

# The Healthy Homes Team

## Resident Services Coordinators

Coordinators facilitate on-site activities and events and provide local community referrals.

## Family Resource Navigators

Work with families to reduce stress and support parents on their journey to raising healthy kids.

## Peer Support Specialists

Peers provide lived experience and build trust to encourage residents to focus on self-care.

## Community Health Workers

Assist with setting and achieving health and wellness goals.



## TAILORED ACTIVITIES AND EVENTS FOR RESIDENTS



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 541.683.1751    *Let's get social!*

# PROGRAMS FOR EVERYONE

## What is Healthy Homes?

Healthy Homes by Cornerstone brings activities and events on-site in communities at no cost to the resident.

We offer something for everyone in Five focus areas: Food & Nutrition, Youth Development, Financial Stability, Health & Wellness, and Community Connections.



CORES

### CORES Certified

The CORES Certification recognizes organizations with a proven track record of providing quality resident services coordination in affordable rental housing.

## FOOD & NUTRITION



- **Summer Lunch/Snack Packs** provide food and snacks for all youth ages 0-18 during summer months.
- **Extra Helping/Bread Basket** delivers fresh produce, bread and dairy; set up like a farmers market to make your own selections.
- **Senior Grocer/Food Boxes** offer front door delivery to seniors or people who cannot attend regular food programs.

## YOUTH DEVELOPMENT



- **Active Kids & Active Teens** offers year-long recreation, arts & crafts, and healthy snacks with a variety of activities after school and during summer break.
- **Rising Star** helps motivate youth by earning "star points" and fun rewards and prizes for good grades and helping out in the community.
- **Homework Club** offers extra homework help or educational activities with a healthy snack.

## FINANCIAL STABILITY



- **Resident Referrals** are available during resource hours to provide one-on-one support and connections to local resources for things like rental and utility assistance.
- **Financial Wellness** support is available to help teach the basics of budgeting, saving, and connecting to asset building activities like education or home ownership.

## COMMUNITY CONNECTIONS



- **Volunteerism**, opportunities for community members to support resident programs.
- **Community Gardens**, on-site gardens are planned, planted and maintained by residents.
- **Community Building** events like BINGO or Movie Night brings residents together to create social connections in the community.

## HEALTH & WELLNESS



- **Get Motivated** links adult residents to health and wellness activities and community recreation partners.
- **Wellness Clinics** bring health services like flu shots, dental clinics, and vaccination services on-site in partnership with local health care providers.
- **Wellness Coaching** provides one-on-one wellness support to help people achieve goals or manage chronic illness.