



ALEXANDRIA REDEVELOPMENT
AND HOUSING AUTHORITY

THE ARHA ON THE MOVE

600 N. FAIRFAX STREET, ALEXANDRIA, VA 22314 • (703) 549-7115

A MESSAGE FROM THE CEO

Our motto at the Alexandria Redevelopment & Housing Authority says it all:

**"Building Communities Through Partnerships.
It's All About People".**

Welcome to this our first issue of The ARHA On The Move. Our goal is to have this newsletter become an efficient and timely way for ARHA to communicate with you, our residents. But communication is a two-way street and this means that to be successful, communication must flow not only from ARHA to you but from you to us as well.

A regular feature of the newsletter will be a residents' column. If you have a question about an ARHA policy or procedure or an opinion you would like to express regarding any aspect of your life in an ARHA property, you may send your question or comment to us and we will respond to you through this column. Of course, we also want to hear what you think is going well. The column is not to be used to report routine maintenance, repair, or occupancy issues. Please continue to raise these matters with your Property Manager or Occupancy Specialist.

As we continue to improve our services under our banner of the New ARHA, you will see an increase in



ARHA CEO Roy Priest

our focus on resident services. This newsletter is just the start. Please participate with us in this effort by reading the newsletter and communicating with us through it.

ARHA DEVELOPS NEW STRATEGIC PLAN

The Alexandria Redevelopment and Housing Authority (ARHA) is developing its new Strategic Plan. This Strategic Plan will define the mission, vision, goals and strategies of the ARHA and it will establish the framework for its housing and supportive service operations over the next ten or more years. In order for our new Strategic Plan to appropriately address

the needs of our agency and the community, it will be developed with the input of a broad cross section of constituents, customers and stakeholders. Community meetings will be held to obtain input from stakeholders and the general public.

Contributed by: Marvel M. Robertson, Acting Assistant Executive Director for Policy & Planning

FIRE DEPARTMENT & S.W.A.T TEAMS USE ARHA BUILDINGS FOR TRAINING



The Alexandria Redevelopment & Housing Authority (ARHA) knows how to squeeze the last drop of community benefit out of a property. James Bland apartments have one more use before it becomes a pile of rubble and dust.

The James Bland Apartments which are scheduled for demolition is being used for training by the Alexandria Fire Fighters and the Alexandria S.W.A.T Team. ARHA looks at this opportunity as a way of helping Fire Fighters and S.W.A.T members with hands on training drills which benefits the City of Alexandria.

The Fire Department used the buildings to train

fire fighters how to keep fire from spreading to neighboring buildings, water flow, forcible entry, roof ventilation, self-rescue, evacuation, search and rescue, rescue techniques and breaching walls. They are using two methods by taking temperatures readings and monitoring the methods.

Captain David Huchler of the Alexandria Police Department said they were very thankful for the use of ARHA's building for training. Captain Huchler said the team is able to simulate realistic training scenarios such as drug raids, canine patrols, and roof ventilation, self-rescue, evacuation, search and rescue, rescue techniques and breaching walls.

ARHA HOMEOWNERSHIP PROGRAM

ARHA offers a Homeownership program utilizing the housing choice voucher to purchase a condo, single family, townhouse or buy into a co-op. ARHA has 13 residents who have purchased homes in Alexandria. A participant must attend an 8 hour first time home buying class, money management classes, credit repair classes as well as understanding mortgage loan classes. All participants must attend an annual recertification meeting. ARHA will conduct an annual inspection on the property. Before we commit ourselves to assist any participant in the program the property must pass HQS inspection from ARHA.

For more information please contact ARHA.

Contributed by: Lasharn Vines, FSS Home Ownership Coordinator

FAMILY SELF SUFFICIENCY (FSS)

FSS is another program that promotes and encourages economic independence and self-sufficiency to our HCV participants. All participants must sign a contract of participation. A participant must also develop an Individual Training and Service Plan (ITSP) to help ARHA assist them in obtaining employment, schools, training, and supportive service. This is a five year program and the participants must outline within the five year period their needs and the goals that they wish to accomplish.

Both programs are voluntary.

For more information please contact ARHA.

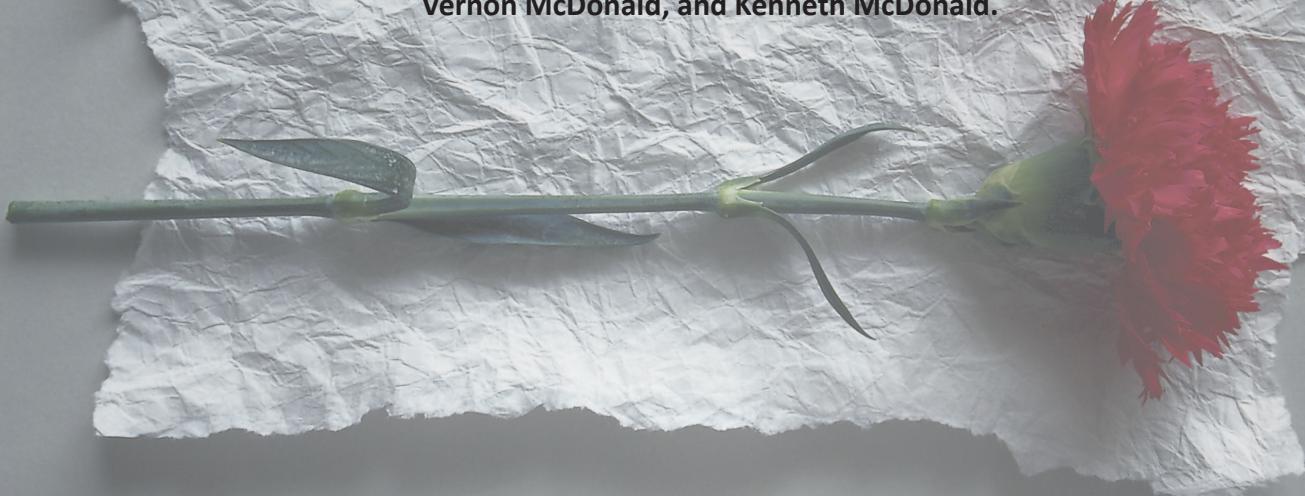
Contributed by: Lasharn Vines, FSS Home Ownership Coordinator

In Memoriam to our Colleague

Yuletta M. Mitchell

Public Information Consultant

Yuletta died suddenly on Saturday, October 9, 2010 at the age of 63.
She was the loving daughter of Willie James and Lillie Thorpe McDonald
of Washington, DC; devoted mother of Anthony Mitchell (Brenda);
grandmother of Krista and Kara; sister of Faye McDonald Smith (George),
Vernon McDonald, and Kenneth McDonald.



EVERYDAY LIVING GOOD NEIGHBOR TIPS

- Introduce yourself and meet your neighbors before problems occur.
- Participate in your neighborhood association (Alexandria Resident Council).
- Attend resident meetings held by ARHA.
- Make sure your neighbors know who you are and have your contact numbers in case an incident or emergency occurs.
- Be considerate and respect your residential development by not littering. Dispose of trash in the local trash cans or dumpster bins and not on the sidewalk or parking lot.
- Do not play loud music or make excessive noise late at night (or during early morning hours when others might be disturbed).
- Contact your neighbor if you see anything suspicious near their house.
- Make sure your yard is neat.
- Let your neighbors know when you are planning a get together. Give them your telephone number so they can call you (before they call the police) if it gets too loud.
- If alcohol is present, make sure everyone is 21 or older. Serve food and make non-alcoholic drinks available. If people under 21 are present and drinking, you may be held accountable, be guilty of a misdemeanor, and taken to jail.
- Periodically go outside and monitor how loud it is. The City of Alexandria Noise ordinances go into effect from 10:00 PM to 7:00 AM.
- Discourage friends from wandering away from your home.
- Clean up any mess after your get together and generally maintain your property.

ARHA COOKOUT

20
IN REV



NATIONAL NIGHT OUT



TURKEY GIVEAWAY





QUAKER HILL BEAUTIFICATION

On May 7th , 2010, ARHA commenced construction on a beautification program in our Quaker Hill community. Execution of this contract for improvements represented the culmination of three years of efforts to secure the funding for the work. We are excited to announce that the first 17 renovated units have been turned over and families have moved into the new homes.

The Quaker Hill community is located at various addresses along Quaker Hill Drive, Yale Drive and Ellsworth Street in Alexandria, Virginia. It is a mixed-income development with a total of 298 condominium and townhouse homes that were constructed in 1991 and includes amenities such as a community hall with a meeting room, bathhouse with lockers and a pool. The residents of the community also enjoy a lake and lush landscaping.

Of the 298 total homes, ARHA owns (30) 2-bedroom condominium homes, and (30) 3-bedroom townhome units. Funding for the construction of the 60 affordable rental units came from the state administered housing tax credit program. There are restrictions that go along with an allocation of tax credits but the restrictions relating to the 1991 funding ended in June of 2006. Under the terms of the funding, ARHA had the right of first refusal to purchase the 60 affordable rental units from the original investors and ARHA chose to exercise this right in order to retain the units as affordable rentals in its housing portfolio. This property is in good condition; however, some improvements needed to be made to the ARHA owned units.

The scope of work for the rehabilitation includes but is not limited to the following:

- We are replacing all existing polybutylene supply plumbing lines with copper. We are also replacing water heaters, tubs, toilets, bath lavatories, kitchen sinks and associated faucets. All exterior hose bibs will be restored to working condition.
 - Electrical code upgrades are being completed including the installation of hard wired smoke detectors in every bedroom, areas adjacent to bedrooms and in living area.
 - All of the unit interiors will be painted using a 2-part system. Additionally, there will be new flooring (carpet and tile) throughout the home.
 - We are replacing the heating and air conditioning systems with energy efficient systems.
 - We are replacing all of the windows, French doors and sliding glass doors with energy efficient units.
 - All of the kitchen cabinetry and countertops including sinks and faucets will be new. The current plastic laminate countertops to be replaced with upgraded Corian tops to further dress up the kitchens. All of the appliances will be energy star models.
 - Replace all appliances with energy star compliant models.
 - There are significant signs of deflection and/or movement at the townhouses located at 1219, 1221 and 1223 Quaker Hill Drive. Structural
- reinforcing and stabilization with cross-bridging, joists, and load-bearing members will be completed in order to shore-up and save these structures. We are also completing site grading at the remaining townhomes in order to control erosion and avoid future threats for structural damage related to water ponding against the homes.
- We are replacing all aluminum siding, fascia and soffit at the townhouse units with Hardiplank siding, finished with paint system that will provide a 15-year labor and materials warranty against fading and all townhomes were re-roofed.
 - All interior doors and hardware are being replaced with new 6-panel doors and entry doors with insulated metal 6-panel doors. All hardware will be new.
 - We have removed the overgrown landscaping at the front and rear yards and created a patio area at rear and landscape front and rear yards. The native plant palette selected will provide color year round and is designed to be draught resistant and low maintenance.

The total cost of the improvements will be approximately \$4.2MM of the total acquisition and rehabilitation project cost; this represents approximately \$70,000 per unit in improvements.

ARHA will be hosting an open house before year end. Please follow our website for updates on this event.

Contributed by: Connie Staudinger, Director of Development

ARHA LAUNCHES NEW & IMPROVED WEBSITE

The Alexandria Redevelopment & Housing Authority will be launching its new website in the 1st Quarter of 2011

Our new and improved website will be user friendly and easy to navigate. It has been designed to provide a wide variety of program information, events, contact numbers, forms and other materials at the user's fingertips.

We encourage you to take full advantage of this

new website so that we can provide you with the information you need on your path to self sufficiency.

We're changing the world with technology."

Bill Gates, American Entrepreneur and Founder of Microsoft Company



HEALTH WATCH

VITAMINS: The one Vitamin than can save your life

Vitamin D has long been known to promote bone strength-it enables bone-building calcium to pass through the small intestine and into the blood stream and the bones.

Most recent research findings show that low vitamin D also is linked to chronic diseases, including: Cancer. About half of all colon-rectal cancers in the US may be preventable by rising vitamin D levels in people with deficiency. Dementia, Adults over age 65 and over with the lowest levels of vitamin D were found to be more than twice as likely to suffer cognitive impairment (which often precedes dementia) than those with optimal levels of the vitamin. Heart Disease, As part of a study on osteoporosis-related fractures, the risk of heart disease was reduced by 31% in women who took vitamin D supplements as part of the treatment.

Adults over age 60 are at increased risk for vitamin deficiencies since the skin becomes less able to manufacture the vitamin from sunlight as the body ages.

Low Energy, bone pain, especially in arms and legs, and or lack of muscle strength can indicate a vitamin D deficiency. A condition known as osteomalacia, which causes softening of the bones, can result from vitamin D deficiency. Contrary to osteoporosis, which occurs when existing bone is weakened, osteomalacia is an abnormality in the bon-building process. People with osteomalacia complain of throbbing and aching bone pain. See a doctor to have your vitamin D status tested and follow any recommendations to improve your condition.

Learn more about the American Heart Association's efforts to reduce death caused by cardiovascular disease at:

www.heart.org/HEARTORG

This content is only for information and should not be construed as medical advice. Always seek professional medical advice for any health condition.

