



# The Whispering Willow

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

**NOVEMBER 2018**

Dear Residents,

November is a month of giving, and being grateful is magical. Show kindness throughout your community – help others and feel good about it!

If you are in need of resources, visit the information board in the Children’s Activity Room for helpful handouts, pamphlets, and more. We need your feedback! Fill out a survey to help us know how we can serve you better.

DeeAnn Guajardo  
Resident Services Coordinator



## FREE HEALTH SCREENINGS

Date: Friday, November 9  
Time: 11:00 AM – 2:00 PM  
Place: Community Room

Did you know that San Antonio has one of the highest rates of Kidney Disease in the country? The Texas Kidney foundation works hard to fight these diseases. They will be onsite this month to provide you with free kidney, blood pressure, and glucose screenings! Make sure you take advantage of this valuable service. Pre-sign up is available with DeeAnn in Resident Services. For more information or if you have any questions, call 210/212-4116.



## CSFP (CHEESE BOX) DISTRIBUTION

Date: Friday, November 9  
Time: 11:00 AM – 2:00 PM  
Place: Community Room



This distribution takes place every second Friday of the month for those that are registered with the San Antonio Food Bank. Remember to bring your ID to pick up your box. Enrollment for the program is currently closed.

## BUDGETING CLASS

Date: Monday, November 19  
Time: 5:00 PM – 6:00 PM  
Place: Community Room



Frost Bank will be providing basic banking information and they can help you create a personal budgeting plan. Talk to management in advance to see if you are eligible to have fees removed. Pre-sign up is required for the class.

## 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 TURKEY BINGO

Date: Wednesday, November 14  
Time: 5:00 PM – 6:30 PM  
Place: Community Room



All of our residents are invited to participate in this fun Bingo! The prizes will be turkeys for you to cook for your holiday dinner, and we will have 10 lucky winners!

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

NOVEMBER 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.



## YOGA AND MEDITATION

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



This class is about self-compassion, feeling strong, letting go, and feeling more grounded. You do not have to be experienced to attend! To RSVP, call 210/399-4838 or email [SAclinic@endeavors.org](mailto:SAclinic@endeavors.org). Childcare is available with an RSVP.

## FLU SHOTS

Cold and flu season is upon us! Make sure you take steps to keep yourself healthy, including washing your hands properly, covering your mouth and nose, and avoiding exposing others if you are feeling sick. One of the best protections you can have is a flu shot!

Flu shots are free with TRICARE. For more information on TRICARE and the flu shot, visit <https://tricare.mil/CoveredServices/IsItCovered/FluVaccine>.

Find a Military Hospital near you at this link: <https://tricare.mil/FindDoctor/mtf>.

To find a participating pharmacy, visit <https://www.express-scripts.com/TRICARE/pharmacy/findpharmacy.shtml> or call 877/363-1303.

## 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

## SOAR TO EMPLOYABILITY WORKSHOP

Dates: *Friday, November 9:* Networking – Elevator Pitch and Social Media

*Friday, November 16:* Resumes – ATS and Military Translation

*Friday, November 30:* Interviewing – Behavioral Interviews

*Friday, December 7:* Professional Building – Professional Image and Personal Style

Time: 9:00 AM – 12:00 PM

Place: Dress for Success San Antonio  
600 N. Frio

Register for this free event for an in-depth, comprehensive experience towards becoming a professional with tools and tips for your job applications, job searches, and how to market yourself. Attendance is expected at all four sessions for those who register. You can also potentially receive interview apparel if you attend.

To RSVP and register, call 210/737-1515 or email [Delores@dfssa.org](mailto:Delores@dfssa.org).

