



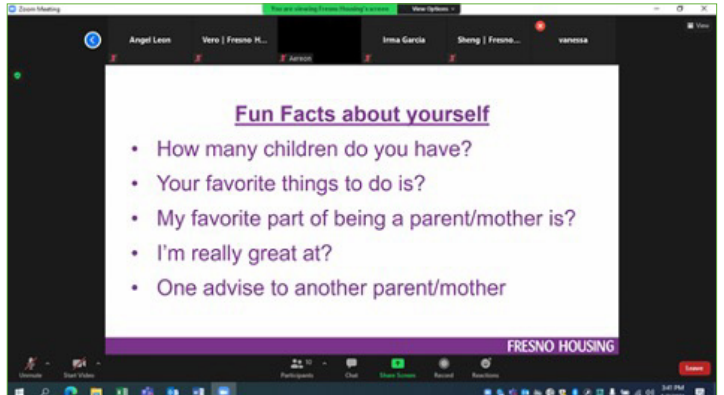
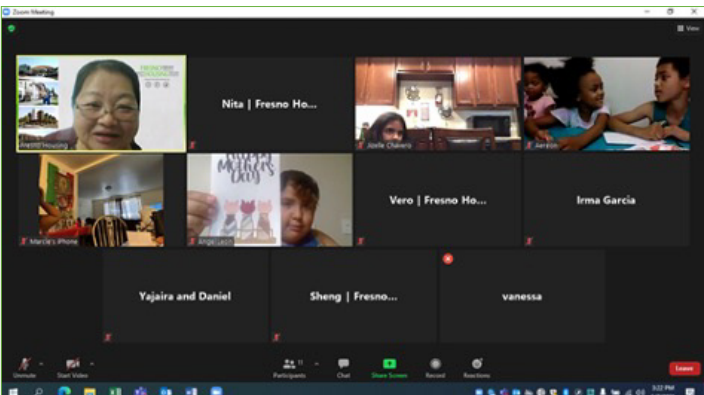
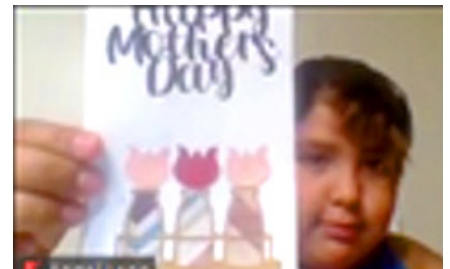
# Resident Empowerment Highlights

FRESNO VIBRANT COMMUNITIES  
 QUALITY HOUSING ENGAGED RESIDENTS

MAY 2021

# Mother's Day Event

Mother's Day is a celebration honoring the mother of the family — motherhood, maternal bonds, and the influence of mothers in society. In honor and celebration of Mother's Day, Fresno Housing Resident Empowerment Team observed Mother's Day with a fun interactive virtual activity that both adults and youth from multiple sites attended. Youth participants created a Mother's Day card and shared their creativity with their mother/guardian. Adults decorated a mug with a very endearing message and shared fun facts about themselves.





# Alzheimer’s Workshops Series

The Alzheimer’s Association and Fresno Housing partnered in bringing a three-part workshop series for residents to learn about the disease.

- Understanding Alzheimer’s and Dementia
- Health Habits for Your Brain and Body
- Know the 10 Signs

The workshops, which began on May 20, are beneficial for individuals with the disease or their caregivers.

## Celebrating Asian American and Pacific Islander Heritage Month

Fresno Housing Resident Empowerment partnered with The Fresno Center, Fresno County — Babies First Program, and Fresno Interdenominational and Refugee Ministries (FIRM) to celebrate Asian American and Pacific Islander Heritage Month on Friday, May 21, 2021. The Zoom event celebrated all the cultures of the Asian continent and Pacific Islands of Melanesia, Micronesia, and Polynesia with a reading and a cooking presentation on how to make a quick and simple fried rice dish that the whole family would enjoy. In addition to information on the different types of services available in Fresno County, the program included a presentation from FIRM on the various Asian ethnic groups currently residing in our community.



## Fresno State Parent University began offering Adult Digital Literacy Classes for FH residents

The digital literacy classes teach residents basic computer skills, including creating and using emails, monitoring student school progress through parent portal, and utilizing virtual meeting platforms such as Zoom, Google Meet, and Microsoft Teams. The eight-class course meets twice a week for four weeks. Upon completion, residents will receive a certificate and have an opportunity to participate in an advanced class for additional learning.