



The Alhambra Bulletin

The Alhambra Senior Apartment Homes
7130 New Laredo Highway, San Antonio, TX 78211

Dear Residents,

Exercising in the pool is one of the easiest and fun ways to stay fit. I encourage everyone to bring a snack and drink. After exercising, the group likes to sit and visit for awhile. I was very pleased and excited to see a group of Residents get together for a water aerobics class on their own. That was fantastic! This is your community and participation in an event that is healthy, fun and a great way to meet your neighbors is what we love to see taking place. Please keep in mind that the pool is for the RESIDENTS. If you are a Resident, you must be at the pool with your 2 guests. Please wear the appropriate swimwear when swimming in the community pool. In order to have a safe and happy summer, it is important that everyone follows the pool rules.

I encourage all residents to form groups that may be interested in sewing, crocheting, quilting or forming a book club. If you are interested in starting a group, please call me. We can put a flyer together to announce it at Alhambra.

I would also like to make Bingo much more fun by telling "chistes" or jokes. So when you come and play Bingo on Friday, July 22 from 2:00PM to 4:00PM, bring some chistes with you to share with the group. After a game of Bingo, we will take a break and tell some jokes.

I do need someone to volunteer to bake a cake for the end of the month birthday celebrations. NRP will provide the cake mix and frosting, we just need someone to bake it. If you would like to volunteer, please call me and let me know.

--Lisa

July 2011

Supplement Commodity

TIME: 10:00AM-1:00PM

DATE: Monday, July 11

WHERE: Community Room

If you haven't yet, sign up for commodities from the San Antonio Food Bank with Elisa. Please make sure to bring a cart to carry your box of goods. Distribution begins as soon as the truck arrives.

Project Hope

TIME: 10:00AM – 1:00PM

DATE: Monday, July 25

WHERE: Community Room

If you have not signed up and are 60 years of age or older, please see Elisa. It is VERY important that you bring a box, bags or a cart to carry your commodities.

Nutrition Class

TIME: 10:00AM – 11:00AM

DATE: Monday, July 18

WHERE: Community Room

Fabiola, with the San Antonio Food Bank will join us in the Community Room for a nutrition class.

Computer class

TIME: 10:00AM – 11:00AM

DATE: Wednesdays, July 13 and 27

WHERE: Business Center

Want to learn the basics of computers? Please call Lisa to reserve a seat.

New Sound Hearing

TIME: 10:00AM – 12:30PM

DATE: Thursday, July 14

WHERE: Community Room

Jenny, from New Sound Hearing, will be in the community room. Come by for a complimentary hearing check and sight screening.

Bravo Health

TIME: 10:00AM-11:30AM

DATE: Tuesday, July 5

WHERE: Community Center

Come join Lisa Rodriguez with Bravo Health to answer your Medicare/Medicaid questions and concerns. After the question and answer session, Lisa has a fun activity planned.

WellMed Welcome

TIME: 3:00PM-4:00PM

DATE: Friday, July 15

WHERE: Community Room

WellMed's new doctors would like to meet you. The doctors will visit the Alhambra to introduce themselves.

RESIDENT SERVICES OFFICE

INFORMATION:

OFFICE HOURS:

Monday-Thursday- 9:00 AM to 1:00 PM
and Friday- 1:30 PM to 5:30 PM.

Resident Services at this property are provided by:



212 West Laurel
San Antonio, TX 78212
Ph: 210/281-0234
Fax: 210/281-0238

MERCED'S MILITARY MINUTE



This section of our newsletter provides information about services especially available to our military residents and their families. For more information on these and other resources, please contact Luis Santos, Resident Services Manager for Merced Housing Texas at (210) 281-0234 x210.

Veteran Benefits Assistance

Phone: (210) 335-6775

Service Hours: 8:00 - 5:00 weekdays

Website: <http://www.bexar.org>

Email: vets@bexar.org

Service Description: Assists all veterans in applying for federal and State of Texas veterans benefits; primarily for compensation and pension based on disability conditions; assists veterans with obtaining military records, discharge upgrades and requests for Board For Correction of Military Records (BCMR) actions; and assists dependents and survivors of veterans with applying for available benefits. Assists veterans with applying for burial benefits with Department of Veterans Affairs.

Eligibility: Military veterans, their dependents and survivors

Fees: No fees

Attention Military residents!!! Jeanette Davolt, LPC, is a veteran. She specializes in providing mental health and wellness support to soldiers and their loved ones. She has offered her services to residents who would like to talk about issues regarding service, combat, and life-styles. She leads a class called Peer to Peer Support. Call Luis for more information at 210/281-0234.

Reintegration Counseling

Phone: (210) 688-0606

Service Hours: 8:00 - 4:30 weekdays

Website: <http://www.vetcenter.va.gov>

Service Description: Provide community agencies with information via presentation, such as lectures, regarding the issues, that combat veterans are experiencing. The objective of this effort is to identify, and to increase contact with, eligible veterans and our center. Above services are available for those who served 180 days or more on active duty during period of combat hostility in any of the following: Vietnam War; Korean War; World War II; American Merchant Marines during period of armed conflict from December 7, 1941 to August 15, 0945; Lebanon; Grenada; Panama; Persian Gulf; Somalia; Operations Joint Endeavor, Joint Guard, Joint Forge.

Eligibility: For those who served 180 days or more, on active duty during periods of combat hostility

Fees: No fees