



The Elmhurst Express

Elmhurst Place Apartments
123 Elmhurst Avenue, San Antonio, TX 78209

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

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.

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 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.

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 2009

Office Information:
Margaret Sanchez,
Community Manager
Phone:210/930-6466

For More Resident Services Information:

Please contact Kristin Evans at
210/281-0234 ext. 201

Did you know that the United Way offers a helpline to assist Texans with everything from assistance with utilities to finding a food pantry or a doctor at low cost? If you are in need of help, call 2-1-1 from a land-line phone or 227-HELP from a cellular phone, and you will be connected with an information and referral specialist who will provide you with contact information for agencies that can help you with a variety of needs!



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