



Our mission is to make excellent affordable housing available for the residents and communities we serve.

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H O U S I N G R E S O U R C E S G R O U P

HomeFront

Housing Resources Group Chosen “Greenest Company” in Nonprofit Sector by *Washington CEO Magazine*



Housing Resources Group (HRG) was chosen as the greenest non-profit by Washington CEO Magazine in their first annual “Green Washington Awards”. “Affordable housing near jobs and public transit is by definition one of the most effective environmentally sustainable measures we can provide for our communities. It means fewer cars on the road, which leads to cleaner air. It allows parents more time at home with their children, which leads to healthier communities,” Sarah Lewontin, Executive Director, remarked as she accepted the award on behalf of her team.

Housing Resources Group has been in the forefront of environmentally sustainable building and business practices for many years. The most recent example is HRG’s Stone Way Apartments in Wallingford. Stone Way is slated to be one of the first LEED® Silver Certified affordable housing projects in Washington State. Highlights of sustainable measures at Stone Way include 98% of construction waste diverted from landfills, use of low VOC paint, sealants, and carpet; installation of vertical continuous ventilation; and abundant access to daylight and views throughout the building. Roof-mounted solar panels generate the power used to light common areas. As an additional benefit to the residents, HRG has designated Stone Way as a non-smoking building. Stone Way Apartments improves Seattle’s overall sustainability by making effective use of a former brownfield site, and by creating compatible increased housing density in an urban neighborhood.

HRG has a commitment to “green” business practices as well. HRG uses EPA approved “green” cleaning chemicals and ensures that cleaning methods at 27 apartment building locations are environmentally safe for workers and building residents. HRG is implementing a program to educate residents about the benefits of using these cleaning products, and will make the products available at no cost for use in apartments at some locations. New HRG residents are provided with durable and reusable welcome bags containing Green Seal approved environmentally friendly household products.

“This award is an amazing way to acknowledge the work that our entire team has done to help our organization minimize the impact we have on our environment,” said Ms. Lewontin of the Washington CEO Award. The awards celebrated environmental innovation in 12 business sectors. Other winners included REI, Seattle University, Fred Hutchinson Cancer Research Center, Turner Construction, Sleeping Lady Retreat, Entellium, Seattle Mariners, Shorebank Pacific, The City of Bellingham, Nucor Steel Seattle, and Mithun Architects.

In the past, HRG has printed copies of the HomeFront for every resident household. To save paper and stay with the green theme, this issue can be accessed on HRG’s website (www.hrg.org). If you would like a copy sent to you via email, please send a request to hrg@hrg.org. Thanks for helping!

HRG Evaluates Advantages of Going Smoke-Free

Stewart Court Conversion Begins

Earlier this year, residents in four HRG buildings were invited to take part in a survey regarding the possibility of their building becoming totally smoke-free, including individual apartment units. The overall response was positive, but was overwhelmingly so at Stewart Court.

As a result, beginning September 1st, Stewart Court will begin the transition toward becoming a smoke-free property. Current residents have the choice to designate their units as smoke-free or continue to allow smoking in their unit. However, all new residents will move in understanding that their units are smoke-free.



HRG has long tried to accommodate residents with concerns of smoke entering their apartments. For example, HRG will seal windows, doors and air-valves to decrease the amount of smoke that drifts from one unit into another. However, while such efforts can decrease exposure to secondhand smoke, they can not completely keep smoke from drifting. In the 2006 report, *The Health Consequences of Involuntary Exposure to Secondhand Smoke*, the U. S. Surgeon General stated that the only way to completely eliminate exposure to secondhand smoke is to eliminate smoking in all indoor areas.

Exposure to secondhand smoke is the third leading cause of preventable death, responsible for over 64,000 deaths annually. In light of this and other supporting information, housing authorities and nonprofit agencies, like HRG, that specialize in affordable housing are taking a critical look at smoking in their buildings. An increasing number have chosen to adopt smoke-free policies.

Nationwide, over 75 housing authorities, including Seattle and King County, have adopted smoke-free policies in some or all of their buildings. HRG took the first step with the Stone Way Apartments in Wallingford by making it the first completely smoke-free HRG building when it opened in 2007. Changing existing buildings to smoke-free is more complex and HRG is weighing the challenges of conversion with the known benefits of adopting a smoke-free policy in each of its buildings.

While HRG is trying to balance the interests of all residents, in some cases it is not possible to please everyone. HRG has residents who smoke who have lived in their apartments for years for whom going outside to smoke is very difficult or impossible. Changing their units to smoke-free could lead to them moving out of HRG affordable housing. On the other hand, some HRG residents have health issues that are affected by secondhand smoke entering their apartments or would just prefer not to be exposed. HRG is committed to working with all residents regarding this issue.

An American Lung Association survey showed that over 75% of renters support smoke-free apartments, a statistic matched by the HRG survey. It also concluded that most residents do not smoke and even the majority of smokers do not smoke in their homes. For those who do smoke, Washington State offers free cessation support through the Tobacco Quit Line at 1-800-QUIT-NOW (or 1-877-2NO-FUME for Spanish). The Quitline offers over-the-phone counseling and free Nicotine Patches. Quitline callers who have Medicaid benefits can receive free Nicotine Gum and free smoking-cessation medication, such as Zyban or Chantix (with physician approval).

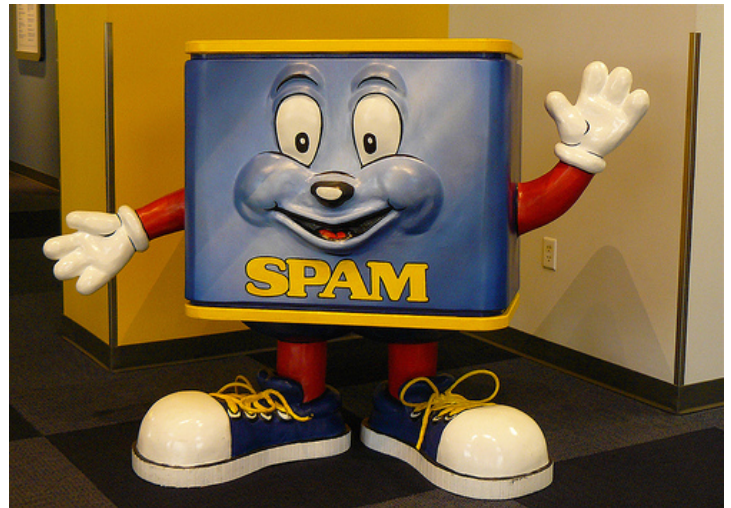
Green Living Quiz *(Answers are on the back of the newsletter)*

- 1. Recycling one aluminum can saves enough energy to power your T.V. for ...**
A) 3 seconds B) 3 minutes C) 3 hours D) 3 days
- 2. Two 50-watt bulbs produce the same amount of light as one 100-watt bulb?**
A) True B) False
- 3. On average, how many pounds of waste does the average person produce each day?**
A) 2.4 B) 4.4 C) 6.4 D) 8.4
- 4. How many tons of paper do Americans use each year?**
A) 1 million B) 50 million C) 500 million D) 1 billion
- 5. Each ton of recycled office paper saves how many gallons of oil?**
A) 380 gallons B) 280 gallons C) 180 gallons D) 80 gallons

Spammers and Scammers and Spyware, oh my!

By Ceilidh Duncan, Olive Tower Resident Manager

Like Dorothy, the Tin Man, and the Scarecrow skipping down the Yellow Brick Road, we who surf the Oz-like internet must keep in mind that along the way we will inevitably run across a cowardly lion. On the world wide web, the "cowardly lion" comes in the form of spammers, scammers and spyware; all manner of internet predators and not just the ones you should warn your kids about. Brazen and pervasive, yet cowardly because they hide behind an electronic veil, Scammers know how difficult it is for victims to be aware of their presence or motives, let alone to receive justice after being victimized. The lion appears harmless, but in this case he or she has already been to see the wizard; he's got the know-how and, indeed, the *nerve*!



Following is a condensed list of electronic phenomena which should make you click that delete button before you can say "oh my!"

ALL unsolicited emails – spam, bulk, junk messages *and* the messages that slip through into your regular inbox. Be automatically suspicious if you don't know the sender and/or did not *request* to receive messages from the sender (person, business or organization). **Never** open, forward, or respond to these messages. Add spam to your "blocked senders" list, delete and move on!

File attachments in an unsolicited email message. We are conditioned to automatically click on those little paperclips when they come from a work-related or friendly source, but be alert and if you don't know the source, don't let your curiosity get the better of you; remember what it did to the cat.

ALL chain emails - "money making" schemes, friendship, religious, political/petitions, jokes and other "fun" or amusing anecdotes. These can catch you off guard because, after all, your *friend* forwarded it to you. The email content may appeal to your sentimental, superstitious, community-minded or humorous side, but could have been sent for the purpose of gathering up a long list of active email addresses to sell to spammers! By the way, most likely your luck will not improve by sending it on to ten of your friends!

ALL website/webpage links within the body of an unsolicited email. While they may *look* legitimate, most often these links take you to a bogus site or page where you are asked to provide or "verify" some type of personal information (this is called "phishing"), such as your password or your bank/credit account numbers, etc. Scammers are quite adept at counterfeiting message formats and websites of many ordinarily trusted sources such as Yahoo, Bank of America or even the Internal Revenue Service! As a rule, legitimate businesses would NEVER solicit your personal information via email or a web-link.

Downloads – documents, pictures, video, music files, miscellaneous software/programs off the internet. Even if a friend sent you the file, be guarded. You *and* your friend may be exposing your computer to **spyware**, which surreptitiously gathers personal information from your computer activities, relays it back to the source and/or takes control or interferes with one or more functions of your computer. Ask yourself if you really need the file and if so, verify that it is a legitimate source first!

Pop-ups/Warnings – even those that appear to warn you of a spyware or virus threat and offer protection against it can, in actuality, pose a serious threat! Do not click on it!

The best line of defense, in addition to having and maintaining comprehensive internet security software is, as our Network Administrator once put it: "DELETE, DELETE, DELETE". Don't allow any message to induce a reaction from you out of fear, curiosity, excitement, anger, etc. and if it sounds too good to be true, it truly is. Even the "great and powerful Wizard" was just a guy behind a curtain!

PS: Also be aware of phone callers offering a "good deal" in exchange for personal information.



HOUSING RESOURCES GROUP

Creating Communities That Work



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Get Rid of "Stuff" (or find it)

The following links are to resources for the exchange of items that may have value to someone else. As it is said: "One person's junk may be another person's treasure!"

Craigslist: Most transactions on this site are buy-and-sell, with a section for free items and a section for swaps. Since 1995 the site has expanded to include everything from jobs to singles ads.

<http://www.craigslist.org>

Freecycle: This site is strictly for people looking to give things away or get things for free. Users must register in the specific area where they live or work.

<http://www.freecycle.org>

SwapThing: This site is dedicated to bartering, with cash sometimes used to equalize trades. There is a \$1 fee per transaction.

<http://www.swapthing.com>

Online Materials Exchange: King County Solid Waste Division's exchange for household and building materials.

www.metrokc.gov/dnrp/swd/exchange

Answers to the Green Living Quiz

1. **(C) 3 hours** – It takes 95% less energy to make new aluminum from used cans – 20 recycled cans can be made with the energy needed to produce one can using virgin material.
2. **(B) False** – A 100-watt bulb produces more light than two 50-watt bulbs (approximately the same amount as two 60-watt bulbs). To conserve even more energy, check with your resident manager about Compact Florescent Lights!
3. **(B) 4.4 pounds** – However, in Germany and much of Western Europe the average person generates less than half of that.
4. **(B) 50 million** – That equates to 850 million trees!
5. **(A) 380 gallons** – Along with that, every ton of paper saves 17 trees!

CALL 2-1-1

Information and referrals to health & human services *for everyone.*

• Housing • Food & Clothing • Volunteering • Caregiver Resources
• Legal Help • Utility Assistance • Health Care • Disability Services

www.WA211.org



ADDITIONAL RESOURCES

24 Hour Crisis Line.....(206) 461-3222

24 Hour Community Info Line.....(206) 461-3200

Downtown Food Bank.....(206) 626-6462

Rent and Utility Assistance:

Catholic Community Services.....(206) 328-5724

LIHEAP..... (206) 328-2356

Salvation Army..... (206) 447-9944

Senior Information and Assistance.....(206) 448-3110

Seattle Neighborhood Service Centers:

Downtown (614 S Jackson St).....(206) 233-8560

Capitol Hill (425 Harvard Ave E)..... (206) 684-4574

Central (2301 S Jackson St, Ste 208)..... (206) 684-4767

Southeast (3815 S Othello St, Ste 105)..... (206) 386-1931

Lake Union (908 N 34th St).....(206) 684-4054



HRG's Newest: HRG developed, and now manages, the Urban League Village at Colman School for the Urban League of Metropolitan Seattle. Located over the new Northwest African American Museum in Seattle's Central District, it contains 36 studio, 1-bedroom & 2-bedroom apartments and opened earlier this year.