

AUGUST 2017

RIO VISTA APARTMENTS

RESIDENT SERVICES MONTHLY REPORT



AUGUST SPOTLIGHT

Resident Services highlights at Rio Vista include HOM's successful 1st Annual Health and Wellness Fair in partnership with the San Ysidro Health Center, including a WIC program presentation; the conclusion of our three-week STEM educational series in partnership with the Living Coast Discovery Center; Healthy Choices class for the children of the After School Program; and a community-wide gardening event with Master Gardeners of San Diego County.

1st Annual Health and Wellness Fair

HOM's 1st Annual Health and Wellness Fair was a resounding success and many Rio Vista families received access to high quality on-site medical care and health resources. Staff from San Ysidro Health Center (SYHC) provided blood pressure screenings, Covered California Medi-Cal insurance enrollment assistance, WIC enrollment assistance and information, TB tests, school and sports physicals for children and teens, breast cancer screening and rapid HIV testing. According to a 2016 report by the SYHC, one in six residents in the city of San Diego relies on community centers for healthcare. Additionally, all of the 90,000 registered patients of SYHC are low income and face several barriers to quality and affordable healthcare, such as access to transportation. HOM thanks SYHC for connecting Rio Vista residents with much needed healthcare resources!

Women and the WIC Program

Four Rio Vista families received assistance from SYHC staff to connect with the Women, Infants and Children (WIC) Program. WIC is a supplemental nutrition program that provides nutrition education, breastfeeding support and education, monthly supplemental healthy foods, and referrals to community services. WIC serves the following low-income populations: pregnant women, postpartum women, breastfeeding women, fathers, grandparents, and foster parents of children up to age 5.

Wrap up of Living Coast Discovery Center STEM Outreach

HOM thanks our community partner, Living Coast Discovery Center, a nonprofit organization dedicated to providing environmental education on coastal resource conservation, for their continued support of resident services at Rio Vista. Living Coast concluded their three-week series of science-based presentations by providing After School Program participants with hands-on animal interactions! The August "Discovery Lab" series topics included "Beaks and Feet" and "Something's Squiddy." Living Coast provided our Rio Vista youth with critical exposure to STEM education!





Healthy Choices for Kids!

San Ysidro Health Center held a Healthy Choices class for the youth of the After School Program! During the class students learned about how healthy eating, daily exercise and utilizing coping skills impact their daily lives.

According to a 2015 California Department of Education report, more than one third of fifth, seventh and ninth graders enrolled in San Diego County public schools were considered overweight and 18 percent of these students were considered obese. Furthermore, those from low income families were twice as likely to be obese than students not economically disadvantaged. Therefore, HOM recognizes the importance of providing health and wellness programming to the young residents at Rio Vista Apartments. During the class, students enjoyed a fun sugar-measuring activity and learned about healthier food choices. San Ysidro Health Center Healthy Steps Program Coordinator, Karina Valdez, provided all participants with a book about healthy eating and cooking in addition to a fun prize! HOM thanks San Ysidro Health Center for their generous donation of books and prizes to our After School Program youth.



Gardening for a Healthy Community

HOM thanks our community partner, Master Gardeners of San Diego County, for their continued support of resident services at Rio Vista. The community garden continues to foster camaraderie among residents, as well as a growing sense of pride as they watch their garden flourish. Recently Master Gardeners helped our residents plant their very own community pumpkin patch! One of the children from the Learning Center, Aldo Perez, encouraged his grandfather to attend the pumpkin patch planting. Aldo's grandfather worked on ranches in Mexico and appreciated the opportunity to work in the garden alongside his grandson and share ranching stories. The community garden continues to be a place where families can learn about nutrition and share cultural traditions. HOM is grateful to the Master Gardeners for helping us create a healthier community, and for providing residents with the tools and education they need to sustain the community garden.

