



The Whispering Willow

Artisan at Willow Springs Apartments
535 Gembler Road; San Antonio, TX 78219

SHARE THANKSGIVING WITH YOUR NEIGHBORS

Every person at Willow Springs is invited to enjoy a Thanksgiving meal on November 20, 2009, from 5:00 PM-7:00 PM in the Resident Services room. Property management, together with volunteers and RSC, will provide and prepare the entree. We are asking you to bring the side dishes. Bring something from your tradition; it does not have to be the usual fare! Our Thanksgiving Meal can be a intermingling of cultures. It is your event, and your participation will make it happen! I do ask you to contact RSC Lenny by November 16, 2009, to get a head count, and to let us know what dish you will bring.

November 2009

CALENDAR ITEMS

LITTLE WILLOWS

DAYS: Tuesday-Thursday
TIME: 3:15 PM- 5:00 PM
Children in 1st—5th grade can sign up. There will be an end-of-semester pizza party for the kids and volunteers on 11/19/09 during program hours. The Afterschool Program is **closed** during the Thanksgiving Holiday week, from November 23 until November 27, 2009.

BUDGETING 101

DATE: Nov 4-16, 2009
TIME: 6:00 PM-7:00 PM
DAYS: Mon, Tues, Thurs.
Sponsored by Mr. Heitzman from the Generation Federal Credit Union. You are required to sign up with Lenny to attend. Participate in our free money management classes. If you attend, you may be eligible to have your late fees waived.

ONLY 65 DAYS TILL CHRISTMAS!

Christmas is around the corner, and at the moment life is tough for most of us. Many people are already worrying what and how to buy gifts for their children during this time. Many agencies are running low in their funding; but when the Holidays are here, we notice many people are giving from their hearts! ♥ It is heartwarming to see this, and I know this year will not be different. So if you are in need, do ask! One wonderful program, The Blue Santa of San Antonio, is again giving from their heart! ♥ Requests will be accepted from **November 1, 2009 through December 1, 2009 in person at the following sub-station for our area:**
East Sub Station: 3635 E. Houston. San Antonio, TX 78219

Save money and work your budget with Angel Food meals.

For more information call Lenny 210-212-4116.
Church phone # 210-226-1760

Parenting Support Group Sponsored by Antioch Community Transformation Network (ACTN), the class will be held twice a week on Mondays and Wednesdays. The first class will start on Wednesday, November 4, 2009. Sign-up is required to attend. Parents, parents-to-be, and grandparents caring for toddlers up to 3 years of age are encouraged to attend.



Tulip for the Month of October is for Soila Camacho and all the wonderful volunteers, sponsors and participants who made NNO such a success; thank you from the bottom of our hearts!



Lenny's Corner

Friday 9:00am-4:30pm

Are you looking for employment? Please come see me as I might be able to help you search by improving your resume and informing you about future job fairs.

Do you have any questions? Ask RSC Lenny 212-4116 he-



Property Clean-Up Day on Saturday November 14, 2009.

Sponsored by the San Antonio Assumption Seminarists. Time: 1:30-4:30pm

Please assist the volunteers who give their valuable time to improve "your"



Resident Services at this property are provided by:



Artisan @ Willow Springs Management and RSC

All events take place in the Willow Springs Community Center

RESIDENT SOCIAL SERVICES OFFICE INFORMATION

Office Hours : 9:00 AM - 1:00PM Monday- Friday.
Other times by appointment only. All residents are entitled to services.
PHONE: 210/212-4116 Email: helena@mercedhousingtexas.org. We provide referrals for Health, Education, Job Search, and Parenting, etc. Phone: RSC Lenny 210-212-4116 or email Helena@mercedhousingtexas.org

212 West Laurel
San Antonio, TX, 78212
Ph: 210/281-0234
Fax: 210/281-0238
www.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 1st through December 1st**.

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 27th (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 the less fortunate 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 16th, 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 1-800-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

November is National AIDS Awareness Month

AIDS, or Acquired Immunity Deficiency Syndrome, is caused by the 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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