



## Spreading Kindness

By Maria Calcaben

"Sometimes it takes only one act of kindness and caring to change a person's life."

Jackie Chan

One of the most underappreciated things in this world is showing kindness to one another. In February at the PODER After-School Program, it was not just about receiving love, but also learning how to share it. Interns Leah Waddill and Yaya Grimaldo, along with volunteers, helped encourage the kids during Kindness Month to show what effects kindness can have in their lives as well as in the lives of the people to whom they are directing some act of kindness. Students earned stickers that they could put next to their name on the Kindness Chart whenever they showed random acts of kindness. The kids would demonstrate these actions by helping to clean the center

without being asked, being there for one of their friends when they were feeling sad, or showing good sportsmanship by high-fiving everyone after a game. During Valentine's week, the interns emphasized self-love and self-care to the kids to encourage them to value themselves. Other presentations included how to be a good friend and how to show acts of kindness. Since the beginning of Kindness Month, the kids have taken initiative in being good leaders in kindheartedness and have felt the positive benefits from it. For example, the kids wrote a thank you note to our Central Texas Food Bank delivery guy, Thomas, to show him how much they appreciate his hard work in delivering daily meals to the after-school program. He was so grateful to be shown such compassion. The kids also made an impact on the community by creating heart keychains embellished with beads and encouraging words to give to individuals at the Southside Community Center. Words such as "You never never give up", "You are amazing", and "Don't listen to other people, you're smart, brave, creative" were cherished by those that received the little gifts. Practicing kindness and seeing the results have taught the kids that sometimes a little gesture can make a big difference in someone's life!

## ALLEN WOODS HOMES — PODER LEARNING CENTER

### RESIDENT ASSEMBLY MEETING: First Friday of Every Month

### Teen Achievements



High school freshman Makayla Spurlock is on the Junior Varsity Cheerleading team this year and attended the National High School Cheer Championship in Orlando. They placed 12th in the national competition. Makayla had a blast not only competing, but exploring Disney World!



Ana Reyna, a junior at SMHS, attended the Family Career and Community Leaders of America (FCCLA) competition in Corpus Christi. Ana, along with her partner John, presented their event planning idea of a daddy/daughter dance. They placed 4th and will be competing in April at the state competition in Dallas. Good luck Ana and John!



### SENIOR SOCIAL HOUR

Our seniors now have more opportunities to be out and about with our weekly



Senior Social Hour. Intern Leah Waddill takes lead in creating crafts, directing games, and providing a space for our seniors to socialize. Some of the activities include creating sun catchers, Valentine's Day magnets, a *Grease* sing-a-long day, and a parachute game. Join us for the Senior Social Hour every Tuesday at 1:30 PM for snacks and fun!

### Count Your Distance

Leah is making great strides with her Count Your Distance Walking Club! Even though the weather was too cold for the first two meetings, that didn't stop our seniors from moving and using their muscles. Pictured is a game using a parachute and a heart balloon to motivate our seniors to "keep our heart up" with simple arm exercises.





## Springtown Villa

### FOCUSING ON SELF-LOVE THIS VALENTINE'S DAY

Last month we celebrated Valentine's Day. The party was fantastic. Everybody smiled and laughed together. There were even a few residents that arrived earlier to be the first in line for food and fun activities. The residents participated in a self-care activity that promoted self-love. The main theme of the activity was to think of lovable personality traits about oneself. This activity was perfect for Valentine's Day. Many of the residents said they loved the activity and some even put their creations on their fridge. Several



residents said it was a challenging activity because they are not used to recognizing their good qualities. Delia Patterson found at least three good things about herself and we couldn't agree more!



### UPCOMING EVENTS

Chair Exercise Classes

Tuesdays @ 4 PM

Hays County Food Bank Cooking Class

March 9 @ 2 PM

St. Patrick's Day Celebration

March 17 @ 2 PM

Color Your Stress Away

March 23 @ 4 PM

### Fundraiser Update

During the month of February we put on a bake sale and a taco sale to raise funds for the Resident Council. We raised about \$90!



The residents love food sales and always look forward to the next one.



**Resident Council Meetings**

**March 4 & 18**

## C. M. ALLEN HOMES — KAD KORNER STORE

### OUR GIRLS ARE BACK!



**“We are a service based organization known as Kappa Delta Chi who continue to support our local philanthropy, Kids Against Drugs, which is working with the children of the San Marcos community to provide a safe and fun place for them to interact with us and with each other. By reading books, playing games, and working on school work, we strive to aid the children in any way possible. We have been a part of KAD for many years. We hope that we have made an impact upon this community that is as significant as the effect KAD has had upon on us. We**

**want to thank Ms. Bonnie for giving us the opportunity to volunteer and serve our San Marcos community throughout the week and for encouraging us to be better sisters, volunteers, and individuals.”**



**HAPPY 85TH BIRTHDAY TO MRS. OLA ANDERSON! SHE IS READY TO PLAY BINGO!**



**The kids enjoyed a safety presentation from the San Marcos Fire Department.**



## CHAPULTEPEC HOMES & ADULT LEARNING CENTER



### New Year, New Goals, New Ideas

Every semester the Housing Authority has a slew of new interns. They come from all sorts of disciplines and are all here to learn and to put into practice their education.

This semester, I happen to be the one learning. I was told that I would be working with a social work intern; we would be establishing a program where the intern would be working one-on-one with residents helping them achieve their financial goals. All of that sounds good but how do you put that in to practice? There was little direction on how to accomplish this.

I am a firm believer that the universe provides what you need when you need it. That being said, the universe sent me Tessa Burnett. She is exactly what we needed to get this program off the ground. She has great knowledge of budgeting, taxes, credit, money saving ideas, and so much more. She is a self-

starter and has had many great ideas. Tessa has prepared numerous classes that she will be presenting to FSS participants. She has also started a resource list so that future interns would have a starting point. Being able to tell her what we were looking for and then to have her deliver that — and so much more — has been priceless. Our residents seem to really like coming in and talking with her about their financial issues. If she doesn't know the answer to their question, she will stop at nothing to find the answer.

Any FSS family can set an appointment with her if you need help. If you live at one of our other sites and you are not in the FSS program, please contact us at the Chapultepec office (512-396-3364) and we can give you all the details of how the program works and what it can do for you.

### UPCOMING FSS CLASSES

**Presented by TESSA!**

March 9

Getting Out of Debt

March 23

Get to Know Your Credit Report

April 6

Spring Cleaning

April 20

Meal Planning and Couponing

**All classes will be held at the Chapultepec  
Adult Learning Center at 6:00 PM.  
Call 512-396-3364 for more information.**

### *Tessa's Tips*

1. Sign up for rewards programs at your favorite stores or restaurants. Do this a week or so before your birthday to enjoy birthday offers! I always choose Dunkin, Starbucks, and Krispy Kreme because who wouldn't want a free coffee on their birthday?

2. Always check rebate apps, your coupon stash, and RetailMeNot.com before buying items at popular stores like *Bath and Body Works* and *Bed, Bath and Beyond*. [Retailmenot.com](http://Retailmenot.com) is especially great for those who do not receive paper coupons in the mail.



# March



Sun

Mon

Tue

Wed

Thu

Fri

Sat

CDBG Meeting Chapultepec 4:30 PM	2	3	4	5	6	7
8	FSS Class: Getting Out of Debt Chapultepec 6:00	10	11	12	13	14
 <i>E tu, Brute?</i>	16		18	 SPRING EQUINOX PLANT YOUR DREAMS		21
22	FSS Class: Credit Reports Chapultepec 6:00 PM	Board of Commissioners 5:30 PM	25	Food Wise Cooking Class Chapultepec 6:00 PM	27	28
29	30	31	The name of March comes from Martius, the first month of the earliest Roman calendar. It 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. Martius remained the first month of the Roman calendar year perhaps as late as 153 BC, and several religious observances in the first half of the month were originally new year's celebrations. Several cultures and religions continue to observe the Spring Equinox as Naw-Rúz or Nowruz—the first day of the year.			

## LEADERSHIP

### Board of Commissioners

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

### Executive Director

Lana Wagner

## 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