

## 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](mailto:media@hacanet.org).

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



HACA does not discriminate on the basis of disability status in admission or access to, or treatment or employment in, its federally assisted programs and activities. The following person has been designated to coordinate compliance with the nondiscrimination requirements contained in HUD's regulations implementing Section 504: Vice President of Housing & Community Development, 1124 S. IH 35, Austin, TX 78704, (512)477-4488; TTY: (800) 735-2989 or 711 Voice Relay.



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# May 2018

*Editor's Note: Scheduled meetings are subject to change.*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Rent due  Resident Council 11 a.m. @ Coronado	2	3	4  Resident Council: 11 a.m. @ Georgian 1:30 p.m. @ Santa Rita Courts	5  Cinco de Mayo
6	7  Resident Council 1 p.m. @ Bouldin Oaks	8  Citywide 10 a.m.	9  Resident Council: 10:30 a.m. @ Northgate 2 p.m. @ Lakeside	10  Resident Council 1:30 p.m. @ Gaston	11  Senior Mayfest 11 a.m. to 2 p.m. 1919 E. Riverside Dr.	12
13  Mother's Day	14  Resident Council 1:30 p.m. @ Meadowbrook	15  Resident Council 11 a.m. @ BTW  Peace Officer's Day	16  Resident Council 1:30 p.m. @ North Loop	17  Resident Council 1:30 p.m. @ Rosewood/Salina HACA Board Meeting	18	19
20	21  Resident Council 1 p.m. @ Thurmond	22	23	24  Resident Council: 11 a.m. Goodrich 1 p.m. Shadowbend/ Man. Village/Man. 11	25	26
27	28  Memorial Day HACA Closed	29	30  Last Day of School	31  Resident Council 10:30 a.m. @ Chalmers		



# ONE VOICE

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

May 2018 • Volume 28 • Issue No. 5

## RESIDENTS RECOGNIZED FOR EXCELLENCE AT TX NAHRO CONFERENCE

HACA is proud to announce two of our public housing residents were recently recognized with awards from the Texas National Association of Housing and Redevelopment Officials during the organization's annual conference in Corpus Christi. Santa Rita resident Lupe Garcia was named the Texas NAHRO 2018 Resident of the Year for her commitment to helping her neighbors. Northgate resident Rakan Alsankari received a Texas NAHRO scholarship. Rakan is a senior at Harmony School Academy North Austin who will attend Texas A&M University in the fall. Rakan plans to become a dentist.



(Left) TX NAHRO Resident of the Year Lupe Garcia; (Right) Scholarship recipient Rakan Alsankari

## JOIN US FOR FUN UNDER THE BIG TOP DURING SENIOR MAYFEST '18



The 26th Annual Senior Mayfest is set from 11 a.m. to 2 p.m. May 11 at the American Bingo hall, 1919 E. Riverside Dr. This year's theme is "Life's a Carnival."

All seniors and persons with disabilities living at HACA properties are encouraged to attend. Call your ROSS or FSS specialist for transportation.

The afternoon will feature games, prizes, vendors from several local service organizations and lunch. This year's scheduled entertainment is animal performing act, Circus Chickendog.

## 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.*

## FIVE SURPRISING WAYS TO BOOST YOUR CHILD'S TEST CONFIDENCE

Many students experience test anxiety. But kids with learning and attention issues may need an extra confidence boost to keep stress and self-doubt at bay during finals or standardized exams. These surprising tips from nonprofit Understood.org might do the trick. For more tips, visit <https://u.org/2qb96hh>.

**1. TURN UP THE TUNES.** Listening to high-volume, bass-heavy songs tends to put people in a more powerful frame of mind. Have your child create a playlist of songs that make her feel strong and energized. She can listen on the way to school or between periods before a test.

**2. REACH FOR A STAR.** Identifying with a celebrity may actually help boost confidence and self-esteem. Tell your child about famous people with learning and attention issues, and read about them together. Then, help her practice positive self-talk: "Justin Timberlake has ADHD and it didn't stop him from becoming famous. If I study, I can do well on this test."

**3. STRIKE A POWER POSE.** When people make themselves "small" by slouching or crossing their arms, they actually feel less confident about the task ahead of them. Early studies show that the opposite may be true when they stretch out and make themselves "large." Show your child two "power poses" that she can do before school or at recess on test day.

**4. GRAB A LUCKY CHARM.** Research suggests carrying some kind of lucky token can build confidence and relieve anxiety. People who had their lucky charms with them performed better and set higher goals for themselves than people who didn't. If your child doesn't already have a lucky charm, you can give her one to take with her on test day. Also, make sure to wish her good luck.

**5. GO FOR THE CUTE FACTOR.** Research shows that when we see cute images, we concentrate better. Looking at pictures of baby animals during a task can actually make people more productive. Have your child print a color photo of a puppy, kitten or other adorable baby animal. She can pop it in her backpack or save it to her phone. Then right before the test, she can sneak a peek.



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## TELL US HOW HACA HELPED YOU QUIT SMOKING, GET A FREE T-SHIRT



Have you quit smoking in the past year? If so, we want to hear your story!

Please provide 250 words about when you stopped smoking, and how it has changed your life. You will receive a free quit smoking T-shirt and your story might be published in the next issue of *One Voice*.

Questions? Contact Evelyn Holman, Event/ROSS Specialist at (512) 767-7753 or email [evelynh@hacanet.org](mailto:evelynh@hacanet.org). For help quitting smoking, visit <https://smokefree.gov/>.



## CONGRATULATIONS AAUL WORKFORCE & CAREER TRAINING GRADS

Eight Georgian Manor residents recently graduated from the Pathway to a Career Program hosted by HACA's Workforce Development Continuum and the Austin Area Urban League's (AAUL) Workforce and Career Development training.

The Pathway to a Career Program consists of hands-on, classroom instruction, job readiness and effective life skills.

The program is intended to transition individuals on the path to success where their mindset will change from wanting to work to a desire for a career. Classes include technical and computer training and effective communication.

If you are interested in participating in the Pathway to Career program, contact your ROSS or FSS specialist.



*(From left) Eric Jones, Austin Area Urban League, Yadira "Ya, Ya," Amber Everette, Dorothy Davis, Louisa Aguilar, Monica Gutierrez at the AAUL Pathway to a Career Program. Not pictured: James Walsh, Manuela Cisneroz, and PJ Qolas.*

Classes have already started from 2 to 4:30 p.m. Tuesday-Friday at Thurmond Heights. The next HACA property to host Pathway to a Career classes will be Chalmers Courts.

## I-DADS SUPPORTS HACA FATHERS & HELPS STRENGTHEN FAMILIES



Involvement of fathers and paternal family members is critical to a child's growth and development, according to the Child Welfare Information Gateway.

HACA established I-DADS (Involved Dads of Action, Developing and Succeeding) to provide mentoring and supportive services to fathers/father figures living at our properties.

For more information about how you can get involved with I-DADS, visit <https://bit.ly/2wqJ1fE> or email Josh Banks at [joshuab@hacanet.org](mailto:joshuab@hacanet.org).

### 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. Say the key word: "TEXAS" The first 15 callers could win one of 10 gift cards. Contest open only to subsidized and public housing residents.