



CONTRA COSTA CONSORTIUM CDBG Newsletter

MARK THE DATE!

- April 2nd - 8th – National Library Week
- April 17, 2006 – FY 2005/06 Third Quarter Reports Due
- April 17th – 23rd – National CDBG Week
- April 17th – May 4th – OPTIC accepts applications for their 20th Job Training and Placement Class

QUARTERLY HOT TOPIC – IMPORTANT CANCER NEWS FROM JOHN HOPKINS

Dioxin chemicals cause cancer, especially breast cancer. Dioxins are highly poisonous to the cells of our bodies. Don't freeze your plastic bottles, with water in them as this releases dioxins from the plastic. Recently, Dr. Edward Fujimoto, Wellness Program Manager at Castle Hospital, was on a TV program to explain this health hazard. He talked about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said that this combination of fat, high heat and plastic releases dioxin into the food and ultimately into the cells of the body. Instead, he recommends using glass, Corningware, or ceramic containers for heating food. You get the same results only without the dioxin. Things such as TV dinners, instant ramen and soups, etc. should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corningware, etc.

He reminds us that a while ago some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem was one of the reasons. Also, he pointed out that Saran Wrap is just as dangerous when placed over foods to be cooked in the microwave. As the food is nuked, the high heat causes poisonous toxins to actually melt out the plastic wrap and drip into the food.

News

Bataan Day Commemoration Set for April 8th

By pittsburgca.net

For the past 63 years, the Filipino-American Association in Pittsburg has held a commemoration and celebration for those involved in World War II's battle at Bataan. This year Bataan Day will feature dinner and dancing, speakers and a chance to honor those who have died, their widows and the survivors.

“Annually the Fil-American Association observes the fall of Bataan. The commemoration is not to acknowledge defeat and surrender. This is not to glorify the victorious force but rather to memorialize those men, dead or alive, who gallantly defended the last stronghold of freedom.”

The Bataan Day event begins at 6:00 p.m. on April 8th, at the Fil-American Hall located at 345 Central Avenue, Pittsburg, Ca. For more information, please call (925) 439-1336.

PROJECTS AND PROGRAMS IN THE SPOTLIGHT

HERCULES SENIOR HOUSING

52 New Affordable Apartments for Seniors



Development Description

Now under construction is Hercules Senior Housing, a three-story 43,643 square foot building housing 52 units that will serve very low-income seniors. The location of this development is directly across the street from the City's Senior Center and City Hall, and immediately adjacent to the City's state-of-the-art library, currently under construction. Atop the Civic Center area, seniors are also able to walk to local bus lines and shopping areas in Hercules.

Each of the 51 senior apartment units will provide one bedroom, a kitchen, a living area and full bathroom, each totaling approximately 546 square feet in area. In addition, there will be a two-bedroom manager's unit. The building will be accessed through a controlled entry vestibule opening to the "main entry porch" which faces the site access drive at the building's west side. The entrances to individual apartments will be along interior corridors. Each unit entry will have a corridor alcove, providing individual resident identity at each entry door. There are no exterior stairways and all exterior doors opening from stairwells and interior corridors are to be monitored and secured against exterior access. An elevator will be provided for access to the upper floors.

The building plan includes a community room with kitchen, crafts/multipurpose room, computer lab and exercise room for use by the residents. Other common area spaces include offices for onsite management and supportive services staff, as well as lounge areas on the first and second floors. In addition, the building incorporates a multipurpose room exclusively for use by the City of Hercules.

The building's main entry is fronted by a wooden trellised concourse providing a landscaped vehicle drop-off and protected waiting area. Additional landscaping in the building's "backyard" provides courtyards and ample outdoor space for group activities, walkways, gardening and other recreational activities.

Hercules Senior Housing was designed to provide an independent-living senior residential facility that would blend with the adjacent residential neighborhood, while creating an architecturally harmonious transition to the public buildings of the Hercules Civic Center. The building's palate of earth-tone colors was selected to enhance the development's compatibility with the adjacent 'Sycamore Villas' family housing development, the surrounding hillside open space, and similar colors and materials of residential developments in the general vicinity.

Eden Housing, Inc., a nonprofit housing provider with a 38-year track record of building affordable housing in northern California, is developing Hercules Senior Housing. Eden Housing Management, Inc. (EHMI), an affiliate of Eden Housing, Inc., will provide professional property management for the development. Onsite services will be provided by Eden Housing Resident Services, Inc. Additional programs available to the senior residents will be available at the Senior Center across the street.

Hercules Senior Housing is expected to be complete by June 30, 2006. Eden is currently accepting applications – interested applicants may call (510) 247-8166.