

ONE VOICE

A monthly publication of the Housing Authority of the City of Austin

August 2016 • Volume 26 • Issue No. 8

Are You Proud to Be a [Tobacco] Quitter? Tell Us About It!

When Georgian Manor resident Gloria Peterson heard that all HACA properties were going smoke free last September, she was not happy at first.

“I didn’t feel that they should . . . tell me whether or not I could smoke,” Gloria said. “Thinking of never smoking again was so overwhelming after smoking for 42 years. I thought, ‘I can’t do that.’”

But smoking was taking a toll on Gloria’s health.

“I could hardly breathe – respiratory problems and very high blood pressure. And my diabetes was just off the hook, and I wasn’t exercising,” Gloria said. “I didn’t have energy. I was really surprised the cigarettes can just zap all your energy.”

Although Gloria was initially upset about not being able to smoke in her apartment, she began to consider quitting in January when her spiritual advisor told her to just take things one day at a time.

Today, Gloria and her boyfriend Rodney Hall are proud to call themselves former smokers. The couple said their new smoke-free status has improved their overall health, as well as their senses of smell and taste. Quitting has also helped them save money.

“I think [quitting] smoking is the best choice I’ve ever made for my health in my entire life – in 62 years,” Gloria said. “It’s been the best thing for me. I can even think better, amazingly. I’m glad that y’all put that into effect, because it helped me.”

Have you quit smoking? Have you gone from smoking a pack of cigarettes a day to smoking a few cigarettes a week? Can your child breathe easier now that your neighbor has stopped smoking in his or her unit? If any of these scenarios sound familiar, HACA wants to hear from you!



(From left) Gloria Peterson and Rodney Hall reside at Georgian Manor.

Next month, HACA will celebrate how this policy has helped create a healthier and cleaner living environment for all of its residents. The agency will do this by highlighting those who have significantly cut down on their tobacco use, as well as residents like Gloria and Rodney who have walked away from cigarettes and have not looked back.

Anyone who has been positively affected by the new smoke-free policy should speak up by sending us a letter about how HACA’s smoke-free policy has changed their life for the better. All written comments should be mailed or hand delivered to: Housing Authority of the City of Austin, Attn: Communications Manager, 1124 S. IH-35, Austin, Texas 78794. You may also send an email to media@hacanet.org or send us a message on Facebook at: www.facebook.com/hacanet/.

Don’t forget to attend your property’s Resident Council Meeting in September. HACA will recognize everyone who has made an effort to go smoke free!

Get the Kids Ready for Back to School

Does your child need school supplies? Dial 2-1-1 on your phone. This is a free service to connect you with local resources. You can also contact your school around the second week of August. They can tell you if you qualify for school supplies or direct you to an organization that can help.

2016 SCHOOL SUPPLY DRIVES

AUG. 6: 9 a.m.-noon Austin ISD Back to School Bash Celebration and Safety Fair, Palmer Events Center, 900 Barton Springs Road

AUG. 13: 10 a.m.-2 p.m. Holy Word Lutheran Church Splash Bash, Holy Word Lutheran Church, 10601 Bluff Bend Dr.

AUG. 20: 8-11 a.m. Montopolis Recreation Center Back to School Bash, 1200 Montopolis Dr.; 10 a.m.-2 p.m. El Mundo Newspaper and KRLU, Delco Center, 4601 Pecan Brook Dr.; 10 a.m.-noon Easter Seals 3rd Annual Back to School Fair, Gus Garcia Recreation Center, 1201 E. Rundberg Lane; Dove Springs Recreation Center Back to School

Bash, 5801 Ainez Dr.; 9 a.m.-noon Superior Health Plan Back to School Fair, Doris Miller Auditorium, 2300 Rosewood Ave.

AUG. 21: 11 a.m.-5 p.m. Givens Recreation Center, 3811 East 12th St.; 2:30-4:30 p.m. Trinity Abundant Life Church, 412 Cumberland Road

ONGOING: Blackland Neighborhood Center, 2005 Salina St.; East Austin Neighborhood Center, 211 Comal St.; Hindu Charities for America & Jewish Federation of Greater Austin, (512) 994-4638 or www.hc4a.org/#!/about_us/csgz; For the Children, Inc., www.schoolsuppliesforthechildren.org.



HACA Youths **Geek Out** in San Antonio

Sixty-three HACA youngsters ages 10 to 18 attended Best Buy's Geek Squad Academy last month at the Neighborhood Place in San Antonio. The trip was part of the housing authority's Unlocking the Connection initiative, which focuses on getting public housing residents connected to the internet and connected with computers and computer skills. These lucky kids spent two days learning about exciting subjects including digital animation, 3D design and even how to compose their own digital music and build circuits. The free camp was made possible through the partnership between The Family Service Teen Tech Center, which is sponsored by Best Buy and its tech support subsidiary Geek Squad.



HEY KIDS!

What does **HOME** mean to you?

Your artwork could win a gift card and a spot in a HACA book or calendar!

Entry deadline: 5 p.m. Aug. 12

Winners will be announced during Housing America Month in October.

Submit your artwork to your property manager or email bethp@hacanet.org.

Rules:

- Answer the question, "What does home mean to me?"
- Designs must be on a 8.5" x 11" horizontal (landscape) piece of paper or poster board.
- Draw, paint, sketch, or make a collage with glue and old magazines!
- Use crayons, markers, colored pencils, pastels, charcoal, etc.
- Include your name, age & property on your submission.

Here's a sample of a previous poster entry.



Scouting is Fun!

Scouting builds character, confidence and helps prepare children to become responsible citizens and leaders. Girl Scouts is open to all girls, grades K-12. During troop meetings, the girls may play games, cook, make crafts, do STEM activities, learn life skills, and sell cookies. Girl Scouts of Central Texas serves HACA youth from Georgian Manor, Santa Rita Courts, Shadowbend, Manchaca Village, Booker T. Washington Terraces, Rosewood Courts, and Northgate. The Boy Scouts meet at Georgian Manor, Santa Rita and Booker T. Washington. If your child is interested in adventure and fun, contact your ROSS specialist to find out how he or she can join the Boy Scouts of America or Girl Scouts of Central Texas.



The Girl Scouts from Shadowbend & Georgian Manor used the money they earned from selling Girl Scout cookies to go on a private tour of Inner Space Caverns in Georgetown, Texas.

i-DADS: Involved Dads Accessing, Developing, Succeeding

Are you a father searching for a new career opportunity? Do you want to succeed and develop in a new and positive way? Sign up for i-DADS today!

By joining i-DADS, fathers and father figures living at HACA properties will work with mentors and get access to job opportunities, education and training to help them develop a successful future for themselves and their families. Participants are not required to be on the public housing lease.

The i-DADS group will be offered at Chalmers

Courts with an orientation from 11:30 a.m. to 1:30 p.m. Aug. 10 in the Chalmers Courts community room.

Meetings will be held after 7:30 p.m. on weekdays. i-DADS participants will go on two outings during the 10-week program. The program will end with a graduation ceremony.

For more information or to register for i-DADS, contact your ROSS specialist or FSS coordinator by Aug. 8.



GIFT CARD GIVEAWAY

Are you reading One Voice? For a chance to win a \$10 gift card, call (512) 477-4488 ext. 2601, and leave a message with your name, phone number, property name and unit number. Mention the key phrase, "back to school." The first 15 callers will be entered into a drawing to win one of 10 gift cards. Contest open only to public housing residents.

IMPORTANT NUMBERS

HACA Administration (512) 477-4488
 Resident Call Center (888) 842-4484
 Maintenance Work Orders (512) 477-8518
 Section 8/Housing Choice (512) 477-1314
 Fire/Police 911
 Non-Emergency Police 311
 Poison Center (800) 222-1222
 Quit Smoking (877) 937-7848
 RAD Hotline (844) HACA-RAD

One Voice is published by the Housing Authority of the City of Austin. Submit comments, articles and photos to One Voice via email at: media@hacanet.org.

All submissions must include a name and phone number to be considered. Copy may be edited because of space limitations.

OUR MISSION & VISION

To cultivate sustainable affordable housing communities and partnerships that inspire self-reliance, growth and optimism. We envision neighborhoods where poverty is alleviated, communities are healthy and safe, and all people can achieve their full potential.



@hacanet

facebook.com/hacanet

AUGUST 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Rent due Quit Tobacco Class 1-2 p.m. @ North Loop	2	3 Quit Tobacco Class 1-2 p.m. @ Lakeside	4	5	6
7	8 Quit Tobacco Class 1-2 p.m. @ North Loop	9	10 Quit Tobacco Class 1-2 p.m. @ Lakeside	11 Resident Council Gaston 1:30 p.m.	12	13
14	15 Resident Council Thurmond 1 p.m. Quit Tobacco Class 1-2 p.m. @ North Loop	16 Resident Council BTW 11:30 a.m.	17 Quit Tobacco Class 1-2 p.m. @ Lakeside	18	19	20 Resident Council 3 p.m. Santa Rita
21	22 Quit Tobacco Class 1-2 p.m. @ North Loop	23	24 HACA Board Meeting 1124 S. IH-35 Noon Quit Tobacco Class 1-2 p.m. @ Lakeside	25 Resident Council Rosewood, Salina, Shadowbend, Manchaca, Manchaca Village, Goodrich 11 a.m.	26	27
28	29 Quit Tobacco Class 1-2 p.m. @ North Loop	30	31 Quit Tobacco Class 1-2 p.m. @ Lakeside			