



SAN MARCOS HOUSING AUTHORITY
2018 VOLUNTEER OF THE YEAR

PABLO GOMEZ

THANK YOU FOR YOUR
COMMITMENT TO THE PODER
LEARNING CENTER AT THE ALLEN
WOODS HOMES. BECAUSE OF YOUR
DEDICATION FOR OVER A DECADE,
YOU'VE MADE A LEGENDARY IMPACT
UPON YOUR NEIGHBORS, THE KIDS OF
THE PROGRAM, AND THE
COMMUNITY.

FROM THE BOARD OF COMMISSIONERS

- ◇ At their regular meeting in February, the Commissioners decided to move their next meeting to March 12 because some members will be at a housing conference in the last week of March.
- ◇ The Public Housing "Admissions and Continued Occupancy Policy" (ACOP) was recently updated to reflect changes in HUD regulations with respect to local preferences. The revised policy can be viewed at <https://smpha.org/housing-policies/>. Public comments may be submitted to the main office through April 22, 2019. The Board of Commissioners will consider adopting the revised plan at its regular meeting on April 23, 2019.
- ◇ The Housing Authority is required by state law to set aside one of the Commissioner seats for a current resident of public housing, which does not include Springtown Villa or Section 8. The seat is vacant. If you would like to submit your name for consideration to the City Council, please contact the City Clerk in person at the City Hall Building at 630 East Hopkins Street or by telephone at 512-393-8090. More information is available at this link: <http://sanmarcostx.gov/148/Boards-Commissions>

ALLEN WOODS HOMES — PODER LEARNING CENTER

Movers and Shakers



Hello! My name is Alesha. I'm a senior at Texas State University and I'm originally from Dallas. I came to Texas State because it is the only university in Texas that has my major: Recreational Therapy. After graduation, I plan to take the exam to become a Certified Recreational Therapy Specialist and work with

youth in the foster care or juvenile system. I truly believe that there are no bad kids, only bad choices. Kids deserve to have opportunities and resources to achieve their goals and their dreams, and I believe Recreational Therapy is one of the best ways to do this. Recreational Therapy improves or maintains physical, mental, social, and emotional functioning to be able to live a full life by participating in recreation, crafts, music, animal therapy, and much more. Before this internship, I was (and still am) a gymnastics coach for ages four months to sixteen years. So during this internship, I hope to learn how to facilitate activities in a different way to a different population, how to implement programs, and just generally learning the ins and outs of PODER. Outside of school and this internship, I love to take my dog to the dog park, swim in the river, and just being outside in general. I'm really grateful for this opportunity to work with the Housing Authority and after only a couple of weeks working here, I know that this is where I should be working this semester. I know that even after this internship, I'll be volunteering as often as I can.

HACE UNA DIFERENCIA

¡Hola Allen Woods! Me llamo Reyna López. Originalmente soy del sur, de una ciudad fronteriza llamada Brownsville. Durante mi tiempo libre me gusta viajar y explorar San Marcos. Yo decidí estudiar en la universidad de Texas State, porque me enamoré del ambiente de San Marcos. Actualmente, estoy estudiando el idioma de español y el trabajo social. Después de graduarme quisiera seguir con mis estudios y recibir mi maestría en trabajo social. Durante mi tiempo aquí, yo quisiera aprender sobre la comunidad de Allen Woods y poder ayudarlos con los recursos disponibles. ¡Espero conocerlos muy pronto!



Show Some Love



A lot of love was given and received during February at PODER! First, with the help of BHPO (Black Health Professions Organization) the kids created Valentine's cards for everyone at Springtown Villa. They decorated it with colored tissue paper, markers, stickers, and spelled out messages

like "love" and "Happy Valentines."

Our own seniors were not left behind because they



enjoyed a Valentine's party with loteria, crafts, and food. It was a full house with lots of prizes provided by Bee First Home Health (right). We also had a small Valentine's Day party for the kids which included games and treats. Every kid went home with treat bags from the staff of PODER and other treats donated by Bea, one of the kid's grandparents. The Resident Assembly also did a blanket fundraiser and raised over \$60 towards community events. The winner of the

blanket was our very own Albert Sierra.



Springtown Villa



It's a new year, which means new Resident Council officers. Get involved and join your neighbors at the **Resident Council Meetings every 1st & 3rd Wednesday at 3:30 PM in the**

community room. We discuss everything: events, fundraising ideas, resident concerns, etc. People ask questions and the group works together to come up with solutions to various issues. Remember, nothing will change if people don't get involved, so do your part!

*PS there may or may not be kolaches at the next meeting, so I guess you will just have to attend & find out!

True Heart Hospice brought giant checkers to play while people waited to have their blood pressure checked.



We kicked off our Valentine's Day Celebration with coloring and announcing our two raffle winners! Congrats to Estela and Rhonda, and thank you to anyone else who supported us. Following that was bingo hosted by Ms. Juanita



from Bee First Home Health. TXST Volunteers and roommates, Marissa and Madie, helped serve a little something to snack on while they played. Residents had heart shaped sandwiches made with extra love by

Resident Council officers Rhonda and Julie. And everyone knows you can't have a party without something sweet, so festivities concluded with a parting cupcake goodbye.



It had been awhile since we had seen our friend Donna from the Hays Caldwell Council on Alcohol & Drug Abuse.

Thank goodness she payed us a visit for Drug and Alcohol week in early February! Residents learned about new drugs they didn't even know existed. A big talking point amongst residents was vape pens/juul pens because of their unfamiliarity of them. People also got to ask additional questions about certain drugs as they played a drug-themed bingo game.



Top Volunteer

Surprise, surprise! This year's award goes to former Resident Council president, Lino Puente. His heart and commitment to Springtown just cannot be stopped! Last year proved to be difficult for him at times when his health issues were acting up but despite the challenges, he continued to volunteer and keep busy. Not only do I know I can rely on him to help me when I need him, but the residents do as well. There have even been many instances of a resident in distress knocking on his door at late at night, when he was not feeling well himself. It's those gestures that spark such an immense sense of gratitude for the close-knit family we have become here at Springtown.—Brianna



C. M. ALLEN HOMES — KAD KORNER STORE



Jennifer Crawford from RBFCU put on an informative financial class for us in February. Many that attended were able to ask questions and get clarification on financial issues. She stressed the importance of having a savings account and keeping up with it. Remember, even if you are only putting in \$5 a month, that is \$5 more than you had last month! And of course she had to conclude with BINGO.



Stephanie Chapa with the HCFB held a nutrition class for our Seniors. Our residents enjoyed a new recipe that Stephanie prepared. They also had a healthy snack and exercised to end the class. Thank you Stephanie for keeping us healthy!



March Events:

Adult Nutrition Classes with
Hays County Food Bank @ 1 PM

- ♦ March 5
- ♦ March 26

Adult Bible Study with Kyle & Mattie
Medina—March 14 @ 10 AM—12:00 PM
KAD Nutrition Classes with Texas State
Students @ 3:30 PM

- ♦ March 7
- ♦ March 25

Humana Insurance Presentation &
Bingo—March 6 @ 1:30 PM

Bingo with JoAnn/Universal Provider
Service—March 13 @ 1:30 PM

Spring Break Presentation by
Travis County Underage Drinking
Prevention Program: Summer Safety
Campaign—March 19 @ 1 - 3 PM

Cathy Carson, a resident of CM Allen, was the top volunteer of CM Allen for Resident Services for 2018. Cathy has been volunteering for the past four years and is outstanding at what she does. Cathy goes above and beyond to help our organization. She is dedicated and completed over 369 volunteer hours for the Housing Authority last year. Cathy also completed the Child & Adult Care Food Program training for sponsored sites of the Central Texas Food Bank. She also helps with the after-school program, helps distributes food donations, and is always ready to help. Aside from volunteering, Cathy is currently working on publishing her first book. Way to go Cathy! Thank you so much for all of your hard work and good luck on your career as an author! We are so proud of you.



CHAPULTEPEC HOMES & ADULT LEARNING CENTER

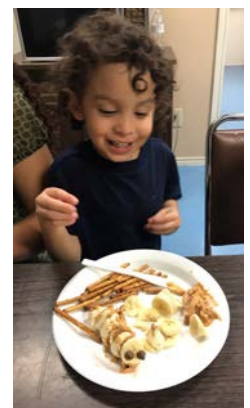


Hi everyone! My name is Ali Mumbach and I will be interning with the Housing Authority this semester. My major is sociology, which is the study of groups of people and how they interact. I chose to intern with the SMHA because I wanted to build relationships with the residents and get to know their stories, while also helping and learning wherever I can. I'm from Houston and came to San Marcos to attend Texas State in 2015. One of my favorite pastimes is eating. I also enjoy reading and hanging out with friends. I LOVE dogs, so I apologize in advance if I ask to pet yours. I'm not sure what I will be doing after I graduate but I trust that I will figure it out soon enough. During my internship, I will mostly be at Springtown but also just wherever I am needed. I'm very fortunate to be working with such great people for my last semester at Texas State. I look forward to meeting y'all!



Kids Program is a Hit!

The FSS program recently introduced new programming for kids. While parents are in class learning about a life skill, the kids are next door learning as well. This past month we had Alex Mylius from Texas Home Visiting program speak to our parents about proper disciplining of children under the age of 5. We had a wonderful group of women engaging in this important topic while Ali, our intern, led a class for our little ones. They discussed how to communicate their emotions. This was meant to spark conversations with their parents so parents and children can communicate more effectively. They made banana caterpillars that made everyone happy. They also made emoji faces that help them express how they are feeling, all while having a lively discussion on how to tell their parents how they feel in a positive way. Our next class will be on March 6. We will have a realtor explain the home-buying process to the parents while the kids have activities focused around how to prepare for transitions.



One Step at a Time

By Ali Mumbach & Brianna Lopez

"My advice to other disabled people would be, concentrate on things your disability doesn't prevent you doing well, and don't regret the things it interferes with. Don't be disabled in spirit, as well as physically." - Stephen Hawking

Ernest "Erny" Hernandez has overcome several obstacles within the last year. Within the first three months of 2018, both of his legs were amputated. In 2013, Erny was diagnosed with renal failure, a complication of diabetes, and he has been going to dialysis three days a week ever since. He recalls the date vividly in his mind — January 26, 2018 — the day his right leg was removed because poor circulation had allowed gangrene to take hold.

After the surgery he made a commitment to himself to be walking by summer 2019 but just two months later, in March 2018, another obstacle appeared. He noticed that the big toe on his remaining foot was purple. When he went to the hospital to get it checked, he was informed that his left leg needed to be removed due to infection.

Erny was born on the east side of San Antonio, but moved to San Marcos when he was three or four years old, so he considers himself a San Martian. He did manual labor most of his life and cautiously tells his nieces and nephews, "Stay in school and get a job where you use your brain, not your muscles." Before moving into Springtown Villa, Erny lived with his sister for about a year. While he is thankful for the time he spent with his sister, he was excited to have a place to himself. He appreciates that there is a place for low-income individuals in need of affordable housing in San Marcos. The income-based rent at Springtown Villa allows Erny to live in a very convenient location. His dialysis center is close and there are plenty of stores nearby.



Despite the challenges of 2018, Erny is not intimidated by what lies ahead. In fact, not only is he ahead of schedule on his goal of walking without assistance by this summer, but he is already driving with his artificial limbs! Erny says he has always been self-motivated and strives to do better every time. He says, "All you can do is figure out how to do it better in the future." He has yet to fall but expects it to happen. He says he is more frustrated about the situation than he is sad. He says he is disappointed that he did not take better care of himself and expressed his gratitude to Fresenius Kidney Care, Bernard Watson at Hanger Clinic: Prosthetics & Orthotics, and Robert Henderson at Limitless Physical Therapy & Wellness, all in San Marcos.

When asked what other advice he would give to others in a similar situation, he suggested having the most positive mindset you can have: "Don't give up, and don't be discouraged."

In Praise of Kids Against Drugs

My name is Benito Victor Castillo and I am a former resident of CM Allen Homes. I was part of the KAD Program. Being a part of the KAD Program helped shape the person I am today. I remember in the summers when Bonnie would take me and other kids my age to volunteer for Meals on Wheels at Allen Woods as well as organizing the food pantry. As a reward for our volunteer service, we would go on amazing field trips. I was able to go to places like Hamilton Pool and Enchanted Rock or visit Pedernales Falls State Park and even take a private tour of the NASA Space Center in Houston. Not only did I get the opportunity to travel but I was able to make friends and become more social than I was at the age of 10. During the school year I was able to make friendships and interact with college students who would help me with homework and told me about college life. I really looked forward to the home cooked meals that Mrs. Fernandez would prepare for the kids after school.

I am now 22 years old and I returned as a volunteer with the KAD program because I grew up going to KAD and this program helped me stay out of trouble and taught me the importance of hard work and reliability through volunteering. I may not be able to volunteer as much as I would like to, but I will never forget what the KAD program has done for me. I now have a strong work ethic thanks to the Meals on Wheels program that Bonnie took me to every summer. Most importantly, I learned to be social and to offer a helping hand. I try my best to give back the help that the KAD program has given me by becoming a volunteer for the afterschool program. I will always remember to come back to the place that gave me my start to success. I am currently attending ACC and I work at Amazon. An important reason that I am returning as a volunteer is Mrs. Bonnie Pecina. She played an important role throughout my high school years by helping my family with food donations and volunteer opportunities when I needed hours for a few school clubs. I would like to give special thanks to Bonnie Pecina for including me in the KAD program years ago. It left a positive footprint in my life.



Texas State Sorority, Kappa Delta Chi, has volunteered in our after-school program for more than 10 years. They are very dedicated to our kids, helping them by tutoring, engaging them in recreation, and serving as inspirational role models. Each year, at the end of the spring semester, they say, "We'll be back!"

SAN MARCOS PUBLIC LIBRARY Preparing for the Aging Process

Thursday, March 7 @ 10:00–11:30 AM

Join us for a panel discussion on the aging process. Seminar topics will include Medicare benefits, financial planning, legal directives, residential and senior community options, and more! Presented by Aging Lifestyle Advisors. Aging Lifestyles Advisors is a group of professionals who specialize in serving aging adults.



March 2019

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

March was named after Mars, the Roman god of war, and an ancestor of the Roman people through his sons Romulus and Remus. "Martius" was the beginning of the season for warfare and was the first month of the original Roman year. "Nowruz" is celebrated by the Parsis in India and by Zoroastrians and Persians across the world on March 21.

					1	2
3	4	5	6 <i>Home Buying Process CALC @ 6 PM*</i>	7	8 <i>Orientation Workforce Solutions, 10 AM</i>	9
10	11	12 <i>Board of Commissioners 5:30 PM</i>	13	14	15	16
17	18	19	20	21	22 <i>Orientation Workforce Solutions, 10 AM</i>	23
24/31	25	26	27	28 <i>Food Wise Cooking Class CALC @ 6 PM</i>	29	30

* For March 6 FSS Class, activities for kids will be in the Chapultepec Community Room, next door.

LEADERSHIP**Board of Commissioners**

Maggie Moreno — Chairperson

Vacant — V. Chairperson

Vacant — Resident 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