



Tenant Focus

Volume 18, Issue 4 July — August 2024

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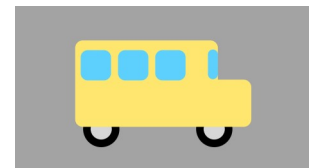
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HAPPENINGS:

- SRAB meets with SHRA about the **ACOP** each year, we expect to provide the Significant Changes at our July meeting
- **Bio Hazards:** If you puppy pees in the hall or an elevator you may have to pay for a biohazard team to come clean it up.

RAD Update

- The RVP Group project, which consists of the Riverview Plaza, Big Trees, and Pine Knoll communities, is progressing according to its original schedule. Big Trees will start major construction activities in July. We anticipate both Riverview Plaza and Big Trees to wrap construction before the end of September.
- For the Auburn Falls project, which consists of 5 Sun River properties, we are anticipating hearing confirmation of the tax credit allocation in August. We have received preliminary scoring, and the project has scored competitively well. We're currently working with the



Downtown Grocery bus trips:

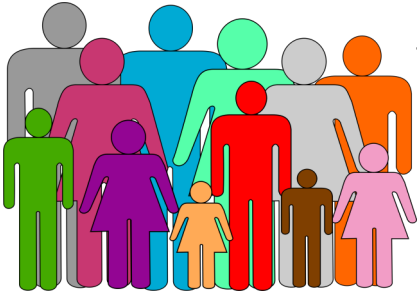
ACC Rides provides 2-way shuttle service to the West Sacramento Wal*Mart each month. Reservations are required as seating may be limited.

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

Next trips:
July 9
August 6
September 10

SHRA has replaced the Laundry Room contract. Look for roll out scheduling info in the next issue.

Family Self Sufficiency Programs



The Sacramento Public Housing Authority has a successful **Family Self Sufficiency (FSS)** Program that focuses on residents seeking to becoming economically self-sufficient. In this program public housing residents, working closely with staff, set an Individual Training and Service Plan (ITSP) which identifies personal goals and outlines specific activities and services to be completed over a five-year period. In addition, the resident establishes an escrow account enabling the family to accumulate income leading to economic self-sufficiency.

Once FSS participants are enrolled, the FSS coordinator will connect them to the appropriate resources and supportive services that aligns with their personal goals. The resources include, but are not limited to, job training, job search, financial assistance, financial

literacy, education, childcare and homeownership. The FSS coordinator will be in close communication with the FSS participants throughout their 5-year contract term to help them complete their goals towards self-sufficiency.

For more information, please contact 916.449.6250 or email residentservices@shra.org.

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.

Resident Training Program

The SHRA Resident Training Program has open Janitorial and Paint positions! The Resident Training Program allows public housing residents to:

- **GAIN ON-THE-JOB TRAINING EXPERIENCE (UP TO TWO YEARS)**
- **LEARN LIFE SKILLS AND JOBS SKILLS**

During your participation in the Resident Training Program, your income made from the program does not get applied as an increase to any benefits you receive (e.g. TANF and Public Housing).

To learn more information and to apply call: (916) 527-8190!

We are
Hiring!

OPEN POSITIONS:

- Janitorial Program
- Paint Program

Marathon Staffing will be your employer and SHRA will be your trainer.

Send your Resume:
sacramento@marathonstaffing.com

Call Today!
916-527-8190

(Continued from page 1)

Department of Housing and Urban Development (HUD) on transitioning the properties from Public Housing to project-based Section 8 utilizing the RAD program and will continue to do

so through the end of the year. Residents of the five properties can look forward to regularly scheduled engagement meetings where the RAD and property management team will be providing project updates.

Rules For Resident Meetings

In this article we are addressing a number of questions and comments made to us about resident committee meetings. What to expect and how to respond for in-person or on-line meetings.

the mic is open everyone at the meeting can hear background noise, i.e., dogs barking, TV, Radio, people talking, etc., so please only click on the microphone picture when it is your turn to speak.



1. The meetings may be recorded, to prepare minutes, and its public space.
2. Meeting attendees are requested to silence any electronic devices that they have in their possession during the meeting.
3. Hold comments until the correct presenter is available.
4. Raise your hand to be called on to speak, in Zoom use the raise hand feature. To raise your hand in Zoom's desktop app, click the "Raise Hand" button in the "Participants" tab. In the mobile app, you can raise your hand by tapping the "Raise Hand" option in the "More" tab. If you later change your mind about raising your hand, you can lower it by clicking "Lower Hand."

8. If you are muted in a meeting, you can still let the hosts know your thoughts with emoji reactions. Send a thumbs up or a clapping emoji to communicate without speaking. To react during a meeting, click the Reactions tab at the bottom of the meeting screen (it is in the same panel as mute audio and video, to the right) and choose the one you want. The emoji will disappear after 5 seconds.
9. In-meeting chat: With this feature, you can send messages privately to an individual or to the group within a meeting. It is like texting.



5. Wait to be called upon before you start talking.
6. Once called on, speak clearly so all can understand you.
7. In zoom when the Microphone symbol shows a red line through it, it means the Mic is off. Click the microphone whenever you need to talk. If

10. Turn on gallery view. Gallery view lets you see everyone in the meeting at once, instead of just the person speaking. To turn that on, click the tab that says "Gallery view" in the top right corner. Change it back by clicking "Speaker view" in that same top right corner.

Please be patient with the others in the meeting, as many of us are learning how to behave in a meeting.



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Advisory Board
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Tenant Advocates

**SHRA will be closed
July 4, 2024 for
Independence 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 July 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,

Just a reminder, now the temperatures are rising, do you know how to stay hydrated? While we all know drinking or sipping on water is a good way to stay hydrated. Did you know eating some fruits and vegetables also have a high concentration of water and eating them on a hot day or any day, is also a good way to also stay hydrated.

Here are some foods that contain water you can eat to keep hydrated.

Fruits: Watermelon, strawberries, grapefruit, and melons like honeydew and cantaloupe which can be almost 100% water by weight.

Vegetables: Cucumber, celery, tomatoes, iceberg lettuce, zucchini, green cabbage, cauliflower, and spinach which can contain 90% water. In addition to water, and food, beverages such as milk, 100% fruit juice, and decaffeinated teas add to the recommendation of eight cups of fluid a day.

No matter how you choose to hydrate, have a great summer! — Find more at <https://www.mayoclinic.org/>

Please send your email to: bstanton@sacrab.com

Recipe from Kathy's corner.

This is a budget-friendly recipe, it can be cut in half for a couple or doubled for a larger family. You can cook it in a baking pan or do what I do and make it in an iron skillet, which makes it a one-pan dish.

Shepherd's Pie

- 1 pound of ground beef
- 2 cans of tomato soup
- 1 onion (chopped)
- 2 cans of green beans (1 with juice and 1 without juice)
- Mashed potatoes enough to cover the top of the dish
- Sometimes I add a can of corn to make it different

Brown ground beef and onions, then drain. Return beef and onions to the iron skillet and add tomato soup and green beans then mix. Simmer on low heat for about 5 mins. Make mashed potatoes and cover the dish with them. Put the dish in the oven and bake at 350° F. for 30 minutes. Let cool and serve.

Here is a quick dessert. You may use an aluminum foil pan that can be thrown away when you're finished with it. EASY-PEASY.

DUMP CAKE

- 2 (21-ounce) cans of apple pie filling
- 1 (15.25 ounce) package of yellow cake mix
- 1½ sticks of butter or margarine (slice)
- Cinnamon and Nutmeg to taste (optional)

In a 13x9 baking pan, pour apple pie filling and cover the bottom of the pan (spice to taste), then spread yellow cake mix evenly over the apple filling, slice the butter, and place it over the cake mix. Place the pan in a 350° F oven and bake for 40 to 50 minutes or until golden brown. You can eat this with ice cream, whipping cream, or just by itself. — Try other fruits too.