

*Albert Sierra*  
*Executive Director*



**SAN MARCOS**  
HOUSING AUTHORITY

# Resident Services

## PROGRAM ADMINISTRATION

Chapultepec Homes Office

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October 9, 2009

Karen S. Meaney, Ed.D  
Associate Professor  
Texas State University

Dear Dr. Meaney,

I am writing to express my enthusiastic support for your proposal, "Champions for Health in the Community." I have worked with low income families for many years and we operate a variety of programs designed to support the efforts of families and individuals who are trying to improve the quality of their lives, become more self-sufficient, and rely less upon government assistance.

I am very concerned about the poor nutrition habits of many public housing residents as well as a general lack of exercise. I see children and adults eating a lot of snacks and fast food and I see a lot of overweight people. We do what we can to educate our residents. We have even supported the establishment of community gardens. Recently, residents of the Chapultepec Homes, the site of our Family Self-Sufficiency Program, expressed their interest in turning our community room into an exercise room, complete with exercise machines and other amenities.

This is an exciting development and we hope that it, or some other successful intervention, will come to fruition. We will certainly do our part to support any effort that has the potential to have a positive effect on the health and well-being of the families in our programs. Such support would include space for meetings, distribution of materials, sharing of information, etc.

I look forward to hearing the results of your efforts and we stand ready to assist in any way possible.

Sincerely,

Stewart Dale Spencer  
Resident Services Director