

# Quechan Housing News

#### MAY 2017

## **Observing Memorial Day**

Memorial Day, originally called Decoration Day, is a day of remembrance for those who have died in service of the United States of America. Over two dozen cities and towns claim to be the birthplace of Memorial Day. While Waterloo N.Y. was officially declared the birthplace of Memorial Day by President Lyndon Johnson in May 1966, it's difficult to prove conclusively the origins of the day.

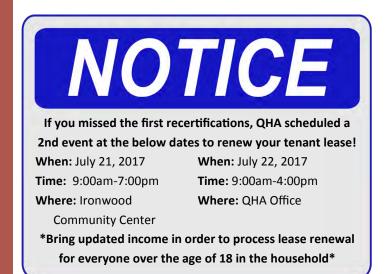
Regardless of the exact date or location of its origins, one thing is clear – Memorial Day was borne out of the Civil War and a desire to honor our dead. It was officially proclaimed on May 5, 1868 by General John Logan, national commander of the Grand Army of the Republic, in his General Order No. 11. "The 30th of May, 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.



The date of Decoration Day, as he called it, was chosen because it wasn't the anniversary of any particular battle.

In traditional observance, the flag of the United States is raised briskly to the top of the staff and then solemnly lowered to the half-staff position, where it remains only until noon. It is then raised to full-staff for the remainder of the day. The halfstaff position remembers the more than one million men and women who gave their lives in service of their country. At noon, their memory is raised by the living, who resolve not to let their sacrifice be in vain, but to rise up in their stead and continue the fight for liberty and justice for all.

The "National Moment of Remembrance" resolution was passed on Dec 2000 which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a moment of silence or listening to "Taps."



#### **Reptile Warning!**

It's that time of year again where snakes, lizards, and other reptiles are coming out of hibernation. Please be aware of your surroundings while outside. Just a friendly reminder if you encounter a reptile in your area, please notify Quechan Fish & Game at (760) 572-0544.

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# **Get Moving In May!**

Arthritis affects one in five adults in the United States. That's over 54 million men and women. Arthritis is a leading cause of disability in the U.S. It affects working-age adults, seniors and even children. However, the number of working-age adults affected by arthritis is largely unrecognized. In fact, two-thirds of all people with arthritis are working age adults, ages 18-64.

To raise awareness about arthritis, CDC, the Arthritis Foundation and other partners observe Arthritis Awareness Month in May. The goal of this year's observance is to recognize how those with arthritis live well and acknowledge their everyday victories. To do so, those living with arthritis are encouraged to share their story with colleagues, friends, family and loved ones, so they too can.

There is no better time than Arthritis Awareness Month to get physically active.

Start or keep on walking: May is a great time to begin a walking program or recommit yourself to a walking routine. Physical activity has been shown to improve arthritis pain, fatigue, function, and quality of life. Walking is a great way for people with arthritis to be physically active. Ask others to join you for a walk.

Walking is recommended: All adults, including adults with arthritis, should get 2 hours and 30 minutes (150 minutes) of moderate activity (i.e., brisk walking) per week and do muscle strengthening activities two or more days a week.

Don't think you can walk for 30 minutes at one time? You can break it up into 10 minute sessions and spread it out during the day—walk the dog 10 minutes in the morning, take a 10 minute walk to discuss a project with a co-worker, and walk 10 minutes around a sports facility or parking lot while waiting to pick up your kids from after school activities.

## Self-Help Program

This grant assists qualified organizations to help carry out local self-help housing construction projects. Grant recipients supervise groups of very-low- and low-income individuals and families as they construct their own homes in rural areas. The group members provide most of the construction labor on each other's homes, with technical assistance from the organization overseeing the project. Please contact Liz Johnson at the QHA office to see if you are eligible to participate in the Self-Help program.

Phone: (760) 572-0243



## <u>NOTICE TO ALL</u> QHA RENTAL TENANTS

This is a friendly reminder to make sure you dispose all trash in your receptacles.

Refer to the section below that is included in your **<u>QHA Tenant Rental Agreement</u>**:

**8(P).** To deposit all garbage, trash, and rubbish in a suitably covered receptacle, designed for and approved by QHA, to be picked up weekly;

**8(S).** To keep yard clean and free from debris and to cut grass regularly;

Lets work together in helping keep our neighborhoods clean and debris free!