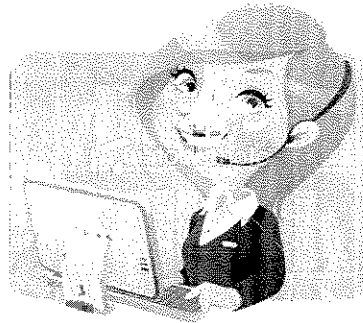


Los Olivos News

Published By Upland Housing Authority For The Residents of Los Olivos
Spring 2013

UHA is Looking for Volunteers

The Upland Housing Authority is looking for volunteers to help in the office. This is a great opportunity to gain customer service experience. The volunteer would assist office visitors by providing routine information and direction. If you are a student and want to volunteer after school, this is a great opportunity for you. All adults and students are encouraged to apply. If you have questions or need an application you may contact Mary.



Upland Housing Authority

1200 N. Campus Avenue Upland,
CA 91786

Phone: (909) 982-2649

Fax: (909) 982-0237

Emergency After Hours: (909)

961-1283

Public Housing Staff

Executive Director: Don Swift
ext.109

Project Manager: Mary Mota
ext.107

Maintenance:

Ernie Guerrero , Esteban Arellano
and Terry Morris ext.112

Resident Initiatives Program:

Phone: (909) 981-2975

Coordinator:

Charlotte Bruton

Assistant:

Lily Huynh

UPCOMING EVENTS AT UHA

Date	Event
May 1, 2013	Rent due (late after May 5)
May 14, 2013	UHA Board Meeting 5:30 at City Hall
May 27, 2013	Memorial Day Holiday-Office closed
June 1, 2013	Rent due (late after June 5)
June 11, 2013	UHA Board Meeting 5:30 at City Hall
June 19, 2013	Resident Meeting TBA
July 1, 2013	Rent due (late after July 5)
July 4, 2013	4th of July Holiday- Office closed
July 9, 2013	UHA Board Meeting 5:30 at City Hall

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- Curb Appeal Program
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Important Phone Numbers

Upland Police Department:
(909) 946-7624

Upland Fire Department:
(909) 931-4180

Upland City Hall:(909) 931-4100

Upland Library: (909) 931-4200

Graffiti Hotline:(909) 931-4127

Burtec Waste Disposal:
(909) 949-0500

We-Tip Hotline:(800) 78-CRIME
(800) 782-7463

Agency Plan and Changes to Public Housing Polices

The Agency Plan which contains the policies that govern Public Housing Program is reviewed and revised each year. The revisions are made to ensure that UHA complies with the changes in program regulations and to clarify or simplify UHA 's policies. Changes to the Admissions and Continued Occupancy Policy (ACOP) were approved by the Board of commissioners on January 14, and were effective April 1, 2013.

Some Changes Are:

- UHA may perform criminal background screenings of adult household members at annual and interim reexamination;
- Families are required to report all increases in income, including new employment, within 15 calendar days of the date the change takes effect; and
- Any Debt to UHA exceeding \$5,000 is grounds for termination of assistance

Please visit the UHA website www.uplandhousing.com to view a detailed list of the revisions that were made to the ACOP.

Curb Appeal Program: We kicked off our curb appeal program last year beginning in February and continued every month throughout the year. Residents were invited to join staff as we walked around the community. During these walks we focused on making Los Olivos a clean, safe and attractive community that its residents are proud to call home. During this last year we completed a weed abatement and mulch distribution project. During both of these projects several residents joined staff. These residents pulled weeds and spread mulch throughout the complex. Other residents participated in litter removal throughout the complex.

We continue to ask for your support by joining us in our monthly walks. Our walks generally take place the second Friday of the month from 1:00 –2:00 p.m. If you are interested in joining us please give Mary a call.

Working together we can make Los Olivos look its best and continue to improve. Thank you for of your support!

Suspicious Activity



Residents are urged to turn on their security lights at night. Well lit areas detract criminal activity and unwanted visitors. Being vigilant and aware of who your neighbors are is also a way of keeping your neighborhood safe and vandal free. If you see anyone that looks suspicious walking around our complex, in the basketball court or near parked vehicles, call Mary at the office or the Upland Police Department at (909) 946-7624 after office hours.

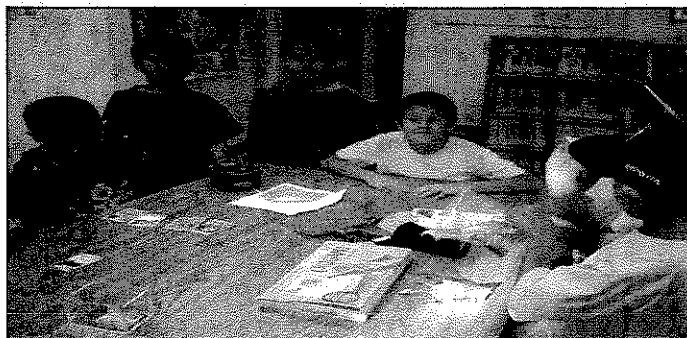
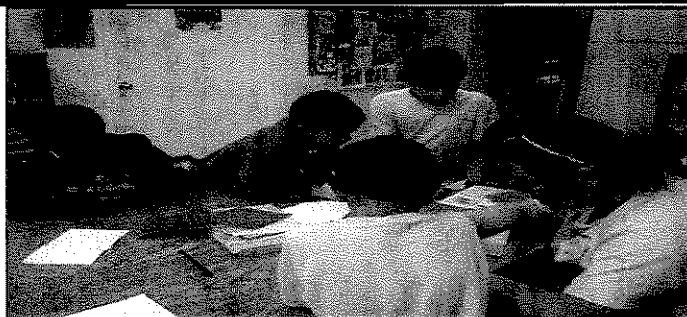
Resident Initiatives

Services News



1226 N. Campus Avenue
 Upland, CA 91786
 Phone: (909) 981-2975
 www.uplandhousing.com
 Coordinator: Mrs. Bruton
 Assistant: Lily Huynh

SPRING 2013



Member Art- RI Assistant, Lily Huynh helps members with Origami (left) Rosemarie Flores and Veronica Roldarte exhibit their artistic talents with their completed art projects (right)

Summer 2013 Schedule of Services

Class/Program	Times
Homework/Reading Club: Homework assistance and computer use available to youth and adult residents.	5:30—7:30 pm Monday-Thursday
Computer Software: MS Word, Excel, PowerPoint, 3 #D Architecture, internet services, games for youth.	6:30—7:30 pm Monday-Thursday
Drug Elimination & Education Program: Drug elimination/prevention education program, materials and services, ongoing and formal discussions organized one time per month.	6:30—7:30 pm Monthly TBA
Outdoor Physical Activities: Tetherball, soccer, flag football, and basketball, depending on weather and participation votes.	6:30—7:30 pm Monday- Thursday
Cinema Club: Second and fourth Thursday of the month. Disney movies, pre-teen movies, and sport movies.	Every Thursday
Games: Bingo, Jingo, Scrabble, Rummikubs, Skip Bo and other games available in activity room.	6:30—7:30 pm Thursday
Fun Zone: Scavenger hunts, talent show, and holiday activities.	To be announced
Walk With Us Wednesdays	Every Wednesday weather permitting



Earth Day: The History of A Movement

Each year, Earth Day -- April 22 -- marks the anniversary of what many consider the birth of the modern environmental movement in 1970. The height of hippie and flower-child culture in the United States, 1970 brought the death of Jimi Hendrix, the last Beatles album, and Simon & Garfunkel's "Bridge Over

Troubled Water". Protest was the order of the day, but saving the planet was not the cause. War raged in Vietnam, and students nationwide increasingly opposed it. At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. "Environment" was a word that appeared more often in spelling bees than on the evening news. Although mainstream America remained oblivious to environmental concerns, the stage had been set for change by the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment for the modern environmental movement, selling more than 500,000 copies in 24 countries and, up until that moment, more than any other person, Ms. Carson raised public awareness and concern for living organisms, the environment and public health. Earth Day 1970 capitalized on the emerging consciousness, channeling the energy of the anti-war protest movement and putting environmental concerns front and center.

Poster Contest:

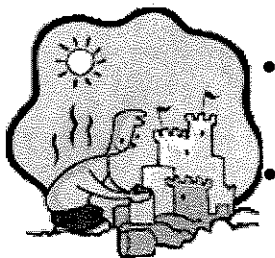
"What Home Means to Me"

Resident Services will be hosting an art poster contest in May. The theme is for the contest "What Home Means to Me".

Entries will be submitted to NAHRO to be considered for placement in their annual calendar which is distributed to NAHRO members nationwide. We will provide the materials needed for your creation.

For more information, please stop by the Resident Services Center Monday through

Thursday from 5:30 P.M. to 7:30 P.M.



Avoid Sunburn

keepkidshealthy.com

We receive most of the sun damage to our skin as children. Reducing your child's unprotected exposure to the sun will help to decrease the chance of premature aging and reduce the risk of skin cancer.

Overexposure to the sun can cause a sunburn, which is usually a mild first degree burn that causes redness and pain a few hours after the exposure, with worsening of the symptoms over the next twenty-four hours. More serious sunburns can also cause blistering of the skin (second degree burn). The main treatment of a sunburns involves control of pain and includes use of an acetaminophen or ibuprofen containing product for a few days. You can also use moisturizers and a 1 percent hydrocortisone cream three times a day, cool baths or wet compresses, and drinking lots of fluids. If peeling occurs you can continue to apply a moisturizer until the skin heals.

Here are some other tips to protect your child from the damaging effects of the sun and for prevention of sunburns:

Wear protective clothing, including a hat and long sleeve shirt and long pants. Keep in mind that most clothing only has a SPF of 5-9, so you can still get sun damage with a shirt on.

- Limit exposure to the sun when it is at its strongest (10am-4pm).
- Protect your child's eyes with sunglasses that protect against UVA and UVB radiation.
- Use sunscreen daily, even if it is cloudy, since most of the sun's radiation penetrates clouds and can still cause sunburn.
- Consider using a sunscreen with ingredients (such as zinc oxide or titanium dioxide) that physically block the sun's radiation if your child has sensitive skin.
- Heat lowers the effectiveness of sunscreens, so use a higher SPF if you are using a combination product that has both a sunscreen and an insect repellent.