

# Housing Programs & Services

NEWSLETTER

## Do Your Lifestyles Choices Affect Your Budget?

Have you considered how your lifestyle affects your finances? I am not referring just to eating out, spending money on new clothing every month or keeping up with the Joneses. I am talking about your lifestyle in regards to your health choices and the way you care for yourself and your family. Here are three specific areas that you may consider evaluating.



1) One area that really eats into the budget is smoking. The amount that you spend on cigarettes in a month can add up really fast. When you consider that you are burning your money with this habit, you may want to consider cutting back. In addition you should consider what smoking is going to cost you in the future as you deal with the health problems that come as a result of smoking. If you need help quitting talk to your doctor, there are a lot of great sources available to you.

2) Another lifestyle area that can really impact you budget is your weight. If you are overspending on fast food and other junk, it can affect your budget. It may cost a bit more to buy fresh produce, but if you consider the long-term health benefits you may be saving money on medical bills in the future. If you are overweight it can cause long-term health problems, which can drive up the cost of medical care, health insurance and life insurance. Additionally you do not need a gym membership to lose weight.

Check out the Busy Bee Tips for healthy eating tips.

3) Another aspect of lifestyle is to make sure that you are taking preventive measures when it comes to your health care. By having regular physicals when you are older, and when your children are young you can often catch and treat problems before they become serious.

Adapted from [www.families.com](http://www.families.com)

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## Notable News

Tax session is around the corner, but don't worry, there is help available. Each tax year the city works with the Tax Aide program, AARP and the IRS to provide free tax preparation services. These services are offered from February 2, 2016 until April 9, 2016 at the Apache Junction Public Library. Reservation are required and are accepted after January 4, 2016.

## Calendar

- November 11—Veterans Day, city office are closed
- November 26—Thanksgiving Day, city offices are closed
- December 24—25 is the Christmas holiday, city offices are closed
- December 31—January 1 is the New Year holiday, city offices are closed
- January 18—Civil Rights Day, city offices are closed

## Programs

### Housing Rehab Assistance

The City of Apache Junction has funding available for homeowners within the City of Apache Junction city limits. Funding is available to make improvements to owner occupied homes where one of the occupants is either elderly, under the age of 18, or disabled. Improvements can include, but is not limited to, electrical, plumbing, roofing, heating and air conditioning, and ADA accessibility improvements.

Homeowners may obtain an application either:

- 1) online at [www.ajcity.net/rehab](http://www.ajcity.net/rehab);
- 2) by phone at (480) 474-2635; or
- 3) by picking one up at City Hall 300 East Superstition Blvd in

the Development Services Building

Funding is available on a first come first serve basis, so applicants are advised not to wait. For more information call (480) 474-2635.

### Rock-n-Roll Paint-a-Thon

This years Rock-n-Roll Paint-a-Thon was a success! On Saturday, October 24, 2015, the city had four homes painted for low income elderly or disabled homeowners. Thanks to all of the volunteers who spent their Saturday mornings helping others.

### Volunteers

City of Apache Junction  
AJ Food Bank  
Pinal County Adult Probation  
Apache Junction High School  
United Way of Pinal County

## Busy Bee Home Maintenance Tips

Maintaining your health is just as important as maintaining your home. One way to maintain your health is by watching what you eat. Always eat fruits and vegetables that are in season. Likewise locally grown produce is best. We have several options for locally grown, in season produce and other products available here in AJ. Farmer's markets, nurseries and grocery stores all carry produce labeled as such.

Certain produce shows higher traces of pesticides. Therefore you might wish to consider the organic version of these items:

- Apples
- Bell peppers
- Berries
- Carrots
- Celery
- Grapes
- Lettuce and other leafy greens
- Potatoes

Dairy products are also ideal when purchased as organic such as milk, cheese, and yogurt.

*Bees Wishes*



## RESOURCES

Need help?



Dial 211



or Click on  
<http://www.211arizona.org/>

### HOUSING PROGRAM GOALS:

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

## Housing Funnies

We love our pets and they love us. Remember to immunize and register your pet at the Paws and Claws Care Center.



If you have a question or comment about anything written in this newsletter, please contact:  
City of Apache Junction  
Housing Division  
300 E. Superstition Blvd.  
Apache Junction, Arizona 85119  
Phone: (480) 474-2635  
Fax: (480) 474-5102  
TDD: (480) 983-0095  
[www.ajcity.net](http://www.ajcity.net)  
[hpatel@ajcity.net](mailto:hpatel@ajcity.net)  
Monday to Thursday 7 a.m. to 6 p.m.

**ACCESSIBILITY** The City of Apache Junction invites and welcomes people of all abilities to use our programs, sites and facilities. Any question about our service for people with disabilities can be answered by the city's ADA Coordinator (480) 474-2635, TDD (480) 983-0095, or [adacoordinator@ajcity.net](mailto:adacoordinator@ajcity.net). Additional information may be found at [www.ajcity.net/ada](http://www.ajcity.net/ada).