

A STEP TOWARDS GREATER INDEPENDENCE



At Springtown Villa, one of our residents has a new found independence. Ms. Hazel Mayfield was a resident on the third floor. However, she recently moved to the first floor. The move was designed to help Ms. Mayfield continue maintaining as much independence as possible. She moved into a special handicap-accessible apartment. The changes in her apartment are small however the results are tremendous. The shelves and cabinets are set at a lower level, which allows her to successfully reach all of her groceries. The sink is lower and has room underneath for a chair, which allows her to sit while washing dishes. Ms. Mayfield now visits the community room more often. She participates in various activities with a smile on her face and a story to tell. At the

age of 86, Ms. Mayfield is still quite active. She has an exercise bike that she uses regularly to maintain her legs and strengthen her hips. The bike is in the third floor sitting room so other residents may use it. With the aid of a walker, she strolls around the complex regularly. Ms. Mayfield is an amiable presence at Springtown. We are happy that she was able to transfer apartments and glad to see her out and about. Keep it up Ms. Mayfield!

Notes from the Main Office

Bed bugs are a growing problem across the nation. Bed bugs don't appear to spread disease but they can cause skin irritations and unpleasant odors. You can create a strong defense. Laundering your bedding with hot water and drying it with high heat will kill bed bugs. But what about the parts of the bed you can't throw in the wash? Bed bug encasements are a great way to keep your mattress, box spring and pillows bed bug free. They won't prevent bed



bugs but what they can do is prevent these areas of the bed from being infested. They take away places for bed bugs to hide. If you have a bed with legs, you can also put the legs in "Climbup Interceptors." These little bowls are made in such a way that bed bugs get stuck in them — they climb into the bowls but can't make it up the legs of the bed. Climbup Interceptors are actually designed for bed bug detection but they take away one path bed bugs have to get into your bed. People report having good luck using them for protection purposes. You also need to keep the bed isolated in other ways. Pull the bed away from the wall. Move nightstands so that they don't touch any part of the bed or bedding. Don't let bedding touch the floor. And don't put things on the bed (clothes, bags, shoes). These are not solutions to a bed bug infestation. But they can help protect you, especially from getting bed bug bites. (This article was adapted from www.bedbuginfo.com. Go there for more information!)

ALLEN WOODS HOMES – P.O.D.E.R. LEARNING CENTER

¡Disciplinar significa enseñar!

Lo que es la disciplina:

La disciplina es una manera fuerte y efectiva de enseñar...

- Comportamientos correctos
- Formas correctas de expresar los sentimientos
- Formas correctas de jugar
- Valores familiares
- Seguridad para el niño, otras personas y cosas.



Lo que no es la disciplina:

La disciplina no es un castigo. El castigo puede:

- Hacer que los niños sientan que no se les quiere
- Hacerlos sentir que son malos
- Enfocar lo que está mal sin enseñar lo que es correcto.

Disciplinar con inteligencia

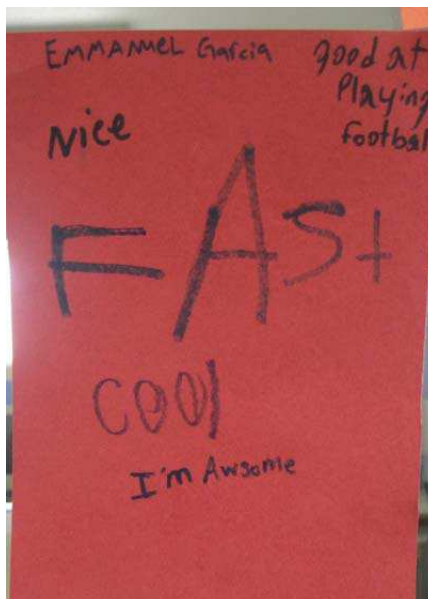
- Use reglas HAZ para que su niño pequeño pueda aprender que **hacer en lugar de lo que no tiene que hacer**. Por ejemplo, dígame “Habla en silencio” en lugar de “No grites en la casa.”
- Fije rutinas para la hora de la comida, la hora de dormir, y la hora de bañar. Los niños pequeños se portan mejor cuando saben a que atenerse.
- Asegúrese de que su corrección sea adecuada a la situación. Por ejemplo, si su niño raya la pared, quítele los crayones por un rato – y ayúdele a limpiar la pared.

Source: Janet Ray, M.Ed.—www.circleofparents.org

R-E-S-P-E-C-T and What it Means to Me!

Recently at the PODER Learning Center we have been including respect and responsibility activities into our after school program. Last week the children performed small skits that demonstrated respect and disrespect. After the skits the children were able to discuss the rights and wrongs and how to change disrespectful behavior into respectful behavior. The children also sat in a circle and had the opportunity to write one nice thing about everyone else.

After reading everyone's response the children realized how easy it is to be nice! To top it off the children made wonderful thank you cards for the parents who brought things for our Valentine's Day party because we couldn't have done it without them!



NEED A MENTOR FOR YOUR CHILD?

Volunteers from Texas State University are now available for one-on-one services.

First come, first serve!

Call: 396-3367 or visit the PODER Learning Center

Springtown Villa — Volunteers Galore!

We have lots of new volunteers from Texas State University here at Springtown Villa. Volunteers are here every weekday. We are eagerly anticipating the activities we have planned with the many volunteers. Fridays are especially busy. One pair of volunteers will be making breakfast with the residents one day in March. On Friday afternoons, volunteers will be conducting art classes and gardening time. We have several volunteers who enjoy playing games, such as dominoes or Monopoly. We hope that residents enjoy the volunteers as much as the volunteers enjoy their time with them. The volunteers are here to interact, converse, and enjoy time with the residents of Springtown Villa but they are also here to learn from them. To help these students learn and grow, we hope residents will participate in these activities as often as possible. Calendars are posted showing all the volunteer names and times they are here. Meeting new people and doing new things is a great way to stay healthy and happy!



Above: Previous volunteers and residents of Springtown Villa.

Did you miss an activity you really wanted to attend? **Contact Lorene and she will fill you in!**

Do you have an idea for a new activity or event? **Let Lorene know what you would like to do so it can get scheduled!**



St. Patrick's Day is coming up!

We are planning many fun and exciting activities for the month of March! Be sure to look at your activity calendar for upcoming events. Things to look forward to...

BINGO WITH
PODER KIDS!
MARCH 25



Hearts N
Hooves
Presentation
March 16



St. Patrick's Day
Bingo/Party
March 17

KAD KIDS KEEPING BUSY AT C. M. ALLEN

The youth at KAD engage in fun activities such as sponge painting!



Kappa Delta Chi sorority and KAD youth distribute goodie bags to our elderly and disabled. KDChi and KAD have started the Adopt-a-Grandparent program.



Designing t-shirts!



Texas State students enjoying a special activity with KAD youth — making yummy ice cream!

The Montelongo family works on the community garden. Time to Plant!

Sign up for a plot at the
C. M. Allen Community Garden.

Call: 512-392-6273

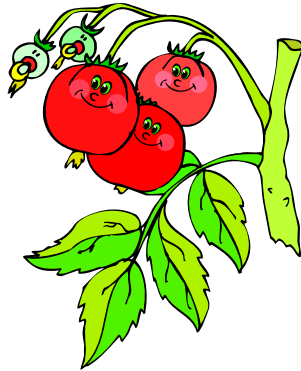


Family Self-Sufficiency

ATTENTION ALL FSS PARTICIPANTS!

Spring is here! We have a new community garden at the Chapultepec Homes! If you are interested in having a garden plot for your family, call us at 396-3364.

Take time to grow with your family and spend some quality time together.



The Chapultepec Learning Center is now open for classes. It will be formally dedicated in the near future. Look for FSS meetings to be held there as well as other learning opportunities such as Best Food FITS cooking classes. These classes are open to the community. Come learn how to build a healthy family!



Special Thanks and Shout Out to:

Traci Maxwell and the Youth of St. Stephen's Episcopal Church in



Wimberley, TX for coming to Chapultepec Homes to volunteer. They spent one Saturday morning cleaning up around the site and planting some flowers in front of the office. Thanks Again!



Please be mindful of the clean up work and remember to keep the grounds clean. Keep the area around your unit neat and free of trash. Please keep all toys neat in the back yards and not on the front porches. We would greatly appreciate it.

PARTNER PAGES

10th Annual
YOUTHFEST
and
'Day of the Young Child'
April 2, 2011
10am to 4pm
San Marcos Plaza
by the San Marcos River

 Kids Performing
All Day

 Jumping Castle

 Petting Zoo

11:00 – Crockett Elementary
 11:25 – First Step School
 Second Step School
 11:45 – The Waggle Taggle Gypsy
 12:45 – Mary Snyder
 1:15 – Dance Unlimited
 2:00 – Mendez Baile Folklorico
 2:35 – Nicole Green
 3:00 – Colin Mooahan &
 Hunter McInerney

Music
Dance
Singing
Food
Fun

Information and Activity Booths

Greater San Marcos Youth Council
 Roxanne's House
 Hays Caldwell Women's Center
 CASA
 Campfire USA
 ECVHomespun
 Head Start - Early Head Start
 First Step School
 Second Step School
 Bluebonnet Lions Club
 MADD
 DSHS - DFPS
 Art Space
 San Marcos Victims Services
 Maximus - Texas Health Step
 San Marcos Fire Department
 Goodwill Industries
 Alight Pediatric Therapy Clinic, Inc
 Any Baby Can
 Burke Foundation
 Youth Service Bureau



Art Activities



Anisa's Express Train

FREE

**There Is
No Excuse
For Abuse**



Funded by the Greater San Marcos Youth Council
 &
 Department of Family and Protective Services

PARTNER PAGES

FREE ART CLASSES FOR STUDENTS AGES 14-18

PAINTING, DRAWING, PRINTMAKING AND 3D WORK

SATURDAY'S 11:00-12:45

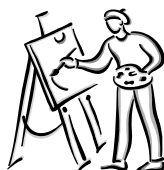
STARTED MARCH 5TH

AT EL CENTRO CULTURAL HISPANO DE SAN MARCOS

211 LEE STREET

SAN MARCOS

(FORMER BONHAM SCHOOL)



TO SIGN UP IN ADVANCE BY E-MAIL: LKJ@CENTURYTEL.NET OR PHONE 512-787-2892

OR JUST COME ON SATURDAY TO GET STARTED!
(CLASS SIZE LIMITED TO 12)

HOUSEHOLD HAZARDOUS WASTE and PHARMACEUTICAL COLLECTION

Saturday, April 2, 2011

8:00 a.m. to 12:00 noon

630 E. Hopkins

At the traffic yard (entrance across from
the big HEB)

Free event to citizens of San Marcos and
Hays County (proof of residency
required)





SAN MARCOS HOUSING AUTHORITY

Board of Commissioners:

Rose Brooks, Chairperson
Rev. Samuel Montoya, Vice-Chairperson

Stacy Green—Resident Rep.
Ovelia Mercado

Lorraine Burleson

Brian Guenther

Administration:

Executive Director

Albert Sierra

Accountant/Program Mgr.

Lana Bronikowsky

Maintenance Director

Albert Hernandez

Public Housing Manager

Rose Miranda

Resident Services Director

Stewart Dale Spencer

Section 8 Coordinator

Frances Garcia

Springtown Villa Manager

Veronica Miranda

Housing Offices:

Allen Woods Homes (Main)

353-5059

C. M. Allen Homes

353-1116

Chapultepec Homes

396-3364

Housing Choice Voucher

353-5061

Springtown Villa

396-3363

Resident Services Centers:

**Family Self-Sufficiency*

396-3364

**KAD Korner Store*

392-6273

**PODER Learning Center*

396-3367

**Springtown Villa*

353-7343

WHAT WE'RE ALL ABOUT

The San Marcos Housing Authority provides decent, safe, and sanitary housing for about 555 low-income families and individuals, including the elderly and disabled. Our Resident Services Program consists of several initiatives designed to support Self-Sufficiency & Family Development, Elderly & Disabled Services, Youth Services, and Resident Organization & Community Development. All Resident Services initiatives are united in the overall goals of improving the quality of life for public housing residents, reducing dependence on the welfare system, and empowering our residents to take charge of their lives and of their environment.

*The Oracle is produced and published monthly by the Resident Services Department of the San Marcos Housing Authority. Concept by Herod King Ellison. Senior Editor—Stewart Dale Spencer. Contributing Editors—Maria Calcaben, Bonnie Pecina, Megan Perez, Amanda Ramirez, & Lorene Sandwith. Contact: SMHA Resident Services, 701 South LBJ Drive, San Marcos, Texas, 78666 * 512-396-3364 * www.smpha.org*

Chapultepec is Growing!



In the past few months, the Chapultepec family has grown significantly. It started with the birth of Stewart's granddaughter in late summer. Stewart is our Resident Services Director. Kaliska was born to Jason and Victoria Spencer. Jason participated in KAD as a child and later served as an AmeriCorps volunteer at Chapultepec. Victoria served as a volunteer tutor at



Chapultepec last year. The next addition was the birth of Madison, the daughter of Moses and Amanda Ramirez. Amanda is our Assistant FSS Coordinator. January saw the completion of the Chapultepec Learning Center.

Watch for news about a formal dedication in the near future. Finally, January also saw the birth of Isabella Rain and Anthony Jr., the twin children of Anthony and Megan Perez. Megan is our FSS Coordinator, just back from maternity leave. We're doing the happy dance!

