



ILLINOIS NAHRO NEWSLETTER

GROWING ILLINOIS THROUGH ENGAGEMENT!



Dr. Jackie L. Newman
PRESIDENT

Alan Zais

Sr. Vice President

Kim Holman-Short

Treasurer

Lorraine Hocker

Vice President Community

Revitalization & Development

Deb Alfredson

Vice President Housing America / Post

Contest

Latina Faulkner

Vice President of Member Services

Jeff du Manoir

Vice President International

Joseph Grisson

Vice President of Commissioner Affairs

Melissa Huffstedtler

NCRC at Large Representative 2 Year

Ron Clewer

NCRC at Large Representative 4 Year

Grant Henry

Emerging Leaders Representative

Daniel Cruz

VP Legislative Affairs

A THANKFUL HEART

DR. JACQUELINE NEWMAN

As we turn our attention towards the season of Thanksgiving - I regularly remind myself that there are so many reasons to be thankful. So, this month, my message to each of you is a bit personal. I have found that being grateful and thankful is one of the best ways to remind myself of all the good around me and the many blessings that I (we) sometimes take for granted.

While this year has had its share of ups, downs, frustrations, and a few set setbacks, I am still reminded of all the many things in which I can be thankful. I would like to share three personal reasons why I am so thankful this Thanksgiving season. Even though there are many more, these are very dear and close to my heart.

- In October, my Mother celebrated her 91st birthday. My husband and I were blessed to host family and friends in our home to celebrate another year and honor my Mother with a very special celebration. My Mother is healthy, moving around well, and her mind is rather good! It was indeed a joyful time to watch Mom bask in what she and my father built - a strong family!
- Two of my Sisters-in-Love (Law) were diagnosed with cancer, however, each have/or are going through treatment and are continuing to thrive. Actually, one of my Sisters was able to "ring the bell" after receiving her final treatment.
- My biological Sister was in need of a kidney and was placed on a kidney transplant list earlier this year. I'm so very thankful that she was able to receive a kidney transplant a few months ago and she is on the road to recovery and restoration.

Here is some information I found that I believe is worth sharing:

- **Reflecting on Blessings:** Giving thanks is an opportunity to reflect on the many blessings that have shaped life, from the smallest moments to the grandest acts.
- **Improving Health:** Research shows that grateful people have less depression and stress, lower blood pressure, more energy, and greater optimism.



ILLINOIS NAHRO NEWSLETTER

GROWING ILLINOIS THROUGH ENGAGEMENT!



A THANKFUL HEART - CONTINUED

DR. JACQUELINE NEWMAN

- **Building Strong Relationships:** Gratitude helps people build strong relationships.
- **Feeling More Positive Emotions:** Gratitude helps people feel more positive emotions and relish good experiences.
- **Dealing With Adversity:** Gratitude helps people deal with adversity.

If you are having trouble thinking of things to be thankful for, here are some things to consider: family, friends, good health, home, job, food, education, reliable transportation, pets, etc.

Whether it's true or not -here is what some researchers have concluded as it relates to why giving thanks is actually good for you. Researchers suggest that:

- Counting your blessings boosts your health.
- Counting your blessings slows down the aging clock.
- Counting your blessings puts the brakes on stress.
- Counting your blessings and being thankful helps you bond.
- Gratefulness is good for the heart and waistline.

Happy Thanksgiving Everyone!

Respectfully Submitted & With a Thankful Heart,

Dr. Jackie L. Newman

ILNAHRO President

*IN ALL
Things
GIVE
Thanks*

DO YOU NEED RENTAL ASSISTANCE?

The Illinois Court Based Rental Assistance Program (CBRAP) provides funding to Illinois tenants and housing providers/landlords across Illinois who have pending cases in eviction court. Applicants may qualify for up to \$15,000 in emergency rental payments that can be applied to past due rent, up to \$500.00 for court costs, and up to two months' future rent to prevent eviction. You can apply online at illinoishousinghelp.org. We also encourage our readers to visit www.ihda.org for so much more information such as internship programs, public meetings and notices, statewide plans and reports, IHDA updates, and for employment opportunities. You may also call 312-836-5200 for additional information.



Mr. Alan Zais
SENIOR VICE PRESIDENT





ILLINOIS NAHRO

WHAT IS THANKSGIVING ALL ABOUT?

- NATIONAL MUSEUM OF THE AMERICAN INDIANA * SMITHSONIAN



The "First Thanksgiving" is often portrayed as a friendly harvest celebration where Pilgrims and generic, nameless Indians came together to eat and give thanks. This story is a myth that was sparked in the mid-1800s when English accounts of the 1621 harvest event resurfaced and fueled the American imagination. Romanticized paintings and stereotypical images of "Pilgrims" and "Indians" celebrating the "First Thanksgiving" became part of the national nostalgia and Manifest Destiny sentiment as the United States pushed west. Sarah Josepha Hale, an influential editor of a magazine called *Godey's Lady's Book*, led a campaign for a national Thanksgiving holiday, and the "First Thanksgiving" myth played into her agenda. In 1863, President Abraham Lincoln declared a national Thanksgiving in November to celebrate gratitude and unity amidst the turmoil of the Civil War. In the decades that followed, the "First Thanksgiving" myth and the national holiday evolved into a foundational, national story reinforced by memorials, holiday marketing, literature, and school curriculums.

The "First Thanksgiving" as a national story is incomplete and inaccurate. The whole history is more complex and includes the Wampanoag voice and perspective that have been largely absent from this narrative. The Wampanoag and neighboring Native nations were interacting with European explorers, traders, and enslavers for nearly one hundred years before English settlers arrived at the Wampanoag village of Patuxet in 1620. After careful observation, negotiations, and exchanges, the Wampanoag decided to assist the English settlers. However, their interactions had much more to do with political alliances and diplomacy than a budding friendship. Cooperation and peace were short-lived.

Harvest ceremonies and festivals have been an integral part of Wampanoag lifeways for thousands of years. The Wampanoag practiced daily and seasonal traditions of giving thanks long before the encounter with English settlers and the formation of Thanksgiving as a national holiday.

As influencers in various capacities within the housing agencies, we should seek to educate others about taking a more in-depth historical look at Thanksgiving ensuring that we are painting a more accurate picture of history for this well celebrated holiday. In the interim, we're thankful to be able to have valuable information that helps us celebrate Thanksgiving with a better understanding of history.



ILLINOIS NAHRO NEWS YOU CAN USE

NAHRO IS GOING ACROSS THE POND - YOU CAN TOO!

-MR. JEFF DU MANOIR

NAHRO's International Research and Global Exchange (IRGE) Committee is excited to be coordinating a "Housing Learning Experience" to London, England and to Dublin, Ireland June 1-7, 2025.

After several years since our last NAHRO International Exchange, we are finally branching out again! While an Exchange is more structured and involves reciprocating as hosts to our international colleagues, this learning experience is a bit simpler and affords more opportunities for NAHRO Members.

Our plan is to visit two housing providers in London, England on Monday, June 1, and then head to the Emerald Isle to meet with our NAHRO partner, The Housing Agency, Ireland on Tuesday, June 2nd.

Space is limited for this first part, however, the second part of the trip is open to all.

Starting on Wednesday, June 3rd through Friday June 6, we will attend the International Social Housing Festival in Dublin, an initiative of Housing Europe, the European Federation of Public, Cooperative and Social Housing. We anticipate over 1200 participants from across Europe and around the world. The agenda will be released imminently. Individuals are responsible for their own registrations, travel and expenses.

If you're interested in participating, please click on the European Union icon below and it will immediately take you to the interest form online!



Mr. Jeff du Manoir

**VICE PRESIDENT
NEC SOFTWARE INTERNATIONAL**





ILLINOIS NAHRO HEADLINE NEWS

UNITED STATES PRESIDENT ELECT - DONALD TRUMP NAMES SCOTT TURNER AS HUD SECRETARY NOMINEE

-CANDYD MENDOZA

President - Elect, Donald Trump, has chosen Scott Turner, a motivational speaker and former NFL player, to lead the Department of Housing and Urban Development (HUD).

If confirmed, Turner will oversee a \$70 billion budget and guide a department with around 8,000 employees at a critical time when housing affordability and homelessness are pressing national issues.

Turner, chair of the America First Policy Institute (AFPI), previously served as executive director of the White House Opportunity and Revitalization Council during the Trump administration. The council spearheaded the Opportunity Zones initiative, which Trump praised in his announcement, noting that under Turner's leadership, the program attracted over \$50 billion in private investment.

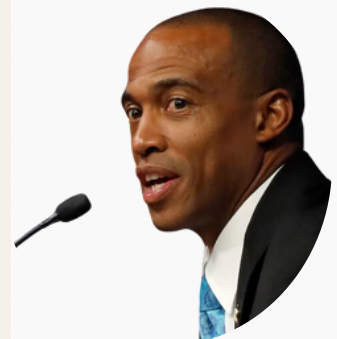
"Scott will work alongside me to Make America Great Again for EVERY American," Trump said in his statement.

Turner's selection hints at a focus on community development and a departure from current federal housing strategies. While specific plans remain unclear, his alignment with conservative think tanks like the America First Policy Institute (AFPI) suggested an emphasis on tackling homelessness through reforms addressing mental health, substance abuse, and deregulation of local housing markets.

AFPI's stated goals prioritize moving away from the "housing first" model, which focuses on providing stable housing as a prerequisite for addressing other issues. Instead, they advocate policies empowering law enforcement and removing barriers to housing construction.

Bob Broeksmit, president and CEO of the Mortgage Bankers Association (MBA), highlighted the importance of addressing housing affordability under Turner's leadership.

"Pursuing policies and initiatives that help solve our nation's housing affordability crisis for owners and renters should be a top policy priority under the Trump administration. Scott's leadership as executive director of the White House Opportunity and Revitalization Council in the first Trump administration, where, alongside Secretary Ben Carson, he was instrumental in implementing Opportunity Zones, will serve him well," Broeksmit said in a statement.



BREAKING NEWS

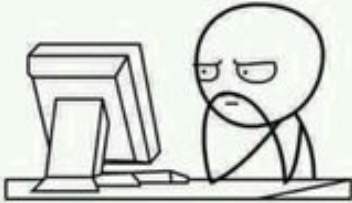


ILLINOIS NAHRO COMEDY CENTRAL

Why should you never play poker at the zoo? Because there are way too many cheetahs!!



Never let your computer know that you are in a hurry.



Computers can smell fear. They slow down if they know that you are running out of time.

Did you hear about the frog that lost its car?

Apparently, it got toad.



Have you heard the rumor about butter?

Never mind, I shouldn't be spreading it.



What do you call a noodle who puts on a mustache and pretends to be his dad?

An impasta.



Why are elevator jokes so good?

They work on many levels.

Why was the broom late for work?

It over-swept.



Why are frogs always so happy? They eat whatever bugs them!

I went down the street to a 24-hour grocery store. When I got there, the guy was locking the front door. I said, "Hey! The sign says you're open 24 hours." He said, "Yes, but not in a row!"



Happy
Thanksgiving

Happy
Thanksgiving

ILLINOIS NAHRO NEWS YOU CAN USE

WHAT IS FSS AND WHAT ARE THEY UP TO?

-MRS. SARAH WALLMAN, DIRECTOR OF SELF-SUFFICIENCY PROGRAMS
SPRINGFIELD HOUSING AUTHORITY

Family Self Sufficiency is a voluntary earnings and employment initiative for individuals living in HUD-assisted public housing or for participants in the Housing Choice Voucher program. It is intended to encourage and support individuals, connecting them to skill-building and employment opportunities, while on their path to economic self-sufficiency and ultimate freedom from public assistance.

Exciting things are happening in FSS all over the state! This year, the Springfield Housing Authority launched a series of informational sessions called Family Self-Sufficiency (FSS) Empowerment Workshops, aimed at connecting affordable housing residents to opportunities to grow employment skills and build personal wealth. Representatives from Lincoln Land Community College explained the Workforce Equity Initiative (WEI) program and the Pipeline for the Advancement of Healthcare Workforce (PATH) program, opportunities for low-income individuals to participate in certificate and degree programs at significant financial discounts—or even possibly be paid for their participation. The Illinois Small Business Development Center of Central Illinois gave an introduction to the process for individuals to establish small businesses. The SHA Family Self-Sufficiency Programs team, supported by their in-house HUD-Certified Housing Counselor, gave an overview of credit—What is credit? Why is it important? How can I improve my credit? Each of the sessions sparked robust conversation among the attendees and opened doors to opportunities to move forward on the journey toward self-sufficiency.



Mrs. Sarah Wallman

DIRECTOR OF FAMILY SELF SUFFICIENCY

SOMEONE WHO GENUINELY CARES

"After 30 years in social work, I have come to understand that a stable home is essential for individuals facing various challenges. When the opportunity to work in the housing sector arose, I was eager to immerse myself in this important work. I take great pride in serving our residents in a collaborative environment alongside colleagues who share my commitment to our mission. The Winnebago County Housing Authority has provided me with invaluable opportunities for personal and professional growth, and I am excited to see what the next decade holds for advancing support for our residents."

We truly appreciate Ms. Debbie Alfredson's support and hard work for ILNAHRO. We are fortunate to have you as a wonderful team player.

Thank You



Ms. Debbie Alfredson

VICE PRESIDENT HOUSING AMERICA &
POSTER CONTEST



ILLINOIS NAHRO NEWS YOU CAN USE

HUD OIG REPORT HIGHLIGHTS MANAGEMENT CHALLENGES AT HUD

—RICHA GOEL, POLICY & LEGISLATIVE AFFAIRS DATA ANALYST

On October 17th, the HUD Office of Inspector General (OIG) released its fiscal year (FY) 2025 Top Management Challenges, an annual report which highlights “the most serious management and performance challenges facing the Department and progress made since last year.” HUD OIG has identified eight top management challenges for FY 2025.

1. Promoting Health and Safety in HUD-Assisted Housing

HUD is responsible for overseeing its assisted housing to ensure that properties are “decent, safe, sanitary, and in good repair and that its programs and projects comply with environmental regulations.”

OIG has identified two areas in which HUD faces difficulties: the risk of lead hazard in HUD-assisted housing and identification and remediation of health and safety deficiencies through its inspection processes. HUD OIG audits of large PHAs found that PHA’s lacked proper procedures to manage lead-based paint and in some instances, misinterpreted HUD’s requirements. With respect to inspection processes, two OIG audits found that PHAs lacked adequate oversight of Housing Choice Voucher (HCV) unit inspections and faced difficulties addressing unit deficiencies. Furthermore, a HUD OIG audit found inadequacies in HUD’s Real Estate Assessment Center (REAC)’s inspection process.

2. Increasing Access to Affordable Housing

Amid an ongoing shortage of affordable housing, HUD must continue to work with PHAs to expand access to affordable housing. HUD has faced challenges in maximizing and overseeing the HCV program. The national success rate for new voucher recipients has decreased from 65 percent in 2018 to 55 percent in 2022, underscoring the need to find new ways to increase landlord participation and leasing potential. Furthermore, the report finds that HUD needs to enhance its oversight of PHA voucher programs and ensure that funds are being used to help the maximum number of families.

3. Mitigating Counterparty Risks

HUD OIG has identified multiple counterparty risks that HUD must mitigate including liquidity risks posed by Ginnie Mae’s nonbank counterparties, risks presented by reverse mortgages, and Ginnie Mae’s limited capacity. HUD must also work to improve FHA oversight of servicers that provide loss mitigation and address risks posed by lengthy foreclosure and conveyance processes.

4. Grants Management

Each year, through a diverse range of grant programs, HUD provides billions of dollars to States, cities, and other entities to advance HUD’s mission. However, HUD continues to face difficulties in “developing and implementing adequate policies, procedures, and other controls to oversee grantees’ and subrecipients’ compliance, performance, and effectiveness.” The report contends that HUD needs more reliable and complete financial and performance information and systems, enhanced subrecipients monitoring, and timeliness in grant fund spending and grant program execution.





ILLINOIS NAHRO NEWS YOU CAN USE

HUD OIG REPORT HIGHLIGHTS MANAGEMENT CHALLENGES AT HUD CONTINUED

-RICHA GOEL, POLICY & LEGISLATIVE AFFAIRS DATA ANALYST

5. Enhancing Oversight of Disaster Recovery

Each year, HUD administers and oversees billions of dollars in disaster recovery and mitigation grants. HUD OIG has recommended that HUD continue to seek permanent authorization of CDBG-DR programs, address data limitations, and improve oversight of grantees and grantee oversight of subrecipients.

6. Managing Fraud Risk and Improper Payments

Fraud against HUD diminishes HUD's ability to meet the critical housing needs of its communities. HUD OIG has determined that HUD is "missing opportunities to mitigate fraud risks and detect improper and unknown payments". HUD's Chief Risk Officer must work to mature HUD's fraud risk management program. Furthermore, HUD must address challenges in guaranteeing that whistleblowers are protected from retaliation.



7. Improving IT Modernization and Cybersecurity

HUD's information technology (IT) and cybersecurity systems are crucial to their operation. The report highlights challenges HUD faces in closing IT project management gaps which hamper technology modernization efforts, increasing cyber compliance and elevating the cyber portfolio, and improving data protection and privacy

8. Increasing Effectiveness in Procurement

HUD is responsible for meeting the procurement needs of its program offices. Although HUD has made progress, the report outlines acquisition and contract management challenges that remain.

A GRANT WRITER OPPORTUNITY WITH WINNEBAGO COUNTY

WCHA is releasing a Request for Proposals to identify and select an experienced professional Grant Writer consultant or firm with a proven track record of researching, developing, writing, and submitting successful grant proposals to raise both public and private funds in support of creative housing solutions for those with various forms of disabilities, persons experiencing homelessness, former foster youth, transitioning veterans' older adults and other inequitably disadvantaged populations.

The successful consultant or firm must have experience researching, developing, writing, preparing and submitting successful grant proposals for federal, state and private foundation grants; specifically, grants.gov.

For more information, please contact Ms. Deb Alfredson via email at: dalfredson@wchauthority.com



Happy
Thanksgiving

Happy
Thanksgiving

ILLINOIS NAHRO LOOKING TO BECOME A MEMBER? WE'D LOVE TO HAVE YOU!

During a time when our agencies are facing a decline in economic support, the question may be – “Why Membership?” 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 affecting affordable housing; Senate and House Bills that directly affect and shape public policy.
- Informational Resources through a monthly newsletter that contains up-to-date information on housing issues, regional, and national trainings, workshops, and the latest in legislative developments.
- State recognition of resident accomplishments through its annual Resident Recognition Award and
- 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>

Join
us!



Join
us!

Ms. Latina Faulkner

VICE PRESIDENT OF MEMBER SERVICES



ILLINOIS NAHRO NEWS YOU CAN USE

VETERAN HOMELESSNESS DROPS TO LOWEST ON RECORD

-RICHA GOEL, POLICY & LEGISLATIVE AFFAIRS DATA ANALYST

The U.S. Interagency Council on Homelessness (USICH), the U.S. Department of Housing and Urban Development (HUD), and the U.S. Department of Veterans Affairs (VA) reported today that veteran homelessness has dropped to its lowest level since HUD began publishing the annual Point-in-Time (PIT) data in 2009.

HUD's 2024 PIT data, which will be released later this year, found that veterans experiencing any form of homelessness fell from 35,574 to 32,882, a 7.5% decrease from 2023, an 11.7% decrease from 2020, and a 55.6% decrease from 2010. Unsheltered veteran homelessness also fell from 15,507 in 2023 to 13,851 in 2024, a 10.7% decrease. This decrease comes amid various nationwide efforts to combat veteran homelessness. The VA has permanently housed almost 48,000 veterans this year and as of the end of Fiscal Year 2024, the HUD-VASH program has served nearly 90,000 veterans, the most in the program's history. The VA also awarded over \$800 million in grants to help veterans experiencing homelessness. Furthermore, HUD announced policy and other changes earlier this year aimed at helping veterans receive assistance, including:

- Increasing the initial income eligibility threshold
- Adopting an alternative definition of annual income
- Providing guidance to clarify income qualifications
- Hosting a series of "Boot Camps"



NAHRO RELEASES 2024 PRESIDENTIAL TRANSITION REPORT

NAHRO is pleased to unveil its 2024 Presidential Transition Report, our opportunity to introduce NAHRO and its mission to a new administration. Housing has never been more at the forefront of the national conversation. As a nonpartisan organization, NAHRO will work with either incoming administration to ensure that we continue advocating for common sense policies that help address our housing affordability and housing supply crisis so that we can build strong, vibrant communities.

Similar to past election years, our 2024 Presidential Transition Report highlights policies, legislative proposals, and regulatory actions that we believe will increase our ability to provide safe, secure housing to all Americans across the country.

To address the housing crisis, NAHRO has several key recommendations. First, we need to strengthen and improve rental assistance programs like the Housing Choice Voucher (HCV) program. Second, we must preserve existing affordable units. And third, to truly solve the housing affordability and supply crisis, we must increase the amount of affordable housing across the country.

NAHRO looks forward to working with a new administration in finding solutions to the housing challenges currently faced across the country. We can solve the housing crisis together by ensuring the effective and efficient development, preservation, and management of affordable housing properties so that all families continue having access to safe, secure housing in viable and vibrant neighborhoods.





ILLINOIS NAHRO LEADERSHIP

Ms. Lorraine Hocker is the Executive Director for Lake County Housing Authority. She is responsible for the administration of thousands of homes throughout Lake County, Illinois. With over 23 years of affordable housing administration experience, ILNAHRO is very appreciative for her expertise.



If you're ever in need of reaching out to one of our Board of Directors:

President

Dr. Jackie Newman, Executive Director

Springfield Housing Authority
(217) 753-5757 Extension 206
jackie.newman@sha1.org

Senior Vice President

Mr. Alan Zais, Executive Director

Winnebago County Housing Authority
(815) 963-2133
alan@wchauthority.com

Treasurer

Ms. Kim Holman - Short

City of Bloomington
(309) 287-1299

Vice President - Community Revitalization & Development

Lorraine Hocker, Executive Director/CEO

Lake County Housing Authority
(847) 223-1170, Extension 2030
lhocker@lakecountyha.org

Vice President - Housing America & Post Contest

Deb Alfredson, Deputy Director

Winnebago County Housing Authority
(815) 904-2681
debalfredson@wchauthority.com

Emerging Leaders Representative

Mr. Grant A. Henry

(217) 369-9126
grantahenry@gmail.com

Vendor Liaison - Vacant, Small Housing Authority Representative - Vacant
Illinois Association of Housing Authorities Representative
IAHA President

Vice President - Professional Development

Ms. Kate Brown, Senior Housing Research Specialist

Elevate Energy
kate.brown@elevateenergy.org

Vice President - Member Services

Ms. Latina Faulkner, HCV Manager

Springfield Housing Authority
(217) 753-5757 Extension 230
latinaf@sha1.org

Vice President - NEC Software International

Mr. Jeff du Manoir

Northgate Public Services
(613) 821-1599 Extension 304

Vice President - Commissioner Affairs

Mr. Joseph Grisson III, Chairman

Aurora Housing Authority
(630) 399-8900
joegrisson@auroraha.org

NCRC At Large Representative - 4 Year

Ron Clewer, Illinois Market President

Gorman & Co.
200 North Main Street, Oregon, WI 53575

NCRC At Large Representative - 2 Year

Melissa Huffstedtler, Deputy Director

Springfield Housing Authority
(217) 753-5757 Extension 313

Vice President of Legislative Affairs

Mr. Daniel Cruz, Chief of Staff

Chicago Housing Authority
(312) 913-7821



ILLINOIS NAHRO NEWS YOU CAN USE

NEW EXECUTIVE DIRECTOR AT DECATUR HOUSING AUTHORITY

The Illinois Association of Housing Authorities is happy to report that their board of commissioners has appointed **Shara LeBeau** as the new **Executive Director of Decatur Housing Authority**. The appointment became effective on Thursday, October 10, 2024.

LeBeau states, "I am a 26-year housing authority employee. My background is in finance. I started in 1998 as the Tenant Accounts Receivable Specialist. I have been promoted throughout the years to Hope VI Finance Specialist, Finance Manager/IT Manager, Finance Director, and now Executive Director. On a personal note, I have been married for 26 years, and I have one 18 year old child who is a freshman At Eastern Illinois University. Outside of DHA, I enjoy reading, competitive archery, and riding motorcycles on the street and on trails.

ILNAHRO is proud to congratulate Shara LeBeau on being the new Executive Director for Decatur Housing Authority!



Shara

LeBeau



Experience More.

MENTAL HEALTH TIPS FOR THANKSGIVING

While we're in the season of being thankful, for some of us, Thanksgiving can be extremely overwhelming. Whether it's the stress of preparing a large dinner for many family members and friends or shopping for the perfect gifts, this week can take a toll on your mental health. Take a look at a few reminders as we prepare our mindsets to remain thankful:

1. **Plan and Prioritize.** The key to a less stressful Thanksgiving week is planning. Take some time to make a to-do list and prioritize tasks.
2. **Set Realistic Expectations.** We often put pressure on ourselves to create the "perfect" Thanksgiving, but it's absolutely imperative to be realistic. Not everything has to go flawlessly.
3. **Self-Care Moments.** Amid the holiday chaos, remember to carve out time for self-care. Take short breaks to compress, breathe deeply, and clear your mind.
4. **Boundaries with Family.** Spending time with family can be both rewarding and challenging. It's crucial to set healthy boundaries with family members to maintain your mental well-being.
5. **Practice Gratitude.** While Thanksgiving is about giving thanks, remember to practice gratitude for the little things.



*Happy Thanksgiving
to you and your family*

ILLINOIS NAHRO REFLECTIONS

You have so much to offer. We invite you to contribute to the ILNAHRO Newsletter. From testimonials, data, exciting life changes, and gentle reminders, the ILNAHRO newsletter is the best place for forecasting useful information and ensuring that we remain aware of housing changes.

In the interim, we at ILNAHRO wish you and your families the Happiest of Thanksgivings!



THANK YOU FOR BEING ILNAHRO'S READING AUDIENCE!

*We enjoy hearing from you.
Please don't hesitate to email: angiew@sha1.org.*