



May Kao <may@vivasiafitness.org>

## Eden Housing Volunteer Newsletter

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Fri, May 10, 2019 at 8:00 AM



## Volunteer News



❁ SPRING EDITION



## Eden's Annual Volunteer Appreciation Event a Huge Success!

On April 11<sup>th</sup> Eden's Volunteer Program Department threw a celebration to show our appreciation for all Eden volunteers. Upon arriving at the [Garre Winery's Bella Rosa](#) event space, guests enjoyed taking pictures together at the [California Dreamin' Photo Bus](#), played outdoor lawn games, and danced along to live music by [The Funky Spuds](#). During the Awards Ceremony, the following volunteers were recognized for their hard work building community at Eden Housing:

**Board Member of the Year:** Calvin Whitaker

**Corporate Volunteer of the Year:** Alison Shirey

**Community Volunteer of the Year:** Jeff Loehr

**Resident Volunteer of the Year:** Jeffery Goode

**Special Commendation Award:** Prakash Narasimhalu

[Click the image above to view more photos from the event.](#)

**Pictured: Volunteers from Bank of the West enjoy the outdoor lawn space at Garre Winery.**

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**Corporate Volunteers Bring Spring Cleaning and Parties to Eden Residents**

This spring Eden had corporate groups come out to host Spring Parties and Cleaning Events to benefit Eden youth and seniors alike. LandCare volunteers hosted a **spring party** at Foss Creek that featured an egg hunt and sack races, while Starbucks volunteers hosted a **tea party** at The Altheim where seniors had the chance to make a spring craft. Starbucks volunteers also split their time spring-cleaning the property.

**Pictured: Foss Creek residents compete in sack races facilitated by LandCare volunteers at Eden Housing's Foss Creek Court.**

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## Eden Savers Financial Coaching Program Returns For a Third Year

Our Financial Coaching program, Eden Savers, is turning three years old! For the second year, we are bundling the coaching program with a savings match to encourage our residents to save. Last year, the average savings our residents had before participating in this program was \$168, and **after one year the average they had saved was \$941!** Before participating, only 7% had an emergency fund, and after the program, 100% had an emergency fund saved. If you want to join us in this important work, we have upcoming trainings in: Hayward, San Leandro, Dublin and Livermore in May and June. Reach out to us today!



**Pictured: Financial Coaches from our 2018 program connect at the 2019 Volunteer Appreciation Event.**

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## Volunteer Spotlight: VivAsia Fitness Inspires Eden Seniors

**VivAsia Fitness** is a non-profit organization that specializes in providing cultural fitness programs for underserved communities. Eden's partnership with VivAsia started in the summer of 2018 when VivAsia volunteered at Nugent Square's National Night Out event. After their introduction to Eden Housing's properties, VivAsia started volunteering to bring annual Functional Assessment workshops to Eden Housing senior sites. Wanting to still do more, VivAsia began teaching a Lotus Class at Cambrian Center in San Jose.

VivAsia created a monthly wellness column for Eden properties to include in resident newsletters to tackle the challenge of reaching senior properties out of their service area. Their mission to **enable individuals to live a healthy active**

**lifestyle and to appreciate cultural diversity** shines through in all of their efforts. VivAsia has been a pleasure to work with, and we look forward to expanding our partnership as Eden and VivAsia both grow.



**Pictured: Top right; Ying Mitchell, Executive Director of VivAsia Fitness, facilitates a functional assessment at Josephine Lum Lodge. Above; Kim Lopez, VivAsia Fitness Instructor, leads her weekly Lotus Class at Cambrian Center.**

## Affordable Housing Advocacy Corner



### Eden Housing's New Action Alerts

It is an incredibly exciting and pivotal time for California housing policy. In response to the statewide housing crisis, landmark bills are being introduced at all levels of government, particularly around funding, streamlining approvals, and public land use. Stay in the know and make your voice heard by signing up for Eden's Action Alerts.

## SIGN ME UP

SB 18, introduced by Senator Skinner, is just one of the many pieces of legislation that we are proud to support. This bill enhances the current use of emergency funds and allows for a more comprehensive early intervention in preventing first-time homelessness. The bill would provide funds for rental assistance and legal aid to at-risk individuals. To learn more about this, and similar bills, sign up for our Affordable Housing Action Alerts [here](#).

## FOLLOW US



## Volunteer of the Month



**Name:** Diane Feingersh

**Property:** Eden Issei Terrace,  
Hayward

**Why did you choose to volunteer with Eden Housing?**

I was looking for an opportunity to gain some experience teaching yoga to seniors, and my initial efforts did not succeed in finding anything. Then a classmate

introduced me to Emily, who kindly took the time and effort to identify a location that was convenient for me, that also had folks interested in this kind of service at a time slot that fit into my busy schedule. Emily made the whole process easy and enjoyable.

**What have you done as a volunteer? Please describe your role and what you have worked on.** I have taught yoga weekly to a lovely group of students at Eden Issei.



**What have you learned through your volunteer experience? Have there been any surprises?** I have gained valuable experience teaching a group of seniors who have varying levels of strength and flexibility. It has been educational as I continue to learn how to hold the space for people with varying degrees of ability. I've been surprised at some of the students who are quite up in age but still retain the ability to stay with the class and keep coming back every week!

**What do you like best about volunteering with Eden Housing?** The students are so very friendly and appreciative of what I have to offer. They are really a joy to work with. Grace, Resident Services Coordinator at Eden Issei, also is a pleasure to have on board as she always calls the students who sometimes forget and she is always so supportive of my classes.

**Are there any tips that you would share for someone else who is considering volunteering?** Know that the rewards are beyond what you might imagine. There is hardly any better feeling than knowing you are offering a service to people who need and appreciate it.

**Tell us something we may not know about you. Any interesting facts you'd like to share about your life?** I've spent my whole life studying holistic medicine including shiatsu massage, herbal medicine, Ayurveda (a traditional form of holistic medicine from India that is considered a sister science of yoga), and I just completed a 1000-hour yoga therapy program. All the while I've been working in biotech and big pharma, helping to discover and develop life saving medicines primarily for cancer. It always seemed a little ironic that my interest is in low-tech medicine but my career has been in high tech research. I am grateful for the job that helped support my family for three decades, and I hope to soon embark on a second career in which I can serve others in the healing arts of yoga and Ayurveda.

**March Volunteer of the Month:** [Stephanie Noel](#)

**April Volunteer of the Month:** [Sana Ansari](#)

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## Interested in volunteering with us or know someone who is?

Check out these current needs along with others on [VolunteerMatch](#).

Volunteer as a  
**Tech Tutor**  
for Resident Seniors  
of Eden Housing  
Oakland or Livermore

Teach  
**Tai Chi**  
to Resident Seniors  
of Eden Housing  
Hayward

**Become a  
Volunteer  
Financial  
Coach!**  
Edén Housing  
Livermore, Dublin, Hayward

**Volunteer in an  
After School  
Program**  
Tutor and offer Homework Help  
to Edén Housing Youth  
Multiple locations in Hayward

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Our mission is to build and maintain high-quality, well-managed, service-enhanced affordable housing communities that meet the needs of lower income families, seniors and person with disabilities.

**For more information, please contact the Volunteer Programs Coordinator:**

[Emily.Henebrey@edenhousing.org](mailto:Emily.Henebrey@edenhousing.org)

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