



Preservation Housing Management report:

More than 500 volunteers assisted residents in POAH communities

Five hundred and twenty volunteers in communities where POAH owns and operates affordable housing communities assisted residents last year according to a Preservation Housing Management survey.

They provide homemaker services, transportation, mental health services, credit counseling, teen mentoring and even safety equipment checks for walkers and strollers.

"Six years ago, when I became the Resident Service Coordinator, I quickly discovered that **Central Annex / Union Court** needed services brought into the property, since there was little available on site," said **Theresa Smith**, Resident Services Coordinator at the Pittsfield, MA property.



"Sixty five percent of our population is disabled and has both mental and physical disabilities. These supportive services assist our residents in budgeting, health care, mental health referrals, wellness, and tobacco treatment program. There has been tremendous success in networking and linking residents to services."

At **Trinity Towers Apartments** in Melbourne, FL, a senior community, volunteers from nearby **Holy Trinity Church** help in the cafeteria and **Volunteers in Motion** provide weekly transportation to the supermarket. **Mederi Home Care** held weekly blood pressure clinics, **PTS Therapy** provided an assistant to lead **Sit and Get Fit** classes and **Wellcare** led zumba for seniors. **Brownings DME** performs safety equipment checks for walkers and strollers and the **Center for Independent Living** demonstrated amplified phones and other equipment for the hearing impaired.

Further down the state in Miami, volunteers staff the resource center at **Cutler Manor Apartments** according to Resident Service Coordinator **Shelby W. Turner**. Every other week, volunteers hold a **Senior Social Tuesday** group for the elderly. Other volunteers work with youth in the **M.I.T. (Minds In Training) Homework and Tutoring Program**, **Kidz Krops Garden Club**, **Girl Scouts**, **Boy Scouts** and **GWMI Dance Team**. Residents also receive benefits through volunteer organizations such as **Alpha Kappa Alpha Sorority, Inc.**, **Hope for Miami** and **CHI Doris Ison Health Centers**. The **HIV Team** and **Teen Talk** coordinators from **CHI** provide free condoms and HIV Testing on a weekly basis.

At **Cutler Meadows Glen**, also in Miami, staff from H&R Block assist residents with tax preparations.

At **Garfield Hills** in Washington, D.C. volunteers give seminars on HIV, Diabetes, Domestic Violence, Child Abuse and Self Esteem for groups of 10-30 adults and children. Friends are invited as well. A group from **Howard University** led seminars for youth on the topics of respect, healthy eating and exercise and added some fun to the program by teaching a dance routine.

Property managers know the importance of recognizing the work of volunteers; Trinity Towers presented framed certificates of recognition at the Christmas luncheon sponsored by a community home health agency and residents wrote personal notes of thanks. To make sure the whole community knew about their work, management invited the mayor and local tv and newspaper reporters to the event.