

Tenant Focus

Sacramento Resident Advisory Board
1725 K Street #101 Sacramento, CA 95811

E-WASTE EVENT

What is E-Waste

Electronic waste is any non-functioning electrical product that can be plugged into a socket or uses batteries. Also included in E-waste are DVD, CD's, power cords, connectors, cassettes, floppy discs etc.

Do not know what to do with that old toaster, TV, stereo, phone, computer or vacuum cleaner? Give it to us!

The Sacramento Resident Advisory Board (SRAB) has collaborated with CEAR (California Electronic Asset Recovery) to hold a Free E-Waste Pick-up event, on January 19, 2013 from 9 AM – 1 PM in the parking lot of the old Gottschalks at Country Club Plaza. Proceeds will go to the SRAB to provide services to the Resident Committees.

Items Accepted

Monitors, Televisions
Liquid Crystal Display (LCD) monitors & televisions
Light Emitting Diode (LED) monitors & televisions
Projection Televisions
Desktop PCs
Laptop PCs
VCRs
Stereo Equipment
Speakers

Keyboards
Mice
All computer peripherals
PDAs
Digital cameras
Video Cassette Players and Recorders
Compact Disc Players
Zip Drives
Telephones
Cell Phones
Printers

Copiers
Laser Scanners
Electronic Cables
Fax Machines
Video Game Consoles
DVD players
Microwaves
Small Kitchen Appliances such as mixers and toasters
Car Stereos
Network Server

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2013

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Notice:



Sacramento Resident
Advisory Board

Quarterly Meeting is scheduled for January 23, 2013 at 1:30 pm in the VIBE Community Room 1725 K Street, Sacramento, CA 95811



**ILLEGAL ACTIVITY IS NOT
TOLERATED HERE**

TO REPORT CRIME ANONYMOUSLY, CALL

ANONYMOUS **Wetip** SE HABLE ESPAÑOL

1-800-78-CRIME
27443

WWW.WETIP.COM

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

E-Waste

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Time to trade-in that old computer?

Equipment
Printed Circuit Boards
Calculators
Power Supply Units
Connectors
Cables
Telecom Equipment
Main Frame
Computers
Vacuums

Techno Trash
Including: CD's/
DVD's, VHS, Beta,
Cassettes, DAT Tapes,
and Floppy Discs

Items Not Accepted

Household Appliances
such as, Refrigerators,
Washer and Dryers,
Stoves, Ovens, etc.

Furniture

Hazardous Household
Waste, including
Paint, Pesticides,

Used Oil, Cleaning
Supplies or Tires
Fluorescent Light
Bulbs,
Household Batteries,
Car batteries,
Water Heaters
Should you have any
questions, please call
Pat Edwards
(916) 370-1156 or
Barbara Stanton
(916) 927-7446

MEDI-CAL INCENTIVES TO QUIT SMOKING (MIQS) PROJECT



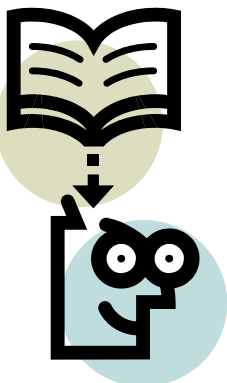
\$20.00 gift card for

Medi-Cal Members:
Want to Stop Smoking?
Quitting smoking is the
most important thing a
person can do to improve
his or her health. The
Medi-Cal Incentives to
Quit Smoking Project is
offering a \$20 gift card to
Medi-Cal Members who
want to quit smoking and
call the California

Smokers' Helpline at
1-800-NO-BUTTS. To get
the \$20 gift card you
need to have your Medi-
Cal ID number, be a
current smoker who
wants to quit, ask for the
gift card when you call
1-800-NO-BUTTS, and
finish the first counseling
session. The Helpline is a
FREE telephone program

that can help you quit
smoking and offers help
in English, Spanish,
Chinese (Cantonese
& Mandarin), Korean, and
Vietnamese. The
Helpline counselors are
trained, caring
professionals that will
help you quit. Calling the
Helpline doubles your
chance of quitting!

READING MATTERS



An alarming number
of children—about 67
percent nationwide
and more than 80
percent of those from
low-income families—
are not proficient
readers by the end of
third grade. This has
significant and long-
term consequences
not only for each of

those children but for
their communities, and
for our nation as a
whole. If left
unchecked, this
problem will
undermine efforts to
end intergenerational
poverty, close the
achievement gap, and
reduce high school
dropout rates. Far

fewer of the next
generation will be
prepared to succeed in
a global economy,
participate in higher
education, or enter
military and civilian
service.

[http://
gradelevelreading.net/
about-us/from-the-
managing-director](http://gradelevelreading.net/about-us/from-the-managing-director)

Recycling at Home

The Sacramento Regional Solid Waste Authority Board requires apartments and multi-family dwellings in Sacramento County and City with five (5) or more dwelling units and who subscribe to 10 cubic yards of garbage collection services per week to have a recycling program.

How does this impact you? As a tenant of an apartment building you are required to participate in the recycling program. SHRA must provide a recycle bin and tenants must follow the program rules. Failure to do so incurs fines and pick-up fees.

When SHRA pays fines and fees it impacts

their ability to provide adequate maintenance and services to the tenants.

So, what goes into the recycle bin?

Acceptable Containers:

Plastic containers - Soda, Milk, Water, Cleaning Supplies

Drink boxes (No Straws)

Aluminum and metal cans



Glass bottles

Acceptable Paper:

Newspaper and junk mail

Cardboard boxes -- no wax -- cereal, crackers, shoes, pizza

Phone books and magazines

Paper -- all colors

Empty rolls from toilet tissue anal paper towels

Paper egg cartons

Paper bags

QUESTIONS?

CALL THE OFFICE (916) 449-6290

Thank you for participating in this program!



“Reuse is the truest form of recycling”

Never Stop Quitting!

How do people stop smoking?

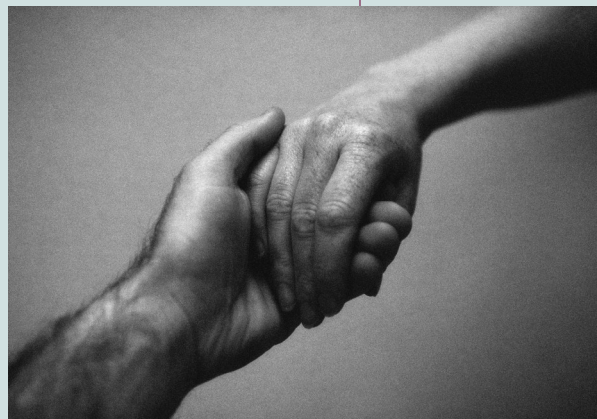
By trying as many times as it takes until the habit is released.

Cigarettes do not help stress. They addict us.

The body’s craving for tobacco 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.
- 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



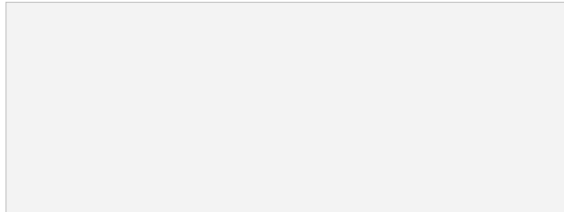
Sacramento Resident Advisory Board

1725 K Street #101
Sacramento, CA 95811

Phone: 916-443-5547
Email: sacrab@gmail.com

Tenant Advocates

www.sacrab.com



Grocery Bus

The Wal*Mart bus will begin picking up at 8:45am at the Gibson Oaks stop. After 75 minutes, the bus will return shoppers to their homes.

Then at 1:00 the bus will begin picking up for the Winco trip at 6th & I.

These trips are scheduled:

- January 5, 2013
- February 6, 2013
- March 6, 2013

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