



Public Housing Newsletter

APRIL 2012

SEMI-ANNUAL PUBLICATION OF THE HOUSING AUTHORITY OF THE COUNTY OF SAN DIEGO

Building Better Health

Did you know...

3 Behaviors

- No Exercise
- Poor Diet
- Tobacco Use

Lead to 4 diseases

- Cancer
- Heart Disease
- Type 2 Diabetes
- Lung Disease

That result in over **50%** of deaths in San Diego?

Change your life by...

- Walking for 30 minutes each day
- Eating healthy - lots of fruits and vegetables
- Not smoking!

For more information visit:

www.sdcountry.ca.gov/hhsa

Title VIII of the Civil Rights Act of 1968 (Fair Housing Act), as amended, prohibits discrimination in the sale, rental, and financing of dwellings, and in other housing related transactions, based on race, color, national origin, religion, sex, familial status (including children under the age of 18 living with parents or legal custodians, pregnant women, and people securing custody of children under the age of 18), and handicap (disability). If you feel you have been discriminated against, contact HUD Hot Line at (800) 669-9777 or North County Lifeline at (866) 954-3354 x6226.

Dorothy Street Manor Community Garden

The Housing Authority of the County of San Diego implemented a community garden for residents of Dorothy Street Manor. The project included introductory gardening education to residents, and building of the garden with the help of residents and community volunteers.



Dorothy Street Manor, a 22-Unit family complex, is one of the Housing Authority's four public housing sites, all located within the city of Chula Vista.

The community garden was implemented with the help of Victory Gardens San Diego, a non-profit organization partially funded by Healthy Works and the County's Health and Human Services Agency, and their volunteers.

Spring Cleaning Tips

Spring time is here so it is the perfect time to do some spring cleaning. Spring cleaning can lead to healthier living conditions, better use of space and possibly make you a few dollars.

1. Clean out those closets. Are there old toys, clothes, or clutter that isn't being used or is broken? Take an hour or two and have each person in the family go through their things to decide what should be tossed out and what is still in good condition, but isn't in use. The latter can be sold or donated. Remember, donations may be tax deductible!
2. Dust. Take the time to vacuum around baseboards, heating vents, drapes, under the sofa cushions, and to wipe down window sills and non-upholstered furniture. Also, don't forget to vacuum under those big furniture items, too.
3. Don't overlook the bathroom. Bathrooms are subject to a lot of moisture day in and day out, which can cause mold growth. This is a good time to make note of any leaking or damaged fixtures that would need repair. If you do notice something, be sure to contact your manager so the problem can be corrected.
4. Appliances need a spring cleaning, too. Clean out the refrigerator, check dates on items to make sure they are still in date. Wipe down the inside and outside of appliances with a soft cloth and a solution of 1/2 cup of bleach and 4 cups of warm water.
5. Get organized. Take an hour with your family to make sure things have a place and that everyone in the family knows where those places are. Set up a tray for mail and another for keys. Are there hangers and hooks for coats? Places for backpacks to go after school? Keeping things organized helps everyone keep the house tidy and gives the family more time for other fun activities.

These tips are only a starting point. Have the whole family pitch in with ideas for a clean spring.

Volunteers Needed

RESIDENT ADVISORY BOARD

HOUSING AUTHORITY BOARD OF COMMISSIONERS

APPLICATION

We are seeking program participants to serve on our Section 8 Rental Assistance and Public Housing programs Resident Advisory Board. The role of the Resident Advisory Board is to assist and make recommendations regarding the development of various Public Housing Authority Plans. Members of the Resident Advisory Board are required to attend at least two meetings a year.

If you are interested in serving on the Resident Advisory Board and have access to transportation, please send your completed application to Anthony McCall:

Email: anthony.mccall@sdcounty.ca.gov

Fax: (858) 514-6575

U.S. mail:

Mr. Anthony McCall

Housing Authority of the County of San Diego

3989 Ruffin Road, San Diego, CA 92123

If you have any questions, please contact your housing representative. We will contact all applicants over the next 12 months.

Print Name _____

Home Address _____

City _____ Zip Code _____

Telephone _____ Housing Representative _____

In addition to the RAB, are you interested in serving on the Housing Authority Board of Commissioners as a Tenant Commission?

Yes No

What are your principal areas of interest in serving our community? _____

What relevant experience or special knowledge do you have? _____

Signature

Date

In addition to the Resident Advisory Board, we need participants to serve two-year term on the Housing Authority Board of Commissioners as a Tenant Commissioner.

Commissioners are paid for each meeting they attend and serve along with the County of San Diego Board of Supervisors.

Internet service at the Towncentre Community Room is made possible by the generous donation of Cox Communications.