TELLING OUR STORY

September 2015 Central Advisory Council Vol. 1 Issue 5

HOMEOwnership
A Possibility for CHA Residents
Page 6

FLU FIGHTERS
Working in CHA Senior Housing

CENTRAL ADVISORY COUNCIL

10
Food Flu Fighters
Page 7

SOMEONE TO KNOW
Our Financial Clerk
Page 3

39ers Steppin' in Ellis Park
2015 Fundraiser & Reunion
Page 4

PHOTO-OPS
Pages 4 & 5

ROB NEWS
Back Page

Back to School Supplies
Page 8

Tenants Rights
Language of ACOP Pertaining to a Tenant’s File
See Page 6
Greetings and Salutations to All!

Our cover photo says it all. Steppin’ is a Chicago dance that has traveled all over the U.S. Its smooth dancers convey style and grace. Residents from Stateway, Robert Taylor, Ida B. Wells, Darrow, Ickes, Rockwell, Cabrini and all other CHA communities that no longer exist come together every year. A camaraderie was formed and every former community in public housing hold annual events to reminisce about the good old days and keep in contact with friends and family. Its amazing how people come together to speak about the community as it was. The faces become aged and some times we face difficulties through the years but we manage to muster our strength and make our appearance at the next reunion. This year at the 39ers event I set up a photo exhibit and displayed several books for the people to read.

There was one photo of a man that everybody recognized; his nickname was thoon thoon. We all showed up and some of us showed out but it was all in the name of Ida B. Wells and the Clarence Darrow Homes communities that once were. Staying connected has been the action of the Legacy of the 39ers for over thirty years.

Staying connected also means staying healthy. This is flu season and CHA, Telligen, Medicare’s Quality Innovation Network and Quality Improvement Organization for Illinois will provide every senior in CHA flu shots right in the building where they live. Between now and November 11th seniors will be given the opportunity to walk downstairs and receive their annual flu shot.

Also October is Breast Cancer Awareness Month. All women over the age of forty should get a mammogram annually. As a breast cancer survivor I find it my duty to alert all women about breast cancer and how early detection is the key.

Many new opportunities and challenges are on the horizon for public housing residents. The most prevalent is CHA Section 3 Grant Opportunities that’s available to residents and resident business owners. Visit the website @ www.tellingourstory.biz to find out more. While this is the last publication for the year the website will still deliver information for the residents of the Chicago Housing Authority. If you are a CHA resident and interested in joining a CAC committee please visit the CAC website and select the committee you would like to join. Call the Central Advisory Council at 312-913-7828 and someone will let you know if that position is still open.

Until Next Year, Peace Out!

Annie R. Smith-Stubenfield, Editor in Chief
Someone To Know @ the CAC

by Annie R. Stubenfield

Jacqueline Johnson
Financial Clerk

Jackie and I met in 2005 while I was working in Stateway Gardens with After School Matters. Then she was an administrative clerk. Since then her position as well as her location has changed. Jackie graced us with a question and answer interview that embarked on a woman with a heart of gold.

Q. What is your title/position? A. My title is Financial Assistant.

Q. How long have you worked with the CAC? A. Jan 1995 (20 years)

Q. Have you always worked at the CAC Corporate office? A. No, I worked in Stateway Gardens as a General Clerk.


Q. What is your most memorable moment in public housing? A. My most memorable moment in public housing is when my family and I was on our way to the Circus. We use to play last one down stairs is a rotten egg, so we all hit the stairs from the 14 floor of 4445 S. Evans. Once I got to the first floor and out of the building a bike rim came down on my head, busted my head wide open, blood running down my face, I kept running, my brother had to catch me. When I came home from the hospital the kids was teasing me because I had on my mother wig because they had to cut off my hair. I will never forget that for as long as I live.

Q. If you had ten million dollars what would be the first thing you do with it? A. If I had ten million dollars the first thing I would do with it is move my sister into a motel and gut her house out and have it redone. My sister Eve took care of me the best she could after my mother died of cancer. Her house was pretty then but now it needs a lot of work done.

Q. What words of encouragement do you have for the young people today? A. Be yourself, you don’t have to be part of a click to fit in. It’s not what someone else think of you, it’s what you think of yourself that counts. You are the Star Player.

CHA RESIDENT OWNED BUSINESSES

At the Charles Hayes Family Investment Center, Resident Owned Businesses of CHA gathered to discuss business strategies. Majority of the business owners that were present had gone through the entrepreneurship program hosted by Chicago Urban League and funded by CHA.

The Central Advisory Council sponsored the event and held two meetings that day to accommodate all who wanted to attend. The concerns of the business owners were put on the table to discuss how the CAC could better serve them. Several of the attendees that went through the program said it was ok but there were issues of promises not being kept like new laptops, seed money and assistance with business plan writing. Willie Lewis project manager for the CAC stated that the organization would keep in contact with the ROB’s to ensure their concerns would not go unanswered. Mr. Levi who was instrumental in creating the economic development committee held a meeting with some of the ROB’s a couple of days after the event to further discuss issues of the business owners. Look out for upcoming ROB meetings.
The Steppin Set was a change of pace and successful as far as people turning up to dance. If you are an avid going of the 39ers annual event don’t forget to donate to the cause. Every year the organization has maintain its status as the largest CHA public housing resident event in Illinois maybe the country. That cost money; porta potties, children entertainment, D.J., generators, music, and more are cost that incur from the event. If you want to donate go online to facebook or www.thelegacyofthe39ers.com

The Clarence Darrow Homes Reunion has not been around as long as the 39ers but they have the determination and residents that gives the reunion validity. The event was held in Washington Park and we arrived early. Soon after the National Public Housing Museum was in attendance; Todd Palmer and Camille Acker. Todd (L.Photo) spoke with Cheryl Powe a formal resident of ABLA and now the author of several children’s books called the HumbleBee Series. Cheryl was given information about the CHA grant opportunities and she stated that she would apply. Good Luck Cheryl. We stayed three hours and just as we were packing up people started to show up. It seemed like the fun was about to start as we were driving off.
On August 14th Dearborn Homes LAC and its subsidiaries held their annual Back to School/Fun Day Event. As I walked through the event I witnessed a superbly organized affair. A Small Town Carnival was there to give the event that special touch of a county fair (without the animals). Slot machines, book fair, local politicians, giant slide and more was on the premises. Carol Wallace the LAC President and council of Dearborn Homes organized for the residents of Dearborn a smashing event. To view more photos go online to: www.tellingourstory.biz/dearbornhomes

Late July the Seniors took a cruise and enjoyed the amenities that the large boat had to offer
October is Breast Cancer Awareness Month

Support breast cancer by purchasing a ribbon, pin or other items that donate the proceeds to Breast Cancer Research. Breast cancer is no longer untreatable. Women over the age of forty should get a breast exam every year. Breast cancer is cancer that develops from breast tissue. Signs of breast cancer may include a lump in the breast, a change in breast shape, dimpling of the skin, fluid coming from the nipple, or a red scaly patch of skin. In those with distant spread of the disease, there may be bone pain, swollen lymph nodes, shortness of breath, or yellow skin. If you have any discomfort in your breast area please make an appointment with your physician. Early detection is the key!

ACCESS TO TENANT FILE

Residents of CHA if you have ever submitted a request to examine your file and was denied access; there are steps to take to get your request granted. Section VII, C.6. Of CHA’s Admissions and continued Occupancy Policy) states:

- Upon the head of households’ request, the resident shall have the opportunity prior to a formal grievance hearing to examine his/her file
- to copy all documents, records, and regulation relevant to the grievance, at his/her own expense; and to take notes.
- Residents can request for copies of documents must be submitted in writing
- property manager is required to comply within five days of the request,
- If residents are to pay for copies it cannot exceed 10 cents per page

To view the complete list of regulations read Section VII of ACOP. To obtain a copy of the document visit www.tellingourstory.biz/documents_and_forms or call the Central Advisory Council request a copy.
FLU FIGHTERS
How will the Flu Fighters work for CHA Senior Residents:

This is the season to protect your body from the Flu. Telligen staff will attend the monthly meetings of residents in every Senior building between now and end of October. They will provide education on the importance of flu and pneumonia vaccines which are all covered by Medicare at no charge. Telligen will answer all questions or concerns raised at the meetings.

One week following the educational meeting with Seniors, Telligen staff will arrive at the Senior Building with a mobile van provided by Blue Cross Blue Shield of Illinois and a Pharmacist from Walgreens to provide free flu and pneumonia vaccines to Seniors at no charge. The vaccines will be given one week following the educational program at the same building at the same day of the week and same time of the week.

TOP FIVE Q & A’S BOUT THE FLU VACCINE

- Can a flu shot give you the flu?
  No, a flu shot cannot cause flu illness. Flu vaccines that are administered with a needle are currently made in two ways: the vaccine is made either with a) flu vaccine viruses that have been ‘inactivated’ and are therefore not infectious, or b) with no flu vaccine viruses at all (which is the case for recombinant influenza vaccine). The most common side effects from the influenza shot are soreness, redness, tenderness or swelling where the shot was given. Low-grade fever, headache and muscle aches also may occur.

- Is it better to get the flu than the flu vaccine?
  No. Flu can be a serious disease, particularly among young children, older adults, and people with certain chronic health conditions, such as asthma, heart disease or diabetes. Any flu infection can carry a risk of serious complications, hospitalization or death, even among otherwise healthy children and adults. Therefore, getting vaccinated is a safer choice than risking illness to obtain immune protection.

- Do I really need a flu vaccine every year?
  Yes. CDC recommends a yearly flu vaccine for just about everyone 6 months and older, even when the viruses the vaccine protects against have not changed from the previous season. The reason for this is that a person’s immune protection from vaccination declines over time, so an annual vaccination is needed to get the “optimal” or best protection against the flu.

- What about serious reactions to flu vaccine?
  Serious allergic reactions to flu vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the vaccination. While these reactions can be life-threatening, effective treatments are available.

- What about people who get a seasonal flu vaccine and still get sick with the flu-like symptoms?
  1. One reason is that some people can become ill from other respiratory viruses besides flu
  2. Another explanation is that it is possible to be exposed to influenza viruses
  3. A third reason why some people may experience flu-like symptoms despite getting vaccinated is that they may have been exposed to a flu virus that is very different from the viruses the vaccine is designed to protect against.
  4. The final explanation for experiencing flu-like symptoms after vaccination is that unfortunately, the flu vaccine doesn't always provide adequate protection against the flu.

10 BEST FOODS TO FIGHT THE FLU

Go to battle against colds and the flu by arming yourself with a supply of immune-boosting foods.

- **Chicken Soup** - Zinc and Vitamins
- **Orange Juice** - Vitamin C
- **Green Tea** - Antioxidants
- **Garlic** - Manganese, Vitamin B6, & C, Selenium
- **Almonds** - Fiber, folic acid, magnesium, calcium, potassium, riboflavin and vitamin E.
- **Oysters** - Calcium, Niacin and Iron
- **Ginger** - Packed with Vitamin fighting agents
- **Horseradish** - Fights stuffy nose
- **Arugula** - Packed with Iron & Vitamin A, C.
- **Aniseed** - Congestion Fighter
On August 21, Betty T. and Jacqueline J. inspected book bags to ensure there was ample supplies in each one. There was no age range. All you had to do was attend school. Anyone from kindergarten to college would receive a book bag full of supplies.

My daughter DeAnn who is a sophomore at Harold Washington College had stated the day before that she was not going to buy school supplies this year but instead reuse what she already had. Was she surprised when I presented her with a book bag courtesy of the CAC. DeAnn stated “I really do appreciate this.” She asked me for the number then called and thanked the CAC for the supplies.

There were big three shopping days in the year for me; back to school clothes, school supplies and Christmas. I remember how excited I would get while we shopped with our father for school supplies. There was nothing off limits. Protractor, compass, ringed binders, and lots of notebook paper was just to name a few of the supplies. Walgreens on 47th King Drive was where we shopped for supplies. The prices were reasonable and location was within walking distance. When we got home we organized our binders with paper and dividers. We filled our pouches with pens, pencils, sharpener, crayons, etc; attached the ruler on the rings of the binder, performed a couple more rituals and then we closed our notebook and placed it on the dresser. That signified that school was near but we didn’t care because we were ready.

Most of us have had the same feelings about school supplies. The feeling is one of excitement from being prepared. It is exciting to know your preparedness makes it easier to participate in class assignments without having to borrow supplies on the first day.

A lot of students were prepared on the first day of school because of the efforts of the CAC organization.

July 17th, was the day of relaxation and good food. The Senior Central Local Advisory Council spearheaded a barbeque at the Albany Terrace building. To see how much of a good time they had log on to the address below.

http://tellingourstory.biz/lac_communities/senior_central
South Suburban Cook County Small and Section 3 Business Event

CONNECT WITH YOUR PARTNERS IN COOK COUNTY WHO ARE COMMITTED TO SUPPORTING SMALL AND SECTION 3 BUSINESSES

September 30, 2015
8:00 am–12:00 pm

Prairie State College
Heritage Bank Community Room
202 S. Halsted Street
Chicago Heights, IL 60411

Entrepreneurs!

Join 9 agencies that will provide you with innovative resources to become a successful business

- Learn: The basics of federal contracting
- Talk to experts: Section 3 provisions and compliance
- Discover: Resources to make your business grow
- Engage: Use of new maker lab technologies as an integral part of your business

Please click here to register for this free program: http://www.hud.gov/emarc/index.cfm?fuseaction=emar.registerEvent&eventId=2594&update=N

If you have any questions, please call Ellie Chicoski at (312) 913-8657
If you own a Section 3 Business or you are a Section 3 Resident who is interested in starting or expanding a business, or obtaining employment you may be eligible for CHA’s Section 3 Grants.

**Section 3 Competitive Grant** - $20,000 maximum
The grant is for owners of Section 3 Business Concerns and my be used for (including, but not limited to):
- Mobilization funding to maximize contracting/subcontracting opportunities
- Startup cost for a new business
- Inventory expansion

Apply from July 20, 2015 - September 21, 2015.
Awards issued by November 20, 2015
There is not benefit to submitting an application early

**Section 3 Need Based Grant** - $5,000 maximum
- Mobilization funding to maximize contracting/subcontracting opportunities
- Startup costs for a new business
- Inventory expansion
- Purchasing supplies in order to secure employment
- Union dues or continuing education cost
- Apply starting July 20, 2015. Funds are awarded on a rolling basis until December 31, 2015

APPLICATIONS ARE AVAILABLE ONLINE:
www.thecha.org/doing-business/section-3-grants

---

**ADVERTISE HERE!**

FREE AD SPACE TO ALL ROB’S IN CHA

Marrion & Marquita Gandy
PH: 312-733-0394
MD.GANDY03@GMAIL.COM

Catering & Special Event Planning
When you eat well you live well.

**FREE AD SPACE TO ALL ROB’S IN CHA**

- Publication Production
- Silent Auctions
- Photos Exhibits
- Photography Lessons
- Digital & Manual Camera Instructions
- Website Design

Clarence DurrowHouston, CHA 1993

Annie R. Smith-Stubenfield, MATD (773) 765-4184
www.uptforum.net
bockto basics29@yahoo.com

Serving the communities of CHA since 1995