

RENT STATEMENTS

Over the years, SHRA residents have either asked the following question or said the following statement to their management office while living in the Sacramento Housing Authority:

"My rent statement has not come; can you tell me how much my rent is this month?"

"My rent statement has not come....can you tell me my T code number?"

"My rent statement is not accurate; I do not owe this amount!!!"

"When is my rent statement coming, so I can pay my rent?"

THE RENT STATEMENT ERA IS OVER.

As of January 1, 2014, the Sacramento Housing Authority will discontinue monthly rent statements in order to continue to reduce cost. Once statements are discontinued, please feel free to mail your monthly rent payment to either your Site Management Office or:

**Sacramento Housing and
Redevelopment
Agency**

P.O. Box 980665

**West Sacramento, CA
95798-0665**



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VOLUME 8, ISSUE 1

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JANUARY - MARCH 2014

Special points of interest:

- * The SRAB office will be closed until January.
- * Many committee elections are in January.
- * If you do not have an insurance plan you need to signup at www.coveredcalifornia.com.

SRAB QUARTERLY MEETING

The first quarterly SRAB meeting has been scheduled for January XX, 2014. The meeting will be at our regular location; 1725 K Street, Sacramento, CA 95811 at 1:30 PM. We will review the past year

and look at projections for the coming year.

Management, managers, staff, delegates and residents are invited to attend and participate in the meeting.



If at first you don't succeed...

QUIT, QUIT AGAIN.



CALIFORNIA
SMOKERS' HELPLINE
1-800-NO-BUTTS

BEAT THOSE CRAVINGS

The urge to smoke will come and go. There are people, places, and things that may trigger the urge to smoke. How are you going to handle it?

Identify Smoking Triggers

Everyone who quits smoking has smoking triggers. Knowing your triggers helps you stay in control. Here are some common smoking triggers:

- Feeling stressed, feeling down or being lonely
- Drinking alcohol
- Finishing a meal
- Seeing someone else smoke
- Cooling off after a fight
- After having sex

Plan How to Handle Cravings

You won't be able to avoid all smoking triggers. So it's important to make a plan for how to handle cravings. **Remember: cravings only last 4 to 7 minutes.** Try to wait it out.

Things you can do to get you mind off cigs:

Wait 15 minutes. Challenge yourself to read a magazine, listen to music, or play your favorite game for 15 minutes. Cravings only last a few minutes!

Take deep breaths. Breathe through your craving by inhaling (through your nose) and exhaling (through your mouth). Repeat this 10 times or until you're feeling more relaxed.

Take a walk or jog. Don't have time? Go up and down the stairs a few times. Physical activity, even a little bit, can

boost your energy and beat a craving.

Add up your savings. Cigarettes cost a lot. Add up all the money you're saving and decide what you're going to buy with it.

Think about your reasons for quitting. Beat the craving by reminding yourself why you want to be smoke-free.

Go to a movie, a store, or any other smoke-free public place where you're forced not to smoke. Most public places don't allow smoking.

Keep your mouth busy. Bum a stick of gum instead of a cigarette, or keep hard candy with you. Drinking water works wonders!

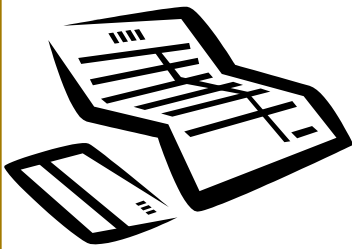
Call or text someone. You don't have to do this alone. Lean on people you trust. Or call 1-877-44U-QUIT to talk to an expert - for free - about quitting smoking.

Cravings will come and go. Remember, trying something to beat the urge to smoke is always better than not trying anything. Do whatever works best for you!

A Message from the American Cancer Society and WIN

*A Project of PHI, the Public Health Institute
5495 Carlson Drive, Suite D
Sacramento, CA 95819
916-739-0322*

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SHRA staff is strongly encouraging residents to please contact your Site Management office on a regular basis with any questions regarding:

Current Rent

Adjusted Rent (due to Interim Recertification)

Tenant Code and Unit Number (to place on your check or money order)

Repayment Agreements

Maintenance Charges

The more communication with your Management Office, the less complication you will experience with timely payments.

Donald Leeper
SHRA Site Manager
Rio Garden Community



ILLEGAL ACTIVITY IS NOT TOLERATED HERE

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ANONYMOUS **Wetip** SE HABLE ESPAÑOL

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RESIDENT
ADVISORY BOARD**

1725 K ST #101
Sacramento CA 95811

Tel: 916-443-5547
E-mail: tenantfocus@sacrab.com



Sacramento Resident
Advisory Board

Tenant Advocates

Grocery Bus

The Wal*Mart bus will begin picking up at 9:05am 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 8, 2014
- February 5, 2014
- March 5, 2014
- April 9, 2014

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