

# RESIDENT SERVICES NEWSLETTER



HACSB Resident Services Center - 204 W. Williams Street Santa Maria, CA 93458 - (805) 925-4393

## Special points of interest:

- Featured Partner: Roy Dugger, City of Santa Maria Emergency Services, Disaster Preparedness, “Be Ready Make A Plan”
- Healthy Living: Karen Ortiz, Lompoc Valley Medical Center, “What is a HEAL Community?”
- Manager’s Message: Maylin Moore, HACSB, Santa Maria Housing Manager, “What You Should Know About Cigarettes”
- Kids Corner: Good Samaritan, “Reward System For Household Cleaning”
- Kid Friendly & Fun Recipe: Good Samaritan Shelter, “Pizza Bread”
- Money Matters: VITA - “Volunteer Income Tax Assistance”
- Newsletter Summary in Spanish
- Resident Services Contact Information
- Thank You Partners!



## Emergency Services - Disaster Preparedness “Be Ready Make A Plan” ~ Roy Dugger



It’s been 28 years since the October 1989 Loma Prieta Earthquake and the ensuing power outages, sewer and water disruptions, hazardous material spills, fires, landslides, building collapses, buckled bridges, cracked roads, etc.

**While it caused over 6 billion dollars in damage**, killed 62 people, injured over 3000 more and resulted in approximately 12,000 people needing to find new housing, it wasn’t the “Big One”.

For a few years after, there was a strong push to get all of us to do our part to prepare for the next earthquake. There have been more earthquakes in California (Northridge, Big Bear, Landers, etc.) with more deaths, injuries, and destruc-

tion. **Building codes were changed.** Books, brochures, checklists, and classes were created and forgotten. **But the risk is still there.** We know of thousands of faults in California...probably less than 1% of the actual faults. We are still missing the critical piece in the preparedness puzzle:

**You need to take action.** Now. Yes, now. Put the newsletter down and get a grocery bag, a pen, and something to write on. I’ll wait...

**Ok, here we go.** First, put something in the bag you think you’ll need. Anything. **Now let’s make two lists.** 1) A “To Do” list of actions that don’t cost money: simple tasks, moving furniture, making lists, take a CERT class, etc. 2) A “Get” list of things you need

and don’t have enough of: can opener, first aid kit, bottled water, flash light, etc. Don’t get carried away. It’s ok to start out with 3 things on each list. You can always add to it. It’s your list.

**That’s it for tonight.** Good job. Tomorrow, keep going. This is a marathon, not a sprint. Get one or two things on your next shopping trip. **Do one or two things on your “To Do” list each weekend.** As you learn more you’ll add things to your “Get” and “To Do” lists. Don’t forget to cross off the things you accomplish. We’ll post links and documents on our website to make it easy to get started.



## Healthy Living ~ “What is a HEAL Community?” ~ Karen Ortiz

### What is a HEAL Community?

In February 2016, the County of Santa Barbara became the second county in California to adopt a **Healthy Eating Active Living (HEAL) Resolution.** The HEAL Resolution conveys the County’s commitment to promote and support efforts to foster healthy lifestyles for community residents.

In addition to the County of Santa Barbara, HEAL Resolutions have been adopted locally by the cities of Lompoc, Santa Barbara, Santa Maria, Arroyo Grande, Grover Beach, San Luis Obispo, Moorpark, Ventura.

### Why become a HEAL Community?

Obesity is a serious public health threat to the health and well being of adults,

children and families in our communities. While individual lifestyle changes are necessary, individual effort alone is insufficient to combat obesity’s rising tide. Significant community changes are needed to support individual efforts to make healthier choices.

### What makes a HEAL Community?

As a community embracing HEAL, you will see the encouragement toward forms of physical activity through more walking and biking paths, etc.

**Employee Wellness:** Our communities have pledged to adopt and implement an employee wellness policy that will: Offer employee education, healthy eating and physical incentives for health

education, healthy eating and physical activity.

### Healthy Food Access:

Encourage new grocery stores, community gardens and farmers markets to be located on sites in underserved neighborhoods to increase access to healthy food, including **fresh fruits and vegetables.** Get involved in your community through **Healthy Eating Active Living.** Find out how you can be a part of your community in embracing healthy change. **You and your family deserve it!**



Housing Authority of the County of Santa Barbara

## Manager’s Message - Maylin Moore, Santa Maria Housing Manager



Did you know that each year approximately **5 trillion cigarette butts** are generated throughout the world, and that their disposal has become a discussion for the need of a regulation because of the threat they pose on the environment?

**HUD has mandated a policy that Public Housing implement smoking policies by mid-year of 2018.** In addition, did you know that **the Federal Government does not recognize cannabis as medicinal?**

**In our developments, to smoke you must be at least 20-25 feet away from the apartment buildings and offices.**

If you smoke, think about your health, and the health of those around. Second hand smoke can be as bad as or worse than smoking, it is the third leading cause of preventable death in the US, killing over 53,000 non-smokers a year.

**Unfiltered secondhand smoke from burning tobacco contains up to 100 times more cancer-causing chemicals than smoke inhaled directly through cigarettes.**



If you have already decided to stop smoking or are contemplating it please call 1 (800) NO BUTTS or visit [www.nobutts.org/smokers/helpline](http://www.nobutts.org/smokers/helpline)

Please visit [http://tobaccocontrol.bmj.com/content/20/Suppl\\_1/i25](http://tobaccocontrol.bmj.com/content/20/Suppl_1/i25) for more information or visit the site below to learn more about the toxicity of cigarette butts on our environment <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3088406/>



Put Butts Where they belong

For Times To Need Our Own "Great Samaritan" Service

## Kids Corner

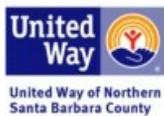
**"Reward System for Household Cleaning"**

Having kids help clean their room or the house can be a tough job, but here are some ideas on how to get the kids involved.

**Start by making a household chart and add everyone's name.** Each week add different chores for each child to complete. Start off with simple chores, such as hang up your backpack, put dirty clothes in the hamper, put dishes in the dishwasher, or take out the trash. You can assign all kids the same chore or different chores for each child. Benny could take out the trash, Susan puts the dishes in the dishwasher, and Tony sweeps. Put the poster board in a room where everyone can see it, and explain the rules and what it is that you expect. You can use simple and inexpensive rewards for jobs well done. **Kid's like being rewarded, and you can reward them with stickers, stars or happy faces on the chart every time they complete the chore.** Once the chores have been completed that week, reward the child with a treat. Treat ideas could be an Ice cream cone, a movie ticket, or a candy bar. **The rewards do not have to be expensive. What matters is the joy that the child feels when he or she completes something** and knows that you are happy and excited for them.

**So make it a big deal by gathering the family and bringing out the chore chart.** Explain with excitement how you are grateful that this child did all the chores or however many chores were done. **Announce the winner and present the reward. Make it fun!**

MY DAILY CHORES							
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Make My Bed		★					
Help With Laundry						★	
Vacuum or Mop The Floor			★				
Put Dishes Away	★						
Clean Up My Toys							
Brush My Teeth							



**Money Matters**  
VITA  
[MyFreeTaxes.org](http://MyFreeTaxes.org)



It seems that during Tax filling season, everybody wants your money, from department stores that offer you "great" tempting sales to tax preparers that can charge you hundreds of dollars for something you can get for free. Did you know you can get tax preparation assistance for free?

The **Volunteer Income Tax Assistance (VITA)** Program helps tax payers to prepare federal and state tax returns for individuals and families with annual incomes of \$54,000 or less in 2017. The VITA Program has IRS Certified Volunteers to assist you in person with your tax preparation countywide. You can call (805) 925-0329 ext. 103; or (805) 899-2313 to make an appointment or for further information. Or, you can prepare your own taxes by using the online service at [www.MyFreeTaxes.org](http://www.MyFreeTaxes.org) for incomes of \$66,000 or less.

Also, another fantastic way of receiving services you need at no cost is by accessing the Benefit Kitchen Program online ([www.benefitkitchen.com](http://www.benefitkitchen.com)) or through your smart phone. Benefit Kitchen is the first web and mobile app that provides low-income working families easy access to government benefits. In ten minutes, you can learn about potential eligibility and dollar amounts for up to eighteen federal, state and local benefits from child care, healthcare, financial assistance, health insurance and more. It is easy, fast and beneficial. Get help and Save Money!

And Last but not least – have you heard of the Earned Income Tax Credit? It's commonly referred to as the EITC, and you may qualify for a cash back tax credit under the CalEITC, or the Federal EITC. It is reported that over 50 thousand working families filed California taxes last year, but failed to claim the EITC. For further information, you can get help at a VITA location, or visit [CalEITC4Me.org](http://CalEITC4Me.org).



**We're on the Web - [www.hasbarco.org](http://www.hasbarco.org)**

### HACSB Resident Services Center

If you are in need of assistance, or would like further information on the resident services available in your area, please contact Resident Services, or call your local housing office.

**Resident Services Center - 235 E. Inger Dr., Suite 102-A  
Santa Maria, CA 93454  
Phone: 925-4393 Ext 3307 (se habla español)**

For Times To Need Our Own "Great Samaritan" Service

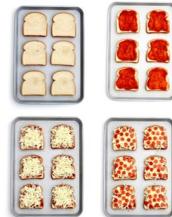
## Kid Friendly & Fun

**"Pizza Bread"**

Here is a quick, inexpensive, and easy recipe for kids. Perfect recipe for parents & children to make. **So put the music on, & have fun!** Your kids will love spending time with you cooking & learning something new and they will love eating pizza bread. The fun part about it is you can add any toppings that you would like to add & each person can make their own individual pizza bread. **Make a list of toppings that your kids will like** to add to their pizza bread. For example: ham or pepperoni. **You can find them at Big Lots & Grocery Outlet for a really good price.**

#### Ingredients

Loaf of bread  
Pizza Sauce (found at your local Grocery Store) or spaghetti sauce.  
Mozzarella, Monterey Jack, or both cheeses.  
Pepperoni slices - mini pepperonis (you can find these @ 99 cent store.



#### Directions

1. Preheat oven to 350 degrees.
2. Spray a baking sheet (you do not necessarily have to spray it but if you happen to have a spray then please do so).
3. Put slices of bread on baking sheet
4. Add pizza sauce to each bread (do not add too much on loaf of bread because bread may get a little soggy).
5. Add cheese (depending on how much cheese you want on each slice).
6. Add pepperoni, ham or maybe the kids might just want a cheesy pizza bread.
7. Cook for approximately 20 minutes or until the cheese is melted and or that the bread is not getting burned
8. Take out of the oven and let it cool down. Eat and enjoy!

## Resumen en español

**Estar Preparados para las Emergencias. Haz un Plan.** Ya sido 28 años desde el terremoto del 89 el Loma Prieta, el cual afecto el drenaje, provoco quemazonas y apagones eléctricos, derrame de materiales peligrosos, derrumbe de edificios y danos en la estructura de edificios. Mas que los danos monetarios, 62 muertes y 12mil personas perdieron su casa debido a este trágico desastre natural. Porque no sabemos cuando la naturaleza decida hacer de las suyas, tenemos que estar siempre preparados. Empieza con simple pasos como hacer una lista de las cosas que puedes hacer que no cuestan dinero por ejemplo mover los muebles a lugares seguros o tomar la clase CERT. Pon tres cosas en una bolsa que tu creas que necesites para casos de emergencia. Y así añade cosas poco a poco. Veras que pronto estarás preparado para emergencias.

Una **Comunidad HEAL** (Comer Saludable Vivir Activo) El condado de Santa Barbara es el segundo condado en California en adoptar la resolución HEAL comprometiéndose a promover y apoyar un estilo de vida mas saludable para los residentes de la comunidad. Con esto en mente, la meta es promover mas actividad física, implementar pólizas de bienestar en los empleados, proveer educación de salud y brindar fácil acceso a comida saludable por medio del farmers market o jardines comunitarios. Porque tu familia y tu lo merecen.

**Mensaje de la Gerencia.** ¿Sabia que cada año mas de 5 trillonas de colillas de cigarro se generan alrededor del mundo y que la basura que generan ha sido discusión para implementar regulaciones? HUD a implementado pólizas de fumar para la Vivienda Publica para el 2018 y que el uso de cannabis medicinal no es reconocido por el Gobierno Federal?

**Sistema de Premio por Ayudar en Casa.** Sabemos que hacer que los niños ayuden a limpiar la casa es algo difícil. Sin embargo, siguiendo los pasos siguientes pueden hacer tu trabajo mas fácil. Crea una grafica con los nombres y asignaciones de todos en la casa. Pon calcomanias con caritas felices cuando los niños completen sus tareas. A ellos les encanta sentirse premiados. Los premios no tienen que ser caros pero divertidos porque las tareas del hogar son un trabajo de todos.

a **Receta Saludable** de hoy es pizza con hecha de pan. Pon las rebanadas de pan en una charola, embarra salsa de tomate o de pizza, ponle queso rallado y verduras al gusto, hornea a 350 grados F por 20 minutos y listo! Disfrute una pizza saludable y deliciosa. A los niños les encanta hacer pizza.

**El Dinero Importa.** Parece ser que en tiempos de reporte te impuestos todos quieren nuestro dinero desde las tiendas hasta los que ayudan a preparar los impuestos. Sin embargo el Programa VITA le puede ayudar gratuitamente si usted/familia ganaron menos de \$54,000 o puede hacerlo en internet en [www.myfretaxes.org](http://www.myfretaxes.org) si ganó menos de \$66,000 en el 2017.