



# The Whispering Willow

Artisan at Willow Springs, 535 Gemblor Road, San Antonio Texas

**JANUARY 2018**

Dear Residents,

Happy New Year! Let's focus this year on creating a healthy lifestyle for ourselves, in mind, body, finances, and more. We will have a lot of presentations and events to help you meet your goals!

Please feel free to contact me if you need any resources or referrals. Give me a call or stop by my office and I will be glad to help you out.

DeeAnn Guajardo  
Resident Services Coordinator



## CSFP (CHEESE BOX)

Date: Friday, January 12  
Time: 12:00 PM – 3:00 PM  
Place: Activity Room

Bring your ID, as well as proof of residence, such as your utility bill so you can recertify for 2018! Forms are available at pickup. Boxes are heavy so be prepared to transport your food!

## YOUTH NUTRITION CLASS

Date: Tuesday, January 9  
Time: 4:00 PM – 5:00 PM  
Place: Community Room



The San Antonio Food Bank will be back to give our resident children information on healthy eating, as well as a cooking demonstration! All school-aged resident children are welcome to join.

## WEEKLY FOOD DISTRIBUTION

Date: Mondays  
Time: 12:00 PM  
Place: Activity Room



Bread, produce, and sweets will be given out on a first come, first served basis until we run out. You will be required to fill out a short intake form before collecting food.

## FINANCIAL LITERACY AND BUDGETING CLASS

Date: Wednesday, January 24  
Time: 5:30 PM – 6:30 PM  
Place: Community Room



Come learn about budgeting and finances from Frost Bank professionals! For more information and details, stop by the office and speak with management. You may be eligible to have late fees waived!

## RESIDENT SERVICES HOURS

DeeAnn Guajardo  
Monday, Tuesday, Thursday, Friday  
9:30 AM - 5:30 PM  
Wednesday  
10:30 AM - 5:30 PM  
Phone: 210/212-4116  
[DeeAnn@mercedhousingtexas.org](mailto:DeeAnn@mercedhousingtexas.org)

## ADULT CHAIR YOGA

Date: Fridays  
Time: 11:30 AM – 12:30 PM  
Place: Community Room

Get your body and mind ready and charged for the New Year!

## YOGA FOR KIDS

Date: Every Other Tuesday  
Time: 4:00 PM – 5:00 PM  
Place: Activity Room

We will continue our series from 2017! Join us to learn new poses and how as we keep your mind and body healthy!

Resident services at this community provided by:



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

[www.MercedHousingTexas.org](http://www.MercedHousingTexas.org)



# MERCED'S MILITARY MINUTE

JANUARY 2018



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.



## VETERAN'S SERVICE OFFICE

Date: Mondays – Fridays  
Time: By Appointment Only  
Place: 233 N. Pecos St., Suite 320



This is an advocate agency to help veterans, their dependents and survivors obtain earned benefits. They can also help with the specialized needs of veterans and those close with them. For more information or to make an appointment, call 210/335-6775 or visit <http://www.bexar.org/509/Veterans-Service-Office>.

## VETERAN'S JOB FAIR

Date: Thursday, January 11  
Time: 11:00 AM – 3:00 PM  
Place: Norris Conference Center  
618 NW Loop 410 #207



This career fair is free and welcomes all veterans, transitioning military personnel, National Guard members, Reserve members, and their spouses. There will be opportunities for jobs, continuing education, and business ownership.

For more details, visit [recruitmilitary.com/SanAntonio](http://recruitmilitary.com/SanAntonio). To register for this free event, visit <https://www.eventbrite.com/e/dav-recruitmilitary-san-antonio-veterans-job-fair-tickets-39454611806?aff=es2>.

## 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

## TABLE TALK: COLOR ME CAMO

Date: Mondays  
Time: 6:00 PM – 7:30 PM  
Place: The Veteran's Project  
9504 IH 35 S, Suite 319



Date: First and Third Tuesdays of the Month  
Time: 12:30 PM – 2:00 PM  
Place: Cohen Military Family Clinic  
Third Floor  
6363 DeZavala

This is a peer-to-peer support group for women veterans. They will discuss various topics including, but not limited to:

- Relationships
- Self-development
- Community resources
- Communication
- Self-care



Childcare is offered at the session at the Veteran's Project. For more information about sessions, including dates, times, and any other questions, contact [laly@graceafterfire.org](mailto:laly@graceafterfire.org) or call 888/737-3112.