

Spring/Summer2015



YOUR HOUSE

From

Potomac Association of Housing Cooperatives

Providing Continuing Education for its Membership

2014-2015

PAHC Board of Directors

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Newsletter

Patty Wilson
Editor

GREETING FELLOW COOPERATORS,



It seems that most of us here in the northeast escaped the 10 to 15 inches of snow that was frequently forecasted in most of the areas weather reports. However we did have the chance to saturate in the cold wintery days & nights; but now spring is in the air, and that means that PAHC Annual Conference is near. We are looking forward to the conference in Ocean City, MD - April 23-25, 2015 and seeing all of you at the conference. After the classes are over and we head back to our coops, we awaits the hot summer days to start our hot fun in the summer time - we will put our favorite dish on the grill, pour a tall glass of tea/lemonade and lay back and just chill.

PAHC's theme for 2015 is "Infuse the mind with knowledge and raise up a powerful community". The journey continues and we continue to explore the waves of opportunities on the educational pathway.

Respectfully,

Annie Hill
President

Quote of the Month

Life's most persistent and urgent question is, 'What are you doing for others?'
Martin Luther King, Jr.

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ASSOCIATION OVERVIEW

The Potomac Association of Housing Cooperatives, Inc. was founded in 1976 by representatives from 13 housing cooperatives and 1 condominium association. The primary objective was and still is continuing education for Board of Directors and members of cooperative communities. If the success of any organization is measured by its accomplishments, the PAHC can truly be considered successful! The organization has sponsored three Baltimore City housing cooperatives, and representatives of PAHC served on each interim Board of Directors. They, along with other PAHC representatives provided new member orientation and extensive leadership to each respective cooperative community. PAHC holds training sessions in addition to the required Annual Meeting of the Membership. These sessions provide timely information on a variety of seasonal, tax, administrative and maintenance topics, as well as affording the attendees the opportunity of personal interaction with representatives of like organization from Maryland, District of Columbia and Virginia areas. PAHC is a member of the National Association of Housing Cooperatives.

The Board of Directors

PAHC Board of Directors' Corner (from the President)

I would like to take this opportunity to thank my fellow board and committee members for their hard work during 2014. As Board & Committee members, we continue to raise the bar and challenge ourselves to even greater heights. This team continues to amaze me in their pursuit to explore all avenues and when necessary, look at ways of restructuring some of the business practice to ensure that PAHC become an even greater institution. In all of my years of serving on any board, I truly look forward to the board meetings and communication whether it face to face or via conference calls. In the words of Tina Turner "They Are Simply the Best".



Our commitment is sincere and we will stay the course and always actively promotes good leadership practices to educate and inform PAHC members.

ASSOCIATION NEWS

PAHC Fall Training was held on

November 8, 2014
Benning Road Cooperative, Inc.
4689 Benning Road, S.E.
Washington, D.C. 20019
8:00 a.m. – 2:00 p.m.

The topic for the training was Board of Directors Role (Do's & Don'ts). The following Cooperatives were represented:

Benning Road Cooperative, Inc.
Hacienda Cooperative
Lightview Cooperative
Pickwick Square Mutual Homes, Inc.
Reservoir Hill Mutual Homes, Inc.
2NW Cooperative Homes, Inc.
Southern Homes & Gardens Cooperative
Washington Hill Mutual Homes, Inc.
Waverly Terrace Cooperative
Yorkville Cooperative
NMI Property

Benning Road Cooperative, Inc. was very hospitable and treated all participants as royalty. We met new friends and created new contacts. A good time was had by all.

PAHC (cont.)

PAHC LAUNCHES THREE NEW COMMITTEES

PAHC Young Cooperator

The purpose of this committee is to recognize and encourage youth involvement in our Cooperative communities. Youth will have an opportunity to describe their experiences and present their ideas to Co-op leaders from all around our region.

Government Watch Committee

Government Watch Committee keeps members current on issues related to cooperative housing and other issues at the federal, state and local level as it relates to the livelihood of cooperative members.

Honorary Advisory Member

The primary responsibility of an Honorary Advisory Member is to advise the Board from time to time and elevate the Board's profile among potential supporters and partners. The Honorary Advisory Member's affiliation enhances the organization's status and prestige in the community and contributes to board diversity. The Honorary Advisory Member must demonstrate concern for education in the cooperative community and is committed to the future of PAHC mission.

If you are interested in serving on PAHC Committees, please contact the committee chair:

Program /Education, Melinda Rickey
Membership, Melinda Rickey
Newsletter, Patty Wilson
Fundraiser, Myrine Buford
Website, Annie Hill
Policies & Procedures, BOD
Young Cooperator, Maxine Dennis
Government Watch, Ruthie Wilder
Honorary Advisory Board

COOPERATIVE'S NEWS

Reservoir Hill Mutual Homes, Inc.

Reservoir Hill Mutual Homes, Inc. sent the following letter to our Legislative Delegate as testimony in favor of repealing House Bill 1328:

February 26, 2015

Delegate Antonio Hayes
The Maryland House of Delegates
6 Bladen Street
Room 151
Annapolis, MD 21401

Re: Repeal to House Bill 1328 – Maryland Cooperative Housing Act

Dear Delegate Hayes:

We cannot stress enough the negative impact that this bill will have on our establishment. While we know this bill is designed to protect residents (Members) from unfair housing practices and to provide uniformity in how housing cooperatives operate, this bill falls short of providing protections for cooperatives like Reservoir Hill Mutual Homes, Inc.

Although we currently do not have a mortgage, unlike homeowners associations and condominiums, Reservoir Hill Mutual Homes, Inc. addresses all emergency, routine, and preventive maintenance needs of our units. In addition, we underwrite all rehabilitative efforts. Our Members are only responsible for their BGE utility costs and their monthly housing charges.

Legislative consideration should be provided to all cooperatives that:

- Rehabilitate/update kitchens at no cost to the resident (Member).
- Rehabilitate/update bathrooms at no cost to the resident (Member).
- Address plumbing, electrical, heating/HVAC, roofing, and general repair needs at no cost to the resident (Member).
- Provide and replace all major appliances (stove/oven, refrigerator, hot water heaters, etc.) to each unit and provide ongoing repair to these appliances at no cost the resident (Member).
- Provide central AC and heating units.
- Address any water damage to units at no cost to the resident (Member).
- Provide on-going pest control and remediation to all units as well as building exterior.

In addition, we provide outreach to our members and surrounding community:

- Sponsor annual National Crime and Safety Night Out.
- Sponsor annual back to school give-a-way (300-500 book bags with supplies) for Pre-K, elementary, middle school, high school, and college.
- Annual Halloween party for Member and community children.
- Meet and Greet for Members.
- Reservoir Hill Mutual Homes, Inc. won second place in Mayor Stephanie Rawlings Blake's City Clean Community competition.

Reservoir Hill Mutual Homes, Inc. provides this superior service using income from Member monthly housing payments (housing charges) and it is, therefore, imperative that our Members adhere to a consistent policy with reference to Member delinquency. We have an extensive application, approval, and orientation process to ensure that would-be Members can afford our units and to make sure they understand and agree to our payment requirements. Keep in mind that, as mentioned in earlier correspondence, our housing units are significantly below market housing rates because we are a limited equity (see attached fee structure), and we do not receive any type of government subsidy, grant funding, or outside assistance to achieve these goals.

Our establishment provides Members multiple notifications of outstanding delinquency(ies), opportunities to go before the Board to explain extenuating circumstances, and the ability to cure past due charges. Our goal is that no Member face eviction, evictions are costly to the wellbeing of the cooperative, the Member, and the surrounding community. No one wins when a Member is forced to leave.

We ask that all these services listed above be taken into consideration. Our priorities and Member-focused expenditures must be taken into consideration to be sure that our cooperative can continue to provide its superior services to our Members and surrounding community.

Sincerely,

Ruthie L. Wilder, President
Reservoir Hill Mutual Homes, Inc.
Board of Directors

Washington Hill Mutual Homes, Inc.

In accordance with Article 4, Section 2 of the Washington Hill Mutual Homes, Inc. by-laws, the Annual Membership Meeting and Election of the Board of Directors was held on Saturday, October 11, 2014. Following is a list of the names duly elected to serve as the Board of Directors:

Nicholas Durham – President – 2016
Joan Burns – Vice President – 2015
J. Lawrence Freeman – 2017
Elaine Hyatt – Treasurer – 2016
Tracia Sherman – Member at Large - 2015
Cori Ramos – Member at Large – 2015
Barbara Moore – Member at Large – 2017

We are looking forward to the PAHC 2015 Annual Conference in Ocean City. See you all there.

Potomac Association of Housing Cooperatives

Your House Newsletter | Spring/Summer 2015

Yorkville Cooperative

Yorkville is happy to inform PAHC Members, our Coop is currently completing the renovation of our Community Center and Management Office.

In addition we are installing cabinets, counter tops and floors in units as needed, appliances, heaters, roofing repairs has been completed, painting occupied and unoccupied.

In September 2014 Yorkville signed a Management Agreement with NMI Property Management, LLC to manage our cooperative. The Yorkville Management Staff consists of the following:

Rey Sision, Vice President NMI Property Management
LannéLaMarr Slaughter, CPM®, General Manager
Quiana Bridgett, Deputy General Manager
William Johnston, Maintenance Manager
Dave Lee, Member Service Coordinator

Board of Directors

Ismail, Musa, President
Maxine Dennis, 1st President
AlkasaabMardan, 2nd vice President
Mohammed Mohammed, Treasurer
Santos Perez, Secretary

Yorkville Board of Directors is looking forward in joining PAHC at our up-coming conference.

MEMBERS WE NEED YOUR HELP, PLEASE SUPPORT “YOUR HOUSE” NEWSLETTER BY SENDING IN YOUR COOPERATIVE NEWS

ALSO BUSINESSES CAN ADVERTISE BY PURCHASING AD SPACE IN THE “YOUR HOUSE” SEMI-ANNUAL NEWSLETTER FOR A MINIMUM FEE

FOR MORE INFORMATION ON SUBMITTING ARTICLES OR PURCHASING AD SPACE, PLEASE CONTACT PATTY WILSON OR ANNIE HILL AT THE NUMBER(S) BELOW.

Potomac Association of Housing Cooperative
johnson@umbc.edu or ahill25@verizon.net
Main Office: 2100 Callow Avenue, Baltimore, MD 21217
Office fax: 410-523-6555

DIRECTORS' PLATFORM.....

Take Your Fiduciary Responsibilities Seriously

ATTEND TRAINING: By attending ongoing education programs to ensure your board knows what it is accountable for, whom it is accountable to, and most importantly, how to "do" accountability

READ YOUR COOP DOCUMENTS: THE BYLAWS, THE OCCUPANCY AGREEMENT, etc. Ignorance is not an excuse to poor performance of your duties as a director.

ALL COMPLAINTS SHOULD BE DOCUMENTED: Letters sent to members should be factual, brief and not hostile. Keep copies of any letters that you send, and notes of telephone conversations (date, time, who called whom, and the gist of the conversation) in case the matter is not quickly resolved. You should first attempt to resolve any matter through negotiation, if possible, before considering litigation,

Does Your Cooperative Have a Travel Policy

If you are on the Board or a member of a cooperative that is supervised under HUD, please be aware of the new HUD audit procedure. Due to the new audit procedure, it is a good idea for the Board of Directors to establish a "Travel Policy". HUD auditors have found improper or excessive travel expenses, insufficient or lack of proper documentation (receipts) or lack of a travel policy to control travel expenses. Cooperative Boards should have a travel policy to make sure that the expenses are legitimate and reasonable travel expenses. Part of the policy should include a detailed travel expense form for any board member or employee who is authorized to travel. In the policy it should state; when is travel permitted; detailed on how to make travel arrangements; what expenses are permitted, which ones are not; use of company credit cards, cash and out-of pocket expenses and how to fill out the travel expense form. A travel policy help to document legitimate travel expenses and avoid having to try and answer question about expenses from memory in case of an audit.

DID YOU KNOW?

Definition of three of the Many types of Coops

- **Market-rate co-ops** are just that -- you can buy or sell your interest in them at whatever price the market will bear. You acquire equity much the same as in other types of home ownership.
- **Limited equity co-ops** are usually properties designed to offer affordable housing, and carry certain benefits such as lower-interest loans, tax breaks and grants. In return for the reduced costs of ownership, there are restrictions imposed on how much equity tenants can accumulate and how much they can profit from the sale of their stock in the corporation. These co-ops work for people whose income otherwise would not qualify them to purchase a home.
- **Mutual housing associations:** Nonprofit corporations established to develop, own and operate housing. The corporation is owned and controlled by the residents who move in.

HAPPENINGS & NEWS IN THE REGION

Baltimore



Port Discovery Children's Museum
35 Market Place
Baltimore, MD 21202

February 14, 2015 - September 20, 2015

Builders of all ages are invited to explore, build and play in our newest traveling exhibition – LEGO® Castle Adventure! In this exhibit kids and their families are transported to a LEGO® kingdom where they too can become master castle builders, using one of the greatest building materials of all time – LEGO bricks! – Admission fee.

District of Columbia



See Giant Pandas at the Zoo

Something is always happening at the National Zoo. Daily programs include animal training, feeding demonstrations, and keeper talks. The Zoo is free and open 364 days a year.

Hours

Grounds: 6am-6pm

Visitor Center: 9am-4:30pm

Exhibit Buildings: 10am-4:30pm

Concessions: 9am-4:30pm

Shops: 10am-5pm

Chamber Music Recital



Presented by: [Friday Morning Music Club](#)

Venue: [Dumbarton House](#)

Tue, March 17 thru Wed, September 16

FREE!

The Friday Morning Music Club presents free noontime chamber concerts each Friday from October through May in downtown Washington, and monthly on Tuesdays and Thursdays at other venues in the District and in suburban Maryland and Virginia. We offer varied and interesting programs that include rarely heard gems as well as familiar favorites. Each program is approximately one hour in length.

Dates:

- Tue, March 17, 2015 @ 12:00 pm
- Tue, April 21, 2015 @ 12:00 pm
- Mon, May 18, 2015 @ 8:00 pm
- Tue, June 9, 2015 @ 7:30 pm
- Wed, September 16, 2015 @ 7:30 pm

For more info: <http://www.culturecapital.com/event/33156/chamber-music-recital>

Virginia



May 15, 2015 - May 17, 2015 — 6:00pm - 9:00pm
Special event showing.

Friday, May 15: \$40. Saturday, May 16: \$46.
Sunday, May 17: \$36.

Mount Vernon's Wine Festival and Sunset celebrates the history of wine in Virginia with special evening tours of the Mansion and cellar, appearances by "George and Martha Washington", and live music on the east lawn of George Washington's Mount Vernon home overlooking the scenic Potomac River. Visitors can bring a blanket and relax on the lawn as they sample wines from 16 Virginia wineries.

<http://www.mountvernon.org/plan-your-visit/calendar/events/spring-wine-festival-sunset-tour/>.

Recipe Corner

Vegetarian

Zucchini Patties

2 cups grated zucchini
2 eggs, beaten
1/4 cup chopped onion
1/2 cup all-purpose flour
1/2 cup grated Parmesan cheese
1/2 cup shredded mozzarella cheese
salt to taste
2 tablespoons vegetable oil

Directions

1. In a medium bowl, combine the zucchini, eggs, onion, flour, Parmesan cheese, mozzarella cheese, and salt. Stir well enough to distribute ingredients evenly.
2. Heat a small amount of oil in a skillet over medium-high heat. Drop zucchini mixture by heaping tablespoonfuls, and cook for a few minutes on each side until golden.

MEMBERS, WE
NEED YOUR HELP –
PLEASE
VOLUNTEER YOUR
COOP TO HOST
FUTURE
TRAININGS!

JUST FOR LAUGHS!!!

Little Johnny on Geometry

Teacher: Little Johnny, give me a sentence using geometry.

Little Johnny: A little acorn grew and grew until it finally awoke one day and said "Gee I'm A Tree".

Benefit Package

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Empty Stomach vs Empty Head

Little Susie, a six-year-old, complained, "Mother, I've got a stomach ache." "That's because your stomach is empty," the mother replied. "You would feel better if you had something in it." That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, "That's because it's empty," she said. "You'd feel better if you had something in it."

Do You Know One?

The Owner with a Single Goal:

This is the owner who has been told 100 times that she cannot have black stove. She is sure that when she gets on the board she will be able to change everyone's mind. She has never read the governing documents and can't see why there should be a problem.

The Retired Owner with Lots of Free Time:

This owner has memorized the governing documents and is willing to measure every blade of grass to make sure it is within the acceptable height limit. He knows that if everyone would just listen to him everything would run smoothly all of the time.

The Former Board Member with a Grudge:

This person didn't get what she wanted the first time she was on the board. She thinks there is a better chance now that there is fresh blood to deal with. She is positive that with enough repetition she can get the newbies to interpret the governing documents her way.

The New Board Member with a Grudge:

This person has been warned and fined for various violations of the House Rules. The rules are way too restrictive and he wants these rules changed or abolished. Governing documents are only guidelines. No one is expected to actually follow them all of the time. It's the management company's fault that the board is enforcing the documents.

When you get elected to the board, take the time to become familiar with the governing documents. Everything you need to know is right there. Leave your preconceived notions and agendas at the door. ALWAYS act in the best interests of the Cooperative.

Elected Representative:

As an elected board member, your main concern must be the owners and the Cooperative.

The Owner with a Single Goal:

Make sure you give this owner a complete copy of the governing documents and ask that she becomes very familiar with them. She will generally come to understand why all of the rules are for all of the owners.

The Retired Owner with Lots of Free Time:

He has finally gotten himself elected to the board and thinks his efforts to make the place run perfectly have been validated. Fortunately, he only has one vote and can only run the board members if they let him. He will have to be taught how to "work with others".

The Former Board Member with a Grudge:

This person will try to convince everybody that they are looking out for the entire Cooperative. In reality they just want things done their way. Make sure that she has a very legible copy of the governing documents and that she references them often. Don't ignore her efforts; engage her energy in a productive manner for the Cooperative.

The New Board Member with a Grudge:

Now that this person has been elected to the board, he should come to the realization that all of the rules really are for all of the people. He normally is very surprised to learn how disruptive a single owner can be when they choose not to follow the rules.

Don't let anyone bully you into doing anything just their way. The governing documents were written for the whole Cooperative to enable people to live in relative harmony within a closed cooperative. If there is really a problem that needs to be addressed, the directions are in black and white on how to go about getting the documents changed. HINT: Look in the governing documents!

The most effective board members are the ones who know how to say that they will take anything under advisement. Then they research the question from all perspectives. When they come back to the owners with an answer, they can be confident that they have followed the guidelines of the governing documents.

KID's ROAD

Summer word search

Words can go horizontally and vertically either way, but not diagonally.

b n r m r n l b d t h o l i d a y l m s p m n
n c j r j w d t y p k q h n k t l l z u g t l
n r b a r t n r m f r u s x t g k l g n z j k
z c g w m a a a n r s p o r t s z j d m v s l
x b b q b h s v v m s w i m m i n g v h d a b
m r x f b n q e l z p b m e m v y l m m h n z
s k d c e u n l k m m b r u j t f l j m q d k
e h t n a s v r t l k m k l g n f t p j s a g
a m j b c x f n d d x b y b s u n n y q t l x
c n n t h k n v l p z w j m z b w t g n r s r
n i c e c r e a m k n p t k t j m r v w o h f
j t f v g s e s s a l g n u s g r k v n h j g
t n j w z z c y k s l n b t r h n n c r s n q
m v v f c t r h f l x t z l r x k t y l p l b
v w k t q q l o o p r t t y h m y h l r g c n
n c x l r n e e r c s n u s b m r d r j l n r

beach	sand	sports	sunscreen
blue	sandals	sun	surf
holiday	sea	sun glasses	swimming
ice cream	shorts	sunhat	travel
pool	sky	sunny	warm



The Potomac Association of Housing Cooperatives website (potomacassn.org) is a unique opportunity for member Cooperatives and non-member Cooperatives to get up-to-date information on Cooperative living.

We are a member of and provide a link to the National Association of Housing Cooperatives. The website is an opportunity to keep member and non-member Cooperatives informed on the latest legislation that relate to Cooperative living through our newsletter and links to HUD and regional governmental websites.

Our website is user friendly and includes:

- Membership information
 - Information on how to become a member
- Schedule of events
 - Annual conference as well as training sessions
- Newsletter
 - Spring/summer and Fall/Winter newsletters
- Board of Directors
 - Current members of the Board of Directors
- About us
 - The purpose of the Association

Feel free to visit our website (potomacassn.org) to learn more about our Association.



FROM Environment Protection Agency (EPA)

News Releases from Headquarters

Release Date: 02/10/2015

First Clothes Dryers to Earn EPA's Energy Star Label Now Available Nationwide/Energy Star dryers offer Americans savings of up to \$1.5 billion annually

Contact Information: Jennifer Colaizzi, colaizzi.jennifer@epa.gov, 202-564-7776, 202-564-4355

WASHINGTON –The U.S. Environmental Protection Agency (EPA) announced today that Energy Star certified clothes dryers are now available nationwide through major retailers. At least 45 models of dryers earning the Energy Star label, including Whirlpool, Maytag, Kenmore, LG, and Safemate, are at least 20 percent more efficient and now available at prices comparable to standard dryers.

“Dryers are one of the most common household appliances and the biggest energy users,” said U.S. EPA Administrator Gina McCarthy. “EPA’s Energy Star certified clothes dryers offer Americans an opportunity to save energy and do their part to combat climate change. By working with industry, we are bringing innovative technology to market that’s good for the planet.”

Clothes dryers consume more energy than any other appliance in the home, and 80 percent of American homes have dryers. But unlike clothes washers, which have seen a 70 percent drop in energy use since 1990, the energy efficiency of most dryers has not improved. If all residential clothes dryers sold in the U.S. were Energy Star certified, Americans could save \$1.5 billion each year in utility costs and prevent greenhouse gas emissions equal to the electricity use from more than 1.3 million homes.

The efficiency specifications were developed with extensive input from manufacturers, retailers, the U.S. Department of Energy, and environmental groups. Manufacturers meet the specification requirements by incorporating advanced sensors that more effectively detect when clothes are dry and stop the dryer.

Energy Star certified dryers include gas, electric and compact models. The Energy Star label can also be found on dryers that feature new advanced heat pump technology and are 40 percent more efficient than conventional models. Heat pump dryers recapture the hot air used by the dryer and pump it back into the drum. By re-using most of the heat, a heat pump dryer is more efficient and avoids the need for ducts.

To earn the Energy Star label, products must be certified by an EPA-recognized third party, based on testing in an EPA-recognized laboratory. In addition, manufacturers must participate in verification testing programs operated by recognized certification bodies.

Energy Star is the simple choice for energy efficiency. For more than 20 years, people across America have looked to EPA’s Energy Star program for guidance on how to save energy, save money, and protect the environment. Behind each blue label is a product, building, or home that is independently certified to use less energy and cause fewer of the emissions that contribute to climate change. Today, Energy Star is the most widely recognized symbol for energy efficiency in the world, helping families and businesses save \$300 billion on utility bills, while reducing greenhouse gas emissions by two billion metric tons since 1992. Join the millions who are already making a difference at energystar.gov.

Learn more: http://www.energystar.gov/products/certified-products/detail/clothes_dryers

Keeping your cool when the season heats up

When temperatures go up, your utility bills can still stay low. With help from ENERGY STAR, discover the best ways to keep your cool, tame those bills, and help fight climate change. The secret is to keep your cooling system from working too hard.

TOP 5 WAYS TO CHILL OUT THIS SUMMER



1. Keep the Heat Out

Close the shades, blinds, and curtains, especially on the south and west sides of your home where the sun is hottest.

If you are upgrading your windows, consider [ENERGY STAR certified windows](#), which are even better at preventing the heat from coming in.

Check [attic insulation](#) and add more if you can see the floor joists. This will help keep all that hot air in your attic from coming in your house. We suggest you keep your cool and call a contractor.

The right roof can do a lot to keep the heat out. Consider [ENERGY STAR certified roof products](#).

2. Keep the Cool In

Keep your valuable air conditioned air from getting out.

Leaky cooling system ducts are not cool. In most homes, 25% of air leaks away before getting to the register. Tight ducts can reduce your cooling bill by 20%. A contractor can test for leaks, as well as [seal and insulate](#) them.

Sealing air leaks and improving your home's insulation could save you up to \$200 a year in cooling/heating costs or about 10% of your annual energy bill.

3. Maintain Your Cooling System

Have a contractor give your HVAC equipment a [tune up](#). It'll keep you cooler.

Change your air filter every three months. Dirty filters block air flow, so keep the air moving.

Use a [programmable thermostat](#). If it's hot out, set it seven degrees higher when no one's home, and four degrees higher at bedtime. It'll save more than \$180 a year.

4. Be a Fan of Fans

Use a ceiling fan and raise your thermostat two degrees. It'll lower cooling costs by 14%.

Need a ceiling fan? The simple choice is [ENERGY STAR – a certified fan](#) with lights is 60% more efficient.

[Bathroom vent fans](#) should be ENERGY STAR certified. They're great at getting rid of humid air after a shower.

5. Look for the ENERGY STAR

If your central cooling system is more than 12 years old, replace it with an [ENERGY STAR certified model](#) and cut cooling costs by 30%.

A [room air conditioner](#) with the ENERGY STAR label uses about 15% less energy.

An [ENERGY STAR dehumidifier](#) uses 15% less energy.

Old incandescent bulbs make more heat than light! Get [ENERGY STAR certified CFLs or LEDs](#) – they run much cooler.

Learn more: <https://www.energystar.gov/index.cfm?fuseaction=globalwarming.showCooling>

**The Achievements Of An Organization Are The Results Of The
Combined Effort of Each Individual**

Vince Lombardi

THANK YOU – WE APPRECIATE YOU

Membership

Beecher Cooperative, Inc.

Capital View Mutual Homes, Inc.

East Capital Gardens, Inc.

Lightview Cooperative, Inc.

Pickwick Square Mutual Homes, Inc.

Sandtown Village Cooperative, Inc.

St. James Mutual Homes, Inc.

Village Green Mutual Homes, Inc.

Waverly Terrace Cooperative, Inc.

Benning Road Cooperative, Inc.

Chesapeake Brandywine Coop., Inc.

Hacienda Cooperative, Inc.

Northwest Cooperative Homes, Inc.

Reservoir Hill Mutual Homes, Inc.

Second Northwest Coop. Homes, Inc.

Southern Homes & Gardens Coop, Inc.

Washington Hill Mutual Homes, Inc.

Yorkville Cooperative, Inc.

ASSOCIATE MEMBERS

Jeffrey Charles & Associates, Inc.

AFFILIATE MEMBERS

Art Vespignani, Nationwide Insurance

PROFESSIONAL MEMBERS

JoAnn Ball

Melinda Rickey

Dave Lee

Myrine Buford

LOYAL MEMBERS, TRAINERS and SPONSORS FOR 39 YEARS!

Senior Boulevard



How can I find home health services?

Check with the Eldercare Locator, a public service provided by the U.S. Administration on Aging. The Eldercare Locator is a nationwide directory assistance service helping older people and caregivers locate local support and resources. Visit the Eldercare Locator website at www.eldercare.gov or call 1-800-677-1116.

Hyperthermia: Too Hot for Your Health

Almost every summer, there is a deadly heat wave in some part of the country. Too much heat is not safe for anyone. It is even riskier if you are older or if you have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. [Your heart](#) could become stressed and maybe stop beating.

Your body is always working to keep a balance between how much heat it makes and how much it loses. Too much heat causes sweating. When the sweat dries from your skin, the surface of your body cools, and your temperature goes down.

But being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia* (hy-per-ther-mee-uh).

Heat syncope is a sudden dizziness that may happen when you are active during hot weather. If you take a kind of heart medication called a beta blocker or are unused to hot weather, you are even more likely to feel faint. [Drinking water](#), putting your legs up, and resting in a cool place should make the dizzy feeling go away.

Heat cramps are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. While your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool.

These cramps are a sign that you are too hot. Find a way to cool your body down. Rest in the shade or in a cool building. Be sure to drink plenty of fluids, but not those with alcohol or caffeine (coffee, tea, and some sodas). Caffeine can cause you to be dehydrated.

Heat edema is a swelling in your ankles and feet when you get hot. Putting your legs up should help. If that doesn't work fairly quickly, check with your doctor.

Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Even though your body temperature stays normal, your skin feels cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat stroke can be life threatening! You need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. So are people who become dehydrated or those with chronic diseases or [alcoholism](#).

Signs Of Heat Stroke—A Medical Emergency

Fainting, possibly the first sign

Body temperature over 104°F

A change in behavior—confusion, being grouchy, acting strangely, or staggering

Dry flushed skin and a strong rapid pulse or a slow weak pulse

Not sweating even if it is hot, acting agitated, or being in a coma

Who Is At Risk?

Most people who die from hyperthermia each year are over 50 years old. Health problems that put you at greater risk include:

Heart or blood vessel problems, poorly working sweat glands, or [changes in your skin](#) caused by normal aging.

Heart, [lung](#), or [kidney disease](#), as well as any illness that makes you feel weak all over or results in a fever. Conditions treated by drugs such as diuretics, sedatives, tranquilizers, and some heart and [high blood pressure](#) medicines. These may make it harder for your body to cool itself by sweating.

Taking several prescription drugs. Keep [taking your medicine](#), but ask your doctor what to do if the drugs you take make you more likely to become overheated.

Being very overweight or underweight.

Drinking alcoholic beverages.

How Can I Lower My Risk?

Things you can do to lower your risk of heat-related illness:

Drink plenty of liquids—water, fruit, or vegetable juices. Aim for eight glasses every day. Heat tends to make you lose fluids, so it is very important to remember to keep drinking liquids when it's hot. Try to stay away from drinks containing alcohol or caffeine. If your doctor has told you to limit your liquids, ask what you should do when it is very hot.

If you live in a home or apartment without fans or air conditioning, try to keep your house as cool as possible.

Limit your use of the oven. Cover windows with shades, blinds, or curtains during the hottest part of the day. Open your windows at night.

If your house is hot, try to spend at least 2 hours during mid-day some place that has air conditioning—for example, go to the shopping mall, movies, library, senior center, or a friend's house.

If you need help getting to a cool place, ask a friend or relative. Some [Area Agencies on Aging](#), religious groups, or senior centers provide this service. If necessary, take a taxi or call for [senior transportation](#). Don't stand outside in the heat waiting for a bus.

If you have an air conditioner but can't afford the electric bills, there may be some local resources that can help. The [Low Income Home Energy Assistance Program](#) is one possible resource.

Dress for the weather. Some people find natural fabrics such as cotton to be cooler than synthetic fibers. Light-colored clothes feel cooler. Don't try to exercise or do a lot of activities when it's hot.

Avoid crowded places when it's hot outside. Plan trips during non-rush hour times.

Listen To Weather Reports

If the temperature or humidity is going up or an air pollution alert is in effect, you are at an increased risk for a heat-related illness. Play it safe by checking the weather report before going outside.

What Should I Remember?

Headache, confusion, dizziness, or nausea could be a sign of a heat-related illness. Go to the doctor or an emergency room to find out if you need treatment.

Older people can have a tough time dealing with heat and humidity. The temperature inside or outside does not have to reach 100°F to put them at risk for a heat-related illness.

To keep heat-related illnesses from becoming a dangerous heat stroke, remember to:

- Get out of the sun and into a cool place—air-conditioning is best.
- Drink fluids, but avoid alcohol and caffeine. Water, fruit, or vegetable juices are good choices.
- Shower, bathe, or at least sponge off with cool water.
- Lie down and rest in a cool place.
- Visit your doctor or an emergency room if you don't cool down quickly.

A Senior Watch

During hot weather, think about making daily visits to older relatives and neighbors. Remind them to drink lots of water or juice. If there is a heat wave, offer to help them go some place cool, such as air-conditioned malls, libraries, or senior centers.

For More Information

Here are some helpful resources:

National Association of Area Agencies on Aging

1730 Rhode Island Avenue, NW
Suite 1200
Washington, DC 20036
1-202-872-0888
www.n4a.org

Civil Rights and Cooperatives

David Thompson, *President of the Twin Pines Cooperative Foundation*, wrote a wonderful article on Belafonte and Coops, I truly enjoyed reading the article; I've been a Belafonte fan since childhood and have most of his music, but I never knew of his involvement with the cooperative movement; Mr. Thompson tell the story so eloquently in his writing. I was moved by the article and thought it was worth sharing with PAHC members; I emailed Mr. Thompson and asked if he would grant me permission to copy the article and put it in our conference package and he graciously granted permission. The article is included in your conference package, please take a moment and read this very interesting article, I think you will enjoy reading it as much as I enjoyed reading it.

Mr. Thompson sent me other articles he has written about Civil Rights and Cooperatives (see below). Mr. Thompson says about this particular article that "it is the most website and internet posted of all my articles". I actually read all the articles, and I must say that they all are well worth taking the time to read.

- March on Washington Genesis in NYC Housing Co-op
- Thurgood Marshall's Civil Rights Advocacy Leads the Way to Inter-Racial Cooperative Membership for His Family and Other Minorities
- Thurgood Marshall – From Cooperative Delivery Route to Civil Rights Advocacy

If you Google the above titles, you will be able to find the articles. I would like to personally thank Mr. Thompson for allowing me to share this very interesting article with PAHC members.

Anne Hill
President
PAHC

*You can cage the singer but not the song.
Harry Belafonte*

*In recognizing the humanity of our fellow beings, we pay ourselves the highest tribute.
-Thurgood Marshall, first African American on the U.S. Supreme Court*

*Life's most persistent and urgent question is, 'What are you doing for others?'
Martin Luther King, Jr.*

ANNOUNCEMENTS

NAHC Conference – Save the Date



PAHC 2015 FALL TRAINING

Saturday, November 7, 2015

Pickwick Square Mutual Homes, Inc.

1574 Addison Road South

Forestville, MD 20747

The fall training is provided to PAHC members at no cost.

In Memory

While doing research, PAHC Board of Directors was saddened to find out only this year that one of PAHC Founding Pioneers passed away a few years ago.

Walter Dodd leaves broad legacy

Walter Dodd was born on May 27, 1927 in Winnetka, Ill., Dodd died at Mercy Medical Center in Redding due to heart complications on Wednesday, March 30, 2011 at the age of 83, he was a Corning icon.

Dodd moved to Corning from Oregon in 1986 when he bought the Corning Daily Observer that July. He was publisher and editor of the paper until he sold it in October 1991.

"Change is a by-word of our civilization, and change may be for the better or worse. The best we can do is to attempt to direct it in a positive way," Dodd wrote in his last editorial.

Small in stature, Dodd was large in community spirit.

During the past few years, among his activities, he served on the Corning Healthcare District board, Los Molinos Chamber of Commerce board, Veterans of Foreign Wars Post 4218, Tehama County Democratic Central Committee, Corning Senior Center board, the AARP board and the Tehama County Mosquito Abatement board.

He also faithfully attended all Corning City Council and Tehama County Board of Supervisor meetings. He was a very strong believer in following the rules. He was an avid believer in the U.S. Constitution and the rights that it gives us.

Dodd was active in his church, St. Andrew's Episcopal Church, and worked as the church's newspaper liaison, and was a regular licensed lay-reader for Sabbath services.

"Walter was a lifelong Episcopalian and was a very faithful Christian and member of the church," said Charles Rouse, St. Andrew's senior warden. During the Los Molinos Independence Day Parade in 2010, Dodd was honored as grand marshal and relished the experience.

"Walter served on the Los Molinos Chamber of Commerce Board of Directors at least 20 years. Politically active, Dodd served as president of the local Democratic Central Committee for several years and was the sitting vice president. He was active in the party on

In Memory (cont.) **Walter Dodd**

a state and national level. He was a poll observer during elections, and participated in several state and national political campaigns.

A veteran of the U.S. Air Force, Dodd served during World War II and the Korean War and was a member of the American Legion and VFW. He retired from the Air Force Reserve as a Chief Master Sergeant after more than 40 years service.

Dodd was very proud of the fact he was a regular blood donor and in 2009 was honored by Blood Source for donating 15 gallons of whole blood.

In 2008, Dodd was honored by the Corning Senior Center for giving countless hours of volunteer time to the elderly in the community.

Walter was so knowledgeable about so many things, especially politics. Walter was a very good guy and a very interesting fellow. Dodd was once active in the local Independent Grange and represented the local group at state conventions. Having worked in politics and for the government, Walter knew all the right people and whenever he had to fly somewhere for one convention or another, it seemed like he always got to fly for free because he knew the right people.

Dodd worked for the federal government for 30 years until he retired at the age of 55, and once worked for the National Science Foundation as a public affairs officer and liaison to Congress.

During that time, his duties included several trips to Antarctica where he introduced science writers and members of Congress to Operation Deep Freeze.

He was part owner of a radio station in Oregon in the 1940s. His first visit to Corning was while hitchhiking from San Francisco to Corvallis, Ore., where he was stationed as a Navy hospital corpsman during World War II.

Dodd received his master's degree in political science at the University of Oregon.

Little Known History

(Reading is an important part of life)!



Senator Edward Brooke
1919-2015

The first African-American elected to the U.S. Senate since the Reconstruction Era was a champion of the poor and a co-author of the landmark Fair Housing Act.

Former U.S. Sen. Edward W. Brooke, a liberal Republican who became the first black in U.S. history to win popular election to the Senate, died Saturday, January 3, 2015. He was 95.

Brooke was elected to the Senate in 1966, becoming the first black to sit in that branch from any state since Reconstruction and one of nine blacks who have ever served there — including President Barack Obama. After Obama's presidential election in 2008, Brooke told The Associated Press he was "thankful to God" that he had lived to witness the historic accomplishment. But it was the president who remembered Brooke with praise Saturday.

"Senator Brooke led an extraordinary life of public service," Obama said in a statement. "As the first African-American elected as a state's Attorney General and first African-American U.S. Senator elected after reconstruction, Ed Brooke stood at the forefront of the battle for civil rights and economic fairness."

A Republican in a largely Democratic state, Brooke was one of Massachusetts' most popular political figures during most of his 12 years in the Senate.

Brooke earned his reputation as a Senate liberal partly by becoming the first Republican senator to publicly urge President Richard Nixon to resign. He helped lead the forces in favor of the Equal Rights Amendment and was a defender of school busing to achieve racial integration, a bitterly divisive issue in Boston.

He also lent his name to the Brooke amendment to the federal housing act, passed in 1969, which limited to 25 percent the amount of income a family must pay for rent in public housing.

Incoming Senate Majority Leader Mitch McConnell on Saturday described Brooke as "a model of courage and honesty in office."

Massachusetts Gov. Deval Patrick, the state's first black governor, said: "I have lost a friend and mentor." Secretary of State John Kerry, a former U.S. senator from Massachusetts, said Brooke showed "remarkable political courage."

FROM THE WHITE HOUSE



President Obama hosts over 200 Mayors from Across the Country at the White House

January 23, 2015, Press Release

Today, President Obama will host over 200 bipartisan Mayors during their annual U.S. Conference of Mayors (USCM) Winter Meeting. At this year's convening, the President will build on the issues discussed in his State of the Union Address and priorities outlines for cities across the country. Administration officials will discuss ways in which we can continue to partner with cities to raise wages and incomes, to strengthen the standing of working families in a new economy and to bolster and expand the middle class. On Wednesday and Thursday at the US Conference of Mayors Vice President Biden, the co-chairs of the 21st century policing task force, and members of the cabinet addressed the mayors on a range of issues. Today at the White House, Dr. Jill Biden, cabinet members and senior White House officials, interacted with the Mayors in plenary sessions and panel discussions on priority issues, including: trade, manufacturing, veteran's homelessness, paid sick leave, climate change, affordable healthcare, workforce development, education, My Brother's Keeper, and immigration.

Below are some of the ways Mayors are helping to make the President's agenda a reality in cities across the country.

ADVANCED MANUFACTURING AND TECH INNOVATION: PAVING THE WAY FOR JOBS AND SKILLS OF THE FUTURE

Mayors are creating new opportunities for entrepreneurs looking to make the next world-changing product, students interested in hands-on engagement with Science, Technology, Engineering, and Math (STEM), and companies hoping to manufacture their products with American workers passionate about the latest manufacturing technologies. Through the Mayors' Maker Challenge cities like Columbus, OH, Louisville, KY Scottsdale, AZ, Rockford, IL, Portland, OR, and South Bend, IN are changing the landscape of American manufacturing in small towns and big cities. In June, at the White House Maker Faire, the President highlighted new efforts of more than 100 mayors. The Administration aligning more than \$1.3B in resources to help mayors pursue strong strategies to win manufacturing investment through the Investing in Manufacturing Communities Partnership (IMCP). And in Detroit, MI, Chicago, IL, Knoxville, TN, Raleigh, NC, and Youngstown, OH, new public-private manufacturing innovation institutes are pursuing cutting edge research in advanced manufacturing while attracting investment to the region. Below are specific examples of the work mayors are doing in the advanced manufacturing and tech sectors: Rochester, NY Mayor Lovely Warren (D) led an effort to bring in 120 photonics manufacturers and more than 500 patents to the Greater Rochester community, one of the first Investing in Manufacturing Communities Partnership designees.

Chattanooga, TN Mayor Andy Berke (D) invested in one gigabit per second broadband network and attracted at least five organized funds with investable capital of over \$50 million.

In Louisville, KY through our workforce development efforts, Mayor Greg Fischer is significantly expanding the availability and lowering the cost of IT training through partnerships with the private sector. And in Indianapolis, Mayor Greg Ballard worked with his city council and the private sector to launch an effort that will invest over \$40 million in quality early childhood education programs.

IMMIGRATION: IMPLEMENTING THE PRESIDENT'S EXECUTIVE ACTIONS IN CITIES ACROSS THE COUNTRY

Cities have taken significant steps to defend and prepare for the implementation of the President's executive actions on immigration, which will strengthen border security, hold potentially millions of undocumented immigrants accountable, and boost wages and our economy. Cities United for Immigration Action (CUIA) and Cities for Citizenship are two initiatives helping to organize mayors to partner with business, faith, and law enforcement officials; and host information sessions.

Over the next few weeks, in partnership with the National Immigration Forum, Fwd.us, and CUIA, mayors will host over 14 informational sessions in cities across the country including Phoenix, AZ, Boston, MA and Austin, TX.

EDUCATION: FURTHERING THE PRESIDENT'S EARLY CHILDHOOD EDUCATION AGENDA

Since the President laid out his proposal to expand early childhood education in his 2013 State of the Union Address, cities have taken significant steps to expand high-quality preschool in their communities. Cities such as Seattle, WA, Denver, CO, Boston, MA, Cleveland, OH and San Francisco, CA have leveraged federal funding, public-private partnership, and ballot initiatives to expand pre-school. On December 10, ED and HHS announced over 750 million in grants to help communities increase the quality and seats of

FROM THE WHITE HOUSE - cont.

pre-school programs. On December 11, over 90 mayors signed a letter to Congress supporting the President's proposal and asking Congress to take action

New York, NY Mayor Bill de Blasio (D) secured \$300 million in state funding to expand free, high-quality, full-day pre-k for nearly 51,000 children.

Indianapolis, IN Mayor Greg Ballard (R) led an effort in Indianapolis City-County Council that authorized a \$40 million public-private partnership that will allow more than 1,000 low-income children to have access to high-quality preschool starting in 2016.

VETERANS HOMELESSNESS: MARSHALING EFFORTS TO END HOMELESSNESS FOR OUR VETERANS

Through the Mayors Challenge to End Veteran Homelessness, local leaders across the country are ending Veteran homelessness in their communities. Since First Lady Michelle Obama launched the Mayors Challenge on June 4, 2014, 313 mayors and 101 county and city officials have signed on to the challenge. On August 26, 2014, President Obama announced a 33 percent decrease in Veteran homelessness since 2010. This progress includes a 43 percent decrease in the number of veterans sleeping on the streets.

New Orleans, LA Mayor Mitch Landrieu (D) one of the first Mayors to answer the First Lady's call and sign on to the Mayors Challenge, fast-tracked local efforts to connect every homeless veteran with permanent housing. On January 7, 2015 New Orleans became the first major U.S. city to end homelessness among Veterans.

Houston, TX Mayor Annise Parker (D), Phoenix, AZ Mayor Greg Stanton (D) and Salt Lake City, UT Mayor Ralph Becker (D) are poised to reach their goal by the end 2015.

MINIMUM WAGE AND THE WORKING FAMILIES AGENDA: EXPANDING OPPORTUNITY FOR MIDDLE CLASS FAMILIES

Since the President's 2013 State of the Union Address, 25 local jurisdictions have taken action to raise wages. Thirteen cities and counties, including Montgomery and Prince Georges Counties, MD, Sea-Tac, WA, Berkeley, CA, Las Cruces, NM, Oakland, CA, Sunnyvale, CA, Seattle, WA and Chicago, IL approved city-wide increases in minimum wage for both public and private employee. Twelve other cities and counties including St. Louis, Ypsilanti, MI, Santa Monica, CA, Philadelphia, Milwaukee, WI, Jackson, MS, and St. Petersburg, FL raised wages to \$10.10 or higher for their city workers or contractors. A number of cities already enacted laws allowing workers to earn and accrue sick leave, including Portland, OR, New York, NY Newark, NJ, San Diego, CA, Eugene, OR, and Oakland, CA.

More than 65 mayors signed a letter from the U.S. Conference of Mayors Cities of Opportunity Task Force, co-chaired by New York, NY Mayor Bill de Blasio (D) and Boston, MA Mayor Martin Walsh (D), urging Congress to raise the minimum wage.

St. Paul, MN Mayor Chris Coleman (D) allocated \$200,000 from his 2015 budget for paid leave for city employees.

CLIMATE AND ENERGY: LAUNCHING NEW PROGRAMS AND POLICIES ON CLIMATE CHANGE AND ENERGY EFFICIENCY

Presidential Challenge for Advanced Outdoor Lighting

Outdoor lighting consumes enough energy to power 6 million homes for a year, costing cities about \$10 billion per year. That is why today, we are launching a Presidential Challenge for Advanced Outdoor Lighting. As part of The Challenge the Department of Energy is tripling our goal of upgrading 500,000 poles, which we are already on track to exceed through DOE's Better Buildings program, and setting a new goal of 1.5 million poles. Through the Better Buildings Outdoor Lighting Accelerator, the Presidential Challenge for Outdoor Lighting will work with dozens of municipalities to accelerate the adoption and use of high efficiency outdoor lighting, driving carbon pollution reductions in communities across the Nation. Using today's new technologies, these system-wide lighting exchanges can help local governments cut their outdoor lighting bills by 50% or more.

Today's announcement comes with commitments from 2 states, 10 cities, and 3 regional networks to replace their outdoor lighting poles with more efficient technologies including: the Mid-American Regional Council; Huntington Beach, California; West Palm Beach, Florida; Little Rock Arkansas; and Detroit, Michigan; Southern California Regional Energy Network; Rhode Island Office of Energy Resources; Southeast Michigan Regional Energy Office; Flint, Michigan; Portland, Maine; Dearborn, Michigan; Saint Petersburg, Florida; San Diego, California; Los Angeles, California; and the State of Tennessee.

FROM THE WHITE HOUSE - cont.

President's Climate Action Champions

In December, the President recognized 16 communities as Climate Action Champions for their leadership on climate change. This diverse group of communities are defining the frontier of ambitious climate action, and their approaches will serve as a model for other communities to follow. The President's Climate Action Champions announcement builds on progress at the Federal and local level. On November 17, 2014, 16 mayors and other members of the President's State, Local and Tribal Leaders Task Force on Climate Preparedness and Resilience presented recommendations to the Vice President on how the Administration can help communities prepare for the impacts of climate change.

Knoxville, TN Mayor Madeline Rogero (D) set a short-term greenhouse gas emission reduction target of 20 percent below 2005 levels by 2020.

In September 2014, Los Angeles, CA Mayor Eric Garcetti (D) launched the Mayors' National Climate Agenda, focused on U.S. cities, with Houston, TX Mayor Annise Parker (D) and Philadelphia, PA Mayor Michael Nutter (D).

AFFORDABLE CARE ACT: OPENING ACCESS TO QUALITY, AFFORDABLE HEALTH CARE FOR ALL AMERICANS

The Administration continues to hear success stories from mayors who are working to enroll Americans in affordable and quality health insurance across the country. Mayors across the country are opening up their facilities for navigators, hosting enrollment events, and finding innovative ways to enroll uninsured Americans.

•Philadelphia, PA Mayor Michael Nutter (D) worked with partners to train city employees in seven public-facing city departments to ask each resident they interact with if they have health insurance. If the resident indicates they do not have coverage, the city employees offer them assistance including an appointment with a Navigator, printed materials and the option for a phone call from an enrollment specialist.

In, Tampa, FL Mayor Bob Buckhorn (D) had over 3,000 church fans printed with instructions on how to enroll for ACA on each side of the fan.

MY BROTHER'S KEEPER: ENSURING ALL CHILDREN HAVE THE OPPORTUNITY TO SUCCEED

In September 2014, President Obama issued a challenge to cities, towns, counties and tribes across the country to become "MBK Communities." This challenge represents a call to action for all members of our communities, and mayors in particular, as they often sit at the intersection of many of the vital forces and structural components needed to enact sustainable change through policy, programs, and partnerships. Over 100 mayors have taken on the President's My Brother's Keeper Community Challenge and are working to increase opportunities for all young people across the country—to ensure they can achieve their full potential regardless of who they are, where they come from, or the circumstances into which they are born.

Legislative Avenue

Maryland

Maryland Attorney General urges new tool to crack down on fraud and abuse in state and local government, Attorney General Brian E. Frosh today unveiled his top priority for the 2015 legislative session and urged the General Assembly to adopt the Maryland False Claims Act.

Under the Act, submitted with bipartisan support in both the Senate and House of Delegates, whistleblowers would be empowered and encouraged to alert government about fraud committed by private contractors. The law would allow state and local employees, among others, to file lawsuits on behalf of governments, with whistleblowers receiving a portion of funds recovered through the litigation they initiate.

For more information go to

<http://www.workerscompensation.com/compnewsnetwork/mobile/mobile/news/20683-md-ag-urges-new-tool-to-crack-down-on-fraud.html>

Legislative Avenue (cont.)

District of Columbia

Congress has thrown up a roadblock to regulated marijuana sales in the nation's capital. But city lawmakers held a hearing anyways. District of Columbia lawmakers held a “roundtable discussion” after the District’s attorney general warned officials and their staff members could be eligible for up to two years in prison if the proceedings were branded a hearing on legislation to regulate and tax the drug.

Congress passed and President Barack Obama signed into law in December a budget bill with a rider barring the District from moving further toward legalizing marijuana, after residents voted in November to legalize possession of 2 ounces of the drug and to allow people to grow six plants at home.

District Attorney General Karl Racine warned the lawmakers last week that “employees who participate in the legislative process implicated by the proposed hearing on the bill” would violate the federal Anti-Deficiency Act by flouting the budget rider.

For more information go to

<http://www.usnews.com/news/articles/2015/02/09/dc-council-holds-pot-sales-non-hearing-after-warning-they-risked-arrest>

Virginia

State employees and public school teachers would get a small pay increase under new budget proposals.

Both chambers of the GOP-controlled General Assembly unveiled proposed budgets that include varying levels of raises for state workers between 1.5 percent and 3 percent.

The Senate is proposing slightly higher pay increases for state employees than the House.

Democratic Gov. Terry McAuliffe did not include across-the-board pay increases for state employees in the budget he proposed in December, but has said he supports them.

Virginia's budget situation has brightened in recent months due to higher-than-projected revenues and other factors, giving lawmakers more money to spend this session.

For more information go to

<http://www.newsplex.com/home/headlines/Va-House-Senate-Propose-State-Employee-Raises-291206071.html>



http://portal.hud.gov/hudportal/HUD?src=/press/press_releases_media_advisories

HUD RELEASES PROPOSED 2016 BUDGET

Spending blueprint focuses on middle class economics and restores sequestration cuts

WASHINGTON – The U.S. Department of Housing and Urban Development (HUD) today unveiled President Obama's proposed HUD budget for Fiscal Year 2016 which is focused on helping to secure quality housing for Americans; to end homelessness; to make communities more resilient from natural disasters; to protect people from housing discrimination; and to provide critical rental assistance for millions of extremely poor families. The 2016 budget includes \$49.3 billion to support these efforts, representing a \$4 billion, or 8.7 percent, increase over current levels.

HUD will also release the latest in a long-term series of reports designed to measure the scale of critical housing problems facing very low-income unassisted renters. This latest report finds that in 2013, the number of these 'worst case housing needs' remains at very high levels – 7.7 million renter households paying more than half of their income on rent, living in severely substandard housing, or both.

"HUD is the Department of Opportunity and the President's budget proposal is a blueprint for greater opportunity for all Americans," said Secretary Julián Castro. "By increasing our Department's funding level by nearly \$4 billion over current levels, the President's Budget helps us continue our progress toward achieving our mission to promote homeownership, support community development – including making neighborhoods more resilient from natural disasters – and expand access to affordable housing for all."

Helping Families Secure Quality Housing

HUD's 2016 Budget maintains a core commitment to provide opportunity for families receiving rental assistance and those households seeking homeownership. This includes funding all existing rental assistance vouchers serving 2.4 million low-income households and to restore 67,000 vouchers lost in 2013 due to sequestration, including:

- 37,000 new tenant-based [Housing Choice Vouchers](#);
- 23,000 new homeless vouchers for families, veterans and Native Americans;
- 4,900 new vouchers for victims of domestic and dating violence protection vouchers; and
- 2,600 new family unification vouchers.

The budget also proposes:

- \$1.97 billion for the [Public Housing Capital Fund](#);
- \$4.6 billion for the [Public Housing Operating Fund](#);
- \$455 million under HUD's [Section 202 Supportive Housing for the Elderly Program](#);
- \$177 million under the [Section 811 Supportive Housing for Persons with Disabilities Program](#), and;
- \$60 million under HUD's [Housing Counseling Program](#), an increase of \$13 million (28 percent)

from current funding levels to help nearly two million consumers to improve or restore their borrowing ability, access credit, and improve their housing quality and affordability.

Federal Housing Administration

To further expand access to affordable mortgage financing to credit-qualified households, the Federal Housing Administration (FHA) reduced annual mortgage insurance premiums for new borrowers by .50 percent. This action is projected to save more than two million FHA homeowners an average of \$900 annually and spur 250,000 new homebuyers to purchase their first home over the next three years. Due to aggressive and necessary action over the last six years, FHA's value has improved \$21 billion in the last two years and remains on a very strong trajectory.

HUD's NEWS(Cont.)

HUD REPORTS CONTINUED HIGH LEVELS OF "WORST CASE HOUSING NEEDS"

7.7 million households paid more than half their income for rent or lived in substandard housing

WASHINGTON –The number of very poor families struggling to pay their monthly rent and who may also be living in substandard housing declined between 2011 and 2013, but persist at high levels according to a new summary report released today by the U.S. Department of Housing and Urban Development (HUD). HUD reports that in 2013, 7.7 million very low-income unassisted families paid more than half their monthly income for rent, lived in severely substandard housing, or both.

HUD's [**Worst Case Housing Needs: 2015 Report to Congress**](#) is part of a long-term series of reports measuring the scale of critical housing problems facing very low-income un-assisted renters. Based on data from HUD's most recent *American Housing Survey* conducted by the U.S. Census Bureau, the number of these "Worst Case Housing Needs" declined from the previous record high in 2011 (8.5 million households) yet remain nearly 50 percent higher than in 2003. HUD will issue a final report on these worst case needs this spring.

"This report demonstrates the profound difficulties felt by millions of households struggling to pay their rent," said Castro. "As our economy continues to improve, we need to ensure our budget provides opportunity for vulnerable families living on the margins and restores the harmful cuts to our rental assistance programs due to sequestration."

Worst Case Housing Needs are defined as renters with very low incomes (below half the median in their area) who do not receive government housing assistance and who either paid more than half their monthly incomes for rent, lived in severely substandard conditions, or both. HUD's report finds that housing needs cut across all regions of the country and included all racial and ethnic groups, regardless of whether they lived in cities, suburbs or rural areas. In addition, HUD concluded that large numbers of worst case needs were also found across various household types including families with children, senior citizens, and persons with disabilities.

40th Anniversary – A Big Deal

**PAHC 2016 ANNUAL
CONFERENCE WILL BE
HELD AT THE SHERATON
WATERFRONT HOTEL IN
NORFOLK, VA**

**A Celebration of Forty Years of
Educating Members**

Mark Your Calendar

**The Celebration You Won't
Forget**

More details to come..