



The Casitas Messenger

Casitas de Merced Senior Apartment Homes
8135 First Street, Somerset, TX 78069

San Antonio Police Department's Blue Santa 2009!

Since 1986, San Antonio's men in blue have annually collected and delivered gifts of donated food and toys to families in need. Officers and volunteers will package, label and deliver packages to the families that have been nominated, and make sure the right gift is delivered to each child on the Blue Santa list. Requests for assistance from Blue Santa must be made in person at the following substations, and are only accepted **November 1 through December 1**.

CENTRAL SUBSTATION	515 S. FRIO	SA, TX 78207
EAST SUBSTATION	3635 E. HOUSTON	SA, TX 78219
NORTH SUBSTATION	13030 JONES MALTSBERGER	SA, TX 78247
NW (PRUE)SUBSTATION	5020 PRUE RD.	SA, TX 78240
SOUTH SUBSTATION	711 W. MAYFIELD	SA, TX 78211
WEST SUBSTATION	7000 CULEBRA	SA, TX 78238

Donations are also accepted at all substations. For more information or if you have any questions, you can call any of the SAPD substations or 210/207-7175.

November 2009

CALENDAR ITEMS A/C Filter Changes

Date: November 2, 2009

Time: All day

1st Mondays-routine A/C checks and filter changes.

BIRTHDAY BINGO

DATE: November 11, 2009

TIME: 2:00 PM

Join the bingo fun and celebrate on **every 2nd Wednesday**.

ARTS & CRAFTS

DATE: November 18, 2009

TIME: 2:00 PM

Join us for arts and crafts time **every 3rd Wednesday** of the month.

POT LUCK

DATE: November 25, 2009

TIME: 5:00 PM

Every 4th Wednesday-Bring your favorite dish and try something new!

Lawn Services

DATE: November 10, 2009

Every 2nd Tuesday of the month. Please remember to remove valuables to avoid damages.

Resident Services at this property are provided by:



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



Raul Jimenez Thanksgiving Dinner

Come celebrate the 30th anniversary of the Raul Jimenez Thanksgiving Dinner with a hot, nutritious turkey dinner with all the trimmings on November 27 (Thanksgiving Day) at the Henry B. Gonzalez Convention Center, 200 N. Market Street, Exhibit Halls C and D. The Raul Jimenez Thanksgiving Dinner has been providing senior citizens and those in need with Thanksgiving dinners since 1979. Volunteers can help make this dinner happen by signing up with the United Way of San Antonio—call 210/352-7000 for more information.

The Great American Smokeout

According to the American Cancer Society, roughly 1 in 4 adults and 1 in 5 teenagers in the U.S. are smokers, and lung cancer is the number one cancer killer in America. On November 16, millions of smokers across the country will try not to smoke for 24 hours in an effort to quit smoking permanently. If you smoke, or know someone who smokes, why not try to make that pledge and "Leave The Pack Behind?"

Some tips from the American Cancer Society:

*Tell everyone you're quitting for the day so they can encourage you and hold you to your promise.

*Hide your ashtrays, lighters, etc.

*If you're considering permanently quitting, there is help. Contact The American Cancer Society at 800/ACS-2345 for information about support groups, counseling, and other quitting resources.

November 11, 2009
Veteran's Day



Office Information: Margaret Sanchez, Community Manager

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November is American Diabetes Month

Diabetes is a disease in which the body does not produce or properly use insulin, a hormone needed to process sugars, starches and other foods into energy the body needs. It affects **24 million** adults and children in America, and **57 million** people are at risk of developing Type 2 diabetes, the most preventable type of the disease. People with diabetes have a higher risk of heart disease, heart attack, and stroke. If you think you are at risk, contact the Community Health Center at the Texas Diabetes Institute at 210/358-7000, or your family physician for resources on how to get tested.



November is National AIDS Awareness Month

AIDS, or Acquired Immune Deficiency Syndrome, is caused by HIV, or human immunodeficiency virus, that attacks the immune system. It is a virus that can be transmitted through sexual contact, needles, or blood transfusions. AIDS affects millions of people worldwide, and currently, there is no cure, though there are treatments. The good news is that AIDS-related deaths in the U.S. are decreasing; the bad news is that awareness is also decreasing, and the spread of AIDS still continues.

For **free HIV testing** and screenings, contact the BEAT AIDS Organization at 210/227-4689 or the San Antonio Metro Health STD/HIV/AIDS Program, available at 210/207-8830.

Some fun with Thanksgiving Jokes

1. What happened when the turkey got into a fight?
 2. Why was the turkey the drummer in the band?
 3. What do you call a dumb gobbler?
 4. What sound does a space turkey make?
 5. Why did the turkey cross the road?
- (answers at the bottom of the page)



FRIENDLY REMINDERS FOR RESIDENTS:

-Rent is due by the 1st and is late on the 4th. No checks will be accepted after the 3rd of the month. Pay your rent on time to avoid late charges.

-Feel free to share your suggestions about how we can keep Casitas a pleasant place to live. Simply write them down and drop them in the night box at the office.

1. He got the stuffing knocked out of him.
2. Because he had the drumsticks.
3. A jerky turkey.
4. Hubble, hubble, hubble.
5. It was the chicken's day off.