

# Housing Programs & Services

NEWSLETTER

## Health Benefits of Housework

Housework uses all of the major muscle groups including those in the upper body, back, quadriceps, hamstrings, calves and buttocks. Housework involves a good deal of muscular endurance and strength because of the variety of activities involved. To improve the exercise benefits of housework, try the following:

- Put more "oomph" in your chores. Use more of your own body resistance when vacuuming, dusting, sweeping and scrubbing.
- Use more of a lunging motion when vacuuming or dusting.
- Alternate hands when dusting or scrubbing to work both arms instead of always using your dominant arm.
- Avoid staying on your knees too long and hunching your back and neck muscles for long periods of time. Take frequent breaks. Walk around the house or go outside for a breath of fresh air. Stretch slowly before returning to your chores.
- Keep your back straight and stomach tight throughout your housework activities to maintain good posture and strengthen your back and abdominals.



- Repetitions are important. Take small loads of washing down the steps instead of one big load or dust with one arm for 10-15 strokes and then switch to the other.

- Turn on your favorite music to keep you motivated and moving. Bring fun back into your housework routine and reap the health benefits.

This information was taken from:  
<http://www.kraft.com.au/HealthyLiving/BalancedActivity/ActivitySportsLibrary/F-J/Housework.htm>

Ever wondered how many calories are burned doing housework? Below are some chores that will help you burn calories for every half-hour of work you perform.

- Doing laundry = 73
- Making the bed = 68
- Cooking = 85
- Washing the dishes = 78
- Ironing = 78
- Dusting = 85
- Sweeping = 112
- Vacuuming = 119
- Scrubbing the floors = 129
- Rearranging furniture = 204
- Yard work = 170
- Washing windows = 102
- Washing the car = 102
- Gardening = 136
- Mowing the lawn = 187
- Raking = 146

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## Notable News

The City of Apache Junction is expected to receive an estimated \$140,000 in FY 2011 federal CDBG funds from the Arizona Department of Housing Regional Account. The City may also apply for up to \$300,000 in FY 2011 funds from the State Special Projects account. CDBG funds must be used to benefit low-income persons and areas, alleviate slum and blight or address urgent need. Public hearings will be held to gather citizen input on the use of the CDBG funds. Hearing #1: October 19, 2010 at 6 pm in the City Conference Room at 1001 N. Idaho Rd. Hearing #2: January 4, 2011 at 7 pm in the City Council Chambers at 300 E. Superstition Blvd. Visit [www.ajcity.net/cdbg](http://www.ajcity.net/cdbg) for additional dates, locations and information.

## Calendar

- **11/11** Veterans Day: Honor a veteran today! – City offices closed
- **11/25-11/26** Happy Thanksgiving! Live dangerously, eat an extra slice of pie – City offices closed
- **12/24-12/25** Merry Christmas -City offices closed
- **1/1/2011** Happy New Year—City offices closed
- **1/17** MLK Day – City offices closed.

## Programs

### Rehabilitate Your Home

The City invites homeowners to apply for grant funding through the Arizona Department of Housing to complete housing rehabilitation and replacement for eligible homeowners.

Rehabilitation of your home may include such items as heating, air conditioning, plumbing, roofs, ADA accessibility, code violations and health and safety issues. If repairs to a manufactured home are greater than the value, a replacement may be considered.

Eligible applicants must be single family or manufactured owner occupied homeowners who have owned their home and property for a minimum of 1 year; reside within the City limits; and are at least 62-years old, have a disability or have children under the age of 18 living in the home.

Privacy is a priority, and recipients of the program and information collected in the application process are held in strict confidentiality.

Funds are distributed on a first come, first served basis. For more information call Heather Patel at (480) 474-2635 or visit our website at <http://www.ajcity.net/rehab>

### Weatherize Your Home

Arizona's Weatherization Assistance Program helps income-eligible families and individuals decrease their monthly utility bills by identifying energy efficiency improvements and making necessary repairs. Under the program, the maximum repair allowed per household has been increased from \$2,500 to \$6,500.

Weatherization services are available through the Community Action Human Resource Agency (CAHRA) in Pinal County. CAHRA has not only done single family weatherization in Apache Junction, but they have also done many multifamily units and continue to seek out additional multifamily units to weatherize.

Weatherization applications are taken at the community level by contacting Community Action Human Resource Agency, (covering Pinal County) at (520) 466-1112.

## Busy Bee Home Maintenance Tips

Home Remedies for Pest Control—adapted from NATURAL BORN PEST KILLERS, by Eric Vinje, Planet Natural.

1. Spread some cucumber peels - the more bitter, the better - to repel ants, wasps, mites, moths, flies and other insects.
2. Create a barrier by grinding up garlic with water and apply - cayenne pepper, cinnamon, powdered charcoal, bone meal, talcum powder or chalk.
3. Plant a variety of plants around your home to repel pests. Plants known to repel ants include: spearmint, peppermint and pennyroyal. You can use the same trick for fly control. Just substitute the above plants with mint and basil plants.
4. Baking soda and powdered sugar mixed in equal parts is a good roach killer.
5. Cloves smell better than moth balls and are a natural deterrent against winged pests.
6. Grind rosemary leaves into a fine dust and sprinkle it onto your pet or its bedding to ward off fleas.
7. Ivory liquid dishwashing detergent can act as a natural insecticide. Dilute with water until it is a 1 or 2 percent solution and then spray on plants.
8. Make your own fly paper by boiling water, sugar and corn syrup together. Spread the extra-sticky mixture on brown paper grocery bags.

*Bees Wishes*



## RESOURCES



Free Dump Week is back! Between November 8th and 13th any Apache Junction resident may bring one load of trash to the dump for free. Proof of residency is required.

Landfill hours are Monday through Saturday 6:00 a.m. to 4:00 p.m.

For more information you may contact the Landfill at (480) 982-7003 or Public Works at (480) 982-1055.

### HOUSING PROGRAM PURPOSE AND GOALS:

1. Eliminate health and safety hazards in homes;
2. Benefit low to moderate income residents; and
3. Improve neighborhoods and encourage stability.

Did you know that lighting equals up to 30% of your electric bill and CFL bulbs take less energy and last longer than regular incandescent light bulbs? Perhaps picking up a few free light bulbs truly is a bright idea! Call 480-474-2635 to see if the city has any vouchers left for up to 10 free CFL bulbs.



## Housing Funnies

If you have a question or comment about anything written in this newsletter, please contact:  
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