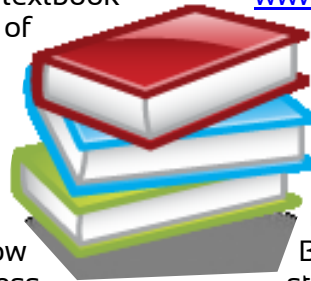


TENANT FOCUS

SACRAMENTO RESIDENT ADVISORY BOARD

SRAB BOOK SCHOLARSHIP PROGRAM BY GALE MORGAN

SRAB has created an exciting partnership with the Sacramento City College Foundation (SCCF) to provide an efficient process for awarding textbook scholarships. SCCF is the non-profit arm of Sacramento City College and provides educational opportunities to a diverse student population. Along with SRAB, they believe that a trained and educated workforce will change lives and ultimately strengthen the community. Partnering with the SCCF will enhance how students living in public housing can access funds for textbooks, one of the most costly aspects of attending community college. To qualify for up to \$200 awards, students must live in housing served by SRAB, provide proof of registration for classes, a class schedule, and a current address, phone



number, student ID, and email address. Applications are available at all SHRA sites or online at www.scc.losrios.edu/foundation or www.sacrab.org. They should be dropped off at Sacramento City College, Foundation Office, Rodda North, Room 222 or mailed to SCC Foundation, 3835 Freepoint Boulevard, RN 222, Sacramento, CA 95822-1386. Awards will be given through a voucher system with the SCC Bookstore. Applications will be accepted starting December 1st for the following Spring 2015 semester. For more information, please contact Rachel Larsen at [916.558.2197](tel:916.558.2197).

This change affects only scholarships at SCC the others remain unchanged.

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January – March 2015

The next **Quarterly SRAB meeting** has been scheduled for:

1:30 pm Friday, January 16, 2015.

The meeting will be at our regular location;

**1725 K Street,
Sacramento, CA 95811**



BY SANDY PIEKARSKI, SENIOR REDEVELOPMENT PLANNER, SHRA

First Source Sacramento is a partnership program between the Sacramento Housing and Redevelopment Agency, the Greater Sacramento Urban League and the Sacramento Employment and Training Agency. This partnership will create pathways to employment for low-income residents in targeted areas of the City and County of Sacramento. It is a one-stop resource for residents

seeking career counseling, training, certification and employment, and for employers that need access to a pool of qualified applicants that are available to work. First Source Sacramento helps create a competitive workforce, vibrant communities, and a sustainable local economy. For further information, please visit www.firstsourcesacramento.org or call the Greater Sacramento Urban League at (916) 286-8601 and ask for Ms. Gloria Bickum.

WHAT DOES MY BODY DO FOR ME WHEN I QUIT? BY THERESA BOSHERT

First 20 minutes:

- Blood pressure drops to normal.
- Pulse slows to normal.
- Hands and feet warm up.
- Heart damage begins to stop.

First 48 hours:

- Sense of smell and taste come back.
- Chance of heart attack goes down.

In 72 hours – that's just 3 days:

- All Nicotine is out of the body.
- Breathing comes easier.

In 2 weeks to 3 months:

- Blood flow improves throughout the body.
- Exercise gets easier to do.
- Breathing strength increases by 30%.

In 1 to 9 months:

- Coughing, shortness of breath, and sinus congestion all decrease.
- Lungs begin to clean themselves and reduce chance of infections.
- Your body's overall energy level increases.

Get Ready to Quit Smoking In the New Year!

Medi-Cal Incentives to
Quit Smoking (MIQS)



Ask about **FREE** patches
and \$20 gift card bonus!
Call 1-800-NO-BUTTS.

Medi-Cal members can receive a FREE \$20 gift card if you call the California Smokers Helpline at 1-800-662-8887 (1-800- NoButts).

You must ask for the gift card, have a valid Medi-Cal ID, and complete the first telephone counseling session. Helpline staff speak 7 languages and welcome all callers.

For more information on Helpline services for Medi-Cal members visit www.NoButts.org Or call Theresa or Crystal at WIN: 739-0322.





FEES & CHARGES BY KAREN WALLACE

As part of annual planning for the Public Housing Authority of the City and County of Sacramento, there is an update of the Schedule of Fees and Charges. These charges are related to charges for work done in your apartment. The schedule covers most charges

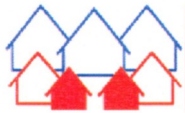
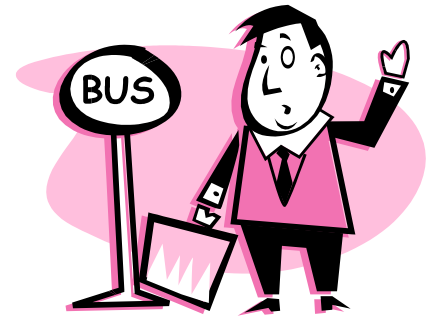
and, in a case where the item does not show on the schedule, actual costs are passed through to the resident. To obtain your copy for the period of 9/1/2014 through 8/1/2015, please contact your management office.

Grocery Bus

Our previous provider for the grocery bus has discontinued their service to organizations like ours. Our search for a replacement has resulted in a new schedule for 2015. 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 will now make two runs to the WAL-MART in West Sacramento. Both runs will provide morning service. Reservations will be required, so please contact Barbara at (916) 927-7446 ASAP to make reservations. New service will start on Monday, January 5, 2015.

(Continued on page 4)



**ILLEGAL ACTIVITY IS NOT
TOLERATED HERE**

TO REPORT CRIME ANONYMOUSLY, CALL

ANONYMOUS **Wetip** SE HABLA ESPAÑOL

1-800-78-CRIME
27463

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

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Sacramento Resident
Advisory Board

Tenant Advocates

1725 K ST #101
Sacramento CA 95811

Tel: 916-443-5547
E-mail: tenantfocus@sacrab.com
<http://www.sacrab.org>

COMSTOCK SNACK BAR ALERT

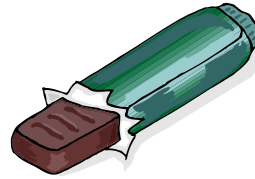
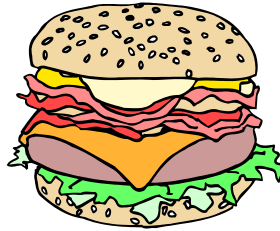
Please support the Comstock Snack Bar



All proceeds go
towards free
dinners for the
residents!



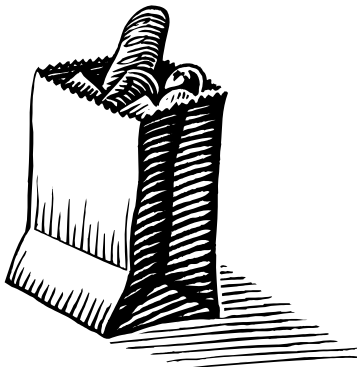
See Brian or call (916) 410-3481
11:00 am to 8:00 pm



(Continued from page 3)

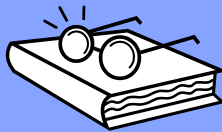
These grocery trips
are scheduled:

- January 5, 2015
- February 3, 2015
- March 3, 2015
- April 6, 2015
- May 4, 2015



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