

# TENANT FOCUS

Tenant Focus

April — June

## RESIDENT ADVISORY BOARD VP PASSES AWAY

It is with sadness that we bring you news of the passing of Mr. Terry Hickman. Mr. Hickman served as the Resident Advisory Board 1st Vice President from September, 2010 until his passing on February 26, 2011.



He brightened up the room with his ready smile and quick laugh. A memorial service held at the Capitol Terrace Apts. on March 12, 2011 where 45 of his friends got together to remember Terry and the things he added to their lives.

During his short tenure on the board he was a great team player; his help and support will be greatly missed.

*Born: May 30, 1952  
Died: February 26, 2011  
We will miss you Terry!*

## 5 YEAR CAPITAL FUND PLAN BY GALE MORGAN

This year again, the Sacramento Resident Advisory Board (RAB) will be gathering information to help compile a plan to be submitted to HUD for the major maintenance needs of all the apartments and houses SHRA operates in the Conventional Housing Program.

Federal regulations require the input of the tenants to be considered in the development of the plan. The RAB is conducting meetings with the SHRA managers and tenants to gather tenant input. The RAB will compile the information gathered at the meetings and submit documentation to SHRA for inclusion into their five year plan.



Your voice is very important in this process.

On page 6 we have included a copy of the form so that you may submit your suggestions if you are unable to attend the

*(Continued on page 7)*

Special points of interest:

- CAP FUND
- HEALTH FAIR
- QUARTERLY MEETING
- BONUS PROGRAM

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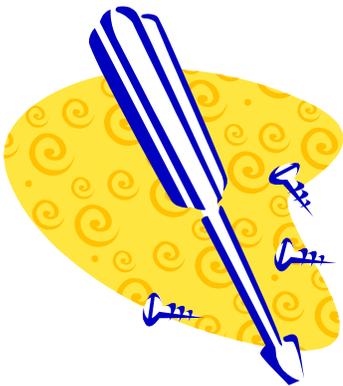
## MAINTENANCE CORNER BY ANGELA HALL

### Apartment Maintenance: How to Get Prompt Help



Apartment maintenance doesn't have to be stressful. Dealing with apartment maintenance is part of the reality of renting an apartment. Your site manager will try their best to repair the problem(s) promptly. Here are a few simple, yet useful tips you might try to get good results from the maintenance folks at your community.

If you have a leak in your apartment, try your best to stop the water from running everywhere. Standing water creates puddles on the floor and cause more damage. Even if you're not mechanically inclined, place a bucket under the leak to catch the water, and wipe up any excess. It is very important for you to see what you can do to slow down or stop further damage from occurring, unless you feel it would put you or your family in danger. Move your microwave, DVR, cable box, and any other items out of the way of any apartment maintenance mishap.



When making contact with the management office to address your work order, you may have to leave a message or explain the situation so that the apartment maintenance crew can decide

where your job falls among all of the others they have to deal with. Be prepared with detailed answers to the following questions:

What's the problem?

When did it start or happen?

How did it happen? What was the situation?

How serious is it? Can it wait or is it an apartment maintenance emergency?

Do you have pets? If yes, what kind?

Note: If the damaged was caused by someone in your household, there will be costs associated with the repair, but what's important is that the item needs to be repaired and/or replaced.

Once the maintenance team determines the problem, and bases the information provided by the household, they will gather necessary materials and be on their way to address your maintenance needs.

Tip: Finally, don't forget to look into buying renters insurance. Renters insurance will replace your valuables if damaged. See your insurance provider for details.

— *Angela Hall is the site manager for The Mill community. She previously managed the houses for SHRA.*



## HEALTH FAIR IN APRIL BY DEBBIE SURRETT

The Health Fair will be April 22, at 1107 23rd (23rd & K Streets) from 1— 3 pm.

Things that the Health Fair will cover, Nutrition, Exercise, Blood pressure, Blood sugar, Smoking.

**Nutrition:** Is what we eat, serving size, calories, sugars, cholesterol, sodium, and protein. We need to watch what we eat and how much we eat. Vegetables, grains or starchy vegetables, meat, fruits and dairy is a good balance diet.

**Exercise:** Start slowly build up to 30 minutes of activity 3—4 times per week. If 30 minutes is too long, break it up to two 15 minute or three 10 minute sessions. Exercise at the same time of the day.

**Blood Sugar:** There are four ways to keep your blood sugar in a healthy range.

1. Follow a healthy meal plan

2. Take your diabetes medication as prescribed
3. Be physically active
4. Check your blood sugar regularly.

**Blood Pressure:** High blood pressure is a serious condition that can lead to coronary heart disease, heart failure, stroke, kidney failure and other health problems. Causes of high blood pressure are smoking, over-weight, lack of activity, too much salt, stress, age, and family history.

**Smoking:** There will be a person to speak on smoking. There will be classes with gum and/or lozenges given out to participants. How to quit smoking information and professional assistance will be available. The benefits to quit smoking are: decrease in your blood pressure; decrease in pulse rate; and an increase in overall health.

*Debbie Surratt is the president of the RAB*

### HEALTH FAIR

- NUTRITION
- EXERCISE
- BLOOD SUGAR
- BLOOD PRESSURE
- SMOKING

## APRIL 2011 QUARTERLY MEETING

The SRAB will hold its' April 2011 Quarterly Meeting at **1:30 pm May 11, 2011** at the Marina Vista Community Room.

We look forward to seeing all the delegates and the managers and management there!

Delegates: If you need

transportation please contact Gale or RT. Debbie is in charge of the menu.

Quarterly meeting  
at the Marina Vista  
Community Room



- Call to Order
- Minutes
- Financial Report
- Committee Reports
- Other Reports
- Unfinished Business
- New Business

**LIBRARY LITERACY** BY RANDI KAY STEPHENS

Do you struggle with basic everyday tasks like reading labels, reading to your kids, or basic writing skills? You are not alone. An estimated 230,000 adults in Sacramento struggle with basic reading skills every day.

If you are tired of struggling, you have options. The Sacramento Public Library offers free one-on-one supportive tutoring to improve your reading at a time convenient for you at a library closest to your home or work. This program is for anyone who

has a desire to improve their reading skills. You do not have to be a native English speaker but you do have to understand and be able to respond in English.



This program has helped many people ranging in skill from illiteracy to those preparing for their GED. No huge classes, no giving up hours of your life, just free tutoring from a qualified tutor. If this sounds like the program you have been waiting for, call Stephanie at 916-264-5032 for more information. Don't delay...your future is waiting!



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**SCHOOLS** BY FINAID.ORG

Parents matter more than public, private schools

Whether lower-income city students go to public schools or private schools doesn't matter to their achievement as much as their parents do. In either case, findings by the Center on Education Policy show that the most significant factors in their present and future achievements are having parents who are involved in their lives, earn enough

money to give them enriching experiences, and have high aspirations for their children.

Though the SAT scores of private school students were higher, their performance in math, reading, science, and history was no better. They were no more likely to go to college or to be more satisfied with their jobs at age 26.

Student-loan law promotes public service



## NEED CASH ??? BY KAREN WALLACE

### IT'S AS SIMPLE AS MAKING A REFERRAL

If you are a resident of Sacramento Housing and Redevelopment Agencies Public and Affordable Housing, you are being offered the opportunity to receive a \$50.00 stipend for making a referral for Public and Affordable Housing to your friends and/or family that make it through the lease up process and move in to one of our units.

In order for the tenant to receive credit for the lease up, the applicant must complete the application and when they arrive at question # 29

(How did you hear about this waiting list?)

- Friend    Newspaper  
 Radio/TV Advertisement  
 Other: \_\_\_\_\_)



The applicant should check the circle for ***other*** and enter the tenants name that referred them to Sacramento Housing Authorities application and rental process.

Once the applicant has been approved and has moved into the unit, a check will be processed for the referring tenant.

There is no limit to the number of people you can successfully refer.

For more information, please call Debbie Cyrus at (916) 440-1314.

## SCHOOLS ... CONTINUED

(Continued from page 4)

The College Cost Reduction and Access Act passed into law last year drew a lot of attention. Because of its \$20 million appropriation to cut interest rates on certain federal student loans and to increase grant aid for low-income students.

The act also created an incentive for students to go into public service, which could be anything from public health to law enforcement,



social work, and public-interest law.

If the student spends 10 years in public service and pays the minimum on student loans, the balance of their educational debt will be forgiven.

For further information, visit the Web site [www.finaid.org](http://www.finaid.org).

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### REFERRALS

- FREE RENT
- CALL SHRA
- TWO MONTHS

# 2012 CAPITAL FUND PROGRAM 5 YEAR PLAN

## Resident Survey

Community Name: \_\_\_\_\_

Complex Name: \_\_\_\_\_

<b>Category</b>	<b>Description of Requested Work (print legibly)</b>
<b>Grounds/Site</b> Examples: (Parking Lots, Sidewalks, Playgrounds, Fencing)	
<b>Common Areas</b> Examples: (Hallways, Community Rooms, Laundry Rooms)	
<b>Building Exteriors</b> Examples: (Roofs, Windows, Siding, Entry Doors)	
<b>Building Interiors</b> (Units)	
<b>Security Related</b> Examples: (Site Lighting, Fencing, Gates)	
<b>Other</b>	

## FIVE YEAR PLAN ... CONTINUED

(Continued from page 1)

meetings. Also, a chart of all the meetings we will hold is included on page 7 so you may go to the closest one or one that meets your schedule. However, it is best to participate in a meeting in your own community if possible.

This year we plan to use a laptop computer and a projector at the meetings so you can see as we fill out the form. We hope to have some pictures to show of recent improvement

that SHRA has made to a number of the communities.

### Public Notice:

*Public meetings will be held at the locations and dates listed below. All tenants are encouraged to attend any of these very important meetings. You may alternately mail your comments directly to the RAB at:*

*1725 K St. #101  
Sacramento, CA 95811*

Come meet with your manager and the RAB!

- NEW ROOFS
- SIDEWALKS
- PAINT
- GUTTERS
- WEATHER STRIPPING
- ENERGY SAVINGS
- FENCES & GATES



## Schedule of Meetings

Community:	Where:	When:
Oak Park — Sherman Oaks	3543 1st Ave., 95817	Mon, April 11, 4 – 5pm
Pine Knoll	917 38th St., 95816	Tue, April 12, 2 – 3pm
Alder Grove Community	816 Revere St., 95818	Wed, April 13, 6:30 – 7:30pm
Rio Gardens — Rio Linda	6045 Dry Creek Rd., 95673	Thurs, April 14, 10 – 11am
Marina Vista	240 Seavey Cir., 95818	Thurs, April 14, 2:30 – 3:30pm
William Land Villa	1043 43rd Ave., 95822	Fri, April 15, 1:30 – 2:30pm
Colonial Heights	1 Clauss Ct., 95820	Mon, April 18, 10:30 – 11:30am
Comstock Apartments	1725 K St., 95811	Mon, April 18, 1:30 – 2:30pm
Capitol Terrace	1820 Capitol Ave, 95811	Tue, April 19, 10 – 11am
The Mill — Gibson Oaks	480 Redwood Ave, 95815	Tue, April 19, 2 – 3pm
Sierra Vista	1107 23rd St., 95816	Wed, April 20, 1:30 – 2:30pm
Pt. Lagoon — Paradise Manor	4930 El Paraiso, 95824	Thurs, April 21, 1:30 – 2:30pm
Twin Rivers	321 Eliza St., 95814	Thurs, April 21, 4 – 5pm
Sun River / Gold Ridge	6250 Mariposa Avenue, 95610	Mon, April 25, 2 – 3pm
Big Trees	2516 H Street, 95816	Tue, April 26, 2 – 3pm
Rio Garden — Arden Arcade	3241 Alta Arden, 95825	Wed, April 27, 2 – 3pm
The Mill — Gran Casa Linda	3725 Cypress St., 95838	Wed, April 28, 1:30 – 2:30pm



Phone: 916-443-5547  
E-mail: [sacrab@gmail.com](mailto:sacrab@gmail.com)  
Web: [www.sacrab.com](http://www.sacrab.com)



Tenant Advocates

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

Tenant Focus

## CALENDAR OF EVENTS

The **Winco Grocery bus** is scheduled for:  
April 5th, May 3rd,  
and June 7th.

The **Wal\*Mart Grocery bus** is  
scheduled for:  
April 6th, May 6th,  
and June 3rd.

The **SRAB Executive Committee** meets  
on the first and third  
Wednesdays of each  
month at 11:00am  
1725 K Street.  
Call ahead to be on  
the agenda.

The **SHRA Commission** meets  
on the first and third  
Wednesdays of each  
month at 6:00pm 801  
12th Street on the  
second floor.

The SRAB Ex-Comm  
will meet with the  
**Site Managers** on  
April 26, 2011

The **SRAB** will hold a  
**'Quarterly Meeting'**  
on May 11th 1:30pm  
at the Marina Vista  
Community Room  
240 Seavey Circle  
Sacramento, 95818

The next edition of  
the **Tenant Focus** is  
scheduled for the first  
week of July. Article  
submission is allowed  
until June 15. Please  
Email articles to  
[sacrab@gmail.com](mailto:sacrab@gmail.com)



Be sure and pencil in all important meetings!