

OCTOBER 2017

VISTA LA ROSA APARTMENTS

RESIDENT SERVICES MONTHLY REPORT



Center for Academic Achievement

- Housing on Merit (HOM) launches Girls Who Code Club!

Center for Employment & Financial Stability

- Young residents explore entrepreneurship and career opportunities through Junior Achievement.

Center for Growth & Empowerment

- HOM held its 1st Annual Halloween Celebration for residents in collaboration with AMC Property Management!

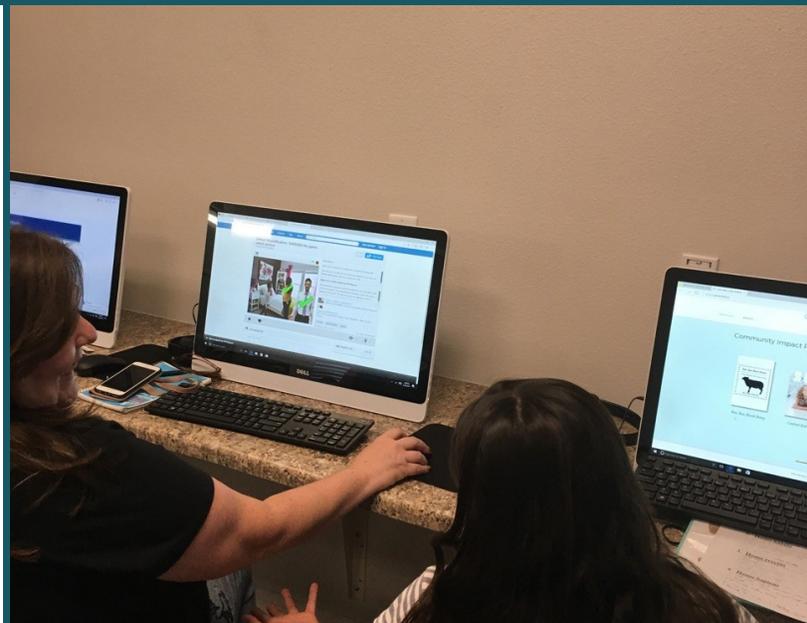
Center for Health & Wellness

- Residents continue to attend Zumba and Yoga.
- Medical Mobile Clinic visit
- Senior residents attend weekly social group
- Scripps Diabetes Prevention Program coming to Vista La Rosa!



Girls Who Code Info Session

We held our first informational session for the Girls Who Code Club at Vista La Rosa. Girls Who Code is a national non-profit organization that invites 6th-12th grade girls to explore coding in a fun and friendly environment! Four young residents attended the informational session. The club is facilitated by volunteer Carol Spartz and on-site Learning Center Assistant Alexis Martinez. Carol brings over 25 years of experience as a software engineer to the Club. Carol looks forward to "giving back to the community and helping girls take the first step toward successful tech careers!" The session consisted of a fun icebreaker activity, exploration of the online curriculum, review of GWC guiding principles, and a brainstorm session for a capstone project. Participants expressed interest in creating the code for a free neighborhood application to be used by their peers for social networking purposes. HOM looks forward to expanding the GWC club and inspiring Vista La Rosa girls to be the next generation of leaders in the tech industry!





Junior Achievement: Career Success Class

Junior Achievement (JA) of San Diego provides financial literacy, work readiness and entrepreneurship curriculum, as well as interactive programs to youth grades K-12 throughout San Diego. Junior Achievement generously donated their curriculum to Housing on Merit, and we were excited to launch their program at Vista La Rosa in October. Four young residents completed the first three weeks of the seven-week "Career Success" course. Topics included "How to Build My Personal Brand," "Creativity and Critical Thinking in the Workplace," and "Setting Short and Long-term Goals." Participants expressed interest in exploring careers in law enforcement, interior design and engineering, and had lively discussions about what it means to be a young entrepreneur and how to leverage online tools such as LinkedIn to build their professional network. We look forward to growing the JA program with the assistance of our community champions Valeria Parra, a junior at Southwest High School, and Bryana Ingle, a sophomore at Montgomery High School (pictured above). Both are student-athletes and volunteer their time as tutors for HOM's after school program.

Halloween Celebration

We held our 1st Annual Halloween Celebration at Vista La Rosa in collaboration with AMC property management. This was a wonderful event that allowed residents to get better acquainted and enjoy family fun. Thirty residents participated in the celebration, most of whom were young residents dressed in costume. One of the highlights of this event was the costume contest. AMC Property management judged the winners of the contest for best overall costume, most creative costume, scariest costume and funniest costume. Winners were awarded prize buckets filled with colorful school supplies, popcorn, candy, and a gift card. In addition, Learning Center Assistant Alexis Martinez organized a fun "mystery bag" trivia game for our young residents. Many residents had not visited the Learning Center since its renovation and said they look forward to attending resident services programming in the updated Center.

In November we will host a Thanksgiving potluck in partnership with our new community partner Nestor United Methodist Church. HOM also thanks the Good Neighbor Center at Nestor United Methodist Church for their generous donation of fifteen Thanksgiving food baskets to be distributed to Vista La Rosa families.





Center for Health & Wellness Update

- Residents continue to enjoy the yoga and Zumba classes offered, and several reported that attending these classes have helped with their stress management.
- The San Ysidro Health Center Medical Mobile clinic visited Vista La Rosa in October, and six families and three individuals were seen at the clinic. Several residents received clinical referrals for follow up. Housing on Merit thanks San Ysidro Health Center for their continuous support of Vista La Rosa residents.
- Vista La Rosa seniors continue to attend our "Seniors Adelante" social group on Monday afternoons. Two to six senior residents participate on average to discuss health topics related to aging in place, and enjoy Mexican "Loteria" games and meditation exercises.
- Due to the success of the Healthy Living Class in September, Scripps Health invited Housing on Merit to partner with them on their year-long Diabetes Prevention Program (DPP), which will include a weight loss support group, meal preparation support, an exercise group, and an individualized healthy living coach for those residents at risk for diabetes. HOM will offer an informational DPP session to all Vista La Rosa residents in November!

