



A Bit of Fit by Maria Calcaben

Teen Day this year started off with a challenge that tested the teens' physical abilities in a competition to win a Fit Bit. Volunteer Carlos Lujan created the challenges and students from ESSO (Exercise Sports Science Organization) helped be judges and cheerleaders for the teens. The students were asked to accomplish 10 physical activities including running a

mile, pushups, planks, and a yoga tree pose at the CTMC Hospital track.

For every challenge, the teens that had the top 3 scores would get extra points. Every teen got a point just for participating and trying each challenge. The first challenge, the one-mile run, had ESSO members placed around the track to encourage the teens on and to keep them motivated to finish. The allure of first place was enough for Jasper Barrett and Ana Reyna to go on a head-to-head sprint to the finish line! The teens were exhausted by the end of the two hours, but they felt proud of the amount of work they put into each challenge. Their ESSO partners were also proud of the buddies they were assigned to that day and were a positive force until the end of event. This Teen Day encouraged the teens to push themselves to the limit, to keep going until the end, and to choose a healthier lifestyle. Congratulations to Makayla Spurlock for winning the Fit Bit challenge and Antonio Reyna who won second place and received a Samsung watch.



FROM THE MAIN OFFICE

In most years, late October brings the first cold nights. The first time you use the heat in your home, the smell of burning dust on the heat exchanger in the furnace is normal. It's a good idea to open a few windows and turn the heat on for a few minutes *before* you need it. The burning dust will sometimes set off the smoke alarms and that's no fun in the middle of the night.



In other news, at their September meeting, the Board Commissioners approved the proposed budget for the Low Rent Program, which is the basic budget for public housing operations. The budget for the Fiscal Year that begins on October 1 is \$1,743,562. This does not include the Housing Choice Voucher program or Springtown Villa, which is supported by "project-based vouchers." Both of those programs are funded through HUD's Section 8 program.

ALLEN WOODS HOMES — PODER LEARNING CENTER

RESIDENT ASSEMBLY MEETING: First Friday of Every Month

Family Night: Dance! Laugh! Play!



Crockett Elementary Principal Keith Cunningham, along with other Crockett teachers, hosted a Family Night at PODER. Dinner was served to all the families. About 10

families attended the evening and had a couple of hours to bond over games, dancing, and food! The kids were so excited to see their principal and their teachers in the neighborhood. Their presence made a difference in how much they care and are aware of all the factors these kids are facing as they go to school. Principal Cunningham also announced a plan on how the school and the PODER After-School Program will be working more closely together to help their children with difficult subjects. The school will send extra work to the after-school program where volunteers from the university will be able to help their child.

BEAMING BAYLEE

Hi! I'm Baylee, an intern at the PODER Center. I am originally from Hutchinson, Kansas. I moved here three years ago to attend Texas State. I came here because I fell in love with the campus and also it is the only college in Texas that has my Major! I am Majoring in Recreation



Administration with a concentration in Therapeutic Recreation, which is a process that uses activity-based interventions to address the needs of individuals with illnesses and/or disabilities. After graduation I will be studying to pass my exam to become a Certified Therapeutic Recreation Specialist. I also hope to find a job working with kids with physical and intellectual disabilities. Some of the challenges I am facing now include finding an internship for my spring semester and also dealing with the bittersweet fact that it is almost time to graduate and go into the real world. SCARY! Some of my hobbies include swimming, floating the rivers, playing tennis, and going to concerts. While I am here, I want to learn about each and every child and what makes them unique and special. I also want to work on my leadership and facilitating skills. I am so lucky that I get the chance to intern here at the PODER Center and spend time with all of these sweet, silly kids!

PODER HAUNTED HOUSE

October 31
4PM–6PM @ the
PODER Center
FREE
**PREPARE FOR THE
SCARE!**



Medidas de Seguridad para Halloween

- Uno de los padres o un adulto responsable deben siempre acompañar a los niños pequeños cuando hacen sus rondas en el vecindario.
- Si sus niños mayores van solos, asegúrese de que usted sabe la ruta que van a tomar y que usted la aprueba. Póngase de acuerdo con ellos sobre la hora que deben regresar a casa.
- Sólo vaya a las casas que tienen luz a la entrada y nunca entre a una casa o un automóvil para recibir un dulce.

Source: <https://www.healthychildren.org/>



Springtown Villa

MEET OUR FALL INTERN

Hey there! My name is Matthew Druley and I'm a new intern here at Springtown Villa. I'm currently in my final semester at Texas State University and I'm working on receiving my Bachelor's Degree in Social Work. Social work is especially important to me because members of my family have relied on a helping hand at numerous times in our lives. I started off at Lone Star College in Houston but as soon as I came up to San Marcos to float the river, I knew I had found my new home. I'm a massive sports fan, so more often than not I can be found rooting for one of Houston's teams in my free time. In addition, I love riding my motorcycle around the Hill Country and finding new places to get some great food. I look forward to getting to know everyone this Fall!



**Resident Council
Meetings:
Oct. 2 & Oct. 16**

Blanket Raffle

The Resident Council will be raffling off a jean quilt with a thin, patterned backing.

The raffle will start on September 23 and continue until October 14. The drawing will take place on October 15.

Tickets are \$2 per ticket or \$5 for three tickets.

Stop by the Springtown Villa Resident Services office or computer lab to get your raffle tickets.

Upcoming Events!

Texas Night Out is on Tuesday, October 1 from 6 to 8 PM! Come play games, win prizes, and enjoy some food at Springtown Villa's carnival!

A Halloween party, including costume and door decorating contests will be on October 31.

C. M. ALLEN HOMES — KAD KORNER STORE



Texas State University's Kappa Delta Chi sorority has been volunteering at KAD for over 15 years! They are dedicated to helping out the after-school program by tutoring kids, helping them with homework, and participating in activities.

"We are so thankful to

have the opportunity to give back to our community. Almost all of our sisters attend KAD while completing their undergraduate degrees. We love coming out to help the program in any way we can." -Elisabeth Correa

Hays County Food Bank Adult Nutrition Class

October 1 & 15 * 11 AM — 12 PM

Family Science Night

October 2 * 5 — 8 PM

October 3 * 6:30 — 9:30 PM

Senior Social

October 9 * 1:30 — 2:30 PM

Kappa Delta Chi Sorority Yard Sale

October 25 * 8 AM — 2 PM



KAPPA DELTA
CHI will host
the KAD

Halloween
Haunted House
on October 29
from 6 — 8:30



PM. There will be a Halloween costume contest and games for kids. We encourage parents to participate with their children and dress up for this event.

National Night Out (NNO), held the first Tuesday in October, has been extraordinarily successful in promoting involvement in crime and drug prevention activities, strengthening police-community relations, and encouraging neighborhood camaraderie as part of the fight for safer streets. Please join us on October 1 at the KAD Center from 5:30 - 7:30 PM. We will have different agencies supporting this event.



CHAPULTEPEC HOMES & ADULT LEARNING CENTER



It seems as if Summer is going to hang on for as long as it can but I am excited about all of the fun Fall activities that are happening here in the Hill Country. There are so many ways to get out to explore and enjoy a little family time. Here is a short list of things to do when the weather cools off.

- 1. Pick your pumpkins from a pumpkin patch.**
- 2. Go apple picking.**
- 3. Drink hot apple cider.**
- 4. Make caramel or candied apples.**
- 5. Go for a hay ride.**
- 6. Get lost in a corn maze.**
- 7. Collect leaves, acorns, and pine cones for all kinds of fall crafts.**
- 8. Do a nature walk and scavenger hunt.**
- 9. Attend a high school football game.**
- 10. Halloween movie marathon.**

Our after-school program is a swimming success! This semester we have a wonderful group of kids. Our wonderful interns, Liz & Natalia, are teaching them all about undersea life. The kids are doing science projects, arts and crafts, and so much more. They have decorated the center to look like an underwater classroom, with jellyfish and a giant octopus. We have people from United Way of Hays County coming to read to the kids. The Mobile



Librarian is coming to see them each month. Best Food FITS from Texas State comes each Tuesday to teach healthy eating habits and to share yummy recipes. There is never a dull moment!

There is still time to register your children for the program. Please contact Kathy at 512-353-5062 or at kathy@smpha.org.

Please join us for our next FSS Class on October 15 @ the Chapultepec Adult Learning Center.

Diaz Martial Arts will be presenting a self defense class for the adults and children.



October 2019

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

October (from the Latin *ôctô* meaning "eight") was the eighth month in the old Roman calendar. Among the Anglo-Saxons, October was known as *Winterfylleth*, because at this full moon (*fylleth*), winter was supposed to begin.

**1 Texas
National
Night Out**

2**3****4****5****6****7****8**

**9 FSS
Orientation
CALC @ 12 PM**

10**11****12****14**

**15
FSS Class
CALC @ 6 PM**

16**17****18****19****20****21**

**22 Board of
Commissioners
5:30 PM**

23

**24 Food Wise
Cooking Class
CALC @ 6 PM**

25**26****27****28****29****30**

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