

- ◆ Mental Health during COVID-19
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In the Know

May 2020

Volume 16, issue 5

Abilene Housing Authority

Housing Happenings

Coping with mental health during Covid-19

1. Media breaks—avoid excessive coverage of COVID-19 and/or breaks from the news
2. Deep Breath –take deep breaths, exercise or meditate
3. Food– Try to eat healthy, well balanced meals and get restful sleep.
4. Unwind– Take time to unwind. Share how you feel with someone you trust. If needed, seek assistance from a professional
5. Do what you love– try to do some other outdoor activities you enjoy to return to your normal life
6. Power of Positive Thinking– Maintain positive thinking



◆ COVID Stats

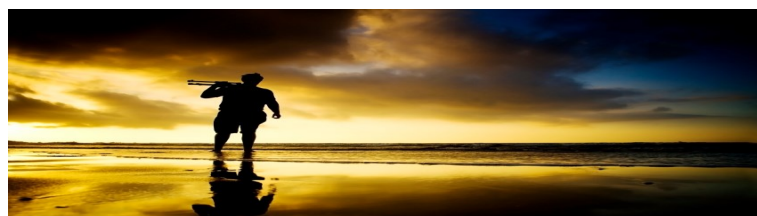
Women, minorities, people with preexisting health conditions and adults under 34 all reported higher rates of fear and anxiety

Americans are reporting significant and sustained increases in symptoms of depression and anxiety.



Our Mission Statement:

The Housing Authority's mission is to service the housing needs of low-income families in the Authority's jurisdiction in order to enhance self-sufficiency and promote community quality of life and economic viability.





Exterminations:

22—Vogel

25—Deegan/Riviera

27—E.W. Williams/ Office

Current RAB Members:

Lester Crenshaw

Celestine Daugherty

Oscar Fields

Carmella Hall

Joy McGee

Phyllis Rister

Kathleen Ritz

Tonya Smith



May Events



- ◆ 1—Rent Due!
- ◆ 5—Last day to pay rent without the \$15 late charge (if the 5th is on a weekend, rent is due before 8:00am on Monday)
- ◆ Every Thursday-Free Admission at the Grace Museum 5-8pm.
- ◆ Every Tuesday-Jazz Night at Monk's Coffee Shop, 233 Cypress, 8:30pm-10pm. Free
- ◆ Family Fun Saturdays at the NCCIL, 102 Cedar St. Create a work of art for FREE. 1pm-4pm
- ◆ 10- Mother's Day
- ◆ 25—Memorial Day – Office will be closed



What is RAB?

RAB stands for Resident Advisory Board. The Resident Advisory Board is made up of residents from Public Housing and residents from Section 8. These residents reflect and represent the residents assisted by the Abilene Housing Authority. The role of this board is to assist and make recommendations regarding the development of the PHA plan and any significant amendment or modifications to the PHA Plan. We

want YOUR Input!

Public Housing would like to thank Kathleen Ritz and Bernita Wright for expressing interest in being on the Resident Advisory Board

Call Tanya —676-6032



Resident Council

This is a council consisting of only residents from public housing. Unlike RAB, Resident Council is a tenant association geared towards the revitalization of public housing. The Resident Council exists to make public housing better. With a Resident Council, people can come together and get things done, get things changed!

Now, we all know that there are some things that cannot be changed. However, we are dedicated to making changes that will bring improvement.

Interested?

Call Tanya —676-6032

Participation in RAB and/or Resident Council

counts toward Community Service Hours



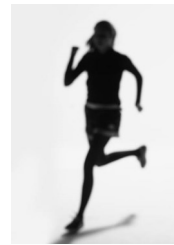


National Physical Fitness Month

Since 1983, May is has been observed as National Physical Fitness and Sports Month. Individuals and organizations every where have joined in the fun to promote awareness of the value of physical activity. To further this vital mission, the President’s Council on Physical Fitness and Sports reached out in 1994 to both public and private organizations to form the Presidential Fitness Partners in May.

Benefits of being Fit:

1. Confidence –You look good you feel good!
2. More Energy
3. More Organized –The rest of your life becomes more structured
4. Set Goal/Achievement
5. Weight Management/Reduction



In order to change we must be sick and tired of being sick and tired.
Author Unknown

Renter’s Insurance

As a resident of Public Housing, you may want to consider purchasing renter’s insurance.

- ◆ Renter’s insurance is a form of insurance that covers a policyholder’s belongings against perils such as fire, theft, wind-storm, hail, explosion, vandalism, riots, and other losses.

It also provides personal liability coverage for damage the policyholder or dependents cause to third parties. It also provides additional living expenses, known as loss-of-use coverage, if a policy holder must

move while his or her dwelling is repaired. It also can include coverage for property improvements. Possessions can be covered for their replacement cost or the actual cash value that includes depreciation. (Insurance Information Institute)

Manager’s Corner

Update on HUD’s Eviction Suspension Process during COVID-19

The Abilene Housing Authority understands that Public Housing and HCV participants are concerned about rent and evictions during the COVID-19 pandemic.

HUD has developed a flyer to provide HCV and Public Housing participants with important in-

paying rent during the national emergency stemming from the Coronavirus pandemic.

The following page is important information regarding temporary suspension of evictions for non-payment of rent.





Addressing Tenant Concerns Regarding Rent and the Temporary Suspension of Evictions for Nonpayment of Rent

The U.S. Department of Housing and Urban Development (HUD) developed this flyer to provide Housing Choice Voucher (HCV), Public Housing, and Section 8 Moderate Rehabilitation (Mod Rehab) participants with important information and resources about paying rent during the national emergency concerning the coronavirus pandemic.

What is the suspension of evictions about?

Evictions for nonpayment of rent, and charges/fees for nonpayment of rent, have been temporarily suspended. This applies to all HUD-assisted participants from March 27, 2020 to July 24, 2020¹. Although your Public Housing Authority's (PHA) Admissions and Continued Occupancy Policies (ACOP) and/or Administrative Plan may not be updated, please be aware that the suspension of evictions for nonpayment of rent is in place.

Having trouble making rent?

- **Voucher and public housing participants:** If you lost your job or had a significant loss of income, [request an interim reexamination](#) with the housing authority as soon as possible. Your rent can be adjusted to reflect the change in income or you may be eligible for a financial hardship exemption. Your housing authority may also know about other local resources.
- **Voucher participants only:** [Contact your landlord right away](#). Reach out early to discuss potential payment plans or accommodations. Due to loss in income and the resulting interim reexamination, your rent adjustment may be retroactive. Confirm with the PHA and your landlord whether you will receive a credit for the previous month.

What else should you know?

- [Rent is still due](#) during this time period and will accumulate if unpaid.
- Your landlord and the PHA cannot initiate a new eviction action for nonpayment of rent and you should not receive a notice to vacate for nonpayment of rent from March 27, 2020 – July 24, 2020.
- Your landlord and the PHA cannot charge any late fees, or accrue charges/fees, and your assistance cannot be terminated for past due rent in April, May, June and July 2020.
- If you are behind on rent after the suspension of evictions expire: [Voucher participants](#) need to negotiate directly with your landlord to determine requirements to repay unpaid rent. Otherwise, your landlord could file an eviction. [Public housing participants](#) need to work with the PHA to pay unpaid rent in a lump sum or set up a repayment agreement. Otherwise, your assistance could be terminated and/or the PHA could file an eviction.
- Evictions for nonpayment of rent filed with the court before March 27, 2020 can proceed if there is no conflict with state or local laws.
- The PHA or your landlord can still terminate assistance and evict for drug abuse, criminal activity, lease violations, fraud, repeated minor violations, other good cause, etc.
- HUD does not intervene or participate in eviction proceedings. If you feel you are being wrongfully evicted, contact your local legal aid organization or social service agencies. If you are a Voucher participant, you may also contact your local PHA.

¹ Enacted in Section 4024 of the Coronavirus Aid, Relief, and Economic Security Act, 2020 "CARES Act" (Public Law 116-136).

Happy Birthday



- BATTEE, LEILANI
- CARDENAS, JADE
- COLLINS, DERION
- CORTINEZ, CHRISTIAN
- CORTINEZ, DAVID
- FARIALA, KENNY
- GANYIRA, GRACE
- CARCIA, PAISLEY
- HARRIS, AVA
- HERNANDEZ, JAHUIIL
- KABASINGUZI, GRACE
- NYIRAMUGISHA, ANGELIQUE
- PERALEZ, LORENZO
- RAGAN, AUBREY
- UWITONZE, CELINE
- ZUNIGA, VALERIE





Abilene Housing Authority
4398 North 7th St.

Phone: 325-676-6032

**Now You're ...
In the Know!**



**Office Hours:
Monday-Friday,
8:00am-5:00pm**

**Closed from
12:00pm-1:00pm
for lunch**

**RELAY SERVICES 711
OR 1-800- RELAY
TEXAS**

Abilene Housing Authority Office Personnel

Chief Executive Officer —Gene Reed

Housing Manager—Tanya Charriez

Assistant Housing Manager—Amy Cook

Resident Services Coordinator—Tanya Johnson

Housing Counselor I—Veronica Berube

Crew Chief—Ali Mitaci

Maintenance—Onesimo (Mo), Evaristo

Equal Opportunity Employer/Equal Housing Opportunities

