

TENANT FOCUS

SACRAMENTO RESIDENT ADVISORY BOARD

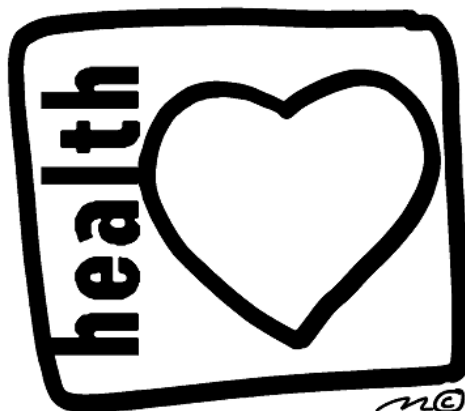
SRAB ANNUAL HEALTH FAIR BY GALE MORGAN

There will be a 'Health Fair' event on May 15, 2015, 1:00 — 3:00pm at Comstock

Apartments 1725 K Street in the Community Room. Several guests have been invited and handouts have already come to the office. While there are still many things yet to be done, we expect it to all fall into place during the next few weeks.

We have *information* on healthy eating, stop smoking

programs, easy to do exercises and more! You might even find fresh carrot and celery sticks available!



We have invited healthcare professionals to be on hand to share some of their knowledge. Come enjoy a relaxed afternoon and gather a wealth of information!

- * Do Eat Better
- * Do Exercise
- * No Smoking

Volume 9, Issue 2

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April – June 2015

The next **Quarterly SRAB meeting** has been scheduled for:

1:30 pm Friday, May 1, 2015.

The meeting will be at our regular location;

**1725 K Street,
Sacramento, CA 95811**

SRAB SCHOLARSHIP PROGRAM BY GALE MORGAN

Just a quick reminder, the School Book Scholarship Program begins again this summer. If you are a student at Sacramento City College you can access our scholarship on campus at the Sacramento City College Foundation (SCCF) office. Student from other Los Rios campuses may also apply at SCCF if their books are available at the City College

Bookstore. Please contact Debbie for details. All other students are encouraged to apply at our office. The application is available on-line at

<http://sacrab.org/SCCFScholarshipApp.pdf>.

Please bring all required materials to your appointment. Debbie can be reached at (916) 995-5799 Mon—Fri 9:00—5:00 pm



"What Home Means to Me"

Poster Contest

As part of NAHRO's (National Association of Housing and Redevelopment Officials) Housing America campaign, a poster contest is held for children residing in affordable housing and community development programs owned or administered by NAHRO member agencies each year. Posters reflect the national theme of "What Home Means to Me." The contest is a collaborative effort of NAHRO's chapter/state, regional, and national organizations.

National honorees will be selected from chapter/state-level winning entries.

Congratulations to Valerie Martinez from SHRA Sun River community who was voted as one of three winners from Nor-Cal Nevada NAHRO Chapter. Her poster will forward on to the regional conference in San Diego in May. Winners from the regional conference will be forwarded on to the national contest, held in August in Washington D.C.

2015 Calendars can be purchased for \$5.00 on line
www.nahro.org/calendar-order-form

Never Stop Quitting! BY THERESA BOSHERT

How do people stop smoking?

By trying as many times as it takes until the habit is released.

Cigarettes do not relieve stress. The body's craving for nicotine causes us stress!

How to manage stress:

- Do something you really enjoy on a regular basis.
- Make exercise a part of your life. Even a few minutes a day will help.
- Get enough sleep.
- Drink plenty of water.
- Talk about your worries. Don't keep them bottled up.



Medi-Cal Incentives to Quit Smoking (MIQS)



Ask about **FREE** patches and \$20 gift card bonus! Call 1-800-NO-BUTTS.

- **Get support! Call WIN at 916-739-0322 or 1-800-No-Butts**

Remember: "When you get to the end of your rope, tie a knot and hang on." *Thomas Jefferson*

For more information on Helpline services for Medi-Cal members visit www.NoButts.org/Medi-Cal or call



BY SANDY PIEKARSKI
SENIOR REDEVELOPMENT PLANNER, SHRA

First Source Sacramento is a partnership program between the Sacramento Housing and Redevelopment Agency, the Greater Sacramento Urban League and the Sacramento Employment and Training Agency. This partnership will create pathways to employment for low-income residents in targeted areas of the City and County of Sacramento. It is a one-stop resource for residents

seeking career counseling, training, certification and employment, and for employers that need access to a pool of qualified applicants that are available to work. First Source Sacramento helps create a competitive workforce, vibrant communities, and a sustainable local economy. For further information, please visit www.firstsourcesacramento.org or call the Greater Sacramento Urban League at (916) 286-8601 and ask for Ms. Gloria Bickum.

WHAT IS COVERED BY A 5 YEAR CAPITAL PLAN ?

Each year HUD requires SHRA to complete a Capital Needs Assessment for all rental units in their Conventional Housing program. SHRA is starting to prepare to file the second revision to their 2014 five year plan. Regulations require the input of the tenants to be considered in the development of the plan. The Sacramento Resident Advisory Board (RAB) is your representative and advocate to SHRA.

The RAB will be conducting 18 public meetings with SHRA to gather tenant input. The RAB will then compile the data and formally submit written documentation to SHRA for inclusion into their five year plan.

Many times we are asked this simple question **What is covered in the 5 year Capital Plan?** Then they comment on a maintenance item that may need more attention.

The quick rule of thumb that you can use as a guideline is: **Will it cost more than a couple thousand dollars to replace or repair?**

If so, it is most likely a 'Capital Improvement' if not, then maybe it is a maintenance or

operations issue. The other indicator is **Does this need apply to just one apartment or to the entire complex?** Maintenance usually covers one apartment while the Capital Plan would cover improvements to all the apartments in your complex or your community.

Your voice is important in this process. All tenants are welcome and encouraged to attend any of these very important meetings. You may alternately mail your comments, using the form on facing page, directly to the RAB at:

Sacramento Resident Advisory Board,
1725 K St. #101,
Sacramento, CA 95811.

BUILDING HVAC
CARD ACCESS
COMMUNITY ROOMS
GATES
BUILDING PAINT
PLAYGROUNDS
PLUMBING
REFRIGERATORS
ROOFS & GUTTERS
SECURITY CAMERAS
SIDEWALKS
WINDOWS ...

Arden Arcade	Tue, March 24, 2pm – 3:30pm	3241 Alta Arden, 95825
Sun River	Fri, April 3, 1:30pm – 2:30pm	6250 Mariposa Ave, 95610
Edge Water	Tue, April 7, 3pm – 4:30pm	626 I ST (600 I Street, 95814)
William Land Villa & 24th	Wed, April 8, 2:00pm – 3:30pm	1043 43rd Ave., 95822
Rio Linda Properties	Thu, April 9, 10am – 11:30am	6045 Dry Creek Rd, 95673
Gran Casa Linda	Thu, April 9, 1:30pm – 3:00pm	3725 Cypress St., 95838
Alder Grove Community	Thu, April 10, 1:30pm – 2:30pm	816 Revere St., 95818
Sherman Oaks, Lincoln Plaza & Rio Ln	Mon, April 13, 3:30pm – 5:00pm	3543 1st Ave., 95817
Twin Rivers Community	Tue, April 14, 2:00pm – 3:30 pm	321 Eliza St., 95814
Pine Knoll	Thu, April 16, 10:30am – noon	917 38th St., 95816
Colonial Heights	Mon, April 20, 10:30am – noon	1 Clauss Ct., 95820
Comstock	Mon, April 20, 1:30pm – 3:00pm	1725 K Street, 95811
Capitol Terrace	Tue, April 21, 10:00am – 11:30am	1820 Capitol Avenue, 95811
Gibson Oaks	Tue, April 21, 2:00pm – 3:30pm	480 Redwood Ave., 95815
Marina Vista	Thu, April 23, 10:00am – 11:00am	240 Seavey Cr., 95818
Paradise Manor & Pt. Lagoon	Thu, April 23, 1:30pm – 3pm	4930 El Paraiso, 95824
Quarterly Meeting—Overview	May 1, 1:30pm	1725 K Street 95811

2016 CAPITAL FUND PROGRAM 5 YEAR PLAN

Resident Survey

Community Name: _____

Address: _____

Category	Description of Requested Work (print legibly)
Grounds/Site Examples: (Parking Lots, Sidewalks, Playgrounds, Fencing)	
Common Areas Examples: (Hallways, Community Rooms, Laundry Rooms)	
Building Exteriors Examples: (Roofs, Windows, Siding, Entry Doors)	
Building Interiors (Units)	
Security Related Examples: (Site Lighting, Fencing, Gates)	
Other	

WHAT 10 THINGS CAN PEOPLE START DOING NOW THAT WILL HELP THEM A LOT IN FIVE YEARS? - BY QUORA CONTRIBUTOR - ANDY GIROUX

1. Exercise. And if you can, exercise in the morning. This helps in so many ways. It will help you sleep better at night and be more alert during the day. It will help wake you up in the morning by getting your blood flowing. It will help to sharpen and focus your mind. It will help relieve stress. There are just so many benefits.

2. Don't say "I'll do it tomorrow" or "I don't have time." Tomorrow tends to be the imaginary land that never arrives, and 95-99% of the time when people say "I'll do it tomorrow" or "I don't have time" it really means "I'd rather just be lazy."

3. Don't make excuses. Just do it. If there is something that you want to do, whether it is just something that you think would be fun, a new experience, or something to better yourself then do it. This sort of goes with point #2. If you're making excuses then all that means is you really don't want it that badly.

4. Read books. Get off the internet. Stop reading pointless 3 paragraph articles and read something substantial. It will help expand your vocabulary, it will open your mind, it will inspire real thinking and creativity, and more.

5. Make sure you understand your credit score.

6. Save money. Be aggressive about it. In the next 5-10 years, you'll probably be extremely happy that you did so.

7. Don't hold grudges. Do not harbor hate. It takes a lot of energy to be mad at people so don't bother. Just let things go. And if someone continues to inspire these bad feelings in you, then let them go. It's that simple.

8. Laugh and smile. Always. Having a bad day? First, Smile. A big one. Ear to ear. Force it. Smiling doesn't just happen when you are happy, but it always happens to make you happier. It's scientifically proven. Then go to YouTube (I know earlier I said get off the internet, but laughter is a necessity.), look up a funny video or your favorite comedian and just laugh. Just let go. It'll help.

9. Stop and smell the roses. It's good to want to better yourself, but you also need to know when to take time for yourself and relax. Let your batteries recharge.

10. Be thankful and grateful. Sometimes it can be hard in the moment to realize that you actually have it pretty good, but every now and then just stop and think about everything that you have in your life. There is always someone who has it worse so you should be



FEES & CHARGES BY KAREN WALLACE

As part of annual planning for the Public Housing Authority of the City and County of Sacramento, there is an update of the Schedule of Fees and Charges. These charges are related to charges for work done in your apartment. The schedule covers most charges

and, in a case where the item does not show on the schedule, actual costs are passed through to the resident. To obtain your copy for the period of 9/1/2014 through 8/1/2015, please contact your management office.

RIGHT UP YOUR ALLEY BY THE LINGUISTIC COACH

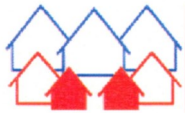
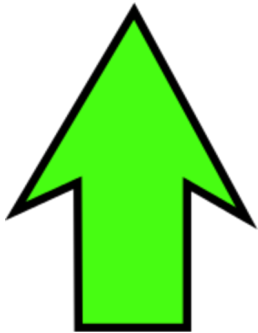
One two-letter English word has more meanings than any other two-letter English word: **up**. It means toward the sky or at the top of a list, but when we awaken, we **wake up**. At a meeting, a topic **comes up**. We **speak up**. Officers **are up** for election and it is **up** to the secretary to **write up** a report.

We **call up** friends,

dress up, **brighten up** a room, **polish up** silver, **warm up** leftovers, and **clean up** kitchens. We

lock up houses and **fix up** cars. People **stir up** trouble, **line up** for tickets, **work up** an appetite, and **think up** excuses. Drains must be **opened up** when they **stop up**. We **open up** a store in the morning and close it **up** at night. If you are **up** to it, build **up** a list of the ways **up** is used; it will **take up** a lot of time, but if you don't **give up**, you may **wind up** with a hundred. When it threatens to rain, it **clouds up**. When the sun comes out, it **clears up**. When it rains, it wets the earth and often muddies things **up**. When it doesn't rain,

UP



ILLEGAL ACTIVITY IS NOT
TOLERATED HERE

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Advisory Board

Tenant Advocates

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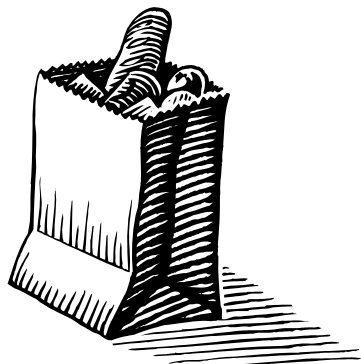
E-mail: tenantfocus@sacrab.com
<http://www.sacrab.org>

Grocery Bus

Our new grocery bus provider, ACC Rides, requires an application for all riders prior to making reservations. Once the application is received you may place your reservation. The grocery bus will now make two runs to the WAL-MART in West Sacramento. Both runs will provide morning service. Reservations are required, so please contact Barbara at: (916) 927-7446 ASAP to make reservations.

These grocery bus trips are scheduled:

- April 6, 2015
- May 4, 2015
- June 3, 2015
- July 6, 2015
- August 3, 2015



Do you have Medicare and Medi-Cal?

If you do, you may qualify for a health plan that can help you get:



Glasses

Dental work



Transportation to the doctor

Ask me for details!

Gerald Booth 916-289-4093, Ca./ Ins./ Lic. # 0F96671