

ILNAHRO NEWSLETTER

DECEMBER 2024



FROM THE PRESIDENT

DR. JACKIE L. NEWMAN
PRESIDENT OF ILNAHRO



On behalf of the ILNAHRO Board, we would like to say, “thank you” and wish everyone a joyful holiday season filled with love, joy, peace, warmth, and cheer. The holidays are always a perfect time to ensure we articulate our appreciation for your unwavering commitment and exceptional contributions throughout 2024. This year our focus has been, “Growing Illinois through Engagement.” We called on you to support and engage in ILNAHRO and its efforts and support and engagement is what you provided all year - for this, we are grateful.

In January, we engaged with our elected State officials; in February, we honored Black History Month; in March, we acknowledged and celebrated Women’s History Month saluting women in the State of Illinois making a difference; in April, we highlighted the history of Fair Housing Month; in May we called attention to public service by highlighting those who serve our nation as federal, state, county, and local government employees; ILNAHRO Board members represented you in Washington, D.C. at the Legislative Conference meeting with elected officials on Capitol Hill;

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Happy
Holidays



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In June, we brought emphasis to the importance and meaning of honoring Juneteenth and recognized National Homeownership and its importance in the affordable housing arena and various Illinois housing authorities hosted record setting Strong Families initiatives and events; in July, ILNAHRO and its members were instrumental in co-hosting the NAHRO Summer Symposium in Chicago; in August, during advocacy month, you answered the call and engaged with elected officials by sending close to 300 letters to Washington, D.C.; in September, Illinois showed up in large numbers at the NAHRO Conference in Orlando, Florida; in October, we observed and emphasized National ADHD awareness, National Down Syndrome Awareness, World Mental Health and National Physical Therapy; in November, we provided emphasis on the importance of gratitude and thankfulness.

As we bid farewell to another year, we look towards 2025 with an eye towards Washington, D.C. and the inevitable changes to come as administrations transition. Again this year, I encourage each affordable housing provider and community development organization to continue its support through membership in ILNAHRO as we work together, ensuring our 'voice is not silenced' on behalf of the many individuals and families we serve and represent. During the month of December, we want to close the year by saying it again - 'thank you' for your dedication and collaboration throughout the year as we look towards another successful year together in 2025.

Have a joyful holiday season!

Sincerely,
Dr. Jackie L. Newman



7 TIPS TO HELP WITH HOLIDAY STRESS



While many look forward to the holiday season, others dread the responsibilities of hosting, the financial stress of gift giving, and unrealistic expectations. Dr. Adnan Arif, MD, a psychiatrist at Northwestern Medicine, provides a few tips below:

1. **Be realistic with yourself and others.** The holiday season can be long and full of commitments, from parties to year-end meetings. There is an old saying, ‘You can please some of the people all the time, and you can please all of the people some of the time, but you cannot please all of the people all of the time.’ Keep that in mind and set realistic goals and expectations for your family get-togethers, obligations, and gift giving.’
2. **Keep your healthy habits.** Maintaining healthy habits during the holiday season is one of your best defenses against stress. This means getting enough sleep, eating well, and staying physically active. ‘What is good for the heart is good for the brain’ is an easy way to remember healthy eating and healthy physical activity habits. Also, make sure you are getting enough sleep during this season. We have a natural biological clock that coincides with natural sunlight.
3. **Try to go with the flow.** The holidays are a time when not everything may be under your control. You may find yourself feeling overwhelmed. If anxiety or worry feels overwhelming, just try to get through one day at a time. Focus on the things that can be controlled. If you’re particularly overwhelmed, talk to an emotional health professional about how to handle everything that is on your plate.
4. **Do less.** The spirit of the season can sometimes lead even the most practical people to overcommit their time. When you’re looking at your calendar or to-do list, be fair to yourself. Decide what’s most important to you and allow yourself to say no to other demands on your time.
5. **Reach out.** Despite what may seem like an influx of social interactions, feelings of loneliness and isolation can spike between October and January. Loneliness is depression’s best friend. Try to guard against long periods of social isolation. We can only control the present moment, and we can plan for tomorrow. Don’t try to shoulder every holiday task yourself.
6. **Get up and get moving.** Maintaining activity in the winter is an essential tool to combat seasonal affective disorder and depression. If you have time and are so inclined, check out your local gym. Or make use of the equipment you have, look up exercise videos online, or strap on your boots, layer up, and have a brisk winter walk.
7. **Make small adjustments.** The holiday season can seem full of big changes, so focus on little things that can help you relax. Small adjustments that won’t make or break your routine can be the little added boost you need to bring joy back to the holiday season. Limit time on social media and focus on connecting in real life with friends, family, and yourself.



MEMBER SERVICES

Looking to
Become a *Member?*



MS. LATINA FAULKNER
VICE PRESIDENT OF
MEMBER SERVICES

Your membership in the state chapter of NAHRO provides services that benefit you and your organization every day. ILNAHRO has committed itself to providing services such as:

- Training and networking through ILNAHRO's cutting edge annual conference that offers the best in our training fields. Additionally, ILNAHRO offers centrally located training opportunities throughout the year at its Peoria Training Center in Peoria, Illinois.
- Legislative Advocacy and Legislative Advocacy Opportunities by providing sample 'sign-on' letters to issues, regional, and national trainings, workshops, and the latest in legislative developments.
- State recognition of resident accomplishments through its annual Resident Recognition Award.
- Your membership gives you access to members-only discounts for training, just to name a few benefits.

CONSIDER ILNAHRO TODAY! YOU WON'T BE DISAPPOINTED!

Feel free to go to the following website, complete the short application form, and we'll be standing by to welcome you with open arms!

<http://www.ilnahro.org/documents/membershiprenewalletterandform.pdf>



QUICK CHRISTMAS RECIPE

BY JUSTINE PATTISON

SLOW COOKER HOT CHOCOLATE



This luxuriously rich slow cooker hot chocolate has a thick, velvety texture. It's perfect for putting in the slow cooker while you get on with other things. If you are making it for kids or anyone who enjoys a gentler, more milky hot chocolate, add extra milk, to taste, for the final 30 minutes of cooking.

INGREDIENTS

- 65g/2 1/4 oz cocoa powder
- 100ml/3 1/2fl oz just boiled water
- 1 litre/1 3/4 pint semi-skimmed milk
- 397g tin condensed milk

FOR THE TOPPINGS

- Squirty Cream or Freshly Whipped Cream
- Plain Dark or Milk Chocolate (grated)
- Mini Marshmallows & Sprinkles

METHOD

1. Put the cocoa powder in a medium bowl. Pour in the water and stir well, until the cocoa powder dissolves and forms a smooth paste.
2. Whisk in around 100ml/3 1/2fl oz. of the milk until thoroughly combined, then pour into a slow cooker pot and whisk in the condensed milk and remaining milk.
3. Cover with a lid and cook on low for 3-4 hours, or high for 1 1/2-2 hours.
4. Remove the lid and whisk the hot chocolate well to incorporate any cocoa that's floated to the surface. Ladle into mugs and top with cream, grated chocolate, mini marshmallows, sprinkles or anything else you fancy. Serve immediately, or it's also delicious drunk cold as a milkshake.



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BE SAFE DURING THIS HOLIDAY SEASON

ILNAHRO is grateful for our reading audience. May your homes be filled with love and your hearts be filled with laughter. We wish you the most joyous and blessed holiday season.

