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 <u>Regular</u> (Non-Emergency) work orders call your property Manager's office or enter it online @ www.gmaharic.org

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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



<u>May baskets</u> 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.

Office Hours - M-F, 8-4
Visit for updates and staff contact
information WWW.GMAHARIC.ORG



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



<u>East Moline BMX League</u> - "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



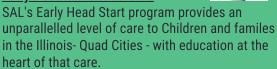
<u>Dietz Solis Band</u> - Kick off the Summer Concert Series with this Latin, R&B & funk influence.

Where: Runner's Park, 15th Avenue & 89th Street,

East Moline, IL 61244 When: May 26, 2024 Time: 5-8pm



Early Head Start Child Care



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 picup 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 for more details and see you at the market!

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

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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

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!