

TENANT FOCUS

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January—March 2019



SACRAMENTO RESIDENT ADVISORY BOARD
1725 K Street #101, Sacramento, CA

SHRA is Closed For Christmas Week

During the office closures, there will be on-call maintenance technicians available for emergency issues only.

Special points of interest:

- Your SHRA office has been given the week off. Be prepared for events in advance, post these numbers
- Save with SMUDs new rates by choosing when to use power
- Improve the life of your family, Earn more and save more
- Be Ready for RTs new schedules this summer, give your input too

For all non-emergency maintenance requests, please call your local SHRA office and leave a voice message. Your work order request will be attended to upon our return to the offices on January 2.

For After-Hours emergency maintenance, please call 916-449-1288.

After-Hours emergencies include:

- ◆ No Water
- ◆ No Power
- ◆ No Gas or Gas smell (call PG&E first)
- ◆ No Heat (below 40 degrees)
- ◆ Toilet Overflow
- ◆ Toilet Clogged (1 toilet in unit)
- ◆ Sink Overflow
- ◆ Smoke Detector
- ◆ Carbon Monoxide Detector (call PG&E first)

Always **Dial 911** for Life Threatening Emergencies

Inside this issue:

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		SMUD Power Outages	888-456-7683
Quit Smoking	2	PG&E No Gas, or Gas smell	800-743-5000
		Sacramento Co. Sheriff NON-Emergency	916-874-5115
Family Self Sufficiency	3	Sacramento Police NON-Emergency	916-264-5471
		Sacramento Fire Dept NON-Emergency	916-228-3035
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SMUD Time-of-Day (5-8 p.m.) Rate

This rate will become the standard rate for all residential customers in 2019. Some customers will transition to the rate as early as October 2018, with most customers transitioning in early 2019.

What is Time-of-Day?

On the Time-of-Day Rate, you pay different rates for electricity based on

the season and the time of day that you use it.

Rates are lower during off-peak periods because it costs us less to produce or purchase electricity. Rates increase as demand and cost for electricity increase, especially during the summer months.

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Free Quit Smoking Services

The California Smokers' Helpline provides a number of services to help smokers and other tobacco users quit. All services are free.

After just 12 hours without a cigarette, the body cleanses itself of the excess carbon monoxide from the cigarettes. The carbon monoxide level returns to normal, increasing the body's oxygen levels. Just 1 day after quitting smoking, the risk of heart attack begins to decrease.

Telephone Counseling

You can develop a quitting plan that's right for you—by working one-on-one with a trained telephone counselor. Helpline counseling is easy, convenient, and has been proven to double smokers' chances of quitting for good. Services are available in multiple languages and special services are available for tobacco chewers, pregnant smokers, teens, and e-cigarette users. Call 1-800-NO-BUTTS today! Counselors are available weekdays, 7 a.m. to 9 p.m., and Saturday, 9 a.m. to 5 p.m. Or sign up 24/7 online.

- English: 1-800-NO-BUTTS (1-800-662-8887)
- Chinese: 1-800-838-8917
- Korean: 1-800-556-5564
- Spanish: 1-800-45-NO-FUME (1-800-456-6386)
- Vietnamese: 1-800-778-8440
- Tobacco Chewers: 1-800-844-CHEW (1-800-844-2439)

Text Messaging

Want a little extra support via text messages? You can receive texts each day during the first important weeks of quitting. Text messages are tailored to help at critical points along the way. You can also send questions at any time and a counselor will respond within one business day. Sign up at <https://forms-nobutts.org/texting/>

Self-help Materials

To receive a free packet of materials explaining the nuts and bolts of quitting, call 1-800-NO-BUTTS or you can find free materials in our online catalog <https://www.nobutts-catalog.org/>.

Online Help & Referral to Local Programs

If you want to develop your own quitting plan using this web site, start at <https://www.nobutts.org/tobacco-users-welcome>. If you want to go to a face-to-face program in your area, search <https://www.nobutts.org/county-listing>.

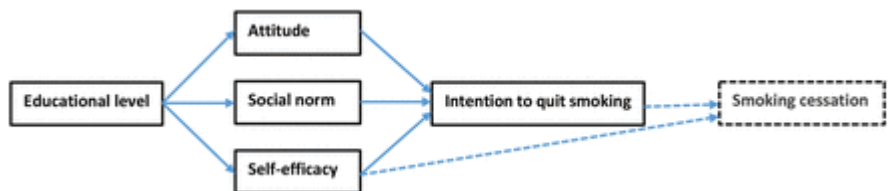
Nicotine Patches

Asian-language speakers and Helpline callers who live with children ages 5 and under may be eligible for free nicotine patches, sent directly to their home. To see if you qualify, call 1-800-NO-BUTTS. If you have Medi-Cal insurance, please see <https://www.nobutts.org/tobacco-users-medi-cal-members> for more information.

The No Butts Mobile App

Want help to quit smoking while you're on the go? The No Butts mobile app offers quick and tailored help, right from the palm of your hand. Created by the California Smokers' Helpline, No Butts uses proven methods to help you quit, like a personalized quit plan and information on effective quitting aids. The app also has other helpful features like logging your smoking triggers, reminders to keep you motivated, and pointers on all kinds of quit smoking topics.

This free app is available both for iPhones and for Android phones. For questions regarding the app, please contact nobuttsmobileapp@ucsd.edu.



Family Self Sufficiency

The Family Self-Sufficiency program (FSS) has had an awesome year in 2018. We had 11 graduates receiving **\$84,032.69** in escrow funds! We even had one graduate purchase a home.

The FSS program is an awesome opportunity to provide resources for city and county residents; we are accepting applications for the City and the County. We have partnered with

Sacramento Resident Advisory Board to do “pop-up” meet and greet events to 10 properties to introduce ourselves and make sure that all residents know about our services.

If you are interested in finding out more about the FSS program and you live in the City please contact Akil Jackson at 916-449-6206. If you live in the County please contact Karen Simmons at 916-449-6314.

SacRT Forward

What is SacRT Forward?

SacRT is embarking on a major redesign of its transit network. Over the past and next six months, SacRT has and will be developing a new network of bus routes based on community input and data analysis.

What is the goal of SacRT Forward?

The goal is to provide an updated transit network that reflects current travel patterns and features improved connectivity.

How can I participate?

There are a number of opportunities for residents to stop by both in person and virtually to discuss transit planning with our SacRT team. Check out the public involvement options at <http://www.sacrt.com/apps/sacrtforward/>

Where are we now?

The SacRT Forward team has previewed two draft Alternatives showing high frequency or high

coverage for the Sacramento region’s future transit network. These Alternatives were created to illustrate the direct trade offs between high frequency and high coverage, they represent the extremes of a spectrum. As a result of this effort, the SacRT Forward team has now developed draft transit networks for public review and comment. Please visit <http://www.sacrt.com/apps/sacrt-forward-draft-networks/> to view the draft networks and proposed changes.

What should I do?

Visit the site listed above. Look for any routes that you use. How does the new #11 help? Will the #19 get you to where you need to go? Can you get around without the #22, #28, #38, 47, #54, #65, #75, #80 and #95? Did you know that you can get to the Winco in Antelope if you ride the #84? Does the new micro-transit make life better?

Let SacRT know!

SacRT is looking to make major changes to most bus routes





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Tenant Advocates

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Type address here or use Mail Merge to
automatically address this publication to
multiple recipients.

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TOD rates help you control your electric bill when
you:

- ♦ Shift your electricity use to lower-cost off-peak
times
- ♦ Use less electricity during the 5-8 p.m. peak
hours
- ♦ Reduce your overall usage

How can I sign up for Time-of-Day?

If you own or lease a rooftop solar system or plug-
in electric vehicle, you can enroll now. Otherwise,
you can submit an interest form for early
enrollment.

You can also find information about our Time-of-
Day (4-7 p.m.) Rate. This rate closed to new
enrollments as of December 31, 2017.

NOTICE OF SRAB QUARTERLY MEETING

The next
Sacramento
Resident
Advisory Board
Quarterly Meeting
has been set for
1:30 pm on
January 25 2019
at the:
All Seasons Café
1725 K Street,
Sacramento, CA
95811

A light lunch will be
served at 1:00 pm for
those who arrive early

ARE YOU TAKING ANY MEDICATIONS?

Pharmacogenetic (PGX) Testing:

The science that allows us to predict a response to drugs based upon an
individuals genetic make-up

A simple 2-minute swab test can determine what medications work best for you.

- Every year 2 million people in the U.S.
are hospitalized due to adverse drug
reactions
- 125,000 die annually from adverse drug
reactions
- 4th leading cause of death
- Prescribed drugs are only 60%
effective



FOR MORE INFORMATION CONTACT YOUR INDEPENDENT REPRESENTATIVE:

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GERALDBOOTH1@GMAIL.COM

WWW.MEDXPRIME.COM/GBOOTH