

TENANT FOCUS

VOLUME 3, ISSUE 4

OCTOBER—DECEMBER 09

3 JOB FAIRS SCHEDULED FOR OCTOBER

The holiday season is just around the corner. Halloween is just next month. A few things we, the RAB Executive Committee would like to notify you about. First, now that the weather is turning cooler, please be careful when using candles. Do not put them near anything that can catch on fire, do not fall asleep with them burning, and do not leave children unattended around them.

Second, school is now back in session, so that means the days are getting shorter and night is coming earlier, please drive cautiously and beware of children. We hope all of you had a very nice summer.

Third, the RAB will be doing a "Job Fairs" at: Marina Vista 1:00 to 3:30 pm, Thursday October 8; Alder Grove 11:00 to 2:00 pm, Tuesday October 13; and Twin Rivers 11:00 to 2:00 pm on Thursday, October 15. This will be to assist anyone needing to find a job and what resources they can go to, while seeking employment. We will have several agencies who will be there to give out information and answer any questions you might have. Refreshments will be served.

If you have any questions about the fairs, please call the RAB office at (916) 443-5547.

Also, for those of you who were not aware, David Wilson of Marina Vista has become our first Vice-Chair of the RAB. Our congratulations to him. We wish all of you a happy and safe holiday season. — Carol Moss

NOTICE: SRAB QUARTERLY MEETING

The SRAB Quarterly meeting is scheduled for October 28, 2009 — at 1725 K St, Sacramento, CA 95811 at 1:30 pm.

CALENDAR OF EVENTS

The SRAB Executive Committee meets Wednesdays at 11:00am
Call ahead to be on the agenda 1725 K St. # 101

The SHRA Commission meets on the first and third Wednesdays of each month at 6:00 pm. They meet at 600 I Street, first floor.

The RAB Quarterly Meeting will be held October 28 at 1:30 pm at the Comstock Apts. dining room. 1725 K St.

The Midtown Manor grocery bus goes to Wal-Mart. Next trips: Oct. 5, Nov. 6, and Dec. 4.

The Buena Vista grocery bus goes to Winco. Next trips: Oct. 6, Nov. 3, and Dec. 3.

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DON'T LET THE BED BUGS BITE! BY BRIAN LENGYEL

Most of us grew up somewhat familiar with the old nursery rhyme, "Good night, sleep tight, don't let the bed bugs bite". But like many nursery rhymes we often didn't understand their significance. In this case, is there any wonder why it may have been hard to relate to this saying? After all, for most of our lives bed bugs had been effectively eliminated in North America through the use of the pesticide DDT. But with the ban on this product, and the less potent products that have taken its place today, bed bugs have begun to make their way back into our environment. Needless to say, the nursery rhyme is taking on a whole new significance for this generation.

What Are Bed Bugs

Bed bugs are parasites that preferentially feed on humans. If people aren't available, they instead will feed on other warm-blooded animals, including birds, rodents, bats, and pets. Adult bed bugs are brown to reddish-brown, oval-shaped, flattened, and about 3/16 of an inch long. They hide in cracks and crevices, cannot fly, and are nocturnal; meaning they usually come out to feed at night. They seem to prefer fabric, wood and paper surfaces and usually hide within twenty feet of their food source although they can travel much farther. The average life span is about one year and an adult female may lay 200 – 500 eggs in her lifetime or about 5 eggs a day.

How Do They Get In

Bed bugs are known as "hitch-hikers" because they unknowingly get into

luggage, clothing, blankets, and pillows moving to new locations in those items without the person transporting them having any clue that they are along for the ride. They are also brought into buildings through used furniture such as a couch, chair or mattress. Once they harbor in these soft products it is extremely difficult to get them out and often these items must be thrown away. In the case of large infestations, bed bugs may crawl onto and be carried from one place to another on people's clothing.

Where Do They Hide & How Do I Know If I Have Them

As noted above bed bugs usually stay close to their feeding source and can usually be found in the creases and folds of mattresses or box springs. These bugs also hide in the cracks of bed frames, upholstered furniture, under chairs, couches, beds and area rugs, in drawers, around headboards or picture frames, behind electrical outlets or in electronics; such as clocks or computers. Often times the discovery of bed bugs comes with noticing itchy welts on you or your family member's skin. You may also see the bugs or notice small blood stains or dark spots in the tufts and seams of your mattresses.

What's A Person To Do?

Communication / Reporting

Anytime you suspect that you may have bed bugs contact your management office to set up an inspection of your unit. Don't try to get rid of a bed bug problem by



Photo courtesy Enpro Environmental

yourself. It takes a team approach using a Pest Professional to evaluate and treat an existing infestation and keep it from spreading to other units.

Treatment Plan

Once your unit is determined to have a bed bug infestation, a treatment plan will be formulated and put into effect. Follow the plan. The plan will involve a Pest Professional and will incorporate some of the following items:

- ◆ assessing what other units may be affected
- ◆ assessing if soft goods (couch, chair, mattress) can be treated or should be disposed of
- ◆ determining and scheduling the best treatment to be used
- ◆ accommodating medical needs
- ◆ assisting residents in preparing for treatment
- ◆ planning possible housing relocation
- ◆ determining the need for a disposal company
- ◆ assessing resident notification needs
- ◆ setting follow-up unit monitoring after treatment



Continuing Education and Awareness

Whether you have a bed bug infestation or are just trying to protect yourself from one occurring, knowledge about these pests can equip you with the tools necessary to help you deal with or prevent the problem. Remember these important proactive and preventative tips:

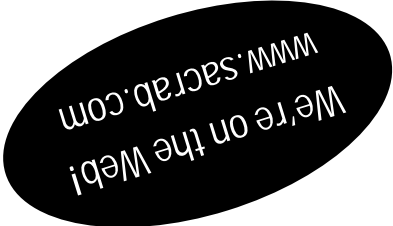
- ◆ Immediately report any bed bug problem to your management office
- ◆ If you purchase second-hand clothing wash the items in hot water and dry in hot dryer before bringing them into your unit.
- ◆ Furniture from the street should never be brought into your unit
- ◆ Don't visit places where bed bug activity is suspected
- ◆ Periodically inspect your mattress area for bed bug activity
- ◆ Wash and dry bedding frequently as heat will kill any live bed bugs

That brings us back to that old nursery rhyme. Actually, to the part of the rhyme I'd never heard before; "And if they do (that is bite you), Then take your shoe and knock 'em 'till they're black and blue!" I'm not sure if this tact is quite the way we want to deal with bed bugs but the point is if you find that you have bed bugs then it's important to take swift decisive action in order to deal with the problem. So let's all work together and take the steps necessary, ahead of time, so that you don't find yourself frustrated and chasing these pests around your unit with shoe in hand.

Source Information:

Wikipedia
 Tips on Bed Bug Control-Harvard University
 The Bed Bug Resource Manual -2008 WoodGreen Community Services, Toronto
 Vector Surveillance and Control – NYC DOHMH

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THE ALDER GROVE COMMUNITY COMMITTEE BY Lisa Burton

We currently have Christian Soldiers food locker each Thursday from noon to 1:00 pm. A learning center with computer lab, library, playroom and lounge. Hours of operation are 3:30 - 6:30 pm every Monday and Wednesday. We also have a snack / meal program. Donations from Sac Food Bank and residents make this food program possible. Two of our residents got together and created the RISE Exercise Program that meets every Friday at 10:00 am in the community room with stretches and low aerobic exercise. A Tai Chi class is offered every Monday at 8:30 am in the community room the first two classes are free, there after \$2.00 each class. A health forum talk and light dinner are offered every third Thursday from 6:00 - 7:30 pm in the community room. We have an upcoming clothing exchange (clothes closet) Grand Opening in October. Bricks Bike Kitchen is on site also. Hours of operation is Monday and Wednesday 3:30 to 6:30 pm at 728 Warner Street. Residents can get help fixing their bikes for free. Children can get a bike if they repair it. If you are interested in getting your community active by creating something similar or have an idea for your community call Lisa Burton, Secretary 916-247-2099