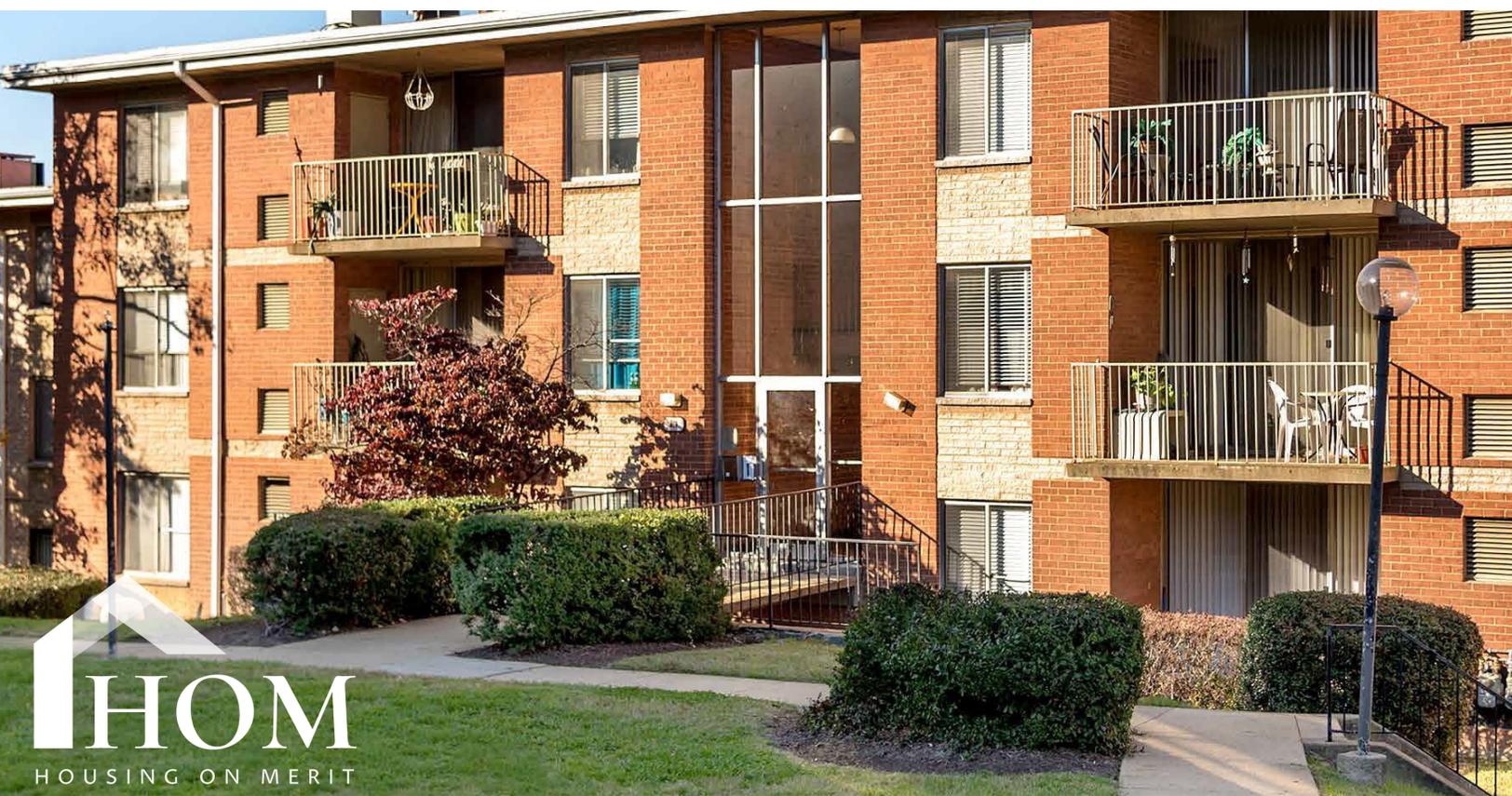


OCTOBER 2017

FORT CHAPLIN PARK APARTMENTS

RESIDENT SERVICES MONTHLY REPORT



Center for Growth & Empowerment

Our Center for Growth & Empowerment provided two enrichment programs for Fort Chaplin youth in October. The first program was geared toward young girls in elementary school. The group participated in a 4-week program with the Girl Scouts of the Nation's Capital. This outreach program inspired parents to start their own troop at Fort Chaplin which will be kicking off in November! The second program was our Youth Photography Project titled Interrupt the Cycle. This program engaged youth ages 13-16 years in an 8-week series of workshops teaching photography methods and how to use photography to combat negative stereotypes. The program was so well received that HOM will be continuing the series in November and opening up the program to younger youth and adults.

Center for Health & Wellness

HOM's six-week pilot yoga program concluded in October and based on resident feedback, we will be offering yoga classes regularly at the community. We are also thankful to our community partner, Yoga Activist, for yoga mat donations for the program.

Girl Scouts Outreach Program

Housing on Merit partnered with the Girl Scouts of the Nation's Capital to provide young girls in our community a 4-week program that introduced them to the Girl Scouts and its curriculum. The Girl Scouts Leadership Experience is a one-of-a-kind leadership development program for girls with proven results. It is based on time-tested methods and research-backed programming that helps girls take the lead in their own lives and in the world.

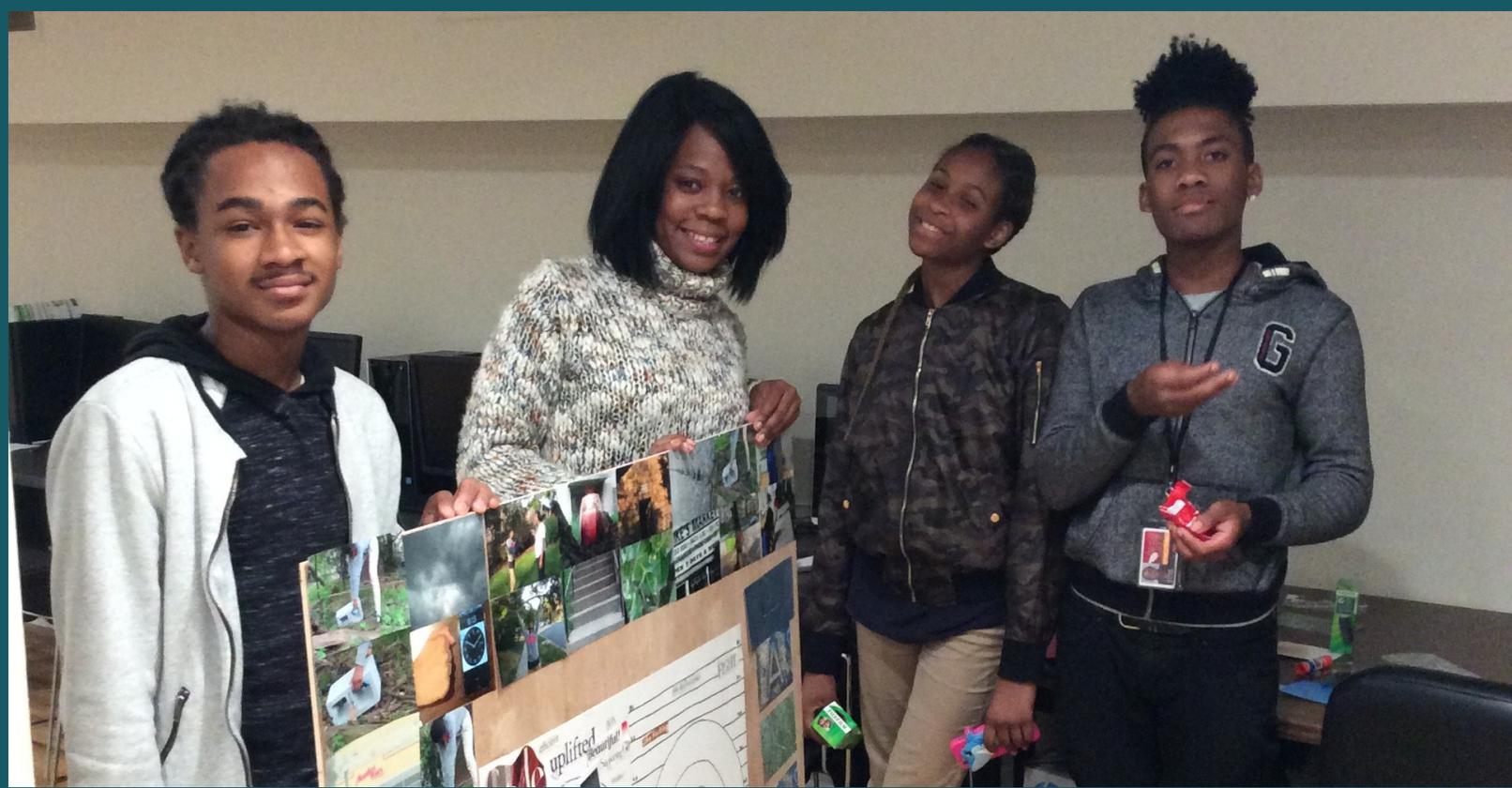
Research shows that girls learn best in an all-girl, girl-led, and girl-friendly environment. The Girl Scouts creates a safe space where girls can try new things, develop a range of skills, take on leadership roles, and just be themselves.

The Girl Scouts has proven to help girls thrive in five keys ways:

1. Develop a strong sense of self
2. Seek challenges and learn from setbacks
3. Display positive values
4. Form and maintain healthy relationships
5. Identify and solve problems in the community

Nine girls participated in this program. They learned the Girl Scouts' oath and history, and participated in activities that taught them team work and leadership. This program inspired parents to start a troop exclusively for the girls at Fort Chaplin. HOM is working closely with the Girl Scouts and parents to get the troop up and running in November!



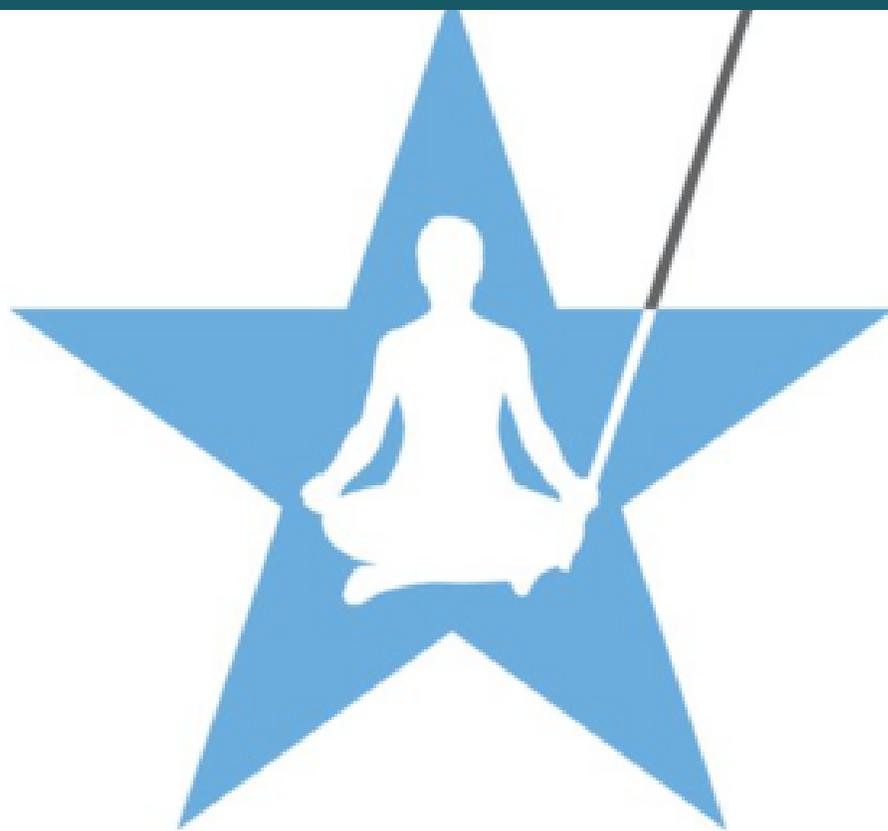


Youth Photography Program

This eight-week photography program ended in October. Six youth started the series of workshops and four completed the entire program. Representatives from the DC Public Library taught participants about street photography and provided them with books on the subject. Our youth put to practice what they learned as they explored their neighborhood and took pictures. Our local Metropolitan Police Department officers walked with participants around the neighborhood and shared the history of nearby streets and landmarks.

During this past month, participants honed their individual photography styles as they worked together to complete their final project—a mosaic of neighborhood pictures and images that reflect each of their personalities. The final project offers a positive, visual representation of how our youth fit into the vibrant history of this neighborhood. The final projects will be on display in the outreach office of our local police station, so the entire community can enjoy the participants' work.





Yoga Activist

Yoga Program

Housing on Merit offered a six-week yoga program at Fort Chaplin that began in September and concluded in October. Participation in the program fluctuated, and residents told HOM that they enjoy the yoga program but prefer daytime classes over evening classes. Therefore, we will now offer morning yoga classes that are taught by a certified instructor with over 6 years of experience teaching yoga at varying levels.

Community Partner Spotlight

Housing on Merit received a donation of twelve yoga mats from Yoga Activist, an organization that builds connections between instructors and social service providers to offer support for yoga programs in communities with little or no access to such service. This donation allows HOM to provide all the equipment needed for residents to fully participate in the program.