

# CTHC Employee Newsletter

April 2010

## 2010 CTHC Holidays

Memorial Day	May 31
Independence Day	July 5
Labor Day	Sept. 6
Thanksgiving	Nov. 25 & 26
Christmas Eve & Christmas Day	Dec. 23 & 24
New Year's Day 2011	Dec. 31

**The most successful people in the world are those who are good at Plan B.**

## Wellness Board News

### 10 Ways to Lower Cholesterol

- 1. Fix all your sandwiches on whole grain bread.** Eating more complex carbs, like whole grain bread and brown rice, can increase HDL levels slightly and significantly lower triglycerides, another type of blood fat that contributes to heart disease.
- 2. Make the move to nonfat milk.** If you drink whole milk, switch to 2 percent. If you already drink 2 percent, move to 1 percent. If you drink 1 percent, you're ready for nonfat.
- 3. Start three days this week with oatmeal,** a proven cholesterol-reducer. Use the old-fashioned or quick-cooking kind, not instant.
- 4. Berry good news.** Adults who ate about a cup of berries a day lowered their blood pressure and raised their HDL (good) cholesterol after eight weeks.
- 5. Pay attention to fiber.** Studies find that eating 10 to 30 grams of soluble fiber a day - much more than the average American eats - reduces LDL about 10 percent. Aim to up your intake slowly though, otherwise you may experience some bloating and flatulence.
- 6. Pop edamame as a snack.** Just half a cup contains nearly 4 grams fiber, not to mention the soy isoflavones in these soybeans. Consumption of both has been linked to lower cholesterol.
- 7. Fall in love with olive oil.** Bag the butter. A study found that people who consumed about 2 tablespoons of virgin olive oil daily for just one week had lower LDL and higher levels of antioxidants in their blood.
- 8. Put your pizza on a diet.** Order a veggie pie with extra vegetables. Or, if you must have meat on your pizza, make it chicken or ham, not pepperoni. Or try clams, shrimp, or anchovies!
- 9. Make healthy eating easy.** If time's an issue, buy "semi-prepared" foods. Some examples: boneless, skinless chicken breast; broccoli and cauliflower florets; and bagged salad.
- 10. Sprinkle wheat germ or flaxseed** (both rich in omega-3 fatty acids) over salads, yogurt, oatmeal, and cereal.



## EMPLOYEE SPOTLIGHT

**Tommy Dorsey**  
Maintenance



Born and raised in upstate New York by the Catskill Mountains, Tommy Dorsey arrived in Texas over 35 years ago via Fort Hood. Tommy started his second career with CTHC in July 2008, after retiring from Time Warner Cable. Although he was proficient in carpentry when he joined the Housing Authority, Tommy expressed appreciation for having the opportunity to learn tiling, sheet-rocking, and other skills on-the-job from his mentor, Ronny Salinas. Tommy is a karate instructor, having his 3rd Degree Black Belt in Tang Soo Do. He also enjoys racquetball and golfing. His #1 love, however, is singing and entertainment, which he has been doing for 18 years. After participating in "hundreds" of karaoke events, Tommy and his brother developed their own DJ business - Tommy D's Mobile Entertainment Service. In addition to performing at local public venues, Tommy enjoys providing free concerts to Golden Haven and Frances Graham Hall residents monthly.

## NEW EMPLOYEES

PLEASE WELCOME THESE RECENTLY HIRED CTHC EMPLOYEES:

SAMANTHAJO LUDWIG - HOUSING  
CINDY MOORE - HOUSING (BHA)  
JAMES KIRKWOOD - ROSE HALL SITE MONITOR  
DIANA BAILEY - KALEIDOSCOPE  
RENEE DAVIS - KALEIDOSCOPE  
TANYA LEE - KALEIDOSCOPE  
WHITNEY MCPHAUL - KALEIDOSCOPE

## CURRENT & UPCOMING CONSTRUCTION PROJECTS

- ◆ BHA unit renovation - 34 apartments
- ◆ FGH patio / landscaping improvements
- ◆ Tembell landscaping improvements / exterior lighting
- ◆ Golden Haven patio area
- ◆ Signage - JMH/CV/AL/Ratliff/WB/FGH/BHA Public Hsg.
- ◆ FGH - solar generation system / chiller replacement / central HVAC
- ◆ FGH - energy & water conservation upgrades
- ◆ Adams Bend / Raintree - HVAC replacement (1/3 of units)
- ◆ Raintree re-roof
- ◆ BHA (AMP 1) playground equipment
- ◆ Golden Haven entrance vestibule
- ◆ Kyle - Emergency call light system
- ◆ Tembell duplex
- ◆ BHA - Weatherization for Rural Development / AMP 2

## WHAT IS ETHICS?

Ethics refers to standards governing the conduct of a person or members of a profession. There are three aspects to ethics:

1. Discerning right from wrong
2. Committing to do what is right
3. Doing what is right

## POLICY REMINDER

### AUTHORIZED PERSONNEL ON THE JOB SITE

Supervisors may designate certain work areas off-limits to unauthorized personnel. Relatives and friends of employees should limit visits to the job site during the employee's normal working hours. Visits by employee's children, other relatives or persons to job sites will be allowed during normal business hours only on an occasional basis for a short period of time. Occasional is defined as not more than twice each month, and short period of time is defined as not more than 15 minutes. Exceptions will be made for events such as retirement ceremonies or other gatherings sponsored by the Housing Authority.