

Horizon Housing Foundation

Social Service Update 2019 - 2020

Our Mission:

The Horizon Housing Foundation provides safe, affordable housing for families and seniors and supports them through programs that promote economic self-sufficiency and improve their quality of life.



Residents take notes during a healthy aging class at Phil B Curls Manor



Oasis tutors lead the kids of Lemay Manor in reading and writing activities

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2019-2020 3rd Quarter Social Service Update December 13, 2019

3rd Period Grants At-a-Glance:

<i>Tutoring Hours</i>	80	592	<i>Exercise Classes</i>
<i>After School Programs</i>	7	44	<i>Health & Wellness Classes</i>
<i>Coats for Kids</i>	168	119	<i>Healthcare & Social Work Visits</i>
<i>Computer Classes</i>	30	86	<i>Healthy Cooking Classes</i>
<i>Art Classes</i>	90	4	<i>Walking Clubs</i>
<i>Community Events</i>	68	7	<i>Community Health Initiatives</i>

Overview of the Quarter

The third grant period of the 2019-2020 year began on November 15th, with grant applications due to Horizon one month prior. From the applications Horizon received, staff approved 63 grants. Thirty-one of these grants are focused on health and wellness, 18 grants are focused on education, and 14 grants are focused solely on community building initiatives. (As a side note, these numbers track the *primary* focus of the grant, so there are community building events folded into the grants at many more than 14 properties.)

Horizon staff spent much of the fall preparing for this new grant period. Site visits in Colorado directly resulted in four new grant applications, with more properties expected to engage with us this winter. The rest of our grant outreach was mostly done electronically and over the phone, as staff sought out grant applications and brought program ideas and partners directly to properties where promising opportunities had been identified. Several ongoing programs had to be shepherded through a process of property management turnover or a change in instructor or vendor. The results of these efforts are the 63 grants mentioned above, plus a few leads for the spring.

Horizon has also been busy trying to increase the effectiveness of our partnerships. We have been finding new sties for program implementation with existing partners such as Bring Me A Book, Pathway to Potential, and Oasis' health programs, while continuing to seek out new partnerships with agencies such as Aging Ahead, local health practitioners, and others. As we wrapped up the fresh food boxes coordinated by New Growth Missouri (at Katy Trail Estates and Ridgeway Villas), a brief survey of residents and property management was done to help inform the program when it restarts in the spring.

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Notable Programs & Initiatives

- *Finding Community During the Holidays:* Horizon has committed to combatting social isolation among our older residents, and the holidays are an especially important time to focus on this. In funding a number of community events for the holidays, we see catered and potluck dinners that bring together neighbors, we see parties with gifts and giveaways of health and wellness kits, we see trips to view the lights or a holiday show. These are things that many of us take for granted, but which can be very meaningful for an older resident living alone.
- *Winter Coats for Kids:* Horizon is sponsoring the Coat Corner for Columbia Residential's large community resource fair again this year. This event is organized by our resident services partners at Columbia, and reaches residents from Mechanicsville Cityside, Columbia Mill, and Forest Hills Apartments. Families that struggle to afford winter necessities will be assured a new coat for their kids.
- *Healthy Nevada's Winter Programs:* Healthy Nevada, which coordinates our fresh food box programs in the city of Nevada, will continue to serve Elmwood Estates and Spring Village throughout the winter until the new growing season begins. The kids at Elmwood will get a lesson in crafting a healthy snack and will take home a pack of ingredients, while the seniors at Spring Village will get a monthly cooking class along with a box of food to re-create the meal at home.

Ongoing Partnerships

Oasis: Oasis is a national nonprofit that works to help older adults with healthy aging and community involvement. Horizon works with Oasis to bring their evidence-based health and exercise programs to several of our senior properties, and has recently begun a pilot of the Oasis tutoring model for the children at a St. Louis area family property. We have just begun Tai Chi for Arthritis for Fall Prevention courses at several rural Missouri properties.

Bring Me A Book: Horizon is continuing our partnership with Bring Me A Book this fall and winter. Deliveries of book boxes for children were completed at Fox Manor, Sycamore Hills and Lemay Manor, and we are working on trying to bring the book bus to rural properties outside of the St. Louis region as well. These programs ensure that kids have access to age-appropriate books in their homes, which will help to encourage literacy and a love of reading.

Pathway to Potential: Horizon is working with Terry Cooper to implement his job readiness and career development curriculum at properties in Atlanta. This course teaches resume development, job search techniques, and soft skills such as interview readiness and workplace conduct. Having completed a course at Columbia Mill Apartments this summer, we are working on improving the program and preparing a second phase for the residents at Mechanicsville Cityside.