



Two Future Success Stories!



Hi, my name is Makayla Sayles and I attend Blinn College. I wouldn't be able to go to Blinn if it were not for Mrs. Bonnie [Pecina] who told my mom about the Nelrod Education Fund Scholarship and for them providing me with this scholarship as well. My major is Nursing, which takes a lot of schooling and money. I am so grateful and blessed to receive this scholarship a second time. I just want to thank Mrs. Bonnie and the Housing Authority for giving me a chance at furthering my education and becoming a pediatric nurse. It means so much to me!

Left: Executive Director Albert Sierra presents the Nelrod Education Fund Scholarship certificate to Makayla.

Gene Martin II (Resident Services Program Director) and Maggie Moreno (Chairperson of the SMHA Board of Commissioners) presented the scholarship certificate to Starr Guajardo in August. She will be attending Austin Community College. Her goal is to become an X-ray Technician. With a little hard work, she will be eligible to apply for a renewal scholarship next year. Good luck Starr!



ALLEN WOODS HOMES — PODER LEARNING CENTER

First Day of School



The kids were buzzing with stories and excitement as they stepped into the first day back at PODER. The hardest obstacle is always coming back to a regular schedule and following rules, but once the kids get back into the swing of things, the program runs smoothly. Each day is filled with a free, balanced meal provided by the Central Texas Food Bank, a developmental activity, homework & tutoring, and play time. The first day's activity had the kids thinking about goal setting and what they want to do when they grow up. If kids want to become a doctor, a teacher, a scientist, a musician, etc., the PODER After-School Program encourages kids to pursue these dreams. If your child is a 1st grader or older and up and you want more information on how to sign them up for our free after-school program, call Senior Service Coordinator Maria Calcaben at 512-396-3367.

Tortitas de Papa con Pollo



- 240 gramos de pechuga de pollo sin hueso y sin piel, cocida y deshebrada

Preparación

1. En una olla, calienta el agua con la Leche Evaporada durante 5 minutos o hasta que suelte el primer hervor. Espolvorea el cubo Caldo de Pollo Reducido en Grasa y las piezas de Sazonador a base de cebolla y ajo

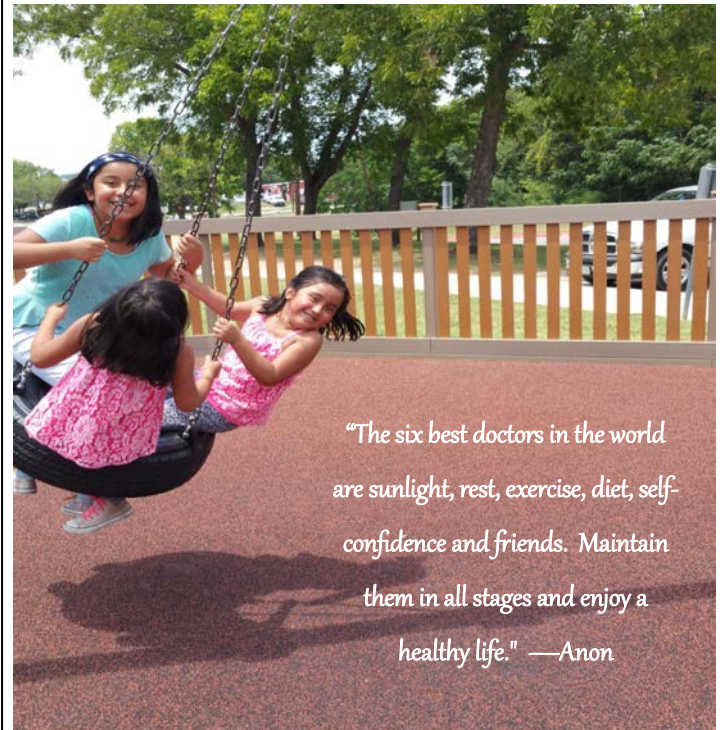
Ingredientes

- 1 1/4 tazas de agua
- 1/2 de lata de leche evaporada
- 1 cubo de caldo de pollo
- 2 piezas de sazónador cebolla y ajo
- 1 paquete de papa deshidratada para preparar puré

2. Apaga el fuego y agrega las Hojuelas de papa deshidratada para preparar puré; deja que se hidraten y agrega el pollo deshebrado. Mezcla perfectamente.

3. Forma tortitas con el puré; calienta una sartén de teflón y cocínalas por ambos lados hasta que estén doradas.

Source: <https://www.kiwilimon.com/>



"The six best doctors in the world are sunlight, rest, exercise, diet, self-confidence and friends. Maintain them in all stages and enjoy a healthy life." —Anon

Springtown Villa

Blood Pressure Checks + Game Day

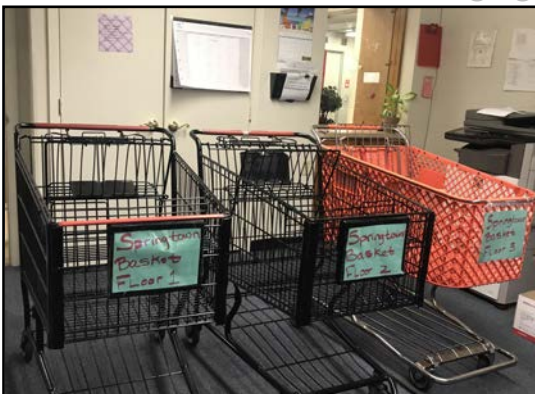
It is never a dull moment here at STV! This month, True Heart Hospice joined us to play a variety of board games like KerPlunk, Connect



4, Jenga, and more. Jennifer sure does know how to have fun! Above, Daniel is pictured being silly with one of the inflatable penguins that we used for a game of ring toss, and his prize of Doritos. To the left, you can see Ms. Mary striking a pose with all of her prizes: CHOCOLATE! Yum!



Thank you, H-E-B!!



We appreciate your kind donation of TWO baskets to Springtown Villa! Our residents are very grateful for them.

They make tasks like transporting groceries, laundry, and trash removal throughout the three floors of our facility significantly easier for our residents.

We are happy to know that businesses like HEB exist to help out their community when they are in need!

Upcoming Events

☺ Sept 10 from
2PM—4PM

Nutrition/Cooking Class
with Hays County Food Bank

☺ Sept 24 at
10:30 AM

Fire Safety
Presentation
with San Marcos
Fire Department



Resident Council Meetings

When? Every 1st & 3rd
Wednesday of the month
at 3:30PM

Where? STV Community
Room

Hope to see you there!!!

C. M. ALLEN HOMES — KAD KORNER STORE



Adult Nutrition Class

with

Hays County Food Bank



Coming Soon:

Dance Classes - Sept 7th

(from 4 PM—6 PM)

Family Science Nights - Oct 11

Fall Family Fun Night - Oct 30



Congratulations to
Starr Guajardo and

Makayla Sayles for receiving scholarships from
The Nelrod Education Fund for underserved



youth! Starr will be starting off at ACC, and Makayla is currently attending Blinn College with a major in nursing. Just goes to show that with a little hard work, anything is possible!

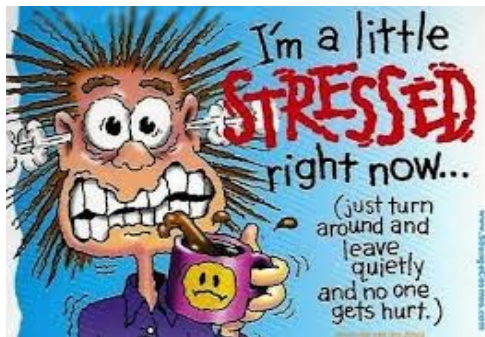
Cathy is one of our most active volunteers here. She helps out at the center in any way she can. Recently, she has been helping with the HOPE (Healthy Options Program for the Elderly) food program. Every month Cathy helps collect over 20 bags throughout the site, and sometimes even helps pack them. Talk about a dedicated volunteer!

She recently attended a HOPE training at the Central Texas Food Bank in Austin.

CHAPULTEPEC HOMES & ADULT LEARNING CENTER



Did you know that Chapultepec has a community garden? It was a little neglected, but with a little inspiration from resident Alyssa Gutierrez, a little love from the neighborhood, and an amazing donation from Lowe's, we are on track for a wonderful fall harvest. Residents have been asked to start plants in their homes so they can be transplanted into the garden for everyone to enjoy.




Stress is a normal part of everyday life. How you handle stress is totally up to you. Come out to CALC @ 6 PM on September 13 to learn some fun ways to DE-STRESS. This class is for the entire family, we will have a craft, healthy snack making, and kid-friendly yoga. See ya there!

RANDOM FACT:

If you *smile*, even if you're in a bad mood, it will *immediately improve* your mood, because the simple action of thinking about smiling and using the muscles is enough to trigger happy chemicals in the brain.



October 2, 2018

PREFERRED SIGN UP	LATE SIGN UP	LAST CHANCE SIGN UP
September 1 st - September 30 th	October 1 st - October 15 th	October 16 th - November 16 th (While Supplies Last)
<u>Guaranteed Holiday Meal Box.</u> All eligible households can sign up and are guaranteed a box.	<u>First Come, First Served.</u> Sign up limited based on supply. Only those who can successfully sign up will be guaranteed a box.	<u>First Come, First Served.</u> Will only be open if/ when supply exists. Sign up limited based on supply. Only those who can successfully sign up will be guaranteed a box.
Online Sign Up.	Online Sign Up.	Online Sign Up Only.
Phone Sign Up.	Phone Sign Up.	
Sign Up at HCFB Distributions.	Sign Up at HCFB Distributions.	

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Sign yourself up for a Holiday Meal Box!

CHOOSE ONE OF 3 EASY SIGN UP METHODS!



SIGN UP ONLINE (EASY! TAKES LESS THAN 5 MINUTES!):

1. Visit <https://turkeys2018.eventbrite.com>.
2. Click Register and choose the distribution day and time (ticket) that you'd like to attend. Only one ticket allowed per household.
3. Click Checkout.
4. If you have an email address, add YOUR first name, last name, and email in "Your Information." If you have never signed into Eventbrite, create a password. If you have used Eventbrite and forgot your password, click on "Forgot Password," and reset your password. This is how you will receive your electronic ticket and get email reminders.
5. If you do not have an email address, please type Food as first name and Bank as last name under "Your Information." Use info@haysfoodbank.org as your email address. You do not need to enter a password.
6. Fill out the rest of the form with YOUR Information.

SIGN UP BY PHONE:

- There will be scheduled phone sign up times for individuals without access to technology or trouble using technology.
- Call (512) 392-8300 x223. Assistance will be provided in English and Spanish.

Monday - Friday	8:00 AM - 12:00 PM
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SIGN UP AT A HCFB PUBLIC FOOD DISTRIBUTION:

Visit any HCFB distribution site and our staff and volunteers will assist you with sign up. Visit <http://bit.ly/HFBDistro> for full schedule.

NEWS FROM THE BOARD OF COMMISSIONERS

At its regular meeting in August, the Board of Commissioners reviewed and approved the budget for FY 2019 Capital Fund expenditures. The SMHA will receive a total of \$602,155. This program provides funds to Public Housing Agencies for the development, financing, and modernization of public housing developments and for management improvements.

The Commissioners also approved Albert Sierra's recommendation to not pursue conversion of the Allen Woods Homes into a Rental Demonstration Project (RAD) at this time. This program converts public housing sites to project-based Section 8 sites. It allows for the leveraging of public and private funding but would have made it necessary for the SMHA to take on new debt. This was problematic because the Housing Authority is still recovering from the financial impact of the 2015 floods.

And speaking of the 2015 floods, the Commissioners approved a letter in support of Substantial Amendment #7 of the Community Development Block Grant—Disaster Relief Action Plan, proposed by the City of San Marcos. If approved by the City Council, this amendment will allow the City to consider reimbursing the SMHA for \$866,603 of expenses associated with making the CM Allen Homes livable again.

UPDATE: The amendment was approved on Sept. 4. This allows the City Council to consider reimbursements after expenses are verified and recommended by city staff at a future meeting.

GOOD STUFF AT THE PUBLIC LIBRARY!

Children's
Social and
Emotional Learning



Wednesday, September 26 @ 7 PM

Psychologist and author, Dr. Jon Lasser will give an interactive talk on using children's books to promote social and emotional learning. This event is ideal for parents, teachers, and caregivers who are interested in helping children develop greater self-awareness, self-regulation, and perspective taking.

WHERE I STARTED by Judy Ferrer

I lived at the Chapultepec Homes from 1994 to 2001. There were two requirements: work or go to school. I came into the FSS program in 1994 because I was a single mom at the age of 27 with two small children. I was a widower and I had applied for public housing. I did 2 years of college at Southwest Texas State University but unfortunately I did not pursue my education degree. However, I did attain a Commercial Driver's License and in those 7 years my work ethics were strong. My memories of the FSS program were the after-school program and volunteering. The program offered a great deal of activities. I enjoyed camping and Schlitterbahn with my kids. I also had the opportunity of serving on the public housing board [of commissioners].

At the completion of the FSS program, I received guidance from my social worker, Gene Martin II, and with his assistance I became a first-time homebuyer. I continue to work in public service. I worked for the Texas State University Tram for 20 years and 4 years for the San Marcos CISD. I have been employed with CARTS for 1 year and 7 months and I continue to enjoy being a resident in this changing and growing community.

My biggest highlight since leaving FSS program is that at the age of 41, I became a grandmother. I now have three vibrant grandkids who fill my life with great joy and lots of laughter. As for my future, I will continue to do public service for the community where I have lived for 31 years. I hope to pursue some classes in sign language and assist those who are in need in my community, especially those patrons who use the local transit system.

For the current residents living at Chapultepec, use these 2 tips:

1. Always be involved with the program and use the resources.
2. Always ask [for what you need] because there are only 2 responses: Yes or No. If by chance the answer is "No," remember that where there is a will, there is a way.

My favorite quote is by **Lyndon B Johnson**: "We must open the doors of opportunity. But we must also equip our people to walk through those doors."

I am grateful for the opportunities I had while living at Chapultepec. May God Bless You All!

Editor's Note: From time to time, people whose lives we have touched in the past stop in to say hello. Sometimes it's a former after-school program kid; sometimes it's a former intern. Last week it was Judy Ferrer. She was one of our first Family Self-Sufficiency program participants at the Chapultepec Homes.



September 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

September (from Latin septem, "seven") was originally the seventh month on the Roman calendar. After January and February were added to the calendar, September became the ninth month but retained its name. It had 29 days until the 1st century BC, when an extra day was added in honor of Julius Caesar.

1

2

3 SMHA
offices closed

4

5 Neighbor-
hood Assoc.
KAD, 6:30 PM

6

7 Orientation
Workforce
Solutions, 10 AM

8

9

10

11

12

13 *Fun Ways
to De-stress*
CALC, 6 PM

14

15

16

17

18

19

20

21 Orientation
Workforce
Solutions, 10 AM

22

Fall Equinox

23/30

24

25 Board of
Commissioners
5:30 PM

26

27 Food Wise
Cooking Class
CALC, 6 PM

28

29

LEADERSHIP

Board of Commissioners

Maggie Moreno — Chairperson

Juan Miguel Arredondo — V. Chairperson

Gerald Brown — Res. Commissioner

Rose Brooks — Commissioner

Richard Cruz — Commissioner

Executive Director

Albert Sierra

HOUSING OFFICES

Allen Woods Homes (Main Office)

512-353-5059

CM Allen Homes

512-353-1116

Chapultepec Homes

512-396-3364

Housing Choice Voucher

512-353-5061

Springtown Villa

512-396-3363

RESIDENT SERVICES

Chapultepec Adult Learning Center

Family Self-Sufficiency

512-396-3364

CM Allen KAD Korner Store

512-392-6273

Allen Woods PODER

Learning Center

512-396-3367

Springtown Villa

512-353-7343