

SRAB Teams Up With Rite Aid For Flu Shots

By Gale Morgan

SRAB, LifeSTEPS, Blossom Ridge and Rite Aid Pharmacy are joining together to help immunize you and your friends and family.

Your neighborhood Rite Aid will be sponsoring Flu Shot Clinics at your community meetings. Flu, Shingles, Pneumonia, T-DAP and other vaccines will also be available.

We will provide a sign up sheet and information at your sites. This event is open to residents, staff, family, neighbors and friends.

Please RSVP and bring your filled out forms with you, as well as your Insurance Card.

Rite Aid will bill your insurance; however, you can pay cash or check, if:

- You do not wish to use insurance for this purpose
- Your insurance does not cover immunizations

- You are simply uninsured

Vaccine Price List

Flu Vaccine: \$24

Phenomena Vaccine: \$88.99

Tdap (Tetanus-Diphtheria-Pertussis): \$64.99

Shingles Vaccine: \$238.99

If you have questions, please contact:

- 1) SRAB, Gale at (916) 941-5547
- 2) LifeSTEPS, Melissa at (916) 449-6255

Paradise Manor 9/25 @ 1:30pm
4930 El Paraiso Avenue Sacramento, CA 95824 (I)

Arden Arcade 9/30 @ 2pm
3241 Alta Arden Expressway Sacramento, CA 95825 (I)

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Volume 8, Issue 4

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October – December 2014

The next **Quarterly SRAB meeting** has been scheduled for **Wednesday, October 22, 2014.**

The meeting will be at our regular location;

**1725 K Street,
Sacramento, CA 95811
at 1:30 PM.**

SRAB Book Scholarship Program

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. Most of all, we want to provide funds that will really help students succeed. Donations to SCCF are an investment in the future and partnering with the SRAB will enhance how students living in public housing

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Is community even important?

By Melissa Revelez, LifeSTEPS Director of Social Services

The short answer is, YES!

In our fast-paced society, social ties are pretty far down on our "to do" lists, but connection to others is turning out to be more important than we thought. Studies indicate that "social capital" is one of the biggest predictors for health, happiness, and longevity.

Communities are important because they allow people to interact with each other, share experiences, develop valued relationships and work toward a common goal. Without communities, people would have to live isolated lives with minimal or no contact outside of their immediate circle.

Getting to know new people and having a solid community of people who you can trust enough to be vulnerable and honest with is a foundational part of life. Everyone needs people who encourage, listen to and

experience life with them. Community offers several valuable gifts that combine to improve

our emotional state, relationships and quality of life.

Five Reasons why Community is Important.

1) Community keeps you healthy: Some studies found links between social interactions and health benefits such as reduced incidence of colds and flu, survival rates for disease and even longer life. Social isolation is often compared to the negative effects of smoking.

2) Communities get things done: A positive community hones the skills of a person and helps one achieve one's goals. In a group, people do not

have to handle their issues on their own because they have other people who can offer help.

Members of a community also feel motivated in achieving a desired outcome. They share resources and interests.

3) Community gives hope: In a painful, uncertain world the understanding and supportive nature of good, honest community can provide the hope necessary to press on and take chances – even in the midst of pain.

4) Community gives options: Life without community is lonely; it's lacking in social events, intimate conversation and deep relationships. A strong network of people grants options for a day out, friend to call in a crisis and someone to share a funny story with.

5) Community gives joy: The long and short of it is that community is fun. The shared memories, laughter and times spent with a positive community provide memories that truly last for a lifetime.

3 Simple Ways to Start Building Your Community.

1. Come together face to face, such as by volunteering for the resident committee or agreeing to work on projects.
2. Talk to people. Introduce yourself, ask questions, tell stories, be interested!
3. Attend LifeSTEPS activities, classes, parties and potlucks!



I can do things you cannot,
you can do things I cannot;
together we can do great things.

- Mother Teresa

Sources:

<http://moodpanda.tumblr.com/post/49460339385/five-reasons-why-community-is-important>

<https://bewell.stanford.edu/features/social-ties-good-health>

<http://www.ask.com/question/why-are-communities-important>

Get your t—code card at
your community office
and keep organized !



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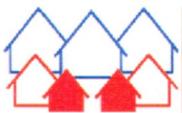
Scholarships

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 the 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 affects only scholarships at SCC the others remain unchanged.



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Flu Shots — continued

(Continued from page 1)

Big Trees 10/3 @ 2pm
2516 H Street
Sacramento, CA 95816 (2)

River View & Edgewater
10/7 @ 1:30pm
600 I Street
Sacramento, CA 95814 (1, 2)

William Land Villa 10/8 @ 2pm
1043 43rd Avenue
Sacramento, CA 95822 (1)

Gran Cases Linda 10/9 @ 1:30pm
3725 Cypress Avenue
Sacramento, CA 95838 (1, 2)

Sherman Oaks / Oak Park
10/13 @ 3:30pm
3543 1st Avenue
Sacramento, CA 95817 (1)

Pine Knoll 10/14 @ 2pm
917 38th Street
Sacramento, CA 95816 (1, 2)

Sierra Vista 10/15 @ 2pm
1107 23rd Avenue
Sacramento, CA 95816 (1)

Twin Rivers 10/16 @ 10:30am
321 Eliza Street
Sacramento, CA 95814 (1)

Washington Plaza 10/16 @ 1:30pm
1318 E Street
Sacramento, CA 95814 (1)

Colonial Heights
10/20 @ 10:30am
1 Clauss Court
Sacramento, CA 95820 (1)

Comstock 10/20 @ 1:30pm
1725 K Street
Sacramento, CA 95811 (1)

Capitol Terrace 10/21 @ 2pm
1820 Capitol Avenue
Sacramento, CA 95811 (1)

Sutter's View 10/27 @ 11 am
2526 L Street
Sacramento, CA 95816 (1)

Med+Aid Pharmacy &

3100 Stockton Blvd.

Sacramento, CA 95835

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1725 K ST #101
Sacramento CA 95811

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

Grocery Bus

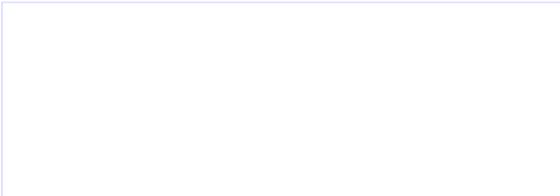
The grocery bus will no longer go to WINCO. Instead, there will be two runs to the WAL-MART in West Sacramento. Both runs will provide morning service. Reservations will still be required, so please contact the name on the flyer ASAP to make reservations. A new time schedule is forth coming. New service will start on Wednesday, October 8, 2014.

These trips are scheduled:

- October 8, 2014
- November 5, 2014
- December 3, 2014
- January 7, 2014







Flu shots available at many housing properties, see page 1 and 3 for details!

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