

# Resident Empowerment Highlights

JANUARY 2021

With the start of a new year comes a new commitment to goal setting, health and wellness.

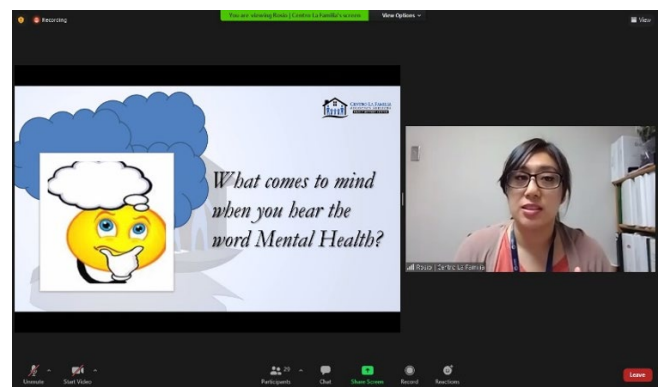
As such, the Resident Empowerment Services coordinators began providing several opportunities for residents to participate in meaningful workshops. For more information on how to participate in services offered to Fresno Housing residents, contact [residentservices@fresnohousing.org](mailto:residentservices@fresnohousing.org).



## Health & Wellness | Salud y Bienestar

Resident Empowerment Services and Centro La Familia provided a Health and Wellness workshop. Residents learned the eight dimensions of good health and wellness, including emotional, intellectual, environmental, occupational, spiritual, physical, financial and social. Residents worked on surveying and scoring themselves to determine their areas of strength and weakness based on the following categories: career / school, finances, health, diet, physical activity, family / friends, relationships, spirituality, recreation and home environment.

Residents completed the workshop to understand better the importance of health and wellness in their everyday lives. They also had a better sense of recognizing areas of improvement while increasing areas of strength related to their mental wellbeing.



## Chair Yoga

Offered twice a month and taught by Resident Services Coordinator Monique Narciso, Chair Yoga is offered to residents of all ages and is supported by additional Resident Empowerment staff. The yoga hour is a low-impact workout with a guided routine and calming music. It promotes a wealth of benefits for participants, including:

- Reduced Stress
- Better Breathing Techniques
- Improved Pain Management
- Increased Flexibility
- Increased Mobility
- Increased Oxygen Intake
- Better Sleep
- Reduced Pain
- Improved Strength and Balance
- Improved Mental Health & Positive Feelings

## 10 Tips to Stay Organized

Organizing is not new; however, it can be a challenge for many due to their everyday responsibilities and duties either at work or at home. This workshop is focused on starting the year with 10 tips to get and stay organized. Residents learn how to stay focused, plan, work hard and create a routine to declutter. During the first workshop held on January 15, the Fresno Housing team shared ideas to help manage a stress-free environment. Another workshop is planned for January 29 at 2:30 p.m. Join us on Zoom.

## Resident Services Virtual Conference

A comprehensive Resident Virtual Conference was held on January 20, 2021, for all Fresno Housing residents. The conference provided residents with valuable and useful resources in the community that they can utilize. Topics included financial literacy, health and wellness, and education as well as mindfulness. In addition to the presentations provided by partner agencies, residents were allowed to practice mindfulness through yoga from Sacred Realities. The instructor offered simple yoga moves that were done with participants sitting down. To keep the residents engaged, they participated in Latin dance exercises from an instructor from Every Neighborhood Partnership.

Partners Faith and Finance provided basic financial literacy information for residents to use. The Centro La Familia presentation focused on mental health, wellness and ways to take care of yourself. The presentation was interactive, with participants answering questions and sharing their experiences. Fresno Adult School presented the educational

component of the conference. Residents were provided information on the programs and services available and how to sign up for more details. All resident participants were entered into a raffle to win gifts. These movie night baskets consisted of various items, including PPE, games and spa treatments.

FRESNO HOUSING  
**RESIDENT VIRTUAL CONFERENCE:  
BUILDING A NEW FUTURE**  
WED | JANUARY 20, 2021 | 9AM - 12PM | ZOOM

- FINANCIAL LITERACY
- EDUCATION
- MINDFULNESS: YOGA
- STAY ACTIVE: ZUMBA
- HEALTH & WELLNESS

RAFFLES THROUGHOUT SESSIONS!  
OPEN TO ALL RESIDENTS!

TO REGISTER: [FRESNOHOUSING.ORG/RESIDENTVIRTUALCONFERENCE](https://www.fresnohousing.org/residentvirtualconference)

FOR MORE INFO: [RESIDENTEMPOWERMENT@FRESNOHOUSING.ORG](mailto:RESIDENTEMPOWERMENT@FRESNOHOUSING.ORG)

## “What Home Means to Me” Art Contest:

Every year, Fresno Housing participates in the annual “What Home Means to Me” art contest. Due to COVID-19 restrictions and the importance of staff and resident safety, the competition will be all virtual. Sixteen residents displayed an interest in participating in the annual contest. Staff provided supplies throughout Fresno County to these registered residents, and a Zoom workshop was held on January 15, 2021. The workshop consisted of a book reading by the Resident Empowerment Team staff and a “show and tell” for the youth residents. The “show and tell” consisted of the youth residents displaying their masterpieces and presenting what home means to them. All submissions were virtual, and voting took place internally among Fresno Housing staff to select winners in three age categories. The winners will be featured at a later date.



## Music Program at Legacy Commons

Legacy Commons welcomes back the Music Studio, taught by Marcel Woodruff and his team. Marcel’s vision is to offer high-quality, professional music and music recording instructions to the community. The music program offers residents free lessons and teaching on the piano, guitar, vocals, and recording and mixing. Sessions are held through Zoom for residents interested in learning how to play an instrument or touching-up on their music skills. Residents can contact Marcel directly at (559) 355-5465 to join music lessons and/or get related equipment.



A special thank you to residents who reviewed and provided valuable input incorporated into the new website coming soon!