

The Informer

Are Older People Happier?

By Bart Young, CEO

Americans have added over 30 years to the average lifespan in the past 100 years. But is the quality of life as good? Stanford Psychologist Laura Carstensen has conducted research she believes demonstrates that as people get older, they tend to become happier, more content, and have a more positive outlook on the world.

Why are we living longer?

As a society, we are not genetically hardier than our ancestors. This increase in life expectancy is the product of cultural shifts that have led to wide-scale changes in behavior that improve health and well-being including better diet, new drugs, regular exercise, medical advancements, and smart safety practices. Through tech advancements and cultural acceptance, we have almost eliminated early death so that more people can now live out a longer, fuller life.

Aging brings problems. But unhappiness does not need to be one of them.

Of course, there are problems associated with aging -- diseases, poverty, loss of social status, and loss of mind. However, aging can bring some rather remarkable improvements -- significant knowledge, expertise -- and some emotional improvements. That's right, today older people are happy. They're happier than middle-aged people, and happier than younger people, according to Carstensen and similar studies.

Mental Health Improves with Age.

Aging is not a disease; dementia is. Unfortunately, dementia and aging are often used interchangeably. Dementia is not an inevitable consequence of aging. It is ominous to consider that 10 percent of the aging population has dementia. But it looks much different when we acknowledge that 90 percent of the elderly are not demented.

Recognizing we won't live forever changes our perspective in positive ways.

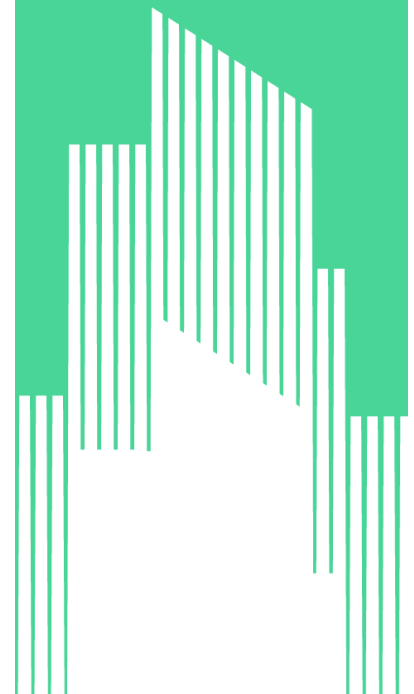
As people age, their time horizons grow shorter and their goals change. When they recognize that they don't have all the time in the world, they see their priorities more clearly. They take less notice of trivial matters. They savor life. They're more appreciative, more open to reconciliation. They invest in more emotionally important parts of life, and life gets better, so they're happier day-to-day.

Best,



Falkenberg
Gilliam
& Associates

1560 West Colorado Blvd.
Pasadena, CA 91105
DRE 00874444



Inside this issue

Barts Brief.....	1
Update from Occupancy.....	2
Milestones.....	3
What's Up Chuck?	4
Cyndi's Connection	5
Focus in FGA Employees.....	6

Special Inserts

- Notes From All Over



Update From Occupancy

By Carmen Olivas, Director of Occupancy

No One Likes Change, But...

You gotta do what you gotta do. So, what is it that you must do? Well, the HUD Handbook 4350.3 will be changing but not in time to keep up with HOTMA (Housing Opportunities Through Modernization Act) changes, which makes it extremely important that you attend the FGA Seminar on May 21st through May 24th, 2024.

“ FGA Seminar on May 21st through May 24th, 2024”

HUD anticipates that software vendors will be ready by January 1, 2025, to move forward with HOTMA. To have you ready for HOTMA, we will be having a speaker from LOMOD discuss the HOTMA changes to come. Why LOMOD? Since LOMOD conducts Management and Occupancy Reviews (MORs), LOMOD will be reviewing your tenant files during your next MOR in 2025 to make sure you are following HOTMA changes. That is why it is important that you attend the FGA Seminar in May 2024. You are comfortable in your knowledge of HUD requirements, and now HUD elects to change what you have learned without having an updated HUD Handbook available. UGH!

Occupancy plans to have a Manager/Assistant Manager meeting prior to January 1, 2025, which is when HOTMA changes come into effect. Be sure to keep a list of your questions for discussion regarding HOTMA.

Since we will be meeting next month at the seminar in May, I will keep this article short. Please remember there are no “dumb” questions, and that we are here to help...if we do not know the answer, we will pester HUD/LOMOD for clarification.

I hope you and your family have a Happy Easter.



It means so much at Easter time
To keep in touch with friends
To wish them happiness and cheer
And joy that never ends.
This brings heartfelt greetings
Especially for you
Together with best wishes
For a happy Springtime, too.



Happy Anniversary

Lazar Kis	24 yrs.	Santa Monica
Charles Eldred	8 yrs.	Falkenberg/Gilliam & Associates
Curtis Capshaw	8 yrs.	Green Manor
Melissa Salazar	5 yrs.	Falkenberg/Gilliam & Associates

April Dates

April Fools Day
April 1st, 2024

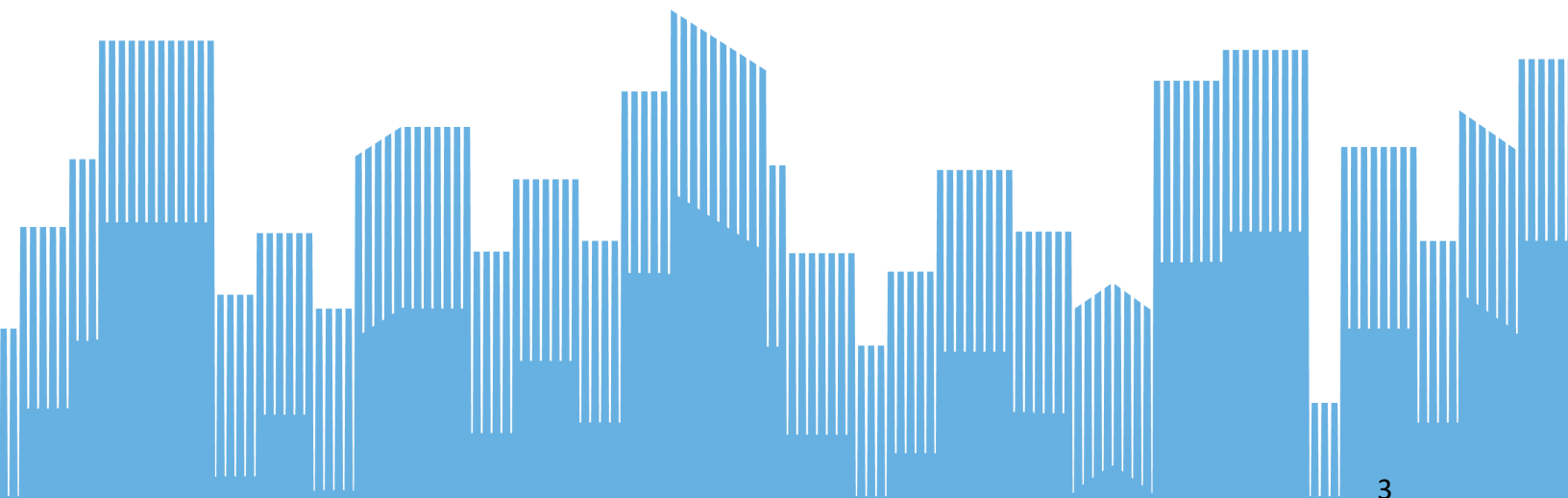
Passover
April 29th, 2024

These individuals have completed another year with a Falkenberg/Gilliam building. Your ongoing efforts enable residents to live in comfort and safety. Thank you!

April Birthdays

Alexander Berger Pacific Manor	12
Santiago Castaneda Pacific Manor	14
Gabriel Hluz Pacific Manor	15
Sandra Espeleta De La Cruz Las Torres	17
Alyssa Bell Wesley Tower	25

Please save trees; don't send cards. Thank you!



What's up Chuck?

By Chuck Eldred, Director of Property Management

Eviction

Every day, we have chances to help people, even though it might not always be easy for them to understand or for us to do. Evicting someone from their home is a really serious step. It costs a lot of money, and some important organizations like HUD don't even let places use the word "eviction."

In my time at FGA, there have been only a few times when evicting someone was the right thing to do. Usually, it's when there's a safety issue for other people living in the building or even for the person being evicted.

Let me tell you about a time when we had to do it. There was a person living in one of our buildings, and their friend was causing a lot of trouble for everyone. We tried to find other solutions to keep everyone safe, but nothing else worked. Besides, this friend was taking advantage of the person living there.

So, we reached out to Adult Protective Services (APS) for help. They ended up appointing someone to look after the person who was being taken advantage of. This helped them move to a place where they could live more safely and happily. We also got a court order to stop the troublemaking friend from coming back.

It was a tough decision because we want to do what's best for everyone in the building and for the owners too. But in the end, it worked out well. The person who needed help got the support they needed, and everyone else in the building could feel safer.

I want to say thank you to everyone involved in making these kinds of tough decisions. Let's always remember to be kind and do what's right, even when it's hard..



Cyndi's Connection

By Cyndi Karp, Regional Supervisor

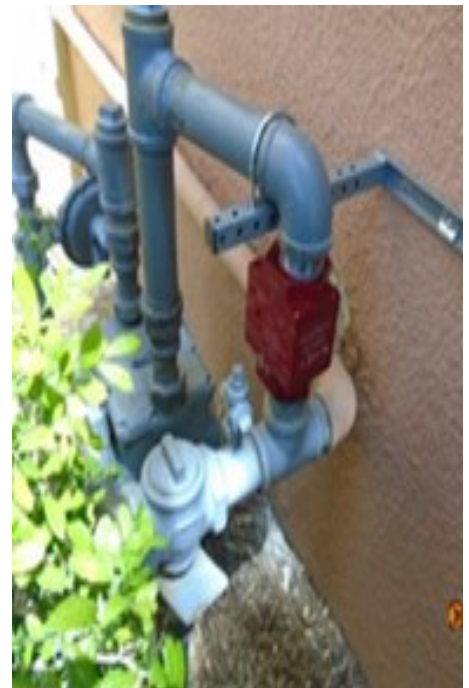
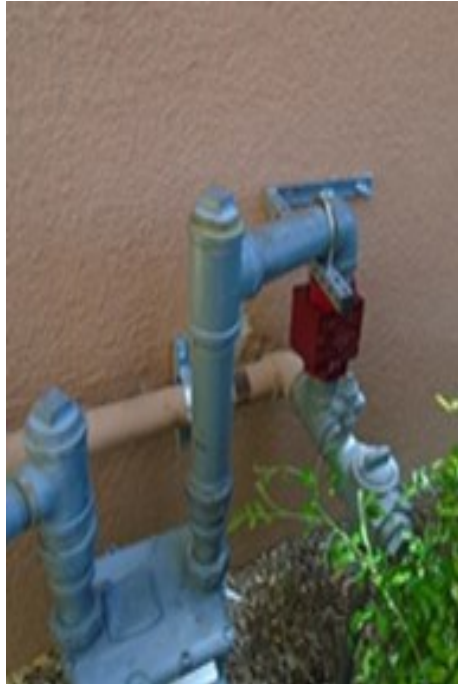
Seismic Shut Off Valves

With California being the #2 state in the US to have the most earthquakes, it is important to have seismic shut off valves at your buildings to ensure you never experience a gas fire after an earthquake.

Earthquake valves, or seismic shut off valves are used as a safety device to shut off natural gas lines in the event of an earthquake. They generally are installed on the exterior of a residence or business in order to stop gas flow when an earthquake of significant magnitude occurs. This will decrease the chances of a fire or explosion and prevent damage to your building structure.

Seismic gas shut off valves are installed downstream of the utility gas meter set for a gas line entering a facility. They are actuated by motion of earthquakes, accidents, and other events of impacts. The design is very simple, and the valves will automatically shut off the flow of gas in the event of seismic activity that is magnitude 5.4 or larger.

If you're building currently does not have a seismic shut off valve, please plan on getting one installed. Below are pictures of a seismic valve installed at one of my buildings.



Notes From All Over

Green Manor: Beautiful spring flowers at Green Manor

