



The Casitas de Villa Corona Caller

Casitas de Villa Corona Apartments 339 S.W 39th Street, San Antonio, Texas 78237

FEBRUARY 2017

Dear Residents,

February is National Heart Disease Month, so we'll have many presentations on heart health this month! I'd like to thank all of our residents that come out to our events and of course, our Project HOPE volunteers. As always, feel free to drop by and ask for any referrals or resources I can help you with.

Jacqueline Valdez Reynolds,
Resident Services Coordinator



WELLCARE PRESENTATION

Date: Tuesday, February 28
Time: 10:30 AM – 11:30 AM
Place: Community Room

Xochitl from Wellcare Health Plans will join us to discuss options in choosing healthcare providers! We will celebrate our February birthdays after the presentation.

CASITAS COOKING CLUB

Date: Tuesday, February 21
Time: 11:00 AM – 1:00 PM
Place: Casitas Kitchen

Share your recipes while we find healthy ways to prepare them. If you'd like to participate in the club, please stop by my office to sign up. All members of the club will share in the meal!

VALENTINE'S ARTS AND CRAFTS

Date: Tuesday, February 7
Time: 2:00 PM – 3:00 PM
Place: Community Room

Mr. Lujan from Humana will be here to show us how to make pop-up Valentine's cards! He will provide all of the supplies, as well as give us information on choosing healthcare providers. Come join the fun!

STROKE AND HEART HEALTH PRESENTATION

Date: Thursday, February 23
Time: 10:30 AM – 11:30 AM
Place: Community Room

Sarah from the American Heart Association will discuss how to recognize and prevent strokes and other heart issues. There will be prizes!

BIHL HAUS GO! ARTS CLASSES

Date: Every Thursday
Time: 10:00 AM – 12:00 PM
Place: Community Room

Everyone is welcome to join!

COMMUNITY MANAGER

Elisa Beckman

LEAN MAINTENANCE TECHNICIAN

Jerry Martinez

PROJECT HOPE

Date: Monday, February 6
Time: 11:00 AM – 1:00 PM
Place: Community Room

Please remember to bring your own bags. Volunteers please arrive at 9:30 AM.

RESIDENT SERVICES HOURS

Tuesday, Wednesday, Thursday
9:00 AM – 12:30 PM
Friday 9:00 AM – 5:00 PM
Phone: 210/432-2030

DIABETES SERIES

Date: Monday, February 6
Time: 3:00 PM – 4:00 PM
Place: Community Room

Grace from Texas A&M AgriLife will present information about understanding diabetes and what you can do to prevent it.

CSFP (CHEESE BOX)

Date: Monday, February 27
Time: 9:00 AM – 12:00 PM
Place: Community Room

You may only pick up your box during these hours. Remember to bring your ID.

Resident services at this community provided by:



Merced Housing Texas
212 W Laurel St.
San Antonio, TX 78212
210/281-0234

www.MercedHousingTexas.org





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Departamentos Casitas de Villa Corona, 339 S.W 39th Street, San Antonio, Texas 78237

FEBRERO 2017

<p>Estimados Residentes:</p> <p>¡Febrero es el Mes Nacional de Enfermedades del Corazón, por lo que tendremos varias presentaciones acerca de la salud del corazón este mes! Quisiera agradecer a todos los residentes que participan en nuestros eventos y por supuesto a nuestros voluntarios para el Proyecto Esperanza. Como siempre, siéntanse con la confianza de pasar y preguntar acerca de recursos y referencias con los que los pudiera asistir.</p> <p>Jacqueline Valdez Reynolds Coordinadora de Servicios para los Residentes</p>		<p>PRESENTACIÓN ACERCA DE SU BIENESTAR</p> <p>Fecha: martes 28 de febrero Horario: 10:30 – 11:30 a.m. Lugar: Salón Comunitario</p> <p>¡Xochitl de Planes de Salud <i>Wellcare</i> vendrá a presentarnos las opciones para escoger a los proveedores de salud! Celebraremos los cumpleaños de febrero después de la presentación.</p>	
<p>CLUB DE COCINA CASITAS</p> <p>Fecha: martes 21 de febrero Horario: 11:00 a.m. – 1:00 p.m. Lugar: cocina en casitas</p> <p>Compartan sus recetas y busquemos maneras de hacerlas más saludables. Si desean participar en el club, por favor pasen a mi oficina para inscribirse. ¡Todos los miembros del club compartirán esta comida!</p>	<p>MANUALIDADES PARA EL DÍA DE SAN VALENTÍN</p> <p>Fecha: martes 7 de febrero Horario: 2:00 – 3:00 p.m. Lugar: Salón Comunitario</p> <p>¡El Señor Lujan de <i>Humana</i> vendrá a mostrarnos como hacer tarjetas especiales para el Día de San Valentín! El traerá todos los materiales, a la vez que nos brindará información acerca de cómo escoger a un proveedor de salud. ¡Vengan a divertirse!</p>	<p>PRESENTACIÓN ACERCA DEL CORAZÓN Y LOS DERRAMES CEREBRALES</p> <p>Fecha: jueves 23 de febrero Horario: 10:30 – 11:30 a.m. Lugar: Salón Comunitario</p> <p>Sarah de la Asociación Americana del Corazón nos informará cómo reconocer y evitar derrames cerebrales y otros temas referentes al corazón. ¡Habrá premios!</p>	
<p>CLASE DE ARTE BIHL HAUS GO!</p> <p>Fecha: todos los jueves Horario: 10:00 a.m. – 12:00 p.m. Lugar: Salón Comunitario</p> <p>¡Todos son bienvenidos!</p>	<p>PROYECTO ESPERANZA</p> <p>Fecha: lunes 6 de febrero Horario: 11:00 a.m. – 1:00 p.m. Lugar: Salón Comunitario</p> <p>No es necesario que vengan temprano y por favor recuerden traer sus propias bolsas.</p>		<p>Gerente de la Propiedad Elisa Beckman</p> <p>Técnico de Mantenimiento Jerry Martinez</p>
<p>INFORMACIÓN ACERCA DE LA DIABETES</p> <p>Fecha: lunes 6 de febrero Horario: 3:00 – 4:00 p.m. Lugar: Salón Comunitario</p> <p>Grace de la organización <i>Texas A&M AgriLife</i> nos presentará información acerca de la diabetes y lo que podemos hacer para prevenirla.</p>	<p>CAJA DE QUESO CSFP</p> <p>Fecha: lunes 27 de febrero Horario: 9:00 a.m. – 12:00 p.m. Lugar: Salón Comunitario</p> <p>Únicamente pueden recoger su caja durante este horario. No olviden traer su identificación oficial.</p>		<p>Los servicios a los residentes en esta comunidad son proporcionados por:</p> <p> MERCED HOUSING TEXAS</p> <p>Merced Housing Texas 212 W. Laurel St. San Antonio, TX 78212 210/281-0234 www.MercedHousingTexas.org</p> <p>   </p>

MERCED'S MILITARY MINUTE

FEBRUARY 2017



This section of our newsletter provides information about services available specifically for our military residents and their families. For more assistance or information, contact your leasing office and/or the Resident Services Coordinator.



SAN ANTONIO CAREER FAIR

Date: Thursday, February 2
Time: 11:00 AM – 2:00 PM
Place: Norris Conference Center
618 NW Loop 410 Ste. 207



Meet directly with hiring managers from a variety of companies. Make sure to bring notetaking materials, resumes, business cards, and any other materials you may need. Plan to stay at least an hour to network with potential employers. Go to choicecareerfairs.com for more information and to register for this free event.

HEALTH CORNER

Did you know about the change in TriCare's pharmacy network? Starting on December 1, 2016, CVS is no longer in the TriCare network, and is being replaced by Walgreens. Go online to walgreens.com to find the pharmacy location nearest you, and to transfer your prescriptions.



Take control of your health with My HealthVet, which offers tips and tools for you to partner with your healthcare providers and be more aware of your body and health. This tool allows you to refill your VA medications, track VA medical appointments, and view VA medical record information. To find out more information or to register for this service, visit <https://www.myhealth.va.gov/>.

CALL A RIDE 4 VETS

This free service is for veterans, their family, caregivers and surviving spouses. Rides are available Monday through Friday from 8:00 AM to 5:00 PM. Call 210/362-5254 to schedule an appointment 7 – 10 days in advance.

24/7 VETERAN'S CRISIS LINE

Call 800/273-8255 and press 1

Or text to 838255

WORKFORCE SOLUTIONS ALAMO

With five locations to serve you, Workforce Solutions Alamo can help with job searching, training and applications. First priority is given to Veterans at all workforce centers, and job listings are held for two days to ensure Veterans can view them first. More information about the Veteran services available at Workforce Solutions can be found at <http://www.workforcesolutionsalamo.org/services-2/jobseekers/veterans-services>. For more information or to ask questions, email info@wsalamo.org or call 210/272-3260.

DEFENSE CENTERS OF EXCELLENCE OUTREACH CENTER

Professional health resources consultants are available 24/7 via online chat, phone and email to answer questions and provide mental health resources. These professionals understand military culture and are able to provide information about treatment of traumatic brain injury (TBI), posttraumatic stress disorder (PTSD) and many other mental conditions. To reach them by phone, call 866/966-1020. You can reach them at:

Phone: 866/966-1020

Email: resources@dcoeoutreach.org

Live online ch

at: realwarriors.net/livechat

To access information and resource guides online.