



The SMHA is committed to providing a safe and healthy housing community for all residents, staff, contractors, and visitors during this pandemic.

EFFECTIVE MONDAY, MARCH 30, SMHA EMPLOYEE WORKING HOURS WILL BE THE FOLLOWING:

**MONDAY — THURSDAY: 9 AM to 4 PM
CLOSED ON FRIDAY**


Our offices remain closed to the public. SMHA personnel are available by telephone, email, or messages in our night drops. More information is available on our website. These restrictions will continue until at least April 10.

PAY RENT ONLINE

For your convenience, you may now pay your rent online. Look for this button on our website:

<https://smpha.org/>

(Applies only to residents living in one of our housing sites or homes.)



IF YOU HAVE A CHANGE IN INCOME FOR ANY REASON AND YOU WANT US TO REVIEW YOUR INCOME FOR A POSSIBLE ADJUSTMENT IN YOUR RENT, YOU MUST REPORT THE CHANGE TO YOUR SITE MANAGER.

The federal stimulus payments that will be paid directly to individuals and families will be excluded from income, as they are temporary, non-recurring payments.

ALLEN WOODS HOMES — PODER LEARNING CENTER

Food for the Kids

In mid-March, the response to COVID-19 became serious. The kids of SMCISD were suddenly hit with the realities of finishing out their school year at home and online, which for many meant no free school meals. SMHA Resident Services has partnered with SMCISD to fill the gap. People who come in their vehicles can pick up their lunches on a curbside pickup table. Others can pick up lunches from a walk-up table. On Fridays, School Fuel is providing bags to give kids food and snacks for the weekend. Teachers have also prepared some lesson plan packets to give to parents. Meals are served in front of the PODER Learning Center from 10 AM to 12:30 PM. They are currently serving up to 80 meals per day but can serve more if necessary.



Walking with Purpose



This group of super seniors are on their way to walk around the Allen Woods neighborhood in their Count Your Steps Senior Walking Club. To empower them on their walk, intern Leah Waddill asks for a volunteer to lead the group on their walk. On this day, resident Arleen Machado (right) led the group around the neighborhood. We're so proud of these seniors for taking responsibility for their health and setting a good example for their neighbors! The Senior Walking Club's activities have been disrupted by the coronavirus but they hope to resume when the crisis has passed.

Kindness Wins

In February, the PODER after-school program celebrated Kindness Month. As our kids showed kindness, they were awarded with stickers from volunteers and staff to put on a chart. This month, the winners were announced and won various prizes. Delilah was awarded first place with a brand new bike donated from the Tommy Hilfiger store! We are grateful to our intern, Leah, who was the lead organizer for this initiative. Intern Yaya gets the Oscar for Best Supporting Role. We miss our interns so very much right now.

Springtown Villa

DANCING OUR CARES AWAY!

Within the last few weeks our residents have been working on building independence and self confidence through exercise. Our social work intern, Addy, has been hosting chair exercise classes for the residents here at STV. She has been challenging them to complete as many exercises as they are able to, while still providing modifications to exercises if needed. After the first class, the residents seemed to really enjoy it and had some great insights. Ms. Shirlene said, "I always thought that if I could do it anyone can, but that's not always the case." Ms. Ruth said that the class was challenging but that she enjoyed it. Residents were able to take home packets containing instructions for the exercises they completed in the class, along with homemade weights. We hope that the residents will use this to relieve some stress by using these new skills.

To the right is Jesse Tello painting his weights in preparation for exercise class.



In this picture intern Addy (on the right) and Ruth are practicing their exercises.

Senior Shopping Hours:

Target: Wednesday, 8 AM - 9 AM

Sam's Club: Tuesday & Thursday, 8 AM - 9 AM

Walmart: Tuesday, 6 AM - 7 AM

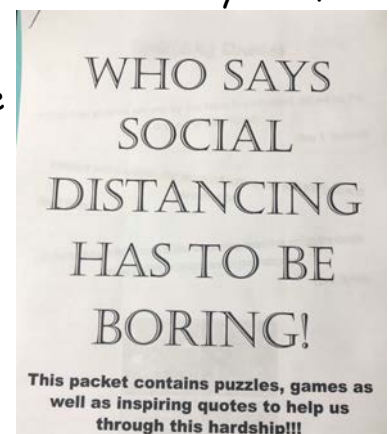
Walgreens: Tuesday, 8 AM - 9 AM

Dollar General: Daily, 8 AM - 9 AM

All events and resident council meetings are cancelled until further notice.

Towards the end of March, our public events came to a stop but we have been able to provide residents with ideas to fill their time as they practice social distancing. Each week the residents will receive packets with games, activities, quotes, and ways in which they can fill their time.

Some examples of these include crossword puzzles, Sudoku, and coloring pages. We hope you find the packets helpful during these trying times.



C. M. ALLEN HOMES — KAD KORNER STORE



Kevin Sanchez, who is in the 5th grade at Mendez Elementary School, received the TERRIFIC KID Award for demonstrating safe, responsible and respectful behavior. We're so very proud of him. Keep up the good work, Kevin!

Texas State Nutrition held a Healthy Eating Choices Class, making



Fruit Smoothies with the help of our kids. Teaching them the importance of making fruit a part of their diet. The best part of the class for our kids was eating the smoothie which they help prepare. We miss our kids so much!



SMHA Resident Services and SMCISD are providing breakfast and lunch for kids. It is a "Grab & Go" service. In this photo, Morgan Rodiek, a counselor from Miller Junior High, heads back to the KAD room to get more meals. Amy Scott, a resident of CM Allen, hands them out. Not pictured is

resident Cathy Carson, who was in charge of disinfection procedures. Meals are served in on the Bliss Street side of the KAD Korner Store from 10 AM to 12:30 PM, Monday through Friday. They are currently serving up to 200 meals per day!

CHAPULTEPEC HOMES & ADULT LEARNING CENTER



SPRING BREAK CUT SHORT

It is such a shame that our Spring Break Program was cut short. In the very little time that we had the kids, they thoroughly enjoyed their planned activities. Our intern, Fatima, created a wonderful STEM program for the kids. They got started with baking soda volcanoes. They each decorated their volcano then they got to “blow the top off” with a chemical reaction of mixing baking soda and vinegar. Their next activity was coding. They used a series of colored beads to create a bracelet that spelled out their name. As you can see from the pictures, the kids were having a wonderful time and enjoying all of the creative, educational activities.



Tessa's Tips If you are social distancing because of COVID-19, you may find yourself at home with a lot of time on your hands. If that's the case, consider creating a routine to fill your days. Following a routine may bring comfort and stability to these uncertain times, reduce stress and anxiety, and foster a sense of control over your day-to-day activities. While sitting in front of the TV all day may sound appealing, creating a routine may also allow for you to fit enriching activities into your day to benefit your mental, emotional, and physical wellbeing.

HOW TO CREATE A ROUTINE

Determine what is important to you

Does your home need a good spring cleaning? Would you like to catch up with friends and family? Have you been meaning to start a new workout regimen? Figure out what is important to you so you can prioritize these activities while you're home.

Set realistic goals

Prioritize what you find most important and allow yourself the opportunity to rest. If you are caring for children or other family members during this time, you may not be able to accomplish everything in your routine every day. This is okay! Be realistic when creating a routine, and be kind to yourself if you don't get to everything on the list.

Know when to rest

One of the best things you can do for your mental and physical health is to rest. Making sure you get an adequate amount of rest will help your immune system to stay in tip-top shape. Experts encourage 8 hours of sleep, so make sure to prioritize catching those Zs when creating your daily routine.

SANDTOWN

By Maria Calcaben

Three boys in my after-school program (ranging from 4th to 7th grade) were playing in the sand. They were piling up the sand into a giant



mountain. They told me on top of the mountain was a town called Sandtown, since there were a lot of sandstorms that kept passing through the town. The town sat at the top of their piled up sand mountain, surrounded by hills and valleys and a lake at the bottom of it. One of the boys suddenly shouted out, "Erosion!" and destroyed the sand pile which in turn destroyed Sandtown. "Oh no!" I commented, "Now Sandtown is destroyed!" One of the boys smiled, took a handful of sand, and started pouring it on top of where Sandtown used to be. "It's okay Ms. Maria," he told me, "this is when the people in the community come together and start rebuilding again."

Right now it can be easy to be carried away by fear, but if a little 5th grader can find hope in humanity, so can we. Stay healthy, stay smart, and stay hopeful.

Avoid Coronavirus Scams

Here are some tips to help you keep the scammers at bay:

- ◆ Hang up on robocalls. Don't press any numbers. Scammers are using illegal robocalls to pitch everything from scam Coronavirus treatments to work-at-home schemes. The recording might say that pressing a number will let you speak to a live operator or remove you from their call list, but it might lead to more robocalls, instead.
- ◆ Ignore online offers for vaccinations and home test kits. Scammers are trying to get you to buy products that aren't proven to treat or prevent the Coronavirus disease 2019 (COVID-19) — online or in stores. At this time, there also are no FDA-authorized home test kits for the Coronavirus. Visit the FDA to learn more.
- ◆ Fact-check information. Scammers, and sometimes well-meaning people, share information that hasn't been verified. Before you pass on any messages, contact trusted sources. Visit What the U.S. Government is Doing for links to federal, state and local government agencies.
- ◆ Know who you're buying from. Online sellers may claim to have in-demand products, like cleaning, household, and health and medical supplies when, in fact, they don't.
- ◆ Don't respond to texts and emails about checks from the government. The details are still being worked out. Anyone who tells you they can get you the money now is a scammer.
- ◆ Don't click on links from sources you don't know. They could download viruses onto your computer or device.
- ◆ Watch for emails claiming to be from the Centers for Disease Control and Prevention (CDC) or experts saying they have information about the virus. For the most up-to-date information about the Coronavirus, visit the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO).
- ◆ Do your homework when it comes to donations, whether through charities or crowdfunding sites. Don't let anyone rush you into making a donation. If someone wants donations in cash, by gift card, or by wiring money, don't do it.



The new Families First Coronavirus Response Act requires certain employers to provide employees with paid sick leave or expanded family and medical leave for specified reasons related to COVID-19. The Department of Labor's Wage and Hour Division (WHD) administers and enforces the new law's paid leave requirements. See their guidance at:

www.dol.gov/agencies/whd/pandemic.



Toilets Are Not Trashcans – Don't Flush Those Wipes

City of San Marcos wastewater collection system employees have a message for San Marcos residents about flushing wipes down the toilet: please don't. With so many people cleaning and disinfecting more heavily due to the COVID-19 outbreak, system operators are seeing more wipes and paper towels in the system than normal.

Jon Clack, Assistant Director of Public Services, Water/Wastewater Utilities, said the collection system here in San Marcos recently experienced a small sewer overflow due to a problem created by wipes and paper towels. "When all those wipes enter our sewer pipes, lift stations and eventually the plant, they can create significant clogs and backups," he said. "The materials in most wipes don't disintegrate in water the same way as toilet paper."

Flushing items like these down the toilet can also create expensive plumbing problems for home and business owners as well as for the community. Compounding the problem is the tendency for clumps of wipes to attract other materials to them, creating what industry experts call **fatbergs**. Those fatbergs get stuck in pipes and sewer systems. Clack said the issue is caused by all kinds of wipes – diaper, cleaning, make-up removal and personal care – and encourages residents to toss the wipes in the trash rather than flushing them.

"Toilets are not trashcans," Clack said, "which is the slogan from the National Association of Clean Water Agencies (NACWA). This is really a global issue as plants around the country and the world are being inundated by wipes." The packaging on many brands of personal care and other wipes claim they are "flushable," but Clack said the issue isn't really the flushing. The problem occurs when thousands or hundreds of thousands of wipes don't disintegrate and all get trapped together in the system. Wastewater collection systems and treatment plants aren't built or equipped to handle wipes, according to Clack. "Clogs from wipes can overwhelm a wastewater system and lead to major blockages that can also lead to major damage, costly repairs, health and environmental issues," he said.



The International Water Services Flushability Group (IWSFG) estimates that municipalities in the U.S. spend between \$500 million to \$1 billion annually wrestling with fatbergs and unclogging pipes, sewer pumps, and other underground equipment. Clack's advice is to keep cleaning and disinfecting, or using wipes in whatever manner you use them, then toss those wipes into the trash. "By reducing the number of wipes in our sanitary sewer system," Clack said, "we can avoid damage and costly repairs to the pipes and plant. Help us take care of the City and our environment."



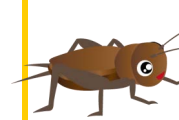
April

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

The Romans gave this month the Latin name Aprilis but the derivation of this name is uncertain. The traditional etymology is from the verb aperire, "to open," it being the season when trees and flowers grow and bloom. Since some of the Roman months were named in honor of divinities, and because April was sacred to the goddess Venus, her Veneralia

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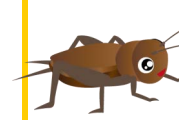


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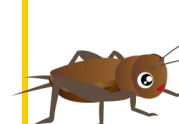
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being held on the first day, it has been suggested that Aprilis was originally her month Aphrilis, from her equivalent Greek goddess name Aphrodite (Aphros), or from the Etruscan name Apru. The Anglo-Saxons called April ēastre-monap (ēastre is the root of the word Easter).

LEADERSHIP

Board of Commissioners

Richard Cruz — Chairperson

Gloria Salazar — Commissioner

Nina Linda Ramos — Commissioner

Rachel Durrance — Resident Comm.

Mittie Miller — 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