

# TENANT FOCUS

Sacramento Resident Advisory Board Newsletter

July September 2016

## SHRA's Mike Chism Provides Fire and Safety Training

SHRA has been updating its resident safety handbook to keep the contents current and useful. The manuals are customized for each community. Thus you have the proper phone numbers in case of an emergency.

Each month Mike and Tyco SimplexGrinnell visit an SHRA community. They provide fire and safety training for the residents and staff of that community. Each session they cover safety issues for your apartment and then give hands-on experience with a live fire..

The pictures on the right are from four separate monthly training events.

Here are some highlights from the training:

- There is a fire extinguisher within 75 feet of each apartment door.
- Smoke detectors are the latest technology with NO user serviceable batteries.
- If a fire takes more than one extinguisher, Call the Fire Department. 'Use one and go!'
- When to 'Shelter in Place'
- Things can be replaced—lives cannot.
- Know what to do in case of an emergency!
- Stay alive



Fire Extinguisher Training

## NOTICE:

*The S R A B  
Quarterly Meeting  
is set for 1:30 pm  
August 30 2016  
At the All Seasons  
Café 1725 K Street  
Sacramento, CA  
95811*

## In This Issue

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# The Dangers of the Choking Game

Turn in info on kids that play dangerous games;  
Call WeTip anonymously 1-800-78-CRIME

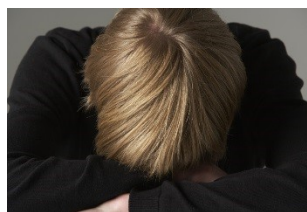
By: WeTip Chief Editor, Gabrielle Aguilar

The arm came around her neck, blocking off all oxygen, stars burst before her eyes, everything goes black and she falls to the floor, legs and arms twitching helplessly.... Sounds like a murder scene from a movie right? No, this is a "game" played by children as young as 6.

They call it "The Choking Game", "Space Monkey", "Suffocation Roulette" and many more but "Dying Game" is probably the most accurate. Played by teens, supposedly to get high without taking illegal drugs, this "game" consists of hyperventilating and strangulation with the help of friends or a scarf, belt or even a bungee cord. What these kids don't realize is that it only takes 3 minutes of oxygen deprivation for the central nervous system to fail. Lack of oxygen can easily cause brain damage and death. Non-lethal injuries have been reported also, such as stroke, seizures, memory loss, retinal hemorrhaging, headaches and fractures from falling.

Statistically, most of the kids involved in this deadly game are boys around the age of 13, but girls also engage. It's not just the feeling of euphoria, but also is a hazing, challenge or dare. The feeling can become addictive for some and that's when the danger is the highest. They begin to attempt the "game" alone with ligatures tied to closet rods, bunk bed posts and door hinges. Most deaths occur when the ligatures fail to release.

According to the Dangerous Behaviors (DB) Foundation and CDC Studies, 800-1000 kids die every year of strangulations. It is unclear how many of these deaths are from the "choking game" as many cases are unreported or wrongly classified as suicides. This isn't a regional epidemic either, 46 states have reported choking game deaths with Texas, California and Ohio ranking the highest. In cases where the child died, most deaths occurred in the child's bedroom between the hours of 6pm and midnight.



Children are learning this behavior from their siblings, friends and the Internet. There are actually videos explaining how to strangle one's

self, but few are warning others of the dangers. The Internet has as many choking videos as it does videos and sites warning or mourning the deaths of children. So many parents don't even know what the choking game is or that their children play it, but according to statistical data, 59% of families recognized one or more warning signs either prior to or in retrospect of a death. To see a list of warning signs due to chronic choking visit the home of the DB Foundation at [thechokinggame.net](http://thechokinggame.net). It's never too soon to talk to your kids or friends about the possible dangers of the choking game, we tell even the littlest children to never put a plastic bag over their head for the same reasons. If your child knows what the choking game is, their friends know too.

Let children know they can report this dangerous behavior to school officials and WeTip where they can tell someone about the game or any crime without having to worry about anyone knowing who told. WeTip has operators on duty 24 hours a day so you never have to talk to a machine and as always, "No one will know who you are, not us, not ever."

**Learn more about the Choking Game and read true educational stories about TCG. Simply go to [Ed4Ed4all.com](http://Ed4Ed4all.com) and read about the amazing program Kevin Tork and his team have produced to bring awareness to everyone.**

## WeTip is Anonymous

**According to Webster  
Confidential –**

**"to tell in confidence"**

**"entrusting with a secret"**

**"to put in another's keeping"**

**Anonymous –**

**"having an unknown  
or withheld name"**

Since 1972  
WeTip has  
**NEVER**  
had a tipster  
identified!!!



## Raffle

The SRAB raffle drawing will be held at the August Quarterly meeting.

An opportunity exists to acquire one of the paintings and support the SRAB Scholarship fund. Debbie is donating two works to the fund, along with a 'Bubba doll' designed by Paris Tompkins.

1st place gets their choice of one of the paintings or the doll;  
2nd place gets their choice of one of the four remaining items;  
3rd place gets one remaining item.

Buy your \$1 raffle ticket today from any SRAB board member.



Win and Pick One



## Annual Plan

The Sacramento Resident Advisory Board has been working with resident committees and SHRA for several months on the 2017 Annual Plan.

In April and May we visited many properties and received resident input along with our observations for the Capitol Fund needs. This includes any repairs or improvements that cost more than \$2000.00. We then sat down with a management and staff team in June to prioritize those needs.

We reviewed the proposed management changes to the Admin Plan (Section 8 - Housing Choice Vouchers) and the ACOP (Admissions and Continued Occupancy Policy—Conventional housing) in July and are presenting a review of the significant changes at resident committee meetings in August. We will be writing a letter of recommendation for the agency to pass along to the Commission, Housing Authority Boards and HUD. Resident comments will be included in our response.

The 'Public Comment' period started July 18, 2016 and extends to September 7, 2016. The

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## SRAB Grocery Bus Service

ACC Rides provides grocery bus service for Downtown and Midtown SHRA properties through a contract with SRAB. 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 provides service once a month to the WAL-MART in West Sacramento. Reservations are required, so please contact Barbara at (916) 927-7446 ASAP to make reservations.

**These grocery trip dates are scheduled:**

**September**

**October 4, 2016**

**November 3, 2016**

**December 6, 2016**

**January 5, 2017**

**February 6, 2017**

**March 6, 2017**



# 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

### Quotes:

*"You can avoid reality, but you cannot avoid the consequences of avoiding reality."*

- Ayn Rand  
(1905-1982)

*"Only two things are infinite, the universe and human stupidity, and I'm not sure about the former."*

- Albert Einstein  
(1879-1955)

*"People demand freedom of speech to make up for the freedom of thought which they avoid."*

- Soren Aabye  
Kierkegaard (1813-1855)

*"Not everything that can be counted counts, and not everything that counts can be counted."*

- Albert Einstein  
(1879-1955)

## Tenant Focus

The official oracle of the Sacramento Resident Advisory Board, tenant advocates for SHRA

### SRAB

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Commission will hold the public hearing on September 7, 2016 and pass it on to the city and county on September 21, 2016. It will then be submitted to HUD for final review. There is a copy of the Annual Plan at our office and at each of the SHRA community offices available for your review. All public comment should arrive at the SHRA main office prior to the public hearing on September 7, 2016

### Humor

- There is no "i" in denial
- I broke my finger last week.  
On the other hand, I'm okay.
- I have a stepladder, because my real ladder left when I was a kid.
- My teacher accused me of plagiarism.  
His words, not mine.