



# Neighbors



## FROM THE DIRECTOR'S DESK

The month of February is dedicated to raising awareness about heart disease and promoting cardiovascular health!

Here are a few tips to have a healthy heart:

- \* Eat well– that means to eat those veggies and whole grains. Switch to a healthy oil like Olive or avocado oil.
- \* Move those bones!- The Department of Health and Human Services advises at least 5 hours of moderate – intensity activity.
- \* If you are a smoker-Quit!
- \* Get those Zzz's-sleep at least 7-9 hours daily
- \* Keep that cholesterol in check!-High cholesterol can lead to plaque accumulation in the arteries, main driver for heart disease!

“Do you have a date for Valentine's Day? Of course! February 14th!!”

Dionne Wyatt– CEO

The office will be closed:

Thursday, February 12th in observance of Abraham Lincoln's birthday

Monday, February 16th in observance of Presidents day

**Address:**

P.O. Box 643

760 Anderson St.

Carlinsville, 62626

(217) 854-8415

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.

THERE ARE NO SCHEDULED INSPECTIONS FOR FEBRUARY

INSPECTIONS MAY TAKE PLACE ON ANY DAY OF THE MONTH

BETWEEN THE HOURS OF 8:00 A.M.-4:30 P.M.

MONDAY-FRIDAY

SPECIFIC DAYS AND TIMES

WILL NOT BE GIVEN.

\*Q&A (Quality Assurance) inspections may take place on work orders and inspections anywhere from 3-5 days after the inspection/work order happened.




# Valentine's

## SAVINGS CHALLENGE

### Valentine's

#### SAVINGS CHALLENGE



Each  = ..... Each  = ..... Each  = ..... Goal=.....

