



The Costa Valencia Sun

Costa Valencia Apartment Homes
6309 Highway 90W, San Antonio, TX 78227

Pot Luck Thanksgiving @ Costa Valencia

Join us as we gather for a Thanksgiving Celebration
Saturday, November 21 @ 6:00 PM in the Community Center
We will provide turkey and/or ham
You bring side dishes and desert of your choice to share
For more information contact Resident Services @ 210/645-4544

November 2009

CALENDAR ITEMS

After School Program
DAYS: Tuesday-Friday
TIME: 3:00 PM-4:30 PM
Students in grades 1-5 are encouraged to join our After School Program. Children receive help with homework and engage in enrichment activities. Please sign up with Shawnnell in Residents Services!

Hello Costa Valencia Residents,

It is with sadness that I inform you that I will be leaving Costa Valencia. I would like to take this opportunity to say it has been a pleasure serving you this past year. Please continue to use Resident Services and feel free to come by the first week of November so that I may introduce you to your new Resident Service Coordinator. We will be available to take your Angel Food order before the deadline, November 11. Remember Angel Food is available for only \$30 and feeds a family of four for a week. Stop by the community center and pick up a menu.

If you need assistance with anything, please call. We will take care of you.

-Shawnnell Batiste



Survivors!

Meet Ms G.:

Ms. G. enjoys cooking, billiards, dancing and sports. She has been at Costa Valencia for almost 2 years. You can see Ms. G. riding through the community in her motorized chair, allowing nothing to stop her from doing what needs to be done. Ms. G. did not allow her diagnosis of breast cancer in February, 1991 to stop her either. She chose surgery and radiation treatment to fight the cancer and she has been cancer free since! Ms. G. has also survived cervical cancer as well as throat cancer. She counts her biggest supporters as God and her husband. Ms. G.'s advice to others is to stay positive, accept help and depend on your family and friends. She says, "If you need to yell, cry, or scream, allow yourself to do so, for it is scary. But you will succeed."



Meet Ms Delia:

Ms. Delia has lived in Costa Valencia for a year and has 3 children. She enjoys cooking, painting and sewing. Ms. Delia was diagnosed with stage 3 breast cancer on February 14, 2006. She chose surgery (mastectomy), chemotherapy and radiology treatment. Ms. Delia has been cancer free since February 14, 2007. Her advice is to be strong and fight to survive, have faith and know that the medication will benefit you. She also suggests eating healthy foods and joining a cancer group for support. Ms. Delia says, "Have faith in Almighty God."



Resident Services at this property are provided by:

Congratulations to both of you and thank you for inspiring others!

Things to Remember:

- Rent is due on the 1st and late on the 3rd.
- Please help to keep the community clean by picking up trash.
- Remember to always wear proper swim attire when using the pool.
- Please only use patio furniture on the patio.
- Please do not hang clothing over patio railing.



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

Resident Services Office Information
Office Hours: Walk-in Wednesday & Thursday 9:30 AM-3:00PM
Other times by appointment only.
PHONE: 210/645-4544 Email: Shawnnell@mercedhousingtexas.org



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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.



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 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.

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