

CENTRAL TEXAS HOUSING CONSORTIUM NEWSLETTER

www.cthc.org



NOVEMBER 2017

Remember - CTHC is Smoke Free

Central Texas Housing Consortium implemented a no-smoking policy for all of our complexes effective January 1, 2014. Since that time, the Consortium has spent less money on make ready maintenance due to not having to clean nicotine and smoke stains off the apartment walls. In addition, many of our residents have quit smoking completely, which has

made for a healthier environment for everyone. This year, the U.S. Department of Housing and Urban Development (HUD) implemented a no-smoking policy in all public housing nationwide.

Remember, smoking in your residence is a violation of your lease. Repeated violations may result in termination of your lease. In

the past month, a CTHC resident was evicted for repeated violations of the no-smoking policy. This is the first time since we implemented the policy that a CTHC resident has been evicted for this reason.

We appreciate the positive feedback we have received from residents about this policy.

Fire Prevention Program Helps Resident Prevent Disaster

On Wednesday evening, October 25, Carrie Shaver came out of her apartment and saw her neighbors outside looking around. When she asked them what was wrong, they said their oven was on fire. They had called 911 but did not know what else to do. Carrie remembered that a fire extinguisher was located at the middle of their building, so she broke the glass, retrieved the extinguisher and took it into the neighbor's apartment. Flames were coming out of the oven, so Carrie pulled the tab, pointed the hose toward the stove, opened the oven and aimed it at the base of the flames. The smoke then forced her to leave the



apartment. When the fire department arrived, they suited up due to the thick smoke and found the fire had been completely put out.

Carrie said she attended the CTHC fire prevention program in September and had utilized a fire extinguisher to put out a fire, so she was familiar with the procedure. Even though she had gone to previous fire prevention programs, she feels the recent

one served as a good refresher course. She now believes that fire prevention programs should be mandatory for new residents. All residents need to be familiar with the location of the fire extinguisher closest to their apartment. On our website under the Resident tab, there is a listing of fire extinguisher locations. Click on your complex and it will show you a map

CTHC would like to commend Carrie for her quick thinking and actions in putting out her neighbor's fire and preventing a potentially disastrous situation.

Resident Spotlight - Angela Glanz

Angela was born in Fairbanks, Alaska, the oldest of three children. Her dad was in the Army and served at various duty stations around the U.S. Immediately after birth, Angela was diagnosed with spina bifida. This birth defect affects the development of the backbone and membranes around the spinal cord. Angela remembers as a child the family moving to Washington State where she underwent several surgeries. Many of her younger years were spent in and out of the hospital.

The family moved to Waco, Texas, when Angela was five-years-old and later relocated to Belton. She was home schooled from time to time but eventually went to public school. Angela remembers falling a lot while in school but was determined to reach her goal, which was to graduate.



Angela takes pride in being self-reliant and able to live on her own. She enjoys crocheting, putting puzzles together, and coloring. She has spent many hours volunteering at Bell County Health and Human Services Center (formerly known as the HELP Center). She is a member of First United Methodist Church and loves being around people with positive attitudes.

Housing Reminders

Rent Payments. Remember, **rent is due on the 1st**, but you have a grace period of the 3rd or 5th to pay it, depending on where you live. Drop slots are available if you cannot come to the offices during regular business hours. If you put your rent payment in the drop slot, please be sure your name and address are on the money order or check and it is legible. **We can't post your rent to your account if we can't read your name and address!**

Utility Service If you live in a complex where you pay for utility services, you are required to maintain them at **all** times. Residents are **NOT** allowed to use the "Pay as You Go" utility service because this does not meet the requirement for maintaining utilities in accordance with your lease agreement. Violation of your lease could result in termination of the contract.



Maintenance Emergency Definition: Emergency maintenance is defined as a situation where maintenance must be performed to correct a condition that poses an immediate threat to life, health, safety or property. Examples of **valid emergency maintenance** requests are flooding in the apartment, gas smell, heater not working, refrigerator not working, or smoke detector alarm going off. Examples of **non-emergency** maintenance requests: hot water heater not working, toilet is stopped up but there is more than one toilet in the apartment, water leaks (minor leaks such as kitchen sinks, faucets, etc.) Refer to your **Emergency Maintenance** memorandum for more information on what is considered an emergency. If you require emergency maintenance on weekend, holiday, or other non-business hours, please call 770-8280.



Please ensure we have your current telephone number(s) so we can reach you in the event of an emergency.

Operating a business on property is not allowed. Conducting any kind of business (including child care services or hair cutting) in your apartment is prohibited - except that any lawful business conducted "at home" by computer, mail, or telephone is permissible if customers, clients, patients, or other business associates do not come to your apartment for business purposes. Money lending between residents and/or guests is prohibited.

Feeding stray animals is prohibited. All members and/or guests of the household must refrain from keeping, maintaining, harboring or boarding any dog, cat, livestock, or pet of any nature unless **authorized in writing** by your Complex Manager. Individuals found to be in violation of this rule could be held liable as the "owner" of the animal.

Preventing Fires Residents must take reasonable precautions to prevent fires, refrain from storing or keeping flammable materials on the premises or storing anything in the HVAC closets. **Candles or incense cannot be burned on property at any time.** No type of open flame is allowed in the apartment. Upon leaving the kitchen with the stove or oven on, take an item like a spoon or hot pad to remind you that something is cooking.



Caulking Tubs and showers installed in CTHC properties are self-sealed and do not require caulking. If you currently have caulking that is discolored or dirty, you can submit a work order to have it removed; however, Maintenance will not put new caulk in these areas.

Fall Festival Fun

CTHC hosted the annual Youth Fall Festival on Thursday, October 19, at Rose Hall. Children and their families had a fun-filled evening with carnival type foods and a variety of activities such as the suit case relay, Nurf target shooting, basketball, and swatting at a treat-filled piñata. They could also enjoy a photo booth, balloon artist, face painting, line dancing, and a “music petting zoo,” presented by UMHB music majors, which allowed children to handle and learn about different instruments. Awards were given for

the funniest, scariest and most creative costumes. The festivities ended with door prizes of two 16 gigabyte tablets presented to a THA and BHA youth.



Calendar of Events for Residents

Rose Hall

November 1	Rose Hall Wednesday - AgriLife “Eat Smart Live Strong” - 10:00 am
November 8	Senior Thanksgiving Potluck - 11:00 am
November 13	Nutrition Class “International Flavors” - 12:00 noon
November 15	Rose Hall Wednesday - Kindred Hospice “Alzheimers/Dementia” - 10:00 am
November 21	Housekeeping Workshop - 5:30 pm
December 6	Presentation by Kindred Hospice on Food Poisoning Prevention - 10:00 am
December 7	Temple Symphony Stringed Quartet - 11:00 am
December 12	Nutrition Class “Christmas Baking” - 12:00 noon
December 14	CTHC Family Christmas - 5:30 pm
December 20	CTHC Senior Christmas Luncheon - 11:00 am
December 27	AgriLife “Eat Smart Live Strong” - 10:00 am

BHA Resident Center

November 7	Housekeeping Workshop - 5:30 pm
Nov 13, 27	Bingo - 3:00 pm
November 13	Nutrition Class “International Flavors” - 5:30 pm
November 15	AgriLife “Eat Smart Live Strong” - 3:00 pm
November 20	Senior Thanksgiving Potluck - 2:00 pm
November 28	Graco Carseat Clinic - 1:00 pm to 3:00 pm
December 11	Presentation by Kindred Hospice on Food Poisoning Prevention - 2:00 pm
Dec 11, 18	Bingo - 3:00 pm
December 11	Nutrition Class “Christmas Baking” - 5:30 pm
December 13	AgriLife “Eat Smart Live Strong” - 3:00 pm

Friendship House

November 1	AgriLife “Eat Smart Live Strong” - 11:30 am
November 9	Veteran’s Day Program - 11:30 am
November 15	Presentation by Kindred Hospice on Alzheimer’s/Dementia - 11:30 am
November 21	Thanksgiving Luncheon - 11:30 am
December 13	Presentation by Kindred Hospice on Holiday Traditions - 11:30 am
December 21	Christmas Party - 11:30 am
December 27	AgriLife “Eat Smart Live Strong” - 11:30 am

Other Locations

November 2	Extraco Mobile Banking at Frances Graham Hall - 3:30 pm
November 10	Rotary Spaghetti Supper at Frances Graham Hall - 5:00 pm
November 13	Frances Graham Hall Association Meeting - 2:00 pm
December 7	Extraco Mobile Banking at Frances Graham Hall - 3:30 pm
December 11	Frances Graham Hall Association Meeting - 2:00 pm
November 2	Extraco Mobile Banking at Golden Haven - 3:00 pm
Nov 3, 17	Golden Haven Bingo - 6:00 pm
November 7	Presentation by Kindred Hospice on Diabetes at Golden Haven – 2:00 pm
November 8	Golden Haven Association Meeting - 2:00 pm
November 10	Rotary Spaghetti Supper at Golden Haven - 5:00 pm
November 14	AgriLife “Eat Smart Live Strong” at Golden Haven - 12:00 noon
November 14	Golden Haven Thanksgiving Dinner - 5:00 pm
November 15	Temple Symphony Stringed Quartet at Golden Haven - 2:00 pm
November 16	Golden Haven/Kyle Housekeeping Workshop at Rose Hall - 10:00 am
December 6	Presentation by Kindred Hospice on Holiday Traditions - 2:00 pm
December 7	Extraco Mobile Banking at Golden Haven - 3:00 pm
Dec 1, 15, 29	Golden Haven Bingo - 6:00 pm
December 12	AgriLife “Eat Smart Live Strong” at Golden Haven - 12:00 noon
December 12	Golden Haven Christmas Party - 5:00 pm
December 13	Golden Haven Association Meeting - 2:00 pm
Nov 2, 9, 16, 30	Kyle Bingo - 2:00 pm
November 7	Presentation by Kindred Hospice on Diabetes at the Kyle – 1:00 pm
November 10	Rotary Spaghetti Supper at the Kyle - 5:00 pm
November 16	Kyle Thanksgiving - 4:00 pm
Dec 7, 14, 21, 28	Kyle Bingo - 2:00 pm
December 19	Kyle Christmas Social - 3:00 pm

Check out the schedule of resident activities on our website at www.cthc.org

Get Ready to Decorate!

It is almost time to start thinking about the Christmas holidays, and with the season comes our door decorating contest. Entry forms will be available on Thursday, November 16. You can submit a form by either coming to any of our offices or going to our website (www.cthc.org) to complete and submit the form online. The deadline to have your entry forms submitted is Friday, December 8 at noon. Judging of the doors will be Tuesday, December 12, and the winners will be announced at the Christmas parties. (See the Resident Activities list for the date of your Christmas Party.) Have fun making your doors look festive for the season!

Relaxation & Resilience Fair

Dr. Avil-Na’Ree Green, Division Director of Baylor Scott and White Health Geriatric Medicine, spoke about the importance of relaxation and resilience in the aging process to Golden Haven residents on October 26. Dr. Green explained that, as we age, we are certain to face obstacles concerning our health. Remaining optimistic, allowing family and friends to be engaged, being adaptable, maintaining a healthy diet, and becoming more active are the right ingredients to bounce back from a challenging situation. “Life is 10 percent what you make it and 90 percent how you take it.”

Residents also had access to a wealth of information and demonstrations from various vendors that focused on achieving a deep state of relaxation. Some of these were music therapy, offering smooth sounds to discipline the mind with a direct concentration on reduced stress levels; aromatherapy, to reduce anxiety and ease depression along with healing oils; breathing therapy, to encourage full oxygen exchange; and trigger point therapy, locating areas that trigger pain and releasing constricted areas in the muscles.