



# Rock Island Housing Authority

DECEMBER 2016

## 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.

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## Things to be Grateful for this Holiday Season

With so much going on during the holiday season, sometimes we forget to reflect on all of 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 fighting 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 the peace and joy of this holiday season be yours through the New Year.



Over the years, the U.S. Marine Corps Reserve Toys for Tots Program has become a traditional part of the Christmas holiday season within our community. The message

of love and hope delivered through a new toy at Christmas has a positive impact on children and their families — a gift to be truly grateful for!

### Registration Information

Registration begins on Thursday, November 3, 2016 at 8301 42nd St West, Rock Island, IL 61201. The last day to register will be Saturday, December 3, 2016. No registration on Thanksgiving. Hours for registration are 9:00am — 5:00pm.

There is a NEW LOCATION for registration, 8301 42nd St West, Rock Island, IL 61201

### What do people need to bring with them to register?

1. Picture ID (Government Issued, Driver's License, State ID Card or Matricula)
2. Proof of Current Home Address (Light bill, phone bill, etc.)
3. Phone number (Number where you can be reached)
4. Children's birth certificate — No medical cards
5. CHILDREN MUST BE 6 MONTHS — 12 YEARS OF AGE. Must be born by June 21, 2016 to receive toys.
6. Foster Parents/Guardians must show proof of custody.

### Distribution

Distribution will be December 16 and 17 from 8:00am — 5:00pm and December 18 from 9:00am — 4:00pm at 8301 42nd St West, Rock Island, IL 61201.

# Holiday Wish From RIHA to You and Yours

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

## CONTACT INFORMATION

### RIHA

Lincoln Homes: 309.283.2299 Maintenance: 309.283.2299  
Sunset Heights: 309.788.0539 Maintenance: 309.788.3800  
Spencer Towers 309.788.1809 Maintenance: 309.788.1809

### 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

### Rock Island Housing Authority (RIHA) Community Housing Services (CHS)

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For More Information Contact: Newsletter Editor Gail A. Riggins  
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	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>DECEMBER</b>	NOVEMBER 27	28	29 FSS Orientation 3:00pm SH	30	1	2	3
	4	5	6	7	8	9	10
	11	12	13	14	15	16 RIHA Offices Closed at 11:30am	17
	18	19	20	21 December Solstice	22	23 RIHA Offices Closed	24 Christmas Eve
	25 Christmas Day Chanukah	26 Kwanzaa Begins RIHA Offices Closed	27	28	29	30	31 New Year's Eve
	<b>2016</b> JANUARY 1 Happy 2017!!	2 RIHA Offices Closed	3	4	5	6	7

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