

CENTRAL TEXAS HOUSING CONSORTIUM NEWSLETTER

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MARCH 2021

"What Home Means To Me" Poster Contest

CTHC will sponsor the annual NAHRO "What Home Means to Me" writing and poster contest during spring break.



Contest participation is open to all children in grades K-12 who are residents of CTHC. The youth will meet at Rose

Hall on two days to work on their creations. On Tuesday, March 16, from 12:00 noon to 4:00 p.m., we will watch a movie and focus on the writing portion of the contest, and on Thursday, March 18, we will concentrate on the illustrations. Transportation and lunch will be provided for participants. For

those who attend these sessions, a Fun Day is being planned for Friday, March 19, from 10:00 a.m. to 1:00 p.m.

There is no cost to participant! Please contact Temple or Belton Resident Services staff members for more information or to register your child.

UTILIZING APPOINTMENTS

Due to the COVID-19 pandemic, 2020 was a trying year for all of us. We all had to make adjustments and changes to the way we typically handle things. In order to socially distance and lessen the amount of traffic in the lobby and office areas, we started doing routine business via email, postal mail, and phone call. In many cases, this eliminated the need for

our residents to come into the office.

There may be times, however, that residents need to come to the office for a visit with Housing or Resident Services staff. For these occasions, we have implemented the use of appointments. **If you need to meet with your Complex Manager or a Resident**

Services staff member, please call them directly and make an appointment. Our goal is to provide excellent customer service by having the appropriate person available to speak with you when you come to our office. We appreciate your assistance in the implementation of this procedure.

Information Broadcast Messages To Residents

CTHC recently became aware of a few issues some residents have experienced with our Information Broadcast System (IBS) messages, such as:

- ▶ Messages being cut off during the calls
- ▶ Not receiving the calls at all
- ▶ Not being able to retrieve missed messages
- ▶ Messages not going to voice mail
- ▶ Not receiving the messages by text

We contacted and have been working with the company that provides this service for us, SmartNotice, to find

solutions for these problems. After conducting some test calls, it was suggested that all residents who receive phone calls for the IBS messages add the SmartNotice number to the contacts in their cell phones. That number is 866-419-5001. Hopefully, this will eliminate the possibility that the call with show up as "potential spam" or "spam risk."

For residents who opted to receive the messages by text on their cell phone but are not receiving them, text the word "START" to shortcode 76127. This should open up the gateway to start

receiving the notifications.

If you have any problems receiving IBS messages, please let your Complex Manager know immediately. It is easier to determine what may have caused the error right after it occurs.

As a reminder, if you change your phone number, please let us know so we can get the system updated. These messages are the quickest way we have to provide important information to you, and we don't want you to be left out.

CTHC will be closed on Friday, April 2, in observance of Good Friday.

REMINDER

If you have an emergency work order request, please call the emergency maintenance phone number 770-8280. This number is available when CTHC offices are closed.

Any Way You Slice It, We Love Our Volunteers

Thanks "a latte" for your diligent work this year, CTHC volunteers! To "espresso" our appreciation, we are hosting our annual volunteer appreciation celebration coffee shop style. Volunteers, be on the lookout for your mailed invitation – celebrating you is as easy as pie!

2021 Junior Einstein Camp

CTHC will be hosting the annual Junior Einstein Camp this summer for Belton and Temple youth ages seven to eighteen years old. Our theme this year will be: **"CSI – The Science of an**



Investigation." The six-week camp will feature hands-on experiments, speakers, team building activities, and field trips. The camp is FREE! Transportation and lunch are provided.

Dates: Thursdays, June 24 - July 29
Time: 12:00 noon - 4:00 p.m.

For more information, please contact your Resident Services staff member.

Snug Safe App

Snug Safe has created a phone application that allows folks who live alone to be virtually checked on each day. Here's how it works:

- ♦ Download the Snug Safe app on your smart phone.
- ♦ Set up your account in the app by inputting a trusted emergency contact and daily check-in time.
- ♦ Each day at your set time, the app will send you a notification reminding you to complete your

daily check-in. If you miss your check-in, the app will alert your listed emergency contact to reach out to you.

For more information go to <https://www.snugsafe.com/>.

Resident Spotlight - Robert Barner

Raised in a small farming community in Virginia, Robert Barner grew up learning about aviation. His uncle was on a path to becoming a pilot when an injury disrupted his plans.



He was successful as a crew chief though, and along with his sister, Robert's mother, encouraged Robert and his brother to pursue aviation through various special gifts when they were young. Robert remembers his first plane purchase; it was from his local five & dime general store where he proudly traded a quarter for a balsam wood plane with a rubber band for the propeller. From about 1979 to 1990, his hobby was limited to mostly reading about model planes. Robert

joined the military upon his high school graduation and some of his time included deployment to Germany where rules on flying model planes were different from the U.S.

Robert's current project is his first scratch-made plane that he designed himself. He is eager to begin the build with hopes of having the plane completed by the end of the summer. The greatest satisfaction he gets is watching his planes fly after all the work and effort it took to get them to the flying field. He loves the comradery and creativity of the sport and still gets "the willies" when taking a plane out for its first flight. Robert is proud to have mastered stunts such as flying inverted

(when the plane is upside down) and "knife-edge" (when the plane's wings are perpendicular to the ground rather than parallel). It is no wonder that patience is one of the greatest lessons he said he's learned because it takes time and determination to soar... literally!



CTHC COVID Vaccine Clinics

Omnicare, a CVS Health company, partnered with several local state and federal programs to administer the COVID-19 vaccine to eligible populations. As with any vaccine, the goal is to expose the body to an antigen that

will not cause disease but will provoke an immune response that can block or kill the virus if a person becomes infected. After receiving a vaccine, a person develops immunity to that disease without having to get the

disease. Omnicare provided a total of 11 vaccine clinics for CTHC. The Pfizer vaccine was provided in two doses to each participating resident. **THA** had a total of **206 residents** vaccinated, and **BHA** had a total of **62**.

Let's Be Friends!

The Friendship House, one of our resident centers, is open Monday through Thursday from 9 a.m. to 2 p.m. and Friday from 9 a.m. to 12 noon. Come join us for programs such as Bible Study, Ancestry Class, Health Presentations, Arts & Crafts and lots more! Located at 1609 East Avenue I in Temple, we have a computer lab along with friendly faces to offer.

Sources of Information for Temple Residents

After the recent winter storm, the City of Temple began issuing notifications regarding food and water distribution sites for its residents. To be included in the broadcast of valuable and helpful announcements, CTHC residents are encouraged to sign up on the City's notification

system. You can choose to receive phone calls, emails or text messages. To sign up, go to the City of Temple's website www.templetx.gov. On the top of the main page, select Residents. Under Residents, select Alert Temple. On the

Alert Temple page, click on Sign up. Then follow the steps to complete the process.

You can also monitor the City of Temple's Facebook page for notices that may be relevant to you.



A huge **THANK YOU** to all of the CTHC residents who helped their neighbors during the record-breaking winter storm we recently experienced! CTHC staff received numerous reports of kindness about residents helping each other by shoveling snow and ice or delivering food and water.

Winter Storm Assistance

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

— Fred Rogers

Here are some of those helpers!

- If you are on the SNAP program, you can contact 2-1-1 to check on the replacement of benefits for food lost or destroyed due to the winter storm of February 2021. Dial 211, select a language, then choose option 2. SNAP recipients will also be able to purchase hot, prepared food from retailers who accept SNAP benefits.
- FEMA Disaster Assistance may also be able to help you if you were affected by the winter storm. Visit fema.gov/assistance to see if you are eligible for support services.
- If you are experiencing emotional stress because of the recent natural disaster, reach out to the Substance Abuse and Mental Health Services Administration's (SAMHSA) Disaster Distress Helpline at 1-800-985-5990.

Please also be on alert for the risk of fraud that often come from natural disasters. People may pose as helpers as a means to get personal information from you for their gain, not yours. If you need additional help or services, please contact your Resident Services Coordinator.

CTHC is evaluating our response to the weather event and updating our Emergency Plan.

"Lift Every Voice and Sing"

As we close out the month of February, we would like to give tribute to the many pioneers that paved the way for equal rights through the Civil Rights Movement. *Lift Every Voice and Sing*, often called "The Black National Anthem" is one of the most inspiring and cherished songs of the Civil Rights Movement. It was written as a poem by NAACP leader James Weldon Johnson and then set to music by his brother John Rosamond Johnson in 1899.

Lift ev'ry voice and sing,
'Til earth and heaven ring,
Ring with the harmonies of Liberty;
Let our rejoicing rise
High as the list'ning skies,
Let it resound loud as the rolling sea.
Sing a song full of the faith that the
dark past has taught us,

Sing a song full of the hope that the
present has brought us;
Facing the rising sun of our new day
begun,
Let us march on 'til victory is won.

Stony the road we trod,
Bitter the chastening rod,
Felt in the days when hope unborn had
died;
Yet with a steady beat,
Have not our weary feet
Come to the place for which our fathers
sighed?
We have come over a way that with
tears has been watered,
We have come, treading our path
through the blood of the slaughtered,
Out from the gloomy past,
'Til now we stand at last
Where the white gleam of our bright star
is cast.

God of our weary years,
God of our silent tears,
Thou who has brought us thus far on the
way;
Thou who has by Thy might
Led us into the light,
Keep us forever in the path, we pray.
Lest our feet stray from the places, our
God, where we met Thee,
Lest, our hearts drunk with the wine of
the world, we forget Thee;
Shadowed beneath Thy hand,
May we forever stand,
True to our God,
True to our native land.

For details or more information on any resident programs or activities mentioned in this newsletter, contact the Resident Services Department at 773-2009, extensions 220, 221 or 222 for Temple.
For Belton, please call 939-5321, extension 283.

Calendar of Events for Residents

Rose Hall

Mon. & Wed.	New Computer Classes Starting Monday, March 29 Beginner Computer Class - 3:30 pm to 5:00 pm Intermediate Computer Class - 6:00 pm to 7:30 pm
March 9	Nutrition Class "Making Half Your Plate Fruits & Veggies" - 12:00 noon
Mar 15 & Apr 12	Senior Commodities Distribution - 11:30 am
March 16 & 18	What Home Means To Me - 12:00 noon to 4:00 pm
March 17	Amedisys - "Early Signs of Multiple Sclerosis" - 10:00 am
April 7	Knowledge Nuggets - 9:30 am
April 8	BanCorp South Presentation "COVID Fraud" - 2:00 pm
April 13	Nutrition Class "Vary Your Protein" - 12:00 noon
April 21	Amedisys - "Tremors Versus Seizures" - 10:00 am

BHA Resident Center

Mon. & Wed.	New Computer Classes Starting Monday, March 29 - 1:00 pm to 2:30 pm
March 8	Nutrition Class "Making Half Your Plate Fruits & Veggies" - 5:30 pm
Mar 8 & 22	Bingo - 3:00 pm
Mar 15 & Apr 12	Senior Commodities Distribution - 11:30 am
March 22	Amedisys - "Early Signs of Multiple Sclerosis" - 2:00 pm
Apr 12 & 26	Bingo - 3:00 pm
April 12	Nutrition Class "Vary Your Protein" - 5:30 pm
April 26	Amedisys - "Tremors Versus Seizures" - 2:00 pm

Friendship House

March 12	Girl Scout Day Celebration - 11:30 am
March 17	Amedisys - "Early Signs of Multiple Sclerosis" - 11:15 am
March 25	Black History Day - 10:00 am
March 26	Medal of Honor Celebration - 10:00 am
March 30	National Pencil Day - 12:00 noon
April 7	Coffee Cake Day - 12:00 noon
April 12	Bird Feeder Project - 11:30 am
April 19	Haiku Poetry Day - 11:30 am
April 21	Amedisys - "Tremors Versus Seizures" - 11:15 am
April 22	Earth Day Celebration - 10:00 am

Other Locations

March 8	Frances Graham Hall Association Meeting at Rose Hall - 2:00 pm
Mar 15 & Apr 12	Frances Graham Hall - Senior Commodities @ Rose Hall - 11:30 am
Mar 25 & Apr 29	Frances Graham Hall - Bingo - 1:30 pm & 2:30 pm
April 12	Frances Graham Hall Association Meeting at Rose Hall - 2:00 pm
March 10	Golden Haven Association Meeting - 2:00 pm
March 16	Golden Haven AgriLife "Walk N Talk Program" - 10:00 am
Mar 15 & Apr 12	Golden Haven Senior Commodities - 2:00 pm
Mar 17 & Apr 21	Golden Haven Bookmobile - 10:00 am
Mar 11 & Apr 15	Golden Haven - Bingo - 6:00 pm
April 14	Golden Haven Association Meeting - 2:00 pm
Mar 4, 11, 18, 25	Kyle - Bingo - 2:00 pm
March 17	Kyle - Town Hall Meeting in Lobby - 2:00 pm
Mar 15 & Apr 12	Kyle - Senior Commodities - 3:15 pm
Apr 1, 8, 15, 22, 29	Kyle - Bingo - 2:00 pm
April 21	Kyle - Town Hall Meeting in Lobby - 2:00 pm

Check out the schedule of resident activities on our website at www.cthc.org

Rose Hall Wednesday

Every Wednesday from 9 a.m. to noon, residents join together at Rose Hall, 107 North 9th Street in Temple, for fellowship, fun and food.

The program is open to all Belton and Temple CTHC senior and disabled residents.

New activities and programs are planned each month.

Please join us for meeting and making new friends, celebrating birthdays, movie madness, playing BINGO, and see all that "Rose Hall Wednesday" has to offer. Transportation is provided, if needed.

Public Housing Annual/5 Year Plans

The Central Texas Housing Consortium is developing its Annual and 5 Year PHA Plans for 2021. It is available for review at the Consortium's main office located at 700 West Calhoun, Temple, from 7:30 a.m. to 5:30 p.m., Monday through Thursday and 8:00 a.m. to 12:00 noon on Friday. A public hearing will be held in May to receive comments.

2021 Capital Fund Program (CFP)

We are in the planning process for the CFP for the 2021 Budget and 5-Year Plan funding. In order to receive the CFP funds, CTHC must submit a Comprehensive Plan, which assesses physical and management needs, and we are requesting your assistance in targeting problems and suggesting solutions. These funds are intended for major modernization and capital improvements, emergency work, and regulatory compliance of Public Housing properties only. They cannot be used for routine maintenance items. Please take a few minutes to contact us about the items you feel need to be addressed at your property. Contact: Carrie Kline at 773-2009, ext. 211.

Severe Thunderstorm Training

What to Do During a Severe Thunderstorm WATCH

If a severe thunderstorm is approaching/forecasted for your area:

- Secure outdoor objects such as lawn furniture that could blow away or cause damage or injury. Take light objects inside.
- Avoid electrical equipment and landline telephones. Lightning could follow the wire.
- Avoid bathtubs, water faucets and stainless steel/metal sinks because metal can transmit electricity.
- Listen to local radio, television or computer weather sources for updated information. Local authorities will provide you with the best information for your particular situation.
- Avoid natural lightning rods such as golf clubs, fishing poles, tractors, bicycles and camping equipment. Lightning is attracted to metal, poles and rods.
- Be prepared to seek shelter if a severe thunderstorm develops. A sturdy building is the safest place to be during a severe thunderstorm. Avoid unprotected gazebos, rain or picnic shelters, golf carts, baseball dugouts and bleachers. These locations are often isolated structures in otherwise open areas, and, therefore, a target for lightning. In addition, they offer little protection from hail.

What to Do at Home During a Severe Thunderstorm WARNING

- Draw blinds and shades over windows. If windows break due to hail or object blown by the wind, this will help prevent glass from shattering into your home.
- Unplug appliances. Avoid using land line telephones or any electrical appliances. If lightning strikes the wiring can conduct electricity. Leaving electric lights on, however, does not increase the chances of your home being struck by lightning.
- Avoid taking a bath or shower, or running water for any purpose. Metal pipes/plumbing can conduct electricity if struck by lightning
- Turn off the air conditioner. Power surges from lightning can overload the compressor, resulting in a costly repair job.

What to Do If you Are Outside and a Severe Thunderstorm is Approaching

- If you are boating or swimming, get to land, get off the beach and find shelter immediately. Stay away from rivers, lakes and other bodies of water. Water is an excellent conductor of electricity. When lightning strikes nearby, the electrical charge can travel through the water. Each year, many people are killed by nearby lightning strikes while in or on the water.
- Take shelter in a substantial, permanent, enclosed structure. This is the safest place to be.

- If there are no reinforced buildings in sight, take shelter in a vehicle. Keep windows closed and avoid convertibles. Rubber-soled shoes and rubber tires provide no protection from lightning. However, the steel frame of a vehicle provides increased protection if you are not touching metal. Although you may be injured if lightning strikes your vehicle, you are much safer inside a vehicle than outside during lightning events.
- Avoid tall structures such as towers, trees, fences, telephone poles and power lines. Never stand underneath a single large tree in the open. Lightning strikes the tallest objects in an area.
- Stay away from natural lightning rods such as tractors, fishing rods, bicycles and camping equipment. Lightning is attracted to metal and poles or rods.
- As a last resort, go to a low-lying open place away from trees, poles or metal objects. Have as little contact with the ground as possible by squatting, putting your hands on your knees with your head between them to make the smallest target possible. DO NOT lie flat on the ground – this will make you a larger target.
- If you are isolated on a field or other area and feel your hair stand on end, drop to your knees, bend forward and crouch on the balls of your feet. Make yourself the smallest target possible and minimize contact with the ground. The electrical build-up just before lightning strikes will cause your hair to stand on end.

What to Do After a Thunderstorm

- Continue listening to local radio or television stations for updated information and instructions.
- Help others as the situation warrants it.
- Stay away from storm damaged areas.
- Watch out for fallen power lines and report any found immediately.

What to Do If Someone Is Struck by Lightning

- Call for help or instruct someone to call for help by dialing 911. Medical attention is needed as quickly as possible.
- Give first aid. If breathing has stopped, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR. If the person has a pulse and is breathing, look and care for other possible injuries.
- Check for burns in two places. The injured person has received an electrical shock and may be burned, both where they were struck and where the electricity left their body. Being struck by lightning can also cause nervous system damage, broken bones, and loss of hearing or eyesight. People struck by lightning carry no electrical charge that can shock other people, and they can be handled safely.

ALWAYS THINK SAFETY AND TAKE PRECAUTIONS WHEN A THUNDERSTORM IS FORECASTED FOR OR DEVELOPS IN YOUR AREA.