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THE LMH ADVOCATE

The Official Newsletter of Lucas Metropolitan Housing

CHECK OUT WHAT'S
INSIDE THE ISSUE:

**HUD Choice Neighborhoods
Initiative - p. 3**

Community Trailblazer - p. 4

Resident Services News - p. 5

**Housing Choice Voucher
Program News - p. 7**

Meet Our Team - p. 8



WHAT IS A ZIP CODE

Joaquin Cintron Vega, President & CEO



“Housing stability, quality, safety, and affordability all affect health outcomes, as do physical and social characteristics of neighborhoods.” – Lauren A. Taylor

A person’s health is influenced by many aspects, such as housing, education, employment, and basic needs like food. These are known as social determinants of health and are defined by the conditions and environment in which people are born, grow, live, work, and age.

I will add one more important condition:

Recently, I had the opportunity to watch “Zip Code Matters” an award-winning documentary project from the Toledo Fair Housing Center that evaluates how a geographic area of residence or zip code, can be one of the most important indicators of life expectancy.

The documentary argues that a zip code has more effect on an individual life determinant than the health care and education received. Even more influence than the person’s genetic code. I agree with that conclusion and invite you to watch this eye-opening documentary that you can find on The Fair Housing Center’s YouTube channel:

<https://youtu.be/A6zDeOP1bPE>



What Is A Zip Code (continued)

There is a wide spectrum of extenuating circumstances, including people who are chronically homeless and/or people who are not chronically homeless but face housing instability by moving frequently, falling behind on rent, couch surfing or several environmental factors including substandard housing conditions that are correlated with poor health.

Most importantly, and as concluded by The Fair Housing Center:

“A person’s Zip Code has been shown to have a greater impact on health and well-being than their genetic code, affecting access to education, transportation, and wealth.”

At Lucas Metropolitan Housing and our non-profit affiliate, Lucas Housing Services Corporation, we thrive to provide housing stability, by providing quality, safe and appealing housing that is affordable. Creating housing opportunities in existing high opportunity neighborhoods and improving neighborhoods conditions to create mixed income communities of choice. Through these efforts, we aim to be successful in the revitalization of our neighborhoods to build more healthier communities.

Affirmative steps are being taken at the local level to promote a process of neighborhoods revitalization. Those steps will change the face of many geographical areas across our community, attacking the geographical root cause to build healthier neighborhoods and better living conditions for our people.



JUNCTION-McCLINTON NUNN CHOICE NEIGHBORHOODS INITIATIVE UPDATE

**Kattie Bond, Senior Vice President of
Operations and Community Development**



Resident Voices Key to CNI Planning Process!



“Neighborhoods of choice” is the benchmark for the program. To create neighborhoods of choice, providing the residents who reside there with more opportunities and access to goods and services, and to transform distressed neighborhoods into communities of choice requires the voices and opinions of those residents to be heard! Residents have the most at stake. It is their lives, their homes, and their neighborhoods.

LMH is listening! Several “Resident Ambassadors have been appointed who will act as liaisons between the residents, LMH, the City of Toledo, and the Junction Coalition. Our planning coordinator Camiros have trained our Resident Ambassadors both from McClinton Nunn Homes and the Junction Community.

Resident Ambassadors are working in partnership with LMH and the Junction Collation to build up trust, consistency, and transparency. They are learning to be open to different views and opinions that will allow residents to believe they have their best interests in mind and will always keep clear lines of communication open.

Each Resident Ambassador has been assigned a cohort of residents they are responsible for engaging with and keeping them informed about the planning process and activities. During the month of July, Ambassadors worked diligently to complete Resident Needs Surveys and Community Assessment Surveys!

Meet Ms. Virginia Rodgers:



Ms. “V”, as she is affectionally called, has been a resident at McClinton Nunn homes for eleven years. Ms. “V” has always been an active resident and leader at the McClinton Nunn Homes development. Ms. “V” was the perfect choice for a McClinton Nunn Resident Ambassador. She has taken an active roll in surveying resident needs at McClinton Nunn Homes, and by completing all her surveys within just a few days!

LMH is equipping and building the capacity our Resident Ambassadors with the leadership skills and technology to better advocate and empower the McClinton Nunn Residents as decision makers and advocates for their community during this CNI planning process.

Stay tuned at www.junctionchoice.com for more information about the Choice Neighborhoods Initiative Planning process.

Meet LMH Community Trailblazer Deb Flores, Chief Executive Director The Zepf Center

At LMH, we are celebrate the National Minority Mental Health Awareness month of July. The Elizabeth A. Zepf Community Health Center opened in 1974 with a primary concern for post-psychiatric hospitalization treatment. Over the years, the center evolved and expanded services that included aftercare, older adult, outpatient, children's emergency, medical, psychological, substance abuse, rape counseling, consultation, and education services. To date, The Zepf Center focuses on a person-centered system of care for their clients where they can obtain mental health treatment, medical care, health and wellness education and social services lead by Deb Flores.

This month, we are choosing to honor Deb Flores as an LMH Community Trailblazer.



*Deb Flores, Chief Executive Director
The Zepf Center*



What does National Minority Mental Health month mean to you?

As we know, mental health conditions do not discriminate – and Minority communities and disproportionately affected by adverse experiences. Minority Mental Health Month is a time to address stigma and spread awareness of key issues impacting mental health. Those of us working in healthcare must make it our mission to increase access; create wrap-around services & integrated care models that can help overcome barriers to treatment.



What are you most proud of through your work at The Zepf Center?

The implementation of an organization wide trauma informed care called The Sanctuary® Model. Sanctuary cares clinical and organizational change which, at its core, promotes safety and recovery from adversity through the active creation of a trauma-informed community. A recognition that trauma is pervasive in the experience of human beings forms the basis for the Sanctuary Model's focus not only on the people who seek treatment, but equally on the people and systems who provide that treatment.

How can we do more to support mental health access in our community?

Simplification. Federal, State, and local rules can create confusion for families trying to navigate the system of care. Education. How does the system work as often times individuals and families are looking for a quick and easy solution to complex issues. Advocacy. When the opioid epidemic stuck communities across the County legislative action for treatment, access to care and medication took place swiftly. Collectively we need to do the same for mental health services.

Who are the trailblazers that have influenced you?

I have been impacted by many trailblazers over my lifetime. However, my journey and commitment to advocacy for people of color and those in poverty, was inspired by my parents. As immigrants they worked hard to remove barriers to education and provide us with access to the improve our quality of life.

RESIDENT SERVICES NEWS

PCs for People Partnership

On Wednesday, July 28, 2021, LMH kicked off its PC for People Distribution Events that will run through August 13th. During these events, qualified LMH residents will receive a FREE desktop computer package, including a desktop computer, monitor, headphones, keyboard and mouse, Wi-Fi adapter, as well as the necessary cords. The traditional \$80 fee for the computers has been waived due to a grant through The Toledo Community Foundation. There are 25 computers available per location.

The PCs for People Distribution Events is as follows:

July 28, 2021: Birmingham Terrace
2100 Consaul Street
Toledo, Ohio 43605
Pickup 2:00 p.m. - 4:00 p.m.

July 30, 2021: Weiler Homes
601 Fassett Street
Toledo, Ohio 43605
Pickup 1:30 p.m. - 3:00 p.m.

August 4, 2021: TenEyck Towers
240 21st Street
Toledo, Ohio 43610
Pickup 1:30 p.m. - 3:30 p.m.

August 6, 2021: McClinton Nunn
425 Nebraska Avenue
Toledo, Ohio 43604
Pickup 2:00 p.m. - 4:00 p.m.

August 13, 2021: Dorrell Manor
5836 Southwyck Blvd.
Toledo, OH 43614
Pickup 11:00 a.m. - 2:00 p.m.

LMH Residents at each location have priority for the computers.

*If you have questions, please reach out to Resident Services at 419-259-9515.



LMH IS FULL OF FRIENDLY NEIGHBORHOODS THAT NEWCOMERS WILL BE ABLE TO SETTLE IN RIGHT AWAY.

RESIDENT SERVICES NEWS (continued)

Summer Produce Boxes

Interested in Free Produce?

LMH is partnering with the YMCA of Greater and the Partnership for a Healthier America (PHA) to provide timely and nutritious food to families. Fresh produce boxes will be available to families starting July 21st and will be offered for 12 weeks. Boxes are designed to provide fresh produce for 3+ individuals for one week.

What's in the box?

Each family-sized box includes 50 servings of fresh fruits and vegetables per week. The box will include a variety of items such as:

- Broccoli
- Berries
- Corn
- Tomatoes
- Melon
- Onions
- Green beans
- Squash
- Cabbage
- Pears
- Oranges
- Bell Peppers
- Apples
- Potatoes



How do you sign up?

Sign up today by going to www.ahealthieramerica.org/toledo.

Make sure to select the desired pickup location from the list of available sites.

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HOUSING CHOICE VOUCHER PROGRAM COMMUNITY TALK

Welcome to the LMH Housing Choice Voucher Program
Community Talk page!

Customer Service Line:

Reach our customer service representative by phone at
419.246.3183 or email at hcvpcsr@lucasmha.org.

Our goal is to provide excellent customer service to our
participants and landlords.

Home to Stay

The "Home to Stay" rental assistance program is available to assist TANF eligible LMH residents and Housing Choice Voucher participants with past due rent charges. The program can provide a one-time payment up to \$1,200. For more information, please contact Kimberly Sutton, LMH Housing Stability Case Manager at (419) 254-3499.

Assistance is available between: October 1, 2020 -
September 30, 2021.

INSPECTIONS CORNER

Meet Our New Inspection Supervisor for Housing Quality Standards (HQS)

~ Christine Antonacci ~

Christine has worked for LMH for 21 years in many capacities including grounds, maintenance mechanic, crew leader, and now with the HCVP Inspection Team. Christine likes to spend her weekends puttering around the yard or doing homework as she is a proud Tiffin University student. Go Dragons!

Christine was recently honored by LMH with the STAR Award for her efforts leading her team during LMH's Thumbs Up 2.0 Event.

We are proud to have Christine as the newest member of our HCV Team.

Message From our HCV Inspections Team:

Our inspectors have been busy inspecting 50 Annuals, 54 Initials, 22 Complaints, and 2 Homeownerships this month.

Doug and Don would like to share with Landlords some common deficiencies that they have found during these inspections. One deficiency to note is that outlets have an open ground. This is where the grounded outlet is not actually grounded. This among other deficiencies result in a failed inspection. Our inspectors suggest you have a 3 prong tester and check all your outlets prior to your inspection.



COVID-19 Note

LMH's HCV Program
Office at Byrne Road is
now open to the public.

LMH will continue to
practice measures to
ensure the health and
safety of our employees,
clients and landlords.

Services will be
provided either by
appointment or
designated walk-in times
at a limited capacity.

Visitors will be required
to wear masks.

In this section, LMH spotlights important team members contributing to our mission day in and day out.

Star Award Winners

MEET OUR TEAM: BEYOND OUR WALLS

Star Awards are granted by LMH to publicly acknowledge employees who have demonstrated exemplary work ethic and commitment to the mission and vision of LMH by going above and beyond the scope of their regular duties and responsibilities. These individuals' behavior is consistent with the goals of service excellence and show dedication to quality service, care and attention to the needs of residents and the community. Their singular and independent actions support LMH's goal of being an active partner in the community.

Christine A. ~ James B. ~ Jeffery C. ~ Tom D. ~ Michael N. ~ Chris S.

Their nominator had this to say:

"On June 30th, LMH held its last Thumbs Up 2.0 event at Flory Gardens. This site needed the most work of all our other Thumbs Up events. These Spectacular Six people handled the job in ways none of us could.

Mid-day, it rained, heavily. While most of us got out of the rain, and eventually left the site, The Spectacular Six continued working, under the heavy rain, no umbrellas, no rain coats, in order to finish up the site worked to the fullest.

They tilled every plot, put in every plant, laid out every last bit of mulch & cleaned up, taking the site to a much more beautiful state than it was before. It all happened with determination, working together hand in hand without complaints whatsoever.

While Social Media was walking around recording their effort comfortably with an umbrella over her head, they were working hard, soaking up the rain until 4:00pm.

These Spectacular Six are: Christine A., James B., Jeffery C., Tom D., Michael N., and Chris Smith. STARS!"

Congratulations and keep up the great work!

#PARTNERSHIPS
#TEAMWORK
#SENSEOFCOMPASSION
#ONEDAYATATIME