

SEPTEMBER 2017

VISTA LA ROSA APARTMENTS

RESIDENT SERVICES MONTHLY REPORT



Center for Academic Achievement

- Housing on Merit partners with Girls Who Code!
- Housing on Merit's After School Program continues to grow at Vista La Rosa.
- Young residents engage in fun and meaningful activities at the Learning Center during fall break.

Center for Health & Wellness

- Residents participate in San Diego Hunger Advocacy Network's annual Paper Plate Campaign .
- Housing on Merit launches new partnership with Live + Breathe a Yoga Cause.
- Residents complete the Scripps Healthy Living Class.
- Scripps Diabetes Prevention Program coming to Vista La Rosa!

HOM Partners with Girls Who Code

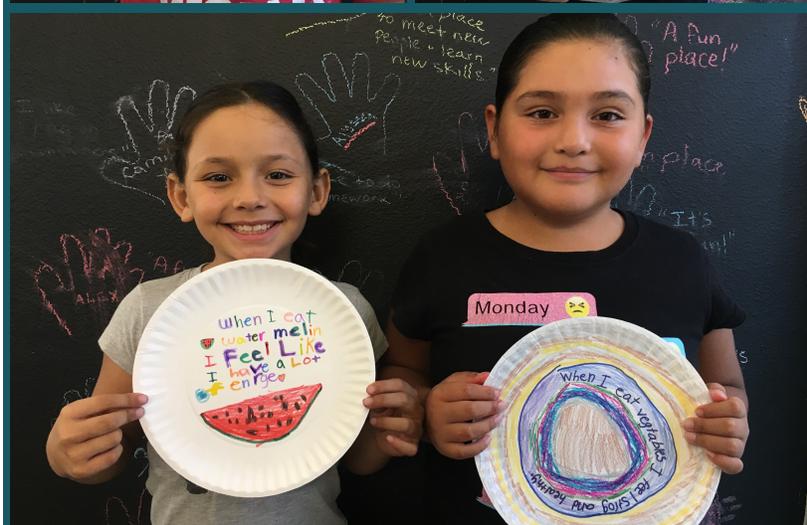
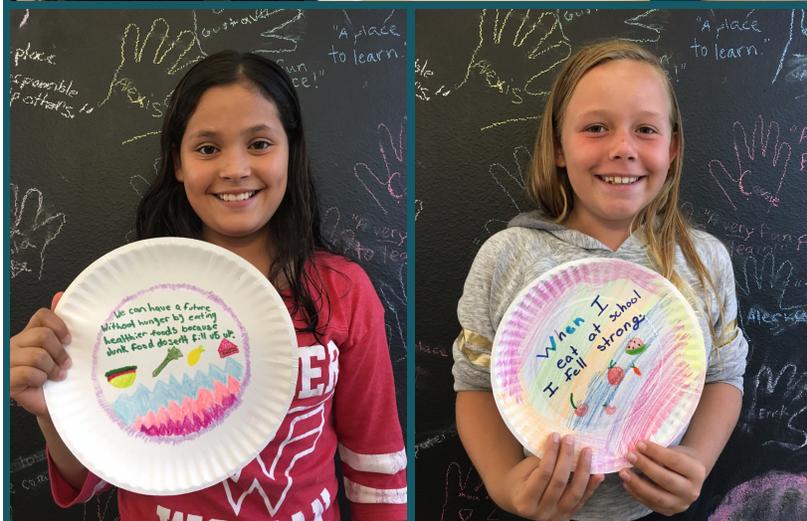
HOM is partnering with Girls Who Code, a national non-profit organization that invites 6th-12th grade girls to explore coding in a fun and friendly environment! Girls Who Code generously donated their curriculum materials so HOM could bring this program to Vista La Rosa. We are excited to hold the first Girls Who Code informational session at Vista La Rosa in October!

After School Program Update

The After School program enrolled four new participants bringing the total to 27. Students attending schools in the South Bay Union School District had a two-week fall break in September, during which they watched films such as "Finding Dory" and a documentary celebrating Hispanic Heritage Month, and worked on a marine science STEM project. Additionally, our new Teen Center programming started in September. Teens drop-in to the center to receive college preparatory assistance, financial literacy education, employment support and more. Seven participants have enrolled at the Teen Center!

Paper Plate Campaign

HOM has been a proud member of the San Diego Hunger Advocacy Network (HAN) since 2014. Facilitated by the San Diego Hunger Coalition, HAN is a collaborative of 21 human service agencies, food banks and advocacy organizations working to shape state and federal policies to end hunger. Each year HAN collects paper plates with messages from food insecure residents and anti-hunger advocates, and sends them to state representatives to share lived experiences with hunger. Sixteen young residents from our After School Program wrote messages and drew pictures about their experiences with hunger. "We can have a future without hunger by eating healthier foods because the cheap junk food doesn't fill us up," read one resident's paper plate. Each plate includes the resident's zip code on the back and will be delivered to the resident's state representatives during upcoming anti-hunger advocacy meetings in Sacramento.





Community Partner Spotlight: Live +Breathe A Yoga Cause

HOM has partnered with Live + Breathe, a San Diego-based non-profit organization, to offer yoga classes to residents. Live + Breathe's mission is to "advance the health and wellness of special and deserving populations." The organization identifies these communities to include seniors, refugees, those living with disabilities and low-income families. The organization is led and run by certified volunteer yoga instructors. Ms. Jasmin Zepeda is a bilingual young-professional and recently-certified yoga instructor, who volunteers her time to provide yoga to our residents at Vista La Rosa. Yoga classes began in late September and there were four participants. One of our residents, Consuelo, had never taken a yoga class before and stated that her personal goal is to use yoga practice for stress-management and to alleviate pain. The owner and founder of Live+Breathe, Ms. Erin Hanson, finds that on average eight out of ten participants have never taken yoga before.

A 2011 Center for Disease Control report, "Health Disparities and Inequalities," found that people who live in households with incomes below \$15,000 experience significantly more health problems due to inactivity, and are more likely to be diagnosed with diabetes or asthma and to be obese than those from households with incomes above \$50,000. HOM is proud to partner with organizations such as Live +Breathe to bridge the gap in access to health and wellness programming for our residents. We look forward to this continued partnership and to seeing the positive impact of yoga class on the lives of our residents!



Scripps Healthy Living Class

Five Vista La Rosa residents completed a three-week Healthy Living class taught by a health educator from our community partner, Scripps Health, in September. The class focused on healthy living and disease prevention and were offered in both English and Spanish.

Housing on Merit thanks Scripps Health for their dedication to providing health and wellness education to our Vista La Rosa residents!



Scripps Diabetes Prevention Program

Due to the success of the Healthy Living Class, Scripps Health invited Housing on Merit to partner with them on their year-long Diabetes Prevention Program. We are excited to be able to offer informational sessions for the new Diabetes Prevention Program in November to all Vista La Rosa residents!

