

# The GMAHA Newsletter

May 2024



**EMERGENCY AFTER HOURS WORK ORDERS (after hours or weekends and holidays) call the answering service @ 309-755-1297**

**WORK ORDERS - For Regular ( Non-Emergency ) work orders call your property Manager's office or enter it online @ [www.gmaharic.org](http://www.gmaharic.org)**

**Office Hours - M-F, 8-4**

Visit for updates and staff contact information [WWW.GMAHARIC.ORG](http://WWW.GMAHARIC.ORG)



**GMAHA Offices will be closed in observance of Memorial Day on May 27, 2024**



## **May is Mental Health Awareness Month.**

Mental Health Awareness Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives and to celebrate recovery from mental illness. For more than 20 years, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized Mental Health Awareness Month (MHAM) every May to increase awareness about the vital role mental health plays in our overall health and well-being and provide resources and information to support individuals and communities who may need mental health support.

For More information:  
<https://www.samhsa.gov/mental-health-awareness-month>



**May baskets** were used to commemorate the turn of chilly and rainy months into warmer and happier ones. The tradition dates back to pagan rituals in the 12th and 13th centuries in Germany. Some records even place it as far back as revelry around Flora, the goddess of flowers, in ancient Rome. Regardless of when it began, flowers have remained a symbol of the spring celebration. These beautiful flower towers will inspire you for May Day and beyond.

## **Property Manager Corner**

### ***Oak Grove***

5/22/2024 - Riverbend Food Bank Drop, sign up ahead of time or call office.

Please pick up garbage outside your unit or on your lawn.

NO Parking in front of dumpsters or in the fire lane  
No Driving through grass or parking outside of units door.

### ***Streed***

Place name on sign- up sheet for air conditioner cover removal - *1st Floor Bulletin board*

All automobiles should be registered in working order, if not working please relocate until repaired.  
Please pick up after your pet when taking them outdoors.

### ***William Young***

It's nesting season, please close mailboxes completely.

DO NOT Feed the wild animals on the property.  
Potted Plants and lights in mulch area only, Make it easy on the mowers!

NO in-ground plants allowed.

Dumpsters are located on 2nd Avenue, 4th Avenue and 7th Street.

### ***Warren Heights/Tower***

It's a good time to clean house in preparation for upcoming moves.

Please pick up after your pet.

All pets must be registered and vaccinations up-to-date.

Please ensure all vehicles are licensed and in working order, 1 vehicle per licensed driver, 2nd vehicle must be registered and housed offsite.

# Things to know & Do !

## May 2024

### Christ United Methodist Church Food Pantry,

3801 7th Street, East Moline, IL 61244

Emergency Pantry/Food Box Hours

Monday - 9 am- 12 pm

Wednesday - 9 am - 12pm

Friday - 9am - 12pm



East Moline BMX League - "Give it a Try" Open House for Beginners, learn about and get some on-track experience, in the sport of BMX racing.

When: May 8, 2024

Time: 5:00 - 6:30 PM

Where: 1930 Avenue of the Cities, East Moline, IL 61244



Dietz Solis Band - Kick off the Summer Concert Series with this Latin, R&B & funk influence.

Where: Runner's Park, 15th Avenue & 89th Street, East Moline, IL 61244

When: May 26, 2024

Time: 5-8pm



### Early Head Start Child Care

SAL's Early Head Start program provides an unparalleled level of care to Children and families in the Illinois- Quad Cities - with education at the heart of that care.

Call 309-764-8110 ( option 3) to see if you qualify and to learn more.

QC Farmers Market! This farmer's market is so unique, it offers you order on line option ( SUN 9am - Thur 9pm) for pickup on Saturday morning @ Schweibert Park, RI, plus if you have a Link/Snap card and use it when ordering they double the value to buy locally grown fruits and vegetables.

Check out the webpage [qcfarmersmarket.online](http://qcfarmersmarket.online) for more details and see you at the market!

Where: Schweibert Park, 17th Street and 1st Avenue, Rock Island, IL

When: In -person Sat 8-12, All Summer long!



### Recipe Corner - Easy Frittata . you choose the add in's!

This is super easy and delicious! the add in's are up to you!  
8 large eggs, 1/2 cup milk ( any kind you like)

1/2 teaspoon salt, 1/4 teaspoon pepper, Cheese ( a lot or a little up to you!) 1Tablespoon olive oil, 2 cloves of garlic, minced

Add in's - zucchini, cherry tomatoes ( halved), black olives, red peppers, onions and cheese.

Whisk together the eggs, milk, salt & pepper and cheese. Toss garlic and olive oil in a pan, add egg mixture, and add in's ( if you want you can saute the onions, peppers and zucchini in the garlic first then add the egg/cheese mixture over the top), Cook on stovetop for 5 min, transfer entire pan to 350 degree oven for 22-26 min until frittata is puffy, let cool 10 minutes. serve with fresh fruit and enjoy!