



# The Whispering Willow

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

**MAY 2018**

Dear Residents,

I want to wish a Happy Mother's Day to all of the women in our lives! I hope you enjoy the beautiful and flowers in bloom. Please note, the office will be closed on Monday, May 28 for Memorial Day.

Food Distribution Information:

- **Weekly Food Distribution: Mondays at 12:00 PM** (except holidays)
- Watch for more information on the **Senior Farmer's Market** vouchers!
- **CSFP (Cheese Box): Friday, May 11 at 11:00 AM**, bring ID and it is first come, first served

DeeAnn Guajardo  
Resident Services Coordinator



## YMCA SWIM LESSONS

We will have instructors from the YMCA coming to the property to teach swimming lessons in our pool here at Willow Springs! These classes are for children ages 4 – 14 years, and the classes will be in June and July. Visit the Activity Room to sign up, or contact DeeAnn with questions or for more information.

## BCFS PARENTING CLASSES

Date: Thursdays  
Time: 10:00 AM – 12:00 PM  
Place: Activity Room

Jeanette with BCFS will be here to help parents learn new skills to better help their children! You will learn about open communication, how to work together, and other important topics.

## MOTHER'S DAY SOCIAL

Date: Friday, May 11  
Time: 11:00 AM  
Place: Leasing Office

Calling all mothers! Enjoy cake and punch in the office while you pick up a corsage. Dress nicely for pictures to remember this special day!

## FINANCIAL CLASS

Date: Wednesday, May 30  
Time: 5:00 PM – 6:00 PM  
Place: Community Room

Frost Bank will be back with helpful tips. Speak with the office about being eligible to have late fees waived after attending the class.

## AFTERSCHOOL PROGRAM MOTHER'S DAY EVENT

Date: Thursday, May 10  
Time: 4:00 PM – 5:00 PM  
Place: Activity Room



Mothers and grandmothers of the Afterschool Program children are welcome to come join us to receive a special handmade gift to thank you for everything that you do. We will also serve a snack and drink!

## SUMMER PROGRAM

Date: Tuesdays – Thursdays  
Place: Activity Room



This program is for children who will be in grades 1 – 5 and starts on Tuesday, June 12. Stop by the Activity Room for more information! Breakfast and a snack will be provided everyday as well.

## 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)

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

MAY 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 BENEFIT FAIR

Date: Saturday, May 5  
Time: 10:00 AM – 1:00 PM  
Place: Audie L. Murphy Memorial VA Hospital  
7400 Merton Minter



The Veteran's Land Board is holding this event to connect veterans with local, state and federal benefits available to them. For more information call 800/252-8387 or visit <http://www.glo.texas.gov/vlb/events/index.html>.

## SUPPORT GROUP: SELF CARE

Date: 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays  
Time: 5:00 PM – 6:00 PM  
Place: Steven A. Cohen Military Family Clinic at Endeavors  
6363 De Zavala Road, Suite 300

This support group meets twice monthly and works on helping members develop emotional first aid techniques, healthy communication skills, and mindfulness.

This group is open to veterans and their family members that are 18 years and older. Childcare is available with RSVP. To RSVP or for more information, email [SAclinic@endeavors.org](mailto:SAclinic@endeavors.org) or call 210/399-4838.

## 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

## YOGA AND MEDITATION CLASSES

Date: Wednesdays  
Time: 6:15 PM – 7:15 PM  
Place: Steven A. Cohen Military Family Clinic at Endeavors  
6363 De Zavala Road, Suite 300

This class is for all bodies and all levels of fitness, with options for modifications to fit the unique needs of your body and mind.

Classes will consist of:

- Short meditation
- Warm-up
- Stretching and strengthening
- Simple balances
- Longer, guided relaxation at the end



Each session will have a specific theme, such as self-compassion, feeling strong or letting go.

Assistance with childcare is available with RSVP, and spots are limited. For more information or to RSVP, call 210/399-4838 or email [SAclinic@endeavors.org](mailto:SAclinic@endeavors.org).