



# Tenant Focus

Volume 18, Issue 3

May — June 2024

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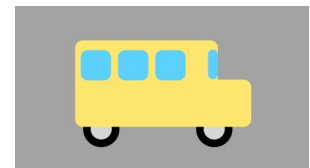
## Please Recycle Responsibly

**ORGANICS/FOOD** Organic waste such as food scraps, food-soiled paper, and yard trimmings, fruits & vegetables meat scraps & bones, cheese & eggshells, food scraps, coffee grounds, paper filters, tea bags, food-soiled paper, leaves, yard trimmings, clean wood scraps (4" diameter or less) go into the new food waste cans.

**RECYCLABLES** Must be empty and dry, lids and labels, ok. Place loose in cart – do not bag. Clean, flattened cardboard & paperboard, glass bottles & jars, metal cans, plastic bottles & containers with lids, clean paper can all go into the standard recycle bin.

**GARBAGE** Household garbage, plastic bags, utensils, film plastics, pet waste, diapers, hoses, cords, clothes hangers, coated paper & cartons clothing, shoes, blankets

**Riverview/Edgewater** check out the new recycle bin in the alley.



## Downtown Grocery bus trips:

ACC Rides provides 2-way shuttle service to the West Sacramento Wal\*Mart each month. Reservations are required as seating may be limited.

Call 916-393-7433 for an application and/or to reserve a seat.

- Next trips:
- May 7
- June 4
- July 9
- August 6



SHRA is looking to replace the current Laundry Room contract. Look for more info in the next issue.

## Sacramento County Meals on Wheels

Serving Sacramento County Seniors, Meals on Wheels by ACC (MoWACC) has provides meals to seniors aged 60 years or better in Sacramento County.



They offer home-delivered meals to seniors who have difficulty leaving their homes or preparing food for themselves. They serve about two thousand Sacramento County seniors every week, and with the help of

hundreds of volunteers and supporters, their program also provides friendly visits, status checks, and other safety-net services on top of home-delivered meals. In addition, older adults have the opportunity to socialize and receive a delicious lunch at one of the All Seasons Cafes.



All of the meals are co-developed by a registered dietitian, partner restaurants, and meal vendors. With regular input from the participants, MoWACC strives to

make sure that all of the meals are not only delicious, but also meet 1/3 of the Dietary Reference Intake for seniors to stay healthy and receive

important nutrients.

The menu changes daily with a variety of entrées, including vegetarian meals . Meal enhancements , such as holiday meals and special desserts, are offered throughout the year.

Have Lunch!

MoWACC services are for Sacramento County seniors aged 60 and better. To be eligible for the home-delivered meal program, you must:

- Be 60 years of age or better
- Reside in Sacramento County
- Be homebound or have difficulty leaving your home due illness, disability, chronic health issues, and/or limited support

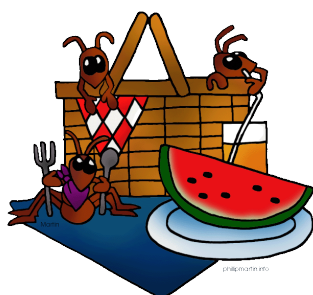
To have lunch at an All Seasons Cafe, there is no eligibility criteria aside from being 60 years of age or better.

You, or a loved one, caregiver, or social service agency may apply on your behalf for the home-delivered meal program by calling the MoWSACC office at (916) 444-9533 between 8:00 AM to 3:30 PM, Monday to Friday. To have lunch at an All Seasons Cafe, call the location you wish to visit in advance so the café coordinator can explain the process.

Visit <https://www.mowsac.org/our-meals/our-cafes/> for locations.

**HAPPENINGS:**

- The RAD conversion is complete at Pine Knoll! We will be celebrating with a Ribbon cutting and barbeque on May 14
- SRAB meets with SHRA to discuss needed improvements at all public housing units during May
- Big Trees (H Street) should be starting construction in June, with a completion date by the end of September 2024.



**Resident Services and Opportunities for Self Sufficiency**

Sign up for the Resident Services and Opportunities for Self-Sufficiency (ROSS) Program to get connected to community organizations and resources that can help you achieve economic independence and self-sufficiency through education, job training, employment, and other supportive services. Contact the SHRA Resident Services team to learn more and get resources!

Questions? Please contact the Resident Service Department at: 916-449-6250.

**Financial Peace University scheduled for April 19**



If you've ever felt like you just can't get in control of your money, you're not alone. You'd be surprised how many people you know are struggling just like you. But it's time for your struggle to end—starting today. Join my virtual Financial Peace University class starting on Friday, April 19, 2024 and learn how you can pay off debt, save more money, and build wealth.

scholarship program.

This will be our sixth class and we have been very pleased with the achievements and success of our previous students. Students can enroll for a year so they can catch a refresher on lessons if they wish.

Lessons start Friday evening April 19, 2024 at 5:30 pm

The regular price is \$79.99 for 3 months. Staff may enroll for a year at the 3 month price through our office. Residents may apply for a scholarship and \$30.00 annual price.

**Specials available only at [tenantfocus@sacrab.com](mailto:tenantfocus@sacrab.com)**

Visit <https://www.fpu.com/F52920> to sign up or scan the QR code to the left! The class is open to the general public. Residents and employees can take advantage of special pricing and residents can also enroll in the





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Advisory Board  
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Sacramento, CA 95811

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Tenant Advocates

**SHRA will be closed  
May 27, 2024 for  
Memorial Day**

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

## SRAB QUARTERLY MEETING

The next **Sacramento Resident Advisory Board** in-person meeting has been set for **1:30 pm, Friday April 26, 2024** at:

**The All Seasons Café  
1725 K Street,  
Sacramento, CA 95811**

The meeting will be an in-person meeting.

## Tenant Spotlight

From the Desk of Barbara, SRAB Chair.

Hello Everyone,

The SRAB is adding a new format to the Tenant Focus. We are adding a page called "Tenant Spotlight"

This page is all about and for input from the residents. Send us your favorite recipe. Tell us if it is a family recipe etc. or Tell us why you like living in the community you live in etc. Do you have a favorite Joke to share? Send it to us. (Clean ones only please.)

Lastly, we will have a question and answer column.

We are looking for suggestions from you to fill up the page. What do you want to see on this page?

Thank you

Here is our first recipe submitted by Kathy.

Please send your email to:  
bstanton@sacrab.com

From Kathy:

This recipe came from my grandmother and she got it from her mother. It may look like a funning recipe but its delicious and refreshing. You just need to try this pie, you'll really love, it may even be your go to pie.

I know that's it's mine.

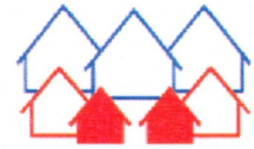
### PINEAPPLE PIE

- 1 package 5.1oz. vanilla pudding
- 2 tablespoons Sugar
- 1 8oz sour cream
- 1 20 Oz. Crushed pineapple
- 1 Graham cracker pie crust

In mixing bowl  
add all  
ingredients  
together until  
completely  
mixed, then add  
to pie crust.

Refrigerate for  
about 2 hours  
and serve.

You may add  
whipping cream  
to the top.



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TOLERATED HERE**

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