

TENANT FOCUS

SACRAMENTO RESIDENT ADVISORY BOARD

FIRST SOURCE SACRAMENTO BY GALE MORGAN



First Source Sacramento is a partnership program that provides 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, access to a pool of qualified applicants. First Source Sacramento helps create a competitive workforce, vibrant communities, and a sustainable local economy.

Program Goals

FSP is a free job seeker referral system designed to achieve three goals:

- Help low-income job seekers within the City and County of Sacramento to find jobs.
- Save businesses streamlining the process to find suitable local candidates to hire.
- Connect job seekers and businesses for mutual benefit.

How The FSP Works

The FSP acts as an administrator and central clearinghouse for both employers and job seekers. Government entities and businesses that wish to participate give first notice of job openings to the FSP for a designated period of time before opening up the employment opportunity to the general public. The clearinghouse screens local residents, provides

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July – September 2015

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

1:30 pm Wednesday, July 22, 2015.

The meeting will be at our regular location;

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

SRAB SCHOLARSHIP PROGRAM BY GALE MORGAN

The School Book Scholarship Program begins again in July. 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

necessary training, and maintains a databank of job seekers and their skill sets that employers can tap into in order to fill positions.

Key Components of the FSP

Proactive approach in recruiting, training, and matching low-income residents with jobs to meet the needs of both employers and local residents.

- Strong policy and processes which set the stage for success by clearly defining the responsibilities of all participants.
- Selection of geographical areas within neighborhoods experiencing high unemployment where local efforts may be targeted.
- Assessment of job opportunities and identification of skills that may be required to fill the jobs.
- Hiring process that gives FSP referrals early opportunity to apply for and get jobs
- Job seeker screening for employment suitability and skills gap assessment
- Partnerships with service organizations to recruit job seekers.
- Utilize a database of job seekers that possess the

skills required to fill anticipated employment needs.

- Follow up with employers and job seekers to receive feedback on the success of the FSP.

Recruitment and Outreach

Potential partners in the FSP include community colleges, nonprofit referral agencies, faith institutions, and community based organization training programs. Recruitment and outreach will utilize a First Source Agreement. The FSP will also utilize an interactive website to maintain all job openings and applications, screen job seekers, maintain a First Source Register and to report on hiring results.

Apprentice and Training Programs

An effective local hiring initiative includes apprenticeship and training programs for local job seekers. Ideally, these programs are run with the support of local employers and labor unions with job opportunities that lead to full time positions. These programs anticipate potential barriers facing prospective workers and provide appropriate support services to ensure adequate child-care, transportation, language skills, and access to licenses, tools, or union fees.

Visit <https://jobs.sacramentoworks.org/portals/shra/default.asp> for more information.

Sacramento Senior Citizens Club

Are you a senior (*persons 50 and older*) or do you know a senior?

All seniors are cordially invited to join the Sacramento Senior Citizens Club. This is an opportunity to get out and mingle with other seniors. Don't stay home with nothing to do! The club has several activities each month including Dances, BINGO and casino trips in addition to their monthly business meeting on the second Tuesday of each month at 10:00 am. The club offers you the opportunity to get out and enjoy time with other like minded people.

BINGO games are at the Heart Center on the 1st, 2nd, and 3rd Tuesdays of each month at 1:00 pm to 3:00 pm

Dances are on Sunday afternoons also at the Heart center from 2:00 to 4:00 pm unless the

center is closed in deference to recognized holidays.

Casino trips each month are organized by AI and announced at BINGO.

**Come join the fun!
Be involved!**

Membership dues are only \$10.00 per year and entitle members to a 50% discount at BINGO games.

The Sacramento Senior Citizens Club, Inc., meets at the **Ethel MacLeod Hart Multipurpose Senior Center** 915 27th Street, Sacramento, CA. 95816, and is sponsored by the City of Sacramento, Department of Recreation & Parks.

SMOKE-FREE LIVING: HEALTHIER, HAPPIER AND SAFER TENANTS

BY THERESA BOSHERT

Now that SHRA tenants live in smoke-free buildings—we are living healthier, happier, and safer lives! **Congratulations to all SHRA tenants who are abiding by the smoke-free policy!! And a big “Thank You” goes out to the SacRAB for leading the way.** Together we are making our communities a better place to live.

Before our no smoking policy went into effect: in one year, cigarettes caused over 1,400 fires in California homes, apartments, and mobile homes with an estimated \$25 million loss in property.

Landlords know the dangers of having a indoor smoking: “I’ve had two places burn down because of cigarettes,” noted one Redding, California landlord. “Now I know the number one cause of fire fatalities are cigarette-related. My properties have been made 100% smoke-free and both my tenants and I are happy with the new change.”

Smoking is the #1 cause of all fatal apartment fires. And, nearly a third of them are caused by someone smoking in bed.

Cigarette-caused fires often result when a smoker—who may also be impaired or may have fallen asleep— drops a lighted cigarette. A

dropped cigarette can lie in furniture or bed linens and smolder for up to 30-45 minutes, causing fire ignition or large amounts of smoke.



According to the American Lung Association, more and more Public Housing Authorities are making their properties smoke-free.

Here’s why we sleep easier in smoke-free buildings:

- Apartments account for a larger share of smoking -related fires than other residential fires in the United States.
- Approximately 25% of victims who die in smoking-related fires in the U.S. are not the smoker whose cigarette caused the fire. These victims are a neighbor or guest.

Smoking outdoors makes a big difference for everyone. THANKS to our smoking residents for taking that extra step!!

Thinking about quitting smoking? **Call the California Smokers Helpline at 1-800-No-Butts** or call Theresa or Crystal at WIN 916-739-0322.

Smoking vs. Quitting

How’s your motivation?

You can decide whether your motivation to quit is strong enough by doing this simple exercise. On the left side of a paper **write** your reasons for smoking. On the right side, **write in** your reasons for quitting.

Now, take a look at what you've come up with. It doesn't matter how many reasons there are. It only matters how important the reasons are to you.

Which side comes out ahead? Are you leaning toward smoking or quitting?

If you are leaning toward smoking.

You may want to give it some more thought. You probably need to find a stronger reason to

quit. Maybe talk to a friend who used to smoke, and ask why he or she quit. Maybe check out "The Benefits of Quitting" <http://www.nobutts.org/the-benefits-of-quitting-smoking> and see if any of the benefits can motivate you.

If you are leaning toward quitting.

Take a second look at your reasons to quit. Is there one that really stands out? What matters most to you? Turn that into something you can use - to remember why you're quitting. For example, "I want to have more energy." Or, "I want to live to see my grandkids get married."

Adapted from:

<http://www.nobutts.org/smoking-vs-quitting>

SHRA Resident Training Program

SHRA's Public Housing Department has a Resident Training Program which is designed to help resident trainees obtain and maintain full time, non-subsidized employment which provides benefits by helping trainees and their families achieve self-sufficiency. This two year on-the-job training program provides training in one of the following areas: **clerical, janitorial and painting**. Trainees are provided the opportunity to build their skills and job history.



You may request an application through your Site Management Office or by calling 449-6250 or emailing ksimmons@shra.org. Applicants must: Be authorized residents of public housing 18 years old or older, be in compliance with their lease agreement, pass a criminal background check and for Paint or Janitorial, applicants must have a valid California driver's license and pass the DMV background check.



- Looking for a job?
- Want to upgrade or learn new skills?
- Need to get training or certification?
- Need qualified candidates for your available jobs?



First Source Sacramento is a one-stop clearing house that connects employers and job opportunities with qualified job seekers. The partnership program coordinates a structured path toward employment for people who need help getting the skills, training or certification necessary to successfully complete in the job market. The target applicant pool is Sacramento residents based on income requirements.

EMPLOYERS - Save recruitment time and costs. Get access to a data bank of pre-screened, trained, certified job seekers with the skills and experience needed to fill positions.

JOB SEEKERS - Work with a case manager who will assess your skills and design a plan to find a job, or get qualified for employment.

Resident Opportunity for Self Sufficiency

Family Self-Sufficiency Program (FSS) was created by the U. S. Department of Housing and Urban Development (HUD) and was designed to assist Public Housing Residents in becoming economically self sufficient. In order to participate in the FSS Program you must be a public housing resident and head of household. As a participant of the FSS program you will sign an FSS Contract of Participation (COP) and will develop an Individual Training and Service Plan (ITSP) with the FSS Coordinator. The COP is a five year contract that outlines your rights and responsibilities while on the FSS program. The ITSP is a plan that outlines the goals you choose to work towards while participating in the FSS program. The Housing Authority does not tell you what goals to work towards, but assists you in identifying goals and then connects you with the resources and supportive services needed to reach them.

The incentive for completing the FSS program is an escrow account that is established when you begin employment or have an increase in your earned income. Part of the increase in your earned income is placed in an escrow account on a monthly basis. You may access the funds in the escrow account as it builds up, if the funds are needed towards reaching your goals, such as paying for tuition and books for school.

Once you have successfully completed your FSS contract, you will receive the funds in the escrow account and may do with them whatever you wish. The money you receive is not taxable or reportable to the IRS as income, and will not be used by the Housing Authority when calculating your share of the rent. Some participants have used the escrow funds to purchase new homes, cars and more.

Service Coordination is a voluntary program that was established by HUD to help families become free of public assistance through the achievement of self-sufficiency. As a participant, you and the Service Coordinator will develop a plan to identify services that are needed. The assessment is a plan that outlines the goals you choose to work towards while participating in the Service Coordination Program. All clients receive referrals to supportive services on an ongoing basis at the client's request.

Resident Services Features:



cares
community
health

**1500 21 Street,
Sacramento, CA 95811
916-443-3299
www.CaresCommunityHealth.org**

Cares Community Health is a private, nonprofit community health center serving the greater Sacramento area. We use a medical home model of care, including preventive care, routine checkups, immunizations and management of acute and chronic illnesses. Health care services are provided by compassionate, board-certified medical professionals. In addition, we have a friendly, professional, multilingual staff who provide:

Primary Care

Infectious Disease Care

Dental Care

Nutritional Counseling

Psychiatry & Mental Health Counseling

Substance Abuse Treatment

On Site Pharmacy & Laboratory

Insurance & Eligibility Counseling

Community Resource Connection

Referrals to Specialty Care

Benefits counseling

Assistance navigating the health care system

Cares also maintain a team of social workers and case managers who help patients overcome the social barriers that keep them from good health and good health care. Through the efforts of our highly trained staff, and in partnership with other community agencies, we work to find all the resources you need to live a healthy and productive life.

Leading the Fight Against HIV Treating the disease since its earliest days in the Sacramento area, Cares Community Health has the experience, knowledge, and compassion to help you manage HIV. You can live a long, happy life with HIV. We serve over 2,700 people with HIV/AIDS with an array of comprehensive services that care for the whole person. We also work hard to fight the spread of HIV in our community and have enlisted the support of a wide coalition of concerned community members to help in that effort.

FSS and Service Coordinating Outreach

Professional-Financial/Home Buyer Workshops:

FSS provides extremely useful government and credit programs and home purchasing guidance

Upcoming Workshops and Events:

Wellspring Women's Center presents:

The Art of Being Program – Wellness through Creativity and Counseling

June 1 – August 5, 2015 Contact G Smith 916-454-9688

2016 Significant Changes to the ACOP

CHAPTER 5 OCCUPANCY GUIDELINES

C. ACCESSIBLE UNITS/MANDATORY TRANSFERS

Old

Accessible units will be offered and accepted by non-mobility impaired applicants only with the understanding that such applicants must accept a transfer to a non-accessible unit at a later date (at applicants' expense with a new security deposit) if a person with a mobility impairment requiring the unit applies for housing and is determined eligible. If a tenant who does not need an accessible unit turns down that unit because they do not want to move when the unit is needed by a person with disabilities, the tenant's refusal will not be counted against the two offers allotted to a tenant or applicant.

New

The PHA will require a non-disabled applicant to agree to move to an available non-accessible unit within thirty (30) days when either a current resident or an applicant needs the features of the unit and there is another unit available. The resident's deposit will be transferred to the new unit and the PHA will pay for moving expenses. This requirement will be a provision of the lease agreement

CHAPTER 9 LEASING

H. RENT PAYMENTS

Old

The resident's rent is due and payable at the PHA-designated location on the first (1st) of every month.

If the first (1st) falls on a weekend or holiday, the rent is due and payable on the first business day thereafter. If the PHA does not receive payment by the fifth (5th) day of the month, a delinquent rent notice will be sent.

New

Resident shall pay the PHA monthly rent payable in advance on or before the first date of each calendar month beginning. The rent is due and payable on the first day of each month. If the monthly rent is not paid in full before 8:00 AM on the sixth(6th) of each month, the PHA will collect a late charge in accordance with the PHA's Schedule of Fees and Charges. The PHA shall collect a fee on all returned checks in accordance with the PHA's Schedule of Fees and Charges.

M. INSPECTIONS OF PUBLIC HOUSING UNITS

Old

The PHA will give forty-eight (48) hours written notice for non-emergency inspections. Non-emergency entries to the unit will be made during reasonable and customary business hours of the day.

New

The PHA may enter a Resident's dwelling units to perform inspections and/or repairs as follows:
(1) The PHA will give Resident forty-eight (48) hours written notice stating the purpose of entry to the dwelling unit. The PHA's entry shall be in a four hour range of normal business hours .
(2) The PHA can enter the premises at any time without advance notification when there is a reasonable cause to believe that an emergency exists.

JULY IS NATIONAL ICE CREAM MONTH

There's nothing more refreshing on a warm summer day than a cold, mouthwatering ice cream cone Unless, of course, it's an old-fashioned milkshake.

Americans eat more ice cream than any other country on earth with each person consuming an average of 48 pints of ice cream every year. And, our love affair with ice cream reaches its peak every July when we commemorate National Ice Cream Month,

a celebration actually made into law by President Ronald Reagan in 1984.

We love ice cream, but how much do we actually know about it? Here are seven little-known facts to share with your friends when you're next enjoying this treat:

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1. **No one really knows who invented ice cream.** Some say the Persians started it all with flavored ice in 400 B.C. Others credit the Roman Emperor Nero (A.D. 37-68). The closest recipe to today's ice cream is from China's Tang dynasty (618-917 A.D.). But the base for that ice cream was a mixture of horse, water buffalo, cow, and goat milk — which doesn't sound very appetizing.

2. **It takes a lot of milk to make ice cream.** About 12 pounds of whole milk (roughly 22 cups) are required to make just one gallon of ice cream. Happily, the average dairy cow can produce enough milk in her lifetime to make a little over 9,000 gallons of ice cream.

3. **Ice cream and America both made history in the 1700s.** The first official account of ice cream in America comes from a letter written in 1700 by a Scottish guest of William Bladen, Maryland's governor at the time. Over the next few decades, carts peddling ice cream grew in popularity in cities like Boston and New York, transforming a treat once available only to the wealthy and privileged into a regular part of the public diet. The first ice cream parlor opened in New York in 1776 and — as the saying goes — the rest is history.

4. **The U.S. government officially declared ice cream an "essential food."** Americans love their ice cream, so when a key ingredient — sugar — was rationed during World War I, our government stepped in. By officially declaring ice cream "an essential food," the government ensured that ice cream factories were allotted sufficient sugar to produce the sweet treat.

5. **The biggest producer of ice cream was once the U.S. Armed Forces.** By the late 1930s, ice cream was so popular in America that other countries viewed it as a major symbol of the American way of life. So, Prime Minister Benito Mussolini of Italy — one of America's enemies in World War II — lashed out at America by banning ice cream throughout his country. In 1943, as our soldiers and sailors were fighting for our way of life, the U.S. Armed Forces became the biggest ice cream producer in America just so they could meet their demands. By 1945, the Navy had built the world's first floating ice cream parlor at a cost of \$1 million; the ice cream ship's sole responsibility was to produce ice cream for U.S. sailors

in the Pacific and pump out around 1,500 gallons every hour.

6. **The humble cone was a real game changer.**

Until cones were available as a serving choice, people ate ice cream out of paper, metal and glass holders. As early as 1825, French cookbooks had recipes for cones, but it took years for the edible containers to catch on. When Italo Marchiony of New York was granted the first U.S. patent in 1904 for a mold for small pastry cups to hold ice cream, interest increased. More than 50 ice cream vendors served ice cream in cones at the 1904 World's Fair in St. Louis, Mo. and cone popularity skyrocketed.

7. **The scoop is behind the cone's popularity.** Imagine trying to quickly stuff a melting confection into a cone with a knife or spoon. Until the ice cream scoop was invented by William Clewell of Reading, Pennsylvania, in 1878, putting ice cream in a cone was a pretty messy affair. After Clewell introduced his ingenious invention, more than 240 scoop designs were patented in the next 60 years.

And, that's the scoop on ice cream.

Ice cream always makes a day just a little bit sweeter.



Med+Aid Pharmacy & Compounding

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Sacramento, CA 95835

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Fax: (916) 736-2028

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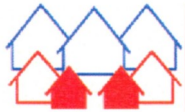


Sacramento Resident
Advisory Board

Tenant Advocates

1725 K ST #101
Sacramento CA 95811

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



**ILLEGAL ACTIVITY IS NOT
TOLERATED HERE**

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1-800-78-CRIME
2 7 6 4 3

WWW.WETIP.COM

**UP TO
\$1,000 REWARD**

Grocery Bus

Our West Sacramento Wal-Mart grocery bus requires an application for all riders prior to making a trip. Once the application is received you may place your required reservation. Please contact Barbara at: (916) 927-7446 to make reservations.

These grocery bus trips are scheduled:

- July 6, 2015
- August 3, 2015
- September 3, 2015
- October 5, 2015
- November 4, 2015
- December 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