

# TENANT FOCUS

## ARE YOU TAKING ANY MEDICATIONS?

### Pharmacogenetic (PGX) Testing:

The science that allows us to predict a response to drugs based upon an individuals genetic make-up

**A simple 2-minute swab test can determine what medications work best for you.**

- Every year 2 million people in the U.S. are hospitalized due to adverse drug reactions
- 125,000 die annually from adverse drug reactions
- 4th leading cause of death
- Prescribed drugs are only 60% effective



FOR MORE INFORMATION CONTACT YOUR INDEPENDENT REPRESENTATIVE:  
GERALD BOOTH 916-289-4093  
GERALDBOOTH1@GMAIL.COM      WWW.MEDXPRIME.COM/GBOOTH

## WANT TO PAY YOUR RENT ONLINE?

After many years of bugging SHRA to let us pay our rent online, it has happened!

SHRA has announced a web-based information center for the residents of public housing and SHRA managed properties. Residents will be able to pay their rent on line by accessing a web-based portal thru Yardi RENT Café. Each resident will personally set up and customize their account thru the Rent Café resident portal.

SHRA is also featuring Walk in Payment System "WIPS" for Conventional Housing residents.



# RENTCafé

This will allow residents to pay their monthly rent with a WISP payment card

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### Special points of interest:

- RENT CAFE
- HOARDER HELP
- SMUD TOD RATES
- SRAB ELECTION

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## TENANT PORTAL ... CONTINUED

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from over 20,000 participating retail locations including Walmart. The WISP cards can be requested and picked up at your site office.



This web site will allow you to:

- View your payment and billing transactions
- Make secure online rent payments
- Confirm and update your information such as phone, email and car information

You can create your "user account" by visiting the following URL:

<https://rentpayshra.securecafe.com/>

[residentservices/apartmentsforrent/userlogin.aspx](https://rentpayshra.securecafe.com/residentservices/apartmentsforrent/userlogin.aspx) or go to SHRA. org and click on the "Payment Rent" yellow button.

After you have entered the site select the "Resident Login" option. You will then select the "Click Here to Register" option. You will need the following information to complete your account activation:

- Registration Code: your tcode
- Email: your Email

We hope you enjoy these new, fast, and easy features to make life more convenient!

## ARE YOU A HOARDER?

50 Things to Throw Away for Instant Decluttering

From:

<https://familymaven.io/kidsactivities/parenting/50-things-to-throw-away-for-instant-decluttering-vIIiavR1ckWPhw1Q6Oa0Nw>

### Living Room

- Old magazines
- Old couch pillows
- Movies you don't watch
- Movies that are scratched/don't work
- Burnt out candles
- Extra cords
- Games with missing pieces
- Old books

### Bathroom

- Broken makeup
- Old makeup
- Old nail polish
- Old perfume

- Old toothbrushes
- Half empty bottles
- Towels with holes
- Anything you haven't used in the last 3 months

### Bedrooms

- Socks without a match
- Socks with holes
- Underwear with holes
- Clothes you haven't worn in at least 6 months
- Clothes that don't fit
- Earrings without a match
- Old ties
- Old belts
- Old purses
- Old hats and gloves
- Worn out shoes
- Worn out blankets
- Old pillows

### Kitchen

- Expired food
- Take out menus

- Restaurant sauce packets
- Old coupons
- Old cleaning supplies
- Cups with missing pieces
- Anything you have too many of
- Excess Tupperware
- Rags with holes
- Expired medication
- Old mail
- Old manuals
- Old receipts
- Old paperwork
- Birthday cards

### Kid Stuff

- Broken toys
- Happy meal toys
- Anything with missing pieces
- Things they never play with
- Duplicates
- Puzzles with missing pieces



## ONE COMMUNITY HEALTH BY VALARIE SCRUGGS

### Join the healthcare team dedicated to you and your family!

Are you looking for health care in Sacramento that helps you manage your health, your way? One Community Health is the place for you! At One Community Health you have access to comprehensive services offered by compassionate medical staff. We are dedicated to serving our diverse community and helping you make choices that fit your life and lead to good health. Our mission is to transform lives by providing high quality health care, research and community awareness.

Services that are available for you and your family include:

**Medical Care** - Comprehensive medical care delivered by highly trained providers. Get help from our primary care, teen & pediatric services, women's health services, prenatal/ OB care, STD/HIV care, LGBT care, Transgender care, Acupuncture, Chiropractic, and Podiatry services.

**Dental Care** - Use a variety of adult and pediatric oral health services including dental exams, teeth cleanings, denture care, and many other dental procedures.

**Behavioral Health** - Our robust behavioral health team provides individualized substance abuse treatments, mental health services, and a variety of group counseling.

**Case Management** - Meet one-on-one with our specialized case managers to develop plans and gain resources to help cope with any life challenges you may be experiencing.

**Pharmacy & Laboratory** - An on-site Pharmacy and Laboratory is conveniently located in our Midtown Campus. Receive medication assistance and dispose of unwanted medications as needed.

**Counseling & Education** - Enjoy our

cooking classes, walking group, and diabetes support groups located at our Midtown Campus. Talk with our experienced dietitians to create a nutrition plan that is right for you.

**Vision Services** - Patients at One Community Health now enjoy comprehensive vision testing and an optical center at our Midtown Campus.

Our coordinated approach to health care can give you peace of mind, knowing that your providers are communicating with one another, treating you as a whole person. For example, our chronic pain management program helps patients learn to manage their pain safely through a variety of treatments including medication assistance, physical therapy, mindfulness, nutrition, acupuncture, and other skills training.

One Community Health welcomes you to learn about our services and consider making us your medical home. We are always working to expand services for children and adults to help create a healthier Sacramento and help everyone find the resources they need to live well.

Our **Midtown Campus** is located at: 1500 21<sup>st</sup> Street, Sacramento, CA 95811

Our **Arden-Arcade Campus** is located at: 1442 Ethan Way, Suite 100, Sacramento, CA 95825.

You can call **(916) 443-3299** to schedule your appointment today.

For more information, please visit our website: [onecommunityhealth.com](http://onecommunityhealth.com)

**One Community Health is a direct service provider working with the SHRA FSS and ROSS programs.**





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

Phone and FAX: 916-443-5547

Email: [sacrab@gmail.com](mailto:sacrab@gmail.com)

**Tenant Advocates**

We Are On The Web

<http://www.sacrab.org>

PRSR STD  
U.S. POSTAGE PAID  
SACRAMENTO CA  
PERMIT NO. 2010

County address label

**NOTICE OF SRAB  
QUARTERLY MEETING  
AND ELECTION**

The next Sacramento Resident Advisory Board **Quarterly Meeting** has been set for **1:30 pm on Oct. 27, 2018** at the:

All Seasons Café  
1725 K Street,  
Sacramento, CA 95811

As a result of the passing of Pat Edwards, the RAB has a vacancy on our board. Thus the RAB must have an election for vice chair to fill the vacancy. We did not have time to put out a 30-day notice of election in time for our July meeting so, **we will have an election to fill the vacancy at the October 26, 2018 1:30 pm meeting.** Details are on our web site. <http://www.sacrab.org>

A light lunch will be served at 1:00 pm for those who arrive early

**SMUD TIME-OF-DAY (5-8 P.M.) RATE**

This rate will become the standard rate for all residential customers in 2019. Some customers will transition to the rate as early as October 2018, with most customers transitioning in early 2019.

**What is Time-of-Day?**

On the Time-of-Day Rate, you pay different rates for electricity based on the season and the time of day that you use it.

Rates are lower during off-peak periods because it costs us less to produce or purchase electricity. Rates increase as demand and cost for electricity increase, especially during the summer months.

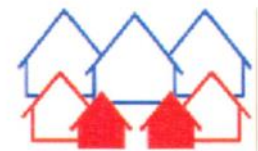
TOD rates help you control your electric bill when you:

- Shift your electricity use to lower-cost off-peak times
- Use less electricity during the 5-8 p.m. peak hours
- Reduce your overall usage

How can I sign up for Time-of-Day?

If you own or lease a rooftop solar system or plug-in electric vehicle, you can enroll now. Otherwise, you can submit an interest form for early enrollment.

You can also find information about our Time-of-Day (4-7 p.m.) Rate. This rate closed to new enrollments as of December 31, 2017.



**ILLEGAL ACTIVITY IS NOT TOLERATED HERE**

TO REPORT CRIME ANONYMOUSLY, CALL

ANONYMOUS **Wetip** SE HABLA ESPAÑOL

**1-800-78-CRIME**  
27463

**WWW.WETIP.COM**

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