



Dr. Asha Hegde and graduate assistant, Alyssa Myers, share info with residents.

How Lighting Affects Your Health

Dr. Asha Hegde of Texas State made a presentation to the residents of Springtown Villa last month to share preliminary results of a groundbreaking study to investigate the effects of lighting upon elderly persons living in assisted housing. The study took place over a two month period last fall. Hegde said safety and health was the focus of the study. She summarized the elements of the study itself, which included questionnaires on personal habits, light meters to measure actual lighting levels in the apartments, and the *ActiWatch* worn by the study participants that measured certain vital signs. Hegde noted that there were different lighting scenarios in various apartments. She said they found that some people thought the installed lights were too bright so they did not use them. Many kept curtains and blinds closed during the day to save on utility costs and spent a lot of their day in relative darkness, which disrupts their wake/sleep cycles.

The researchers are still analyzing the data from the watches and a final report on the study will be provided to the management of the Housing Authority. In the meantime, Hegde had several recommendations. These included things like not using bright lights at night, not falling asleep with the TV on, having table lamps with warm colors, and sleeping in total darkness, with the exception of night lights for safety. She recommended keeping a regular schedule and having visual contrast in their furniture to make it easy to see potential tripping hazards. She also said people should get up and go for a walk in the morning. She suggested having curtains and blinds open during the day to bring in as much natural light as possible. Some residents said that this puts a glare on the TV screen. Hegde suggested bringing in “personal space counselors.”

Finally, Hegde said that this study has implications for the future and that more research will be needed but it may be used to change lighting codes to improve health outcomes. Residents said they liked the idea of being able to control light levels. Resident comments will be incorporated into the final report. In the meantime, see “The Interconnection of Light, Vision, Safety, Circadian Rhythms and Sleep” by Hegde at the bottom of this story on the website: <https://smpha.org/lighting-study/>

SCHOLARSHIP PROGRAM FOR “C” STUDENTS IN ASSISTED HOUSING

Deserving students will be chosen to receive one (1) \$1,000 scholarship from the NELROD Education Fund to encourage further education and to defray a portion of the cost and other materials. The number of eligible awards will be based on funding availability and the number of applicants.

CONTACT THE SERVICE COORDINATOR AT YOUR HOUSING SITE TO GET AN APPLICATION WITH ALL THE SUBMISSION DETAILS. YOUR APPLICATION REQUIRES A LETTER FROM THE SMHA. YOU MUST REQUEST THAT LETTER NO LATER THAN MAY 24. MATERIALS ARE DUE TO NELROD BY MAY 31.



ALLEN WOODS HOMES — PODER LEARNING CENTER

Family Fun Day

Though it was a rainy start, the sun came shining through and residents came out for Family Fun Day! Thanks to SOZO for sponsoring the event - bringing food, games, a bounce house, and prizes for all to enjoy. The kids even got to break a piñata! Numerous prizes were raffled including gift cards to restaurants and stores in town, gift baskets, and big prizes like tickets to Schlitterbahn and a family pass to Kayak Instructions.



A Hopping Good Time

Our kids in the after-school program had a "bunny" good time for Easter. They went to egg hunt at Springtown Villa where they also met and took pictures with the Easter Bunny, they played some games at PODER, and enjoyed creating crafts like bunny masks. Even our teens got in on the fun with their own egg hunt. They looked for eggs for themselves and for their friends who weren't able to come.



Dashing for Donuts!

This month our teens participated in a very special Teen Night where they were able to run/jog/walk the SMPOA Dash 4 Donuts 5k. The teens not only woke up early on a Saturday morning, but they also committed to finishing the race. The race was



also for a good cause supporting the local San Marcos Police Department. Our fastest teens were Jasper Barrett finishing the race in about 41 minutes and Ana Reyna with a time of about 50 minutes. We had 3 teams enter the race and Team 1 from PODER won 2nd place for co-ed teams! Team members included Maria Calcaben, Jasper Barrett, Makayla Spurlock, and Ana Reyna.



Springtown Villa

This month Springtown residents had the opportunity to enjoy the Texas State theater! On April 11, Roland and Jesse joined Ali in attending *The Importance of Being Earnest* at the Theater Center. The three enjoyed the play, which was both provocative and humorous. A little over a week later, a couple more residents also signed up to watch a performance of *The Hunchback of Notre Dame*. The play was phenomenal. *Texas State Presents*, the organization in charge of all performances and shows at Texas State, has made Springtown Villa one of their community outreach partners. This means they will provide tickets for residents to attend plays and musical concerts at the Performing Arts Center and Theater Center in the future. All residents will need to do is sign up at the Resident Services Office to reserve their spot. Be on the lookout for flyers about upcoming events!



On April 17, Springtown Villa had their annual Easter party and egg hunt. While residents were inside enjoying food and community, the interns hid Easter eggs in front of the building. Residents were so excited to hunt eggs that they were lined up before all the eggs were hidden. The residents enjoyed their time with one another as they raced to see how many of the 100+ eggs they could grab. A few eggs had tickets for the residents to claim

door prizes. Halcyon Home donated some of these prizes. The residents seemed to love reliving their days of Easter egg hunting. Afterwards, kids from the PODER Center came to Springtown Villa. The kids colored eggs, spent time with residents and even got a surprise visit from the Easter bunny! They then went outside and hunted for around 150 eggs. The kids had a great time talking to the Easter bunny and hunting eggs, and the residents enjoyed talking to and watching the kids hunt for eggs. Overall, the event was a success and everyone had a good time.

**Resident Council
Meetings: 5/1 & 5/15**

**Rummage and Bake Sale on May 3
Springtown Villa from 9 AM – 12 PM**

C. M. ALLEN HOMES — KAD KORNER STORE

Thanks to the sorority members of Kappa Delta Chi for putting on a very special Easter celebration for the KAD kids. The celebration included custom cookies, games, pizza, and so much FUN!



With the help of our volunteers, interns, and the Kappa Delta Chi members, our kids are hard at work trying to raise money for the many fun summer activities coming soon. Thank you to all the residents who bought some delicious desserts from our kids, and if you haven't yet be on the look out for them!



Our seniors have had a busy month full of learning, bingos, and even exercise! They really enjoy the time they get to spend together, and even loved showing off there dances moves with some Zumba.



Calendar of Events:

Young Engineers Program: Every Wednesday, 4:30- 6:00 PM

Humana Services Presentation & Senior Bingo: May 15, 1:30 PM

Hays-Caldwell Council - Coping with Anxiety followed by Bingo: May 22, 1:30 PM

CHAPULTEPEC HOMES & ADULT LEARNING CENTER



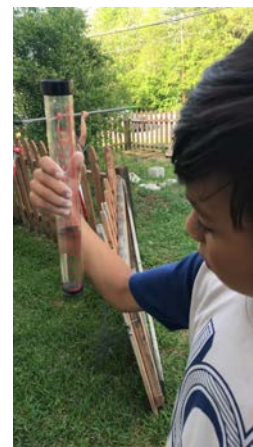
Chapultepec Junior Master Garden Club

By Alyssa Gutierrez

Mission: Growing good kids by igniting a passion for learning, success, and service through a unique gardening education.

The Junior Master Gardener program is an international youth gardening program of the university cooperative extension network system created & managed by Texas A&M AgriLife Extension. JMG engages children in novel, “hands-on” group and individual learning experiences that provide a love of gardening, develop an appreciation for the environment, and cultivate the mind.

We are excited to have our garden group in full swing and getting our hands in the soil! At Chapultepec we have a Junior Master Garden Club for grades 1st-5th that is open to the public. We currently have 12 active members. During their membership, students are able to earn their Junior Master Gardener Certificate through hard work and dedication. Participants follow a curriculum with group lessons, leadership opportunities and community service projects. Right now we are preparing the garden to transplant vegetables that are currently being cared for at home.



The kids need support to buy JMG workbooks, plants, soil, and a rain barrel. Please contact Alyssa at:
chapultepec.communitygarden@gmail.com



Kendra Luera is all smiles as she begins her walk on Patches.

Saddle Up!

By Maria Calcaben

"The history of mankind is carried on the back of a horse" –Author Unknown

There was something magical about the simplicity of being on the Soar Arena Therapeutic Riding Ranch. A warm breeze cuts the Texas sun beaming brightly on the group of kids as they walked passed the beautiful rustic ranch home onto the dusty trail towards the arena. After listening to some directions, three kids were fitted for helmets and got ready to ride one of the three therapy horses: Patches, Armada, or Brie. Each child got up on the steps and they listened to the

trainer on how to get on the saddle. Alongside each horse and trainer was a volunteer from PODER who walked next to them as extra support. For many of the kids, this was their first time riding a real horse. Going at a steady and slow pace, the trainers would take the kids around the arena to help them get comfortable riding on the horse. Many of the kids would pat their horse during their ride or wave to the group when they passed the others waiting for their turn. After a few times around the arena, the riders were then led in the middle of the arena to play games with the horses. The kids experienced going over and around wooden planks or poles with their horses, blowing bubbles while on the horse, and spelling or looking for certain numbers and letters that were mixed up around the arena. The most popular game was having the kids grabbing a Frisbee from on top of the pole and trying to throw it in a basket all while being on top of their horse! After everyone (including volunteers) got to ride a horse, owner Joanna Norris gave the group a tour of the horse barn where the horses are kept. The group got to see other horses that were not used in the arena including a therapy pony. The last part of the tour was taking the group into a chicken coop where excited kids were able to see the chickens and gather eggs.

For the few hours the group was there, it was good to see faces of the youth be illuminated by the enjoyment of engaging in nature and each other's company rather than a light from an electronic. We are grateful to Joanna Norris and all the staff at Soar Arena Therapeutic Riding for providing such a special opportunity for kids to horse around during spring break!





DO YOU NEED A FAN?

The Summer Fan Drive can help you.



**FREE
FANS IF
YOU
QUALIFY**

WE'RE AN OFFICIAL
FAN DRIVE PARTNER!

BE COOL. SAVE MONEY. GET A FAN.

- ✓ Low income households
- ✓ Age 55+ OR get disability benefits, OR live with children
- ✓ Have photo id and proof of income/benefits

MAY 1 - AUG 31

Chapultepec Homes will be distributing fans

May 1—August 31

Monday—Thursday (9 AM—5 PM)

Friday (9 AM—11 AM).



Two former Family Self-Sufficiency Program graduates meet for the first time. On the left is Kathryn LaPlant-Israel, now the FSS Coordinator for the Chapultepec Homes. On the right is Michelle Ledesma, a former resident at Chapultepec who is now a Family Services Specialist for the Head Start program, which is part of Community Action of Central Texas.

MICROSOFT OFFICE SPECIALIST CLASS

The MOS certification validates a candidate's proficiency in Microsoft software for office productivity, including Word, Excel, and PowerPoint.

*** Must Attend Registration: Wednesday, June 5 @ 1 PM ***

Classes: June 11 - July 25 on Tuesday, Wednesday, Thursdays 1 - 4 PM

Where: Kyle Learning Center, 21393 IH 35 North in Kyle

For more information call: 512-268-2719






May 2019

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

The month of May (in Latin, Maius) was named for the Greek Goddess Maia, who was identified with the Roman era goddess of fertility, Bona Dea, whose festival was held in May. The Roman poet Ovid says that May is named for the maiores, Latin for "elders," and that the following month (June) is named for the iuniores, or "young people".

			1	2 <i>FSS Class: Home Lending CALC @ 6 PM</i>	3	4
5	6	7	8 <i>FSS ORIENTATION CALC @ 12 PM</i>	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	26
26	27 <i>SMHA offices closed</i>	28 <i>Board of Commissioner s 5:30 PM</i>	29	30 <i>Food Wise Cooking Class CALC @ 6 PM</i>	31	

LEADERSHIP**Board of Commissioners**

Richard Cruz — Chairperson
 Rose Brooks — Vice-Chairperson
 vacant — Resident Commissioner
 Gloria Salazar — Commissioner
 Nina Linda Ramos — 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