

CENTRAL TEXAS HOUSING CONSORTIUM

NEWSLETTER

www.centexhousing.org

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Inside This Issue

Section 3 Compliance	2
Important Reminders	2
Second Annual National Night Out a Success	2
Seniors Exercise at BHA Resident Center	3
Movin' to Wellness	3
Kaleidoscope News	4

IT'S PLAY TIME!

New playgrounds were recently installed at several CTHC complexes, much to the children's delight. A few properties had old, small play areas while some did not have anything at all. These modern playscapes were installed at Jonathan Moore Homes, Crestview Homes, Tembell Homes, Adams Bend and Raintree Apartments.

with their children about safe play practices and also monitor their activities to prevent accidents. Central Texas Housing Consortium is not responsible for injuries occurring from any accidents on the playgrounds.

Although the kids have already been using and enjoying the playgrounds, parents need to talk

Please help keep these play areas clean so they continue providing enjoyment for you and your neighbors.



On-Line News



The schedule of resident activities is available on our website at www.centexhousing.org. Check it out!

Fire Safety Tips



GREASE FIRES!

FIRST - Turn Off Stove

- Smother fire with metal lid, or
- Sprinkle with Baking Soda, or
- Use a fire extinguisher
- **NEVER** use **WATER**

Turn off burners if you must leave the kitchen! It only takes seconds for a fire to start.

Upcoming Events for Residents

November 6	Movin' to Wellness at Rose Hall - 4:00 pm to 5:00 pm (Every Friday in November except November 27)
November 9	Family Nutrition "Holiday Meals" at Rose Hall - 5:30 pm to 7:00 pm
November 10	Family Nutrition "Holiday Meals" at BHA Resident Center - 5:30 pm to 7:00 pm
November 12	Importance of Exercise at the Friendship House - 12 noon
November 13	Makeovers & Facials for Seniors at the Friendship House - 12 noon
November 17	THA Housekeeping Workshop at Rose Hall - 5:30 pm to 6:30 pm
November 18	BHA Senior Thanksgiving Social at BHA Resident Center - 12 noon to 1:00 pm
November 18	THA Senior Thanksgiving Pot Luck at Rose Hall - 12 noon to 1:00 pm
November 19	4H Youth & Parents Meeting at Rose Hall - 5:00 pm
November 24	Friendship House Thanksgiving Luncheon - 11:00 am
November 24	Kyle Thanksgiving Meal - 5:00 pm to 6:30 pm
December 3	Feast of Sharing at the Mayborn Center - 4:00 pm to 8:00 pm
December 17	Judging for BHA & THA Christmas Door Decorating Contests
December 18	THA Senior Christmas Pot Luck at Rose Hall - 12 noon
December 18	BHA Senior Christmas Social at BHA Resident Center - 12 noon to 1:00 pm
December 18	BHA & THA Family Christmas at Rose Hall - 5:30 pm to 7:00 pm
December 23	Friendship House Christmas Party - 11:00 am
December 23	Kyle Christmas Party - 6:00 pm to 7:30 pm

Join us for computer classes and GED classes - check our website or give us a call!

Section 3 Compliance

Resident and minority business owners are encouraged to participate in contracting opportunities. If you have a business with contract job related skills, submit your information to CTHC. CTHC maintains a bidders list for solicitation purposes for future projects and we can provide your name to general contractors bidding on our projects that are looking for subcontractors. Contact Carrie Kline, 773-2009, extension 211 if you have questions.

** Important Reminders **

Maintenance Charges for Clogged Sink Drains and Toilets



To help prevent maintenance charges, residents should remember:

1. NOT to use deodorizers in the toilet that contain wires. The wires get stuck in the toilet causing backup and possible overflow. If this happens, **DO NOT KEEP FLUSHING THE TOILET.**
2. NOT to put baby wipes, adult diapers or excess toilet paper in the toilet.
3. NOT to put food or grease in the sinks.
4. Excess hair that gathers in the drain needs to be removed after each use.

Residents will be charged for the above items if maintenance has to unclog sink drains or toilets.

Holiday Decorations

You may decorate for any holiday, but all decorations must be removed **no later than two weeks after the holiday.**

For safety purposes, you should **never leave lights burning** on your Christmas tree when you are **away from home or go to bed.** Also, **water live trees** frequently to keep them from drying out and becoming a fire hazard. A tree can absorb more water from a single straight cut across its base than from any other kind of cut. Trees absorb most of their water through the outer layers of the trunk and should not be "whittled down" to fit in your stand. You should keep the base of the tree submerged in water, even before you display it. Did you know more Christmas tree fires are caused by **worn lights**, than by overly dry trees? You should never burn any part of a Christmas tree in a fireplace. **Keep Christmas Safe!**



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 cannot be burned on property.

SECOND ANNUAL NATIONAL NIGHT OUT A SUCCESS

The Temple Housing Authority held its second annual National Night Out on Tuesday, October 6th at Rose Hall. The nearly 200 attendees were treated to a dinner of brisket, sausage, beans, potato salad, coleslaw and cake. Live music provided by the "House Band" featuring resident Casimiro Benevidez entertained the audience with a wide variety of musical styles. The Temple Police Department assisted in providing child ID kits to nearly fifty children. The Temple Fire and Rescue Department arrived with an ambulance and fire truck. Buttons the Clown entertained everyone with her balloon animals. Door prizes were given out every few minutes. We are grateful to all of our sponsors including Best Quality Meats & Sausage Shop; Kerley's Market; Temple Bottling; The DOES; Extraco Bank; Walmart; HEB;

Precious Memories; Dynasty Restaurant; Academy Sports & Outdoors; Chili's; Lengefeld Lumber and Dubois Furniture. The evening's aim was to strengthen neighborhood spirit and police/fire community partnerships. The Temple Housing Authority sponsors a monthly Neighborhood Watch Meeting at Rose Hall every third Wednesday of the month at 10:00 a.m. Residents are encouraged to attend and send a message to criminals letting them know that



neighborhoods are organized and committed to crime prevention.

Prevent Gas Leaks

Natural gas is an odorless, colorless fuel, about one-third lighter than air. For your protection, the gas company adds a harmless odorant so you can detect and report gas leaks.

To prevent a gas leak:

- Keep all appliances cleaned, properly vented and serviced regularly.
- Don't use an open gas oven for heating your home or drying clothes.
- Never cover fresh air vents that supply air to your gas appliances.
- Write your fire and police department phone numbers and CTHC emergency service number

in the front of your phone book for quick access.

- Don't use or store flammable vapor products near gas appliances.

If you suspect a gas leak:

- Do not turn electrical switches on or off.
- Do not use the telephone.
- Do not light matches or cigarettes.
- Turn off gas supply if able.
- Leave the apartment until repairs are complete.
- Call the office or emergency maintenance number as soon as possible from another location.

Seniors Exercise at BHA Resident Center

September was the beginning of a new 13 week exercise program for Belton seniors. This rockin' group is stepping high - bending and stretching every Tuesday and Thursday to a variety of low impact aerobics featuring weekly themes. Under the guidance of Tina's Dance Studio instructors, Maria Collins and Laura Eichenberg, the group dancercises to "YMCA," "Macarena," "Shout," and Manfred Mann's "Doo Wah Diddy." Within the seven weeks of Phase I, belts are tightening, inches are whittling

and pounds are shedding with a total 25 pound loss.

Still eager for more results, the group has transitioned to a second phase by paying closer attention to their eating patterns, eliminating sodas, choosing acceptable food substitutes as in the Sugar Busters Diet, reading labels for sugar content and controlling food portions. These efforts are paying off with slimmer waistlines and the emergence of renewed motivation.

Future plans to stay fit have already started with walks in the park after exercise class, propelling the group toward even greater achievements.



Movin' to Wellness

The Plummer Movement Disorders Center through the Scott and White Neurology Department will begin weekly programming at Rose Hall on November 6th from 4:00 p.m. to 5:00 p.m. These free classes are for senior and disabled adults and will be held each Friday. The first session will feature educational speaker, Dr. Kyla Sherrard, Speech Pathologist. November 13th will be Tai Chi classes and November 20th will be Parkinson Disease exercises. Come and be a part of these "Movin' to Wellness" classes.

Recurring Events for Residents

Mon. / Wed. / Fri.	Temple GED Class at Rose Hall - 1:30 pm to 3:30 pm
Tuesdays & Thursdays	Belton GED Class at BHA Resident Center - 12:30 pm to 2:30 pm
Mondays & Wednesdays	Temple Computer Classes at Rose Hall Intermediate Class - 3:30 pm to 5:00 pm / Beginner Class - 6:00 pm - 7:30 pm
Mondays & Wednesdays	Belton Computer Class at BHA Resident Center - 1:30 pm to 3 pm
Mondays & Wednesdays	STRIVE Program at Rose Hall - 4:30 p.m. to 5:30 p.m.
Tuesdays & Thursdays	STRIVE Program at BHA Resident Center - 4:00 pm to 5:00 pm

CONTACT INFO

For details or more information on any resident programs or activities mentioned in this newsletter, contact the Resident Services Department:

Temple 773-2009

Extensions:

220 for Kim

221 for Sharon

222 for Mary

233 for Althia

Belton 939-5321

Extension:

25 for Angela

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Kaleidoscope Director

KALEIDOSCOPE NEWS

The school year has started and Kaleidoscope is in full curriculum mode! The TEEM (Texas Early Education Model) program has also kicked off and our preschoolers are on their way to higher education! We are happy to welcome back Camilla Shamburger, our TISD teacher/mentor for the TEEM program. This program helps prepare our children for school by providing necessary structure, curriculum, and assessments.

Everyone had a great time at the Open House in September. One preschooler even put on a musical number that had everyone dancing and singing.



Our children enjoyed Community Helpers Week and would like to thank all of the parents and volunteers for their support.

We had a wonderful Fall Festival and

pumpkin hunt on October 30th, with a huge turnout of families for the parade!

Although the school year has started, it is not too late to enroll your child in preschool. We still have openings for ages 3 and 4.



Kaleidoscope has openings for the Fall/Winter!
Call Carol at (254) 899-2415 to reserve your spot!

THA Fall Festival 2009

CTHC youth and their parents enjoyed an evening of games, prizes, food and fun on Friday, October 30 from 4:00 p.m. to 7:00 p.m. at Rose Hall. Face painting, a costume contest, decorating treat bags, ball toss, family pictures and a bouncy house were just a few of the many activities available. After all the fun, everyone had worked up an appetite and enjoyed nachos, Frito pie, dill

pickles and cupcakes. The evening was completed with four children receiving the grand door prizes, which were bicycles. The winners of the bicycles were Angelica Euresti, Sa`Mondria Carter, Jesus Gutierrez, and Joshua Jimenez.

