

# TENANT FOCUS

Sacramento Resident Advisory Board Newsletter

October - December 2016

## October is Fire Prevention Month – 10 Home Fire Safety Tips by Amber Hunt

The U.S. Fire Administration reports that fires kill more than 4,000 Americans each year and approximately injure 20,000 more. U.S. fire departments respond to nearly 2 million fires each year, with three-quarters of them occurring in residences.

A home is often referred to as a safe haven. This month, make sure your home is protected from (and your family is prepared for) a fire. Here are 10 simple tips to help you avoid fires and reduce the risk of injury should one occur:

- 1) **Smoke Alarms** – These are still a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
- 2) **Prevent Electrical Fires** – Don't overload circuits or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
- 3) **Keep Plugs Safe** – Unplug all appliances when not in use. Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then repaired or replaced.
- 4) **Alternate Heaters** – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.



Fire Extinguisher Training

- 5) **Fire Safety Sprinklers** – When combined with working smoke alarms, home fire sprinklers greatly increase your chance of surviving a fire. Sprinklers are affordable and they can increase property value and lower insurance rates.

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## NOTICE:

**S R A B**  
**Quarterly Meeting**  
**set for 2:00 pm**  
**November 4 2016**  
**At the All Seasons**  
**Café 1725 K Street**  
**Sacramento, CA**  
**95811**

*Please note the time of the meeting. Also, daylight savings time ends at 2:00 am November 6, 2016*

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6) **Create An Escape Route** – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. It's just like a routine school fire drill – but in your home.



7) **Position Appliances Carefully** – Try to keep TV sets, kitchen and other appliances away from windows with curtains. If there is a wiring problem, curtains can spread a fire quickly. Additionally, keeping your appliances away from water sources (like rain coming in from windows) can help prevent wiring damage which can lead to a fire.

8) **Clean Dryer Vents** – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.

9) **Be Careful Around the Holidays** – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.

10) **Conduct Regular Inspections** – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off.

Following these simple tips could potentially save your life or the life of a loved one. Pass this list on to your friends and family and make this fire prevention month count!

Read more at <https://www.quickenloans.com/blog/fire-prevention-month-10-ways-protect-prepare-fire#GVe9j5l1ddllJeZJ.99>

**Movember** From Wikipedia, the free encyclopedia

Movember (a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November") is an annual event involving the growing of moustaches during the month of November to raise awareness of various cancers, such as prostate cancer. The Movember Foundation runs the Movember charity event, housed at Movember.com. The goal of Movember is to "change the face of men's health."

By encouraging men (whom the charity refers to as "Mo Bros") to get involved, Movember aims to increase early cancer detection, diagnosis and effective treatments, and ultimately reduce the number of preventable deaths. Besides annual check-ups, the Movember Foundation encourages men to be aware of family history of cancer and to adopt a healthier lifestyle.

Since 2004, the Movember Foundation charity has run Movember events to raise awareness and funds for men's health issues, such as prostate cancer and depression, in Australia and New Zealand. In 2007, events were launched in Ireland, Canada, Czech Republic, Denmark, El Salvador, Spain, the United Kingdom, Israel, South Africa, Taiwan and the United States. As of 2011, Canadians were the largest contributors to the Movember charities of any nation. In 2010, Movember merged with the testicular cancer event Tacheback.



In 2012, the Global Journal listed Movember as one of the world's top 100 NGOs (non-government organization).

<https://en.wikipedia.org/wiki/Movember>

SMUD has provided information and links to their programs for your benefit. Please take note of the Low-income discount and if you have a medical device like a power wheelchair or breathing machine that uses electricity check out the Medical Equipment Discount.

The other programs require SHRA participation and where possible, SHRA will be working with SMUD to apply for these programs.

## SMUD programs can help qualified customers save!

### Low-income discount

Visit [smud.org/FinancialAssistance](http://smud.org/FinancialAssistance)

### Medical Equipment Discount

Visit [smud.org/MED](http://smud.org/MED)

### FREE energy-efficient refrigerator

Call 916-732-5659

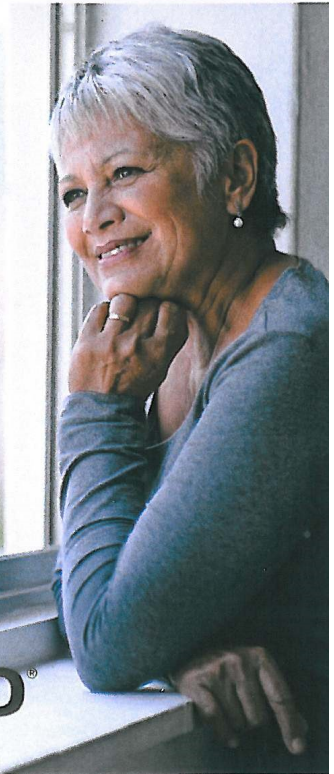
### FREE home weatherization

Call 916-732-5659

Powering forward.  
Together.



477-16 5x4



## SHRA Parking Lots

The continuous challenges in finding adequate parking faced by tenants of public housing in the City of Sacramento has caused us to look for alternatives.

There are "Ride share" programs like Uber, Lyft, and Zip Car that are currently available (Zip Car is coming to Marina Vista and Alder Grove soon); but, we have been looking into autonomous cars and busses too. Local Motors makes a 12 passenger van that may one day replace our current Walmart bus. We have been giving out information at resident meetings this month.

**In our research about autonomous vehicles we found this press release:**

PALO ALTO, Calif., Aug. 16, 2016 – Ford today announces its intent to have a high-volume, fully autonomous SAE level 4-capable vehicle in commercial operation in 2021 in a ride-hailing or ride-sharing service.

To get there, the company is investing in or

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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:**

**November 3, 2016**

**December 6, 2016**

**January 5, 2017**

**February 6, 2017**

**March 6, 2017**

**April: tba**





# 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**

### Tenant Focus

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

#### SRAB

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collaborating with four startups to enhance  
its autonomous vehicle development,  
doubling its Silicon Valley team and more  
than doubling its Palo Alto campus.

"The next decade will be defined by  
automation of the automobile, and we see  
autonomous vehicles as having as  
significant an impact on society as Ford's  
moving assembly line did 100 years ago,"  
said Mark Fields, Ford president and CEO.  
"We're dedicated to putting on the road an  
autonomous vehicle that can improve  
safety and solve social and environmental  
challenges for millions of people – not just  
those who can afford luxury vehicles."

Autonomous vehicles in 2021 are part of  
Ford Smart Mobility, the company's plan to  
be a leader in autonomous vehicles, as well  
as in connectivity, mobility, the customer  
experience, and data and analytics. ...

### "Quotes":

*"A day without  
laughter is a day  
wasted."*

—

Charlie Chaplin

*"Democracy and  
liberty are not the  
same. Democracy  
is little more than  
mob rule, while  
liberty refers to  
the sovereignty of  
the individual."*

—

Walter E. Williams

*"Always  
remember that  
you are  
absolutely  
unique. Just like  
everyone else. "*

—

Margaret Mead

*"We are all here  
on earth to help  
others; what on  
earth the others  
are here for I  
don't know."*

—

W. H. Auden

*"In the practice of  
tolerance, one's  
enemy is the best  
teacher. "*

—

Dalai Lama