



Doing the Right Thing

by Allen Coulter

Eric West didn't always have an easy time growing up. He was hyperactive, dyslexic, and had difficulty socializing, which often led to him being bullied. He struggled to become independent, but still decided to go to college despite his parents' lack of belief in him.

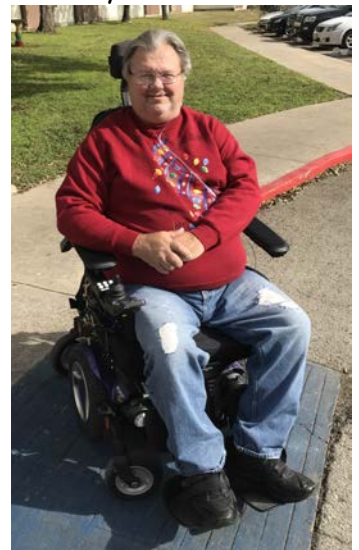
While attending New Mexico State University, Eric studied Law, intending to go into law enforcement. However, he became handicapped following a series of medical issues that included multiple heart attacks and diabetic neuropathy. Eric decided to change his focus to law, especially as it relates to handicap accessibility. He wanted to support more widespread implementation of the Americans with Disabilities Act [ADA], which "prohibits discrimination against individuals with disabilities in all areas of public life, including jobs, schools, transportation, and all public and private places that are open to the general public." (Source: adata.org)

This was Eric's new passion, but since New Mexico State did not offer a degree in ADA Law, he left the school to fully dedicate his time as an ADA advocate in his community. In 2011, Eric moved to San Marcos with his family, where he continued looking for opportunities to improve life for disabled citizens. Since then, Eric has become a force in the community, as he works to educate businesses and the public on ADA Laws. He helped establish the ADA Coordinator position with the City of San Marcos. He has even helped make parking, dog parks, and sidewalks all more ADA compliant.

Eric serves as the Vice President of the Resident Council at Springtown Villa, a title in which he takes great pride. He is very active with events. On Thursdays you can catch a showing of one of the thousands of movies that he loves collecting. He said that living at Springtown has only strengthened his desire to help the community. He says he is "hoping to get ADA throughout San Marcos in the next five years."

When asked about some of his proudest moments while working with ADA laws, Eric recalled the times he raised enough awareness to make Burger King and Dairy Queen remodel their restaurants to meet ADA specifications. It is acts like these that are so beneficial for San Marcos. There isn't always someone to stand up for the people who need it but that is exactly what Eric does. He stands up for Americans with disabilities and he does what he can to make San Marcos more accessible.

If you are wondering what you can do to help, Eric has one valuable piece of advice. "Please speak up. Use your voice. It is your right to have the accessibility you need...Sometimes standing up for the right thing isn't easy, but it is the right thing to do." Eric is always willing to offer advice and help to residents, especially with anything dealing with ADA. If you would like to contact Eric, you can reach him at 575-973-3938.



ALLEN WOODS HOMES — PODER LEARNING CENTER

RESIDENT ASSEMBLY MEETING: First Friday of Every Month

Horsing Around

Texas State students Destiny Castillo, Eunice Garcia, Michelle Andrews, and Ashley Lopez put together an event for their social work class focusing on animal therapy for seniors. They invited **Mini Equine 2 U** to bring miniature horses for the seniors of the Housing Authority to interact with on a beautiful Sunday afternoon. Residents of all ages came and went as they enjoyed petting or brushing these special animals.



The teens spent their last Teen Night at Springtown Villa, a housing site for elderly and disabled persons, making gingerbread houses with the residents and leaving their masterpieces for all to enjoy. Their generosity must have been contagious because the kids were also fortunate to have gifts donated from the Black Health Professions Organization and bighearted anonymous benefactors so each child in the PODER After-School Program could go home with a present. The kids had a Christmas Party on the last program day before the Christmas break with games, crafts, and hot chocolate.

Friendly Feast

Allen Woods residents ended the year together with the annual Christmas Party. It was the biggest one ever with a full house and even some families spilling over and eating outside

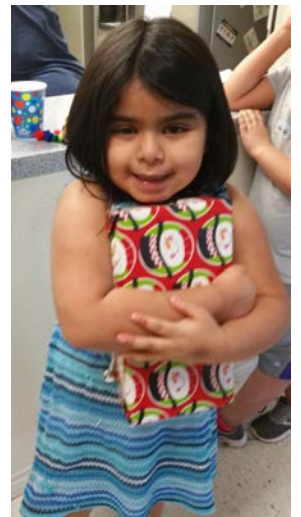


in the picnic bench. As big as the crowd was, there was still plenty of food to go around with chicken, beans, salad, menudo, and plenty of dessert. Those who signed up in advance did a gift exchange with their Secret Santa. Thanks to Mary Ann Lopez, daughter of resident Maria Flores, for providing most of the food. We want to express our appreciation to the Allen Woods Resident Assembly for their support and contributions, to resident Arleen Machado for providing enough stockings for all that attended, and to those who contributed with food. Lastly, the party wouldn't have run so smoothly without kitchen volunteers Judy Spurlock, Kathy LaPlant-Israel, and our teens: Makayla, Marcus, and Jasper. These kids served everyone at the party and showed how important it is to serve and contribute to their own community!



Giving and Receiving

Not even the Grinch himself could crush our kids' Christmas spirit this year!

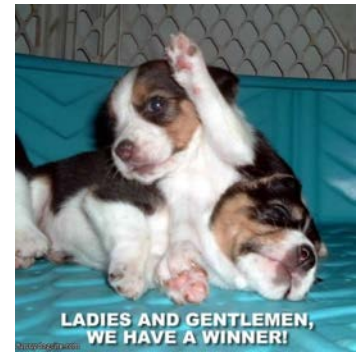


Springtown Villa

CHRISTMAS PARTY! Our Resident Council works closely with both the Resident Services and Management departments at Springtown. Holiday events are usually a collaborative effort and this one was no different. We come together to plan and to find sponsors to help if we do not have the funds available. There was not much time to recover after Thanksgiving before we were already planning another celebration! We decided to stray from traditional Christmas food.



Instead, we served Italian food because — why not? Change is good and so is Italian food. New resident, Alan, helped us out by bringing his friend, SANTA! Once the eating was done, it was time for our white elephant gift exchange. The silliest gift was an Abominable Snow Monster bobble head received by Juan.



Congratulations to Vicente, our neighbor from Allen Woods, for winning the blanket. Our other winners were Rudy from Springtown and Ms. Virginia P., a provider for one of our residents. Thank you to everyone that supported our Resident Council fundraiser!

Ella Wheeler Wilcox, "The Year" (1910)

What can be said in New Year rhymes,
That's not been said a thousand times?
The new years come, the old years go,
We know we dream, we dream we know.
We rise up laughing with the light,
We lie down weeping with the night.

We hug the world until it stings,
We curse it then and sigh for wings.
We live, we love, we woo, we wed,
We wreath our brides, we sheet our dead.
We laugh, we weep, we hope, we fear,
And that's the burden of the year.

Resident Council Meetings

Every 1st and 3rd
Wednesday at 3:30PM

hello
2019

What is your New Year's Resolution?



"In 2019, I want to focus on getting in better health."

Mary, 68



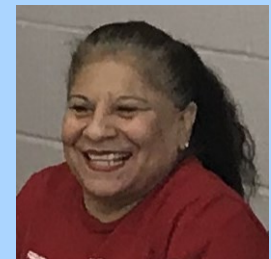
"I want to lose fifteen pounds."

Julie, 64



". . . to be more positive."

Amy, 27



"My resolution is to exercise more regularly."

Esther, 61

C. M. ALLEN HOMES — KAD KORNER STORE

Family Science Night Fun



This event is not only for the kids, but for parents too! Just take a look at the name. Family Science Night inspires the kids because they get to see their parents participating alongside them while also doing something fun and educational. This recurring event is led by Professor Gail Dickinson from the Science Education department at Texas State. It included topics like plate tectonics, magnet racers, surface tension, and “Oobleck,” which acts like a liquid when being poured, but like a solid when a force is acting on it. You can grab it and then it will ooze out of your hands. Make enough Oobleck and you can even walk on it! It gets its name from the Dr. Seuss book *Bartholomew and the Oobleck*. * Science is fun!

*<https://www.instructables.com/id/Oobleck/>

WHY I CHOSE SMHA

The reason I chose this agency was because my goal was to work with youth and serve as a positive role model. I believe that others should volunteer here because it was a positive experience for me and I enjoyed working collaboratively with Ms. Bonnie. She was my supervisor, providing



oversight of the children that participate in the after-school program. The importance of being a volunteer for the SMHA can be summed up in one word: *meaningful*.

I think others should volunteer here because they become mentors for the children. Volunteers gain knowledge, have a change of attitude, and get a personal sense of satisfaction from knowing that they have helped someone. The kids also learn from the mentor, which makes a difference throughout their life.

Ashley Frazier



Undergraduate and graduate student members Ashley Khanhkham, Whitney Mack, and Sara Vera of the Delta Chi chapter of Eta Sigma Gamma, the National Health Education Honorary. Their mission is promotion of the discipline by elevating the standards, ideals, competence and ethics of professionally prepared individuals in Health Education. These students planned and implemented a holiday food drive to benefit families at CM Allen. Student-members advertised the need for holiday foods to faculty, staff and students within the Department of Health and Human Performance at Texas State University. The food drive lasted two weeks and was a huge success. We are very grateful for this support.

CHAPULTEPEC HOMES & ADULT LEARNING CENTER

New Years Resolutions?

Instead of setting resolutions that you may not achieve, set GOALS! Goals can be big or small, they can be long-term or short. You can set one BIG goal with the little goals you achieve along the way that get where you want to be. Goals can be anything: education, promotion at work, community service, better health, the possibilities are endless.

What goals will you strive to achieve this year?

SET GOALS
THAT EXCITE YOU
AND SCARE YOU
AT THE
SAME TIME.

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**It's not what's under the tree that matters;
it's who is gathered around it.**

Chapultepec residents gathered to share in the holiday spirit. Everyone enjoyed a potluck meal, cookie decorating and Christmas crafts. Thank you so much to the Resident Assembly for putting together a wonderful evening.

Santa's Elves

The children of Chapultepec were visited by Santa's elves the Saturday before Christmas. The special delivery was made possible by Promiseland Church and Chick time, a woman's empowerment group! Special thanks to Joanne Lipscomb and the Marine Corp. Austin Toys for Tots for all of their hard work! They have made Christmas wishes come true for so many in our community

FSS Reminders

Participants need to:

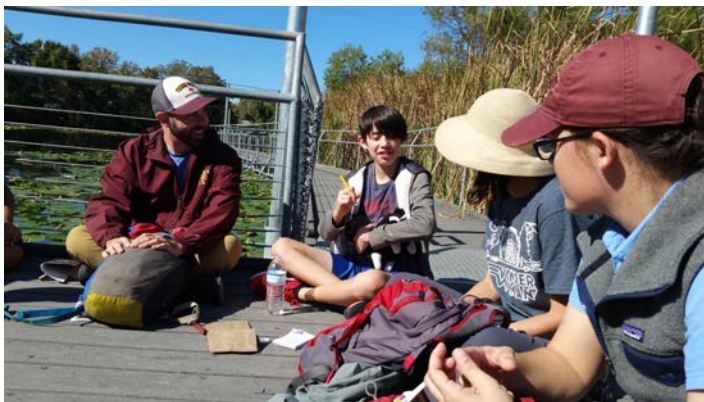
- Submit a status report, found on the Resident Services page of the SMHA website: <https://smpha.org/fss-participant-status-reports/>
- Meet with your FSS coordinator.
- Attend at least one FSS class or approved event.

You must do these at least once every quarter. If you have any questions please contact Kathy or Stewart. We would love to help!

Escape to Nature

By Maria Calcaben

Our lives often get so busy with deadlines, appointments, work, and school that we often forget to stop, take a deep breath, and appreciate the beauty around us, especially in nature. Each year, Dr. Christine Norton challenges a few graduate students in her Adventure Therapy class to incorporate nature and mindfulness activities with our kids at the PODER Learning Center through the “Adventure Club.” The first time Dr. Norton and the students came to PODER, even though it was an early Saturday morning, kids still came to participate. From blindfolded nature walks to finding your partner through animal sounds to the human knot challenge, the kids engaged in each activity with a willingness to learn and discuss their individual experiences. They learned that nature was within their reach just by taking time to go out to play or go on a walk. The next Adventure Club outing was at Spring Lake Trails. One of the



favorite games the kids played was embracing a tree while blindfolded and then trying to find the right tree. The kids would use their other senses, such as touch, smell, and sound to find their way back to the tree. They also walked on the boardwalk of Spring Lake and discovered many different colors, plants, and animals on their

scavenger hunt list. As John Muir once said, “Every walk with nature one receives far more than he seeks.” The kids are looking forward to future Adventure Club opportunities to explore nature and discover things about themselves.

On the last day of Christmas my true love gave to me . . . a reminder to remove all outdoor Christmas decorations, lights, and spray foam by January 15. Evidently, he could not find 12 leaping lords.



Scholarship Application Overview

Deadline: February 22, 2019

The Texas Chapter of the National Association of Housing and Redevelopment Officials (TXNAHRO) is a professional membership organization consisting of agencies and individuals who administer housing and community development in the state of Texas. TXNAHRO provides scholarships each year to deserving high school seniors, graduating in the Spring following this application deadline, and who are currently living with their families as Public Housing or Section 8 program residents.

Available scholarships are one (1), \$2,500 Jim Hargrove Scholarship, and eight (8) \$1,000 scholarships.

Applicants for TXNAHRO Scholarships must:

1. Be a resident of public housing or a participant in the Section 8 program in which you are living.
2. Be a graduating high school senior. (You cannot have graduated in the previous year or be in college already for this scholarship. It is intended to help high school seniors get started immediately in college).
3. Demonstrate exceptional school attendance.
4. Demonstrate high academic achievement.
5. Demonstrate leadership and/or high level of motivation.
6. Be a resident of a Housing Authority/ or Community Development (CD) agency that is a member of TXNAHRO.



Community Action, Inc.
of Central Texas
— DEVELOPING OPPORTUNITIES —

Upcoming Healthcare Career Trainings

If you are interested in any of the classes below, please fill out the form at this link:

<https://docs.google.com/forms/d/1PzRJIYvd7nVmc1fbhXx6TF81cavCOz52lcCTM9iUGduw/edit>

You can also email Francesca Ramirez:

framirez@communityaction.com

Certified Nurse Aide

San Marcos (CNA)

Monday – Thursday

8:30am – 2:30 pm

January 8-February 14

Kyle evening (CNA)

Monday – Thursday

6pm – 9pm

March 4-May 23

San Marcos (CNA)

Monday – Thursday

5pm – 9pm

January 8-February 14

Kyle (ESL CNA)

Monday, Tuesday, Thursday

9am – 12pm

January 28-May 9

Medication Aide

(CNA required)

Tuesday- Thursday

9:30am – 1:30 pm

January 8-April 9

Lockhart (CNA)

Monday – Thursday

9am – 2pm

January 8-February 28

Apply online: <http://txnahro.org/Scholarship/Applicationoverview.html>

Contact the Resident Services office at your site if you need help with the application.



January 2019

**Sun****Mon****Tue****Wed****Thu****Fri****Sat**

January is named after the Latin word for door (ianua), since it is the door to the year and an opening to new beginnings. It is usually thought of as being named...

1 SMHA
OFFICES
CLOSED

2**3**

4 Orientation
Workforce
Solutions, 10 AM

5**6****7****8****9****10****11****12**

Parent/Child Bonding, CALC @ 6 PM

13

14 GED
registration
SMPL @ 9 & 1

15 GED
registration
SMPL @ 9 AM

16 GED
registration
SMPL @ 1 PM

17 GED
registration
SMPL @ 9 AM

18 Orientation
Workforce
Solutions, 10 AM

19**20**

21 SMHA
OFFICES
CLOSED

22 Board of
Commissioners
5:30 PM

23 Credit
Building
CALC @ 6 PM

24**25****26****27****28**

29 Microsoft
Office Cert.
SMPL-1:15 PM

30 Microsoft
Office Cert.
SMPL-1:15 PM

31 Food Wise
Cooking Class
CALC @ 6 PM

...after Janus, the Roman god of beginnings and transitions, but according to ancient Roman farmers' almanacs, Juno was the guardian god of this month.

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Juan Miguel Arredondo — V. Chairperson

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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