

January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2 SOCIAL HOUR 10:00 AM	3	4 BINGO 1:00 PM	5	6
7	8	9 Word Search Activity 11:00 AM	10	11	12	13
14 	15 	16	17	18	19 	20
21	22	23 NATIONAL PIE DAY 	24	25	26	27 NATIONAL CHOCOLATE CAKE DAY 
28	29 	30	31			



CASITAS DE MERCED SENIOR APARTMENTS

RESIDENT SERVICES
AT THIS COMMUNITY PROVIDED BY



MERCED CORE VALUES: INTEGRITY | COMPASSION | SERVICE | COLLABORATION

MERCED HOUSING TEXAS MISSION

Merced Housing Texas creates and strengthens healthy communities by providing quality, affordable housing with supportive services for low-income individuals, families, and older adults.

ANNETTE RAMOS
Resident Services
Coordinator

Office Hours:
Tuesday & Thursday
9:00 AM - 5:00 PM

HOW WE CAN HELP YOU

Resident Services Coordinators provide resources and referrals to residents. We are committed to providing one-on-one assistance in navigating community resources as well as providing information and activities to promote overall wellness.

JANUARY 2024 NEWSLETTER

RESIDENT SERVICES COORDINATOR MESSAGE:

Dear Residents,

Happy New Year! Let's welcome 2024 and start the new year with peace, joy and happiness. Merced Housing Texas will be closed on Monday, January 15, in observance of Martin Luther King Day.

Happy Birthday to everyone celebrating a birthday this month. This month has several celebrations. On Thursday, January 4, do some trivia as it's National Trivia Day. Show your appreciation on Tuesday, January 9, by saying "thank you" to your local law enforcement. For the pet lovers, dress up your pet on Sunday, January 14. Enjoy the rest of the month with some popcorn, a slice of pie, or share some chocolate cake with family or work on a puzzle.

As we start 2024, we may experience different feelings. Remember to do a mental check in by taking a few minutes of quiet time to ask yourself how you are feeling. Know that there are programs and services available to you, so reach out for help if you need it. It's also important to learn new ways to improve your mental health. Ways to improve your mental health can include learning to relax, getting enough sleep, connecting with friends, taking a walk and being kind to yourself.

Annette Ramos, LMSW

210.281.0234 extension 216

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*Hello
January*




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NEW YEAR'S RESOLUTIONS

Have you made any resolutions for 2024? Below are some resolutions.


- Have a positive mindset and focus on things you *can* change.
- Exercise several minutes a day by taking a walk or do some light exercises.
- Make small changes to your diet.
- Perform random acts of kindness to others.
- Do crossword puzzles or read a magazine, newspaper or book to keep your brain challenged.
- Be kind to yourself and your neighbors.



WORD SEARCH TIME

Date: Tuesday, January 9
Time: 11:00 AM - 1:00 PM
Place: Community Room

Let's have some fun and do word searches together. We will have word search games to do on your own or we can do them together. We will serve light refreshments. Join us as we have some fun and enjoy a new twist on this word search activity.



SOCIAL HOUR

Date: Tuesday, January 2
Time: 10:00 AM - 1:00 PM
Place: Community Room

Join us in the community room for social hour. This is an opportunity to chat with your neighbors, play a game, or socialize with others.




SOUTHWEST MILITARY VA CLINIC

The Veterans Administration has opened a VA Clinic on the southwest side of San Antonio. This clinic provides the following: mental health services, behavioral health, lab services, women's health, annual health exams, immunizations, telehealth, chronic disease management and case management services.

The Veterans Clinic is located at 2310 SW Military Drive (South Park Mall).

For additional information, contact the VA Clinic at 210.923.0777.



BINGO TIME

Date: Thursday, January 4
Time: 1:00 PM - 2:00 PM
Place: Community Room


Let's celebrate the new year with some Bingo! We will serve light refreshments and have some bingo prizes. Join us as we have some fun and enjoy each other's company.



GLAUCOMA AWARENESS MONTH

Did you know glaucoma is the leading cause of vision loss in the United States? Protect your eyes and vision. If you are 40 years old and older, it's important to undergo regular eye exams. Ways you can decrease the likelihood of developing glaucoma: maintaining a healthy weight, being physically active, eating leafy greens, fruits and vegetables, protecting your eyes from sunlight and injuries and avoiding smoking.

Source: CDC.gov



TRIVIA

January 4 is National Trivia Day. Let's celebrate National Trivia Day by answering the trivia question.

- Which planet is known as the "Red Planet"?
- What was Elvis Presley's middle name?
- Name a famous American painter.
- What is the capital city of Texas?
- Name a popular game show.
- Who delivered the famous speech, "I Have a Dream"?
- Which president resigned over the Watergate Scandal?
- In what year did the Spindletop Gusher occur?
- What soft drink was invented in Waco?
- Texas is also known as the _____.

FOOD PANTRY INFORMATION:

SOMERSET SENIOR CENTER 830.429.3442

Date: Every Wednesday
Time: 10:00 AM - 12:00 Noon
Place: 19375 K. Street, 78069

SOMERSET UNITED METHODIST CHURCH 830.426.3255

DATE: Every Wednesday
TIME: 10:00 AM
PLACE: 8175 7th Street, 78069

The food pantry is available to seniors. Bring your ID when picking up your food.

RESOURCES

- AACOG 210.477.3275
- Adult Protective Services 1800.252.5400
- Bexar County Family Justice Center 210.631.0010
- Catholic Charities 210.222.1294
- CPS Utility Assistance 210.353.2222
- Christian Assistance Ministry 210.223.4099
- City of San Antonio Utility Assistance 210.207.7830
- Somerset Senior Citizen Center (Utility Assistance) 830.429.3442
- Meals on Wheels 210.735.5115
- Medicare 1800.633.4227
- Mental Health Support 210.223.7233
- Project Mend 210.223.6363
- SA Food Bank 210.431.8326
- Senior Medicare Patrol 888.341.6187
- Senior Planet 210.504.4862
- Social Security Adm. 1800.772.1213
- Suicide Hotline 988
- Texas Diaper Bank 210.731.8118
- United Way of San Antonio 211
- Veteran Crisis Line (Press Option 1) 1800.273.8225
- Vibrant Works (San Antonio Lighthouse for the Blind) 210.531.1547
- WellMed Caregiver SOS 1866.390.6491