooms
- Parking out front

Contact: Gail Brooks Phone: 309.786.0485

**HOW TO REACH PROPERTY MANAGERS**

**Manor/Lincoln Homes**

Contact 786-4870  
Maintenance 786-0080

**Sunset Heights**

Faith Bird 788-0539  
Maintenance 788-3800

**Spencer Towers**

Teresa Chapman 788-0498  
Maintenance 788-1809

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Apr. 25, 2010	26	27	28	29	30	May 1, 2010
	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18 Sunset Tenant Mtg. 2pm Agency Plan Public Hearing 4pm	19 Manor-Lincoln Tenant Mtg. 2pm	20 Spencer Tenant Mtg. 2pm	21	22
	23	24	25	26	27	28	29
<b>2010</b>	30	31	June 1, 2010	2	3	4	5

May