

TENANT FOCUS

Volume 12, Issue 4

Oct.–Dec. 2018

Special points of interest:

- Pharmacogenetics
- RENT Café
- ROSS

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ARE YOU TAKING ANY MEDICATIONS?

Pharmacogenetic (PGX) Testing:

The science that allows us to predict a response to drugs based upon an individual's 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?

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 Cafe. 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.

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



RENT Café

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ROSS: News & Review

Are you interested in the Resident Opportunities for Self Sufficiency Program (ROSS)? Here are a few Questions and Answers.

FREQUENTLY ASKED QUESTIONS ABOUT ROSS

Q: How do I get started?

A: Through a referral sent by your Site Manager, contacting the main referral line at 916-449-6250, or emailing Resident Services at residentservices@shra.org.

Q: How long do I have to wait?

A: After the referral, a Service Coordinator will contact you to complete a needs assessment, an interview, and orientation to provide you with a detailed program description.

Q: Who can receive ROSS services?

A: Any member of a household that is in the City Public Housing Program may participate in the ROSS Program (**unfortunately this program cannot assist seniors**).

Contact your Service Coordinators for more information.

Porsche McCullough
(916) 449-6324
pmccullough@shra.org

Choua Kong
(916) 449-6321
ckong@shra.org

Family Self Sufficiency (FSS) Program

Are you struggling with your finances and finding that your daily struggles to make ends meet are affecting your health, relationships, and mental wellbeing?

Do you dream of owning your own home but know that your credit is going to affect your ability to reach your dream? Want to return to school but don't know where to start?

These are all concerns that can prevent us from reaching our goals which will force us to feel defeated. If you're looking for ways to better your circumstances and overcome the setbacks that are present in your life, contact the Family Self Sufficiency (FSS) program to learn more about how it can assist in helping you achieve your goals.

Please contact the following FSS staff for more information:

Karen Simmons-County
ksimmons@shra.org
916-449-6314

Akil Jackson-City
ajackson@shra.org
916-449-6206

Attention: Has your phone number changed?

It is very important that SHRA has your current phone number. Please update your contact

information at your site office. Updated information allows us to communicate with you in a timely manner about upcoming events and opportunities. We thank you in advance.

The Resident Training Program

The Resident Training Program is currently recruiting for the Paint Program. Trainees must possess a high school diploma or GED, be licensed to drive a vehicle and have a clean driving record. During this two-year training Program, you will learn how to:

- *Texture and hang drywall*
- *Mud and tap drywall*
- *Use a spray machine*
- *Refinish countertops*
- *Prep building interiors and exteriors for painting*
- *Provide quality customer service and much more.*

According to Indeed.com, painters' salaries range from \$17.00 - \$32.00 hour in Sacramento.

What's more, now is an opportune time for women to enter the construction trades. We are also accepting applications for the Clerical and Janitorial Programs. To learn more about the Resident Training Program; contact Linda Ray, Resident Training Program Supervisor today at (916)-449-6333 or lray@shra.org.

Clutter

Problems with clutter develop over time and tend to be private. Often, significant clutter has developed by the time it reaches the attention of others.

Excessive clutter and refusing to discard items results in:

- Disorganized piles or stacks of items, such as newspapers, clothes, paperwork, books or sentimental items
- Possessions that crowd and clutter your walking spaces and living areas and make the space unusable for the intended purpose, such as not being able to cook in the kitchen or use the bathroom to bathe
- Buildup of food or trash to unusually excessive, unsanitary levels
- Significant distress or problems functioning or keeping yourself and others safe in your home

- Conflict with others who try to reduce or remove clutter from your home
- Difficulty organizing items, sometimes losing important items in the clutter

Cluttering is different from collecting. People who have collections, such as stamps or model cars, deliberately search out specific items, categorize them and carefully display their collections. Although collections can be large, they aren't usually cluttered and they don't cause distress (www.mayoclinic.org).

If you find yourself in this situation there are people who can help.

Please contact:

Dust N Time House Cleaning

2385 25th Ave
(916) 613-1397

Organize Sacramento

(916) 628-7709

**Organize and Downsize:
Management for Older Adults**

Sacramento, CA.
(916) 956-0450

Continuing Events

Food Distribution: Resident Service in conjunction with City Church, host an emergency food distribution every fourth Thursday of the month.

Day: Fourth Thursday of the Month

Time: 1:00 to 2:00

Location: Marina Vista Community Room

ROSS Upcoming Events

Resident Training Program & Jobs Plus Workshops

Theme: Professional Development

Time: October 16 – November 29, 2018
Tuesday/Thursday 9:30-11:30 am

Location: Marina Vista Community Center
240 Seavey Circle
Sacramento, CA 95818

Fire Safety Poster Contest

Fire Prevention Week

Date: October 7-13, 2018

Theme: Fire Safety

Time: TBA

Location: Marina Vista Community Center
240 Seavey Circle
Sacramento, CA 95818

Be on the Lookout for Upcoming Events:

New STEM Program: "Mars Rover Celebration 2019".

Youth will learn about the environment on Mars and design and construct a model Mars community to carry out a science mission on the surface of Mars and write a short story about living in their community on Mars. This program will start in September and end in June with a celebration date to be determined. **If your youth likes building, art, or writing, this is the STEM program for them!**

College Tours

What colleges are you interested in attending?

Resident Services is putting together college tours for Sacramento City College, Sac State, Chico State, and others. Don't miss the opportunity to explore your future educational goals. Please contact your Service Coordinators for more information.

Choua Kong (916) 449-6321 or

Porsche McCullough (916) 449-6324

Employment Fair

TBA

Winter Festival January 2019

Resident Services strives to bring helpful information to the residents. Please continue to show your support at these events.

First 5 California Grants

Do you have an idea that can bring about change in your community? Do you have an interest in developing a concept that can benefit the whole family while targeting toddlers? Good news! First 5 California has grants for individuals who want to create and implement activities or programs that will benefit ages 0-5 year olds.

For more information contact your Service Coordinators about how you can apply for these grants.

Porsche McCullough (916) 449-6324

Choua Kong (916) 449-6321



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

Phone 916-443-5547
FAX: 916-545-2166
Email: sacrab@gmail.com

Tenant Advocates

We Are On The Web

<http://www.sacrab.org>

**NOTICE OF SRAB
QUARTERLY MEETING**

The next Sacramento Resident
Advisory Board Quarterly
Meeting has been set for
1:30 pm on October 26 2018
at:

**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 will have an election
to fill the vacancy at the
October 26, 2018 1:30 pm
meeting.**

Details will be on our web
site.

<http://www.sacrab.org>

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



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City label

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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

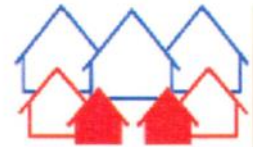
You can create your "user account" by visiting the following
URL:

[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 t-code
- Email: your Email

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



**ILLEGAL ACTIVITY IS NOT
TOLERATED HERE**

TO REPORT CRIME ANONYMOUSLY, CALL

ANONYMOUS **Wetip** SE HABLA ESPAÑOL

1-800-78-CRIME
2 7 4 6 3

WWW.WETIP.COM

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