



Gillespie Senior Residences, L.P.

Neiah-

April



FROM THE DIRECTOR'S DESK

Happy Spring!

A few reminders as we head into warmer weather:

- Mowing will begin soon. Make sure there are no items in the yard that the mowers could run over.
- If you have flowers, have them walled off so the mowers don't go over them.
- Grills can be used but they must be at least 10 feet away from the building. NO GAS CANS.
- Be courteous and kind to neighbors when having doors and windows open. Keep music and TV volume down.
- Bird feeds can be put up. **Do not throw birdseed on the sidewalks.**
- If you have a pet — you MUST clean up after your pet. No exceptions.

If you receive a voucher and have a change of income, please contact your caseworker to report the change.

The office will be closed Friday, April 15, 2022 for Good Friday



Stay safe!

Dionne, CEO

Address:

P.O. Box 303

760 Anderson St.

Carlinville, 62626

(217) 854-5393

Fax: (217) 854-8749

Office Hours:

Monday & Tuesday

8 a.m.-4:30 p.m.

CLOSED WEDNESDAY

Thursday & Friday

8 a.m.-4:30 p.m.

EMERGENCY

NUMBER:

(217) 827-2100

EMERGENCIES

INCLUDE:

- ◆ Gas leaks
- ◆ Broken water pipes
- ◆ Exposed electrical wires
- ◆ No heat (if the outside temperature is 45-degrees or lower)
- ◆ Sewer line stoppage (not drain line)- this includes a clogged toilet
- ◆ CO/Smoke detector beeping or chirping

Also fire, flood, or anything that threatens life, safety or property damage.

Easy Tips to Save Money on Groceries

With the price of groceries going up, here are some good tips to help save money at the grocery store!

1. **Budget First:** Before you shop, set a budget. What can you spend per week, per month?
2. **Meal Plan:** Sit down and plan what you're going to have for your meals before going to the store. This helps stay within your budget by only buying the groceries you need.
3. **Shop Your Pantry, Fridge & Freezer:** As you're making your menu and list, go through your pantry and fridge and see what you already have. Maybe you can make a meal with stuff already at home. Then you aren't buying what you already have.
4. **Clip & Click for Coupons:** Most stores offer a rewards program when shopping; use your "points" toward your groceries or household necessities. Check online, newspapers and store apps for coupons to save some cash.
5. **Shop the Sales:** Watch store ads for what is going to be on sale that week. Is hamburger on sale that week? Buy extra to freeze. Stock up on pantry staples if they're on sale that week, too.
6. **Go Generic:** Store brands tend to be just about the same as name brand items but are usually a bit cheaper.
7. **Stick to Your List:** Only getting the things you NEED saves you from buying too much. Sometimes easier said than done!
8. **Eat Before You Shop:** Don't go to the store hungry! You'll end up getting stuff you don't really need.



April MCPT Group Trips

Wednesday, April 6th: Josephine's Tea Room, 1904 General Store, & Alton shopping

Thursday, April 14th: Urban Farmhouse, Highland & Pink Elephant Antique Mall, Livingston

Wednesday, April 27th: Lumiere Place

Casino, St. Louis

Call 217-839-4130 to reserve

Meet the Staff

Amanda Kluthe is the newest member of the MCHA staff as our Office Support Specialist. When calling in, Amanda is the one answering your call. Amanda's favorite part about her job is talking with the residents. She is taking training classes so she can help residents even more. Amanda is a huge St. Louis Blues hockey fan and loves to go to games whenever she can.



Are you 60 or older and need legal help?

Contact the Land of Lincoln Legal Aid.

Call: 877-342-7891

Monday-Thursday:
9am-4pm



Friday: 9am-1:30pm

Call Amanda Jo at the MCHA office to have a list of services mailed to you

Macoupin County Public Transportation Dispatch Hours:

Monday — Friday: 7am-7pm

Saturday: Limited hours, 7am-1pm

Out of county hours: currently restricted to M-F, 8am-4pm (medical trips only, limited areas of service and availability)