



Affordable Housing  
For The Elderly

FALL 2024

# HOUSING WITH A HEART

HAPPY

Holidays



Elderly Housing Development  
& Operations Center

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# From the President and CEO Melanie Ribeiro



## EHDOC ADVOCATES FOR TAX REFORMS TO SUPPORT AFFORDABLE HOUSING FOR EXTREMELY LOW-INCOME SENIORS

EHDOC **builds** affordable senior housing, and as a recent *Housing with a Heart* issue detailed, we have new projects in various phases of approval. EHDOC **maintains** multifamily housing communities to offer seniors a quality home with access to essential services, activities and amenities, and endless opportunities to live independently. EHDOC **welcomes** seniors who qualify under a Tenant Selection Plan that meets the affordable housing program requirements; most at rent levels of 30% of the total household income.

Build, maintain, and welcome—these are the actions we can directly take to support seniors. However, what EHDOC can't directly control but actively advocates for are 1) tax reforms affecting the Low-Income Housing Tax Credit (LIHTC) Program for the development of new affordable housing, and for the preservation of existing affordable housing, and 2) a proposed new tax credit for renters including people with low incomes and extremely low incomes who face the highest risk of housing instability and homelessness.

ABOUT THE COVER:

Happy Holiday  
Wishes from  
EHDOC



## 1) LIHTC Reform Measures Proposed to Congress

The LIHTC Program is the largest federal program under IRS Section 42 that supports building and preserving affordable rental housing. EHD OC has used the LIHTC Program as a reliable source of funding for several EHD OC communities around the country. Yet, according to the National Low Income Housing Coalition (NLIHC) and the National Alliance to End Homelessness (NAEH), multifamily apartments built solely with LIHTC as a source are still often too expensive for extremely low and low-income people who desperately need affordable housing the most.

To illustrate, the National Council of State Housing Agencies reports that only 16% of new multifamily apartments built using the LIHTC Program are affordable to renters with extremely low incomes. As a result, the majority (58%) of extremely low-income renters in LIHTC-financed developments who do not receive extra rental assistance face severe cost burdens, spending more than half of their limited income on rent.

EHD OC, along with the NLIHC and NAEH, are urging Congress to expand the LIHTC Program with reforms that could increase affordability for low-income households. In September, the joint efforts of these organizations submitted letters detailing the proposed reforms to the U.S. Senate's Committee on Finance and the U.S. House of Representatives' Committee on Ways and Means, as well as the House Republicans' Tax Team on Community Development. Two specific reforms include:

### A) Provide an Extremely Low-Income Basis Boost for properties serving Extremely Low-Income Households

This proposed boost will provide additional tax credits if a developer designates 20% of the units of a LIHTC-financed housing development for households with extremely low incomes.

Many LIHTC properties already receive a 30% basis boost due to their location or unique qualities. However, by increasing this support by the extra 20% to a total of 50%, Congress would help make it much more financially viable for EHD OC and other developers to create more affordable units for households with the highest needs. This important reform would also open doors to new rental homes tailored specifically for those with special needs, such as seniors, people with disabilities, individuals who were formerly homeless, and others who require a stable, supportive living environment to call home.

### B) Facilitate Development in Tribal and Rural Communities

Financing for developments in tribal lands is challenging, not to mention that Federal investments in affordable housing in these lands have lagged over time. For rural communities, there are often higher poverty rates, lower incomes, lack of access to private capital, paired with potentially substandard conditions and unaffordable housing. Making it more financially feasible for developers like EHD OC to build within tribal lands or rural areas, can improve conditions for extremely low-income families. The recommendation is for Congress to designate tribal and rural communities as "Difficult to Develop" (DD), therefore availing an automatic 30% basis boost for building affordable rental homes in these communities.

## 2) New Tax Credit for Renters

EHD OC supporting NLIHC and NAEH also recommended to Congress to create a new, fully-refundable Renters Tax Credit – starting with a five-year pilot demonstration – to help ease rental costs for millions of renters.



Under the proposal, households receive a tax credit provided on a monthly basis or annual basis to cover the difference between what they can afford to spend on housing (30% of their income) and the cost of their obligated rent, capped at Fair Market Rent (FMR). Renters and unhoused people would be eligible for the credit. EHDHC believes by making the credit fully refundable, the Renters Tax Credit will help those who struggle to afford housing the most – our nation’s lowest income seniors, people with disabilities, families with children, veterans, and others. What peace of mind this provides to renters who live on the edge that unforeseen housing and living cost could make them fall behind on rent, face eviction, or even homelessness!

As our article on Pages 8-11 states, developing more affordable housing is crucial. EHDHC hopes Congress considers the LIHTC Program tax reforms and the Renters Tax Credit so that in 2025 and beyond, we can see upward momentum towards new development and preservation of quality rental housing that extremely low and low-income seniors can actually afford.

# Mom's Corner

Dedicated to my Mom, Elaine

**“Mother is she who can take the place of all others but whose place no one else can take.”**

With joy in my heart, I dedicate this corner of our magazine to my precious and one-of-a-kind mom, Elaine. She isn't just my mom; she's my compass, my safe harbor, and my greatest blessing. Her love, wisdom, and presence in my life are irreplaceable gifts that I cherish deeply every day.

## **A Gentle Heart Reminder**

Life moves so quickly, and sometimes we forget to say the most important things to those who matter most. If you're blessed to still have your mom with you, take a moment today (and every day!) to let her know how much she means to you. A simple "I love you, Mom" can brighten her entire day and warm her heart in ways you'll never know. These precious moments aren't just gifts to her - they become treasured memories for us too.

**Remember: Tomorrow isn't promised, but today gives us the perfect chance to share our love.**

**Make that call, send that text, or give that hug. Your mom will treasure it more than you know.**

Melanie



# MISSION STATEMENT

EHDOC develops and manages safe, secure and affordable housing for senior citizens across the United States, Washington, DC & Puerto Rico. EHDOC advocates for the highest quality of life for the seniors of today and tomorrow.

## Did you know that [www.ehdoc.org](http://www.ehdoc.org) can be a helpful tool, not only for information on our corporation and its mission, but for much more?

- **About Us Tab:** Read about our mission and get to know our Board of Directors and Executive Team.
- **Communities Tab:** See the states that have EHDOC communities and search for a community in your area for yourself or loved ones. Each property has a description including amenities, proximity to resources and contact information.
- **Resources Tab:** Learn about our Senior Relief Fund, find links to Resources like HUD, the US Senate, US House, Federal Register, LeadingAge, and more, and find helpful Resident Resources on Social Security, Medicare and more.
- **News Tab/Publications:** Here you will find our info-packed Housing with a Heart newsletter issues all the way back to 2005!
- **Careers Tab:** EHDOC is an equal opportunity employer and a great place to work! Our Careers page lets you search by state for our current job openings, with employment applications right online.

Please visit the EHDOC website, where we exhibit our Housing with a Heart!



**HOUSING WITH A HEART** is a publication of Elderly Housing Development & Operations Corporation.



Elderly Housing Development & Operations Corporation

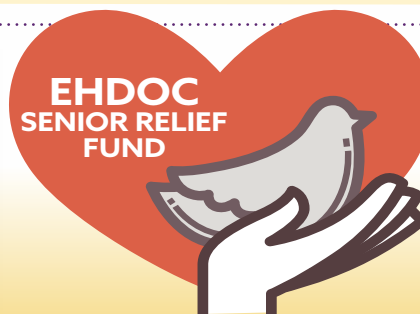
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Find Us On Your Social Networks



## You Can Help Our Seniors!

EHDOC's Senior Relief Fund is a part of our 'Housing with a Heart' mission that, among many things, assists residents who struggle with gaps in paying for monthly household and healthcare expenses. Thanks to our generous partners and friends like you, the Senior Relief Fund provides peace of mind to our seniors nationwide. **Won't you help us make a difference?**



Donations may be made by check or credit card. They are tax deductible. Visit [www.ehdoc.org/donate](http://www.ehdoc.org/donate) today to make your donation. **THANK YOU!**



Sponsored by



**EHDOC Home Office Helps:**

# St. Jude Children's Research Hospital Walk/Run

EHDOC Home Office proudly sponsored and participated in the St. Jude Walk/Run in Miramar, FL on September 21, 2024, demonstrating our commitment to causes that extend beyond our immediate mission. As an organization dedicated to improving lives, we recognize the profound importance of St. Jude's Children's Research Hospital's tireless efforts to find cures for childhood cancer and save young lives.



Several employees and their loved ones represented EHDOC by walking and wearing EHDOC T-shirts for the event. We appreciate all our team members which included Heather Suhor, Accounts Payable Specialist, and her mother, who walked in honor and memory of Gabriella Rivera, Heather's goddaughter; Christine Robles, Project Manager, who walked with her husband; and Peter Clark, EHDOC Development Director. It was a beautiful, sunny day and the finish line represented a satisfying accomplishment for our walkers!

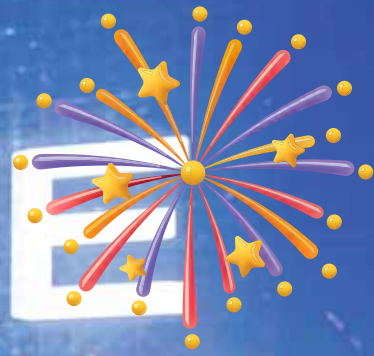
We are grateful for the opportunity to collaborate with Lauren Tulowitzki of St. Jude Children's Research Hospital. Our partnership has been both rewarding and impactful, allowing us to contribute meaningfully to the hospital's critically important cause. This collaboration embodies our commitment to fostering a world where every individual, regardless of age or circumstance, has the opportunity to thrive.

**St. Jude raised a total of \$205,926.80 through this inspiring Walk/Run.** EHDOC was pleased to be involved and contribute to the larger heartbeat of compassion and care that defines the non-profit sector. We look forward to continuing our support of St. Jude's exceptional work in advancing children's healthcare and cancer research.



# Congratulations

## Patricia Walker: LeadingAge Service Coordinator of the Year



*"I like helping, I love serving. I have always been in a position where I am able to help people, and it makes me feel good."*

We are thrilled to announce that Patricia Walker, our dedicated Service Coordinator at EHDOC's Robert Sharp Towers II in Miami Gardens, FL, has been honored with the "Service Coordinator of the Year" award. This remarkable achievement was presented at the LeadingAge Southeast Conference, held on July 15, 2024, at the Signia by Hilton Orlando Bonnet Creek.

The conference was attended by EHDOC Florida Service Coordinators, Regional Service Coordinators, and Executive Staff who showed their support, congratulations and appreciation for the 16 years of dedicated service Patricia has provided the residents of Robert Sharp Towers II. Adding to the joyous occasion, Patricia's husband Isaac and daughter Kayla were present to share in this momentous recognition.

Patricia has truly made a difference in the lives of all those she has touched. At the conference, LeadingAge shared the nomination video that was created to capture the essence of Patricia's work. It was very clear that our residents at Robert Sharp Towers II love and appreciate Patricia and her care for them! In her own words, Patricia said, "I like helping, I love serving. I have always been in a position where I am able to help people, and it makes me feel good."

EHDOC is extremely grateful to have such a compassionate Service Coordinator on our team to care for our residents. Patricia's epitomizes our commitment to providing the highest quality of life for our senior residents. She truly exemplifies our motto of "Housing with a Heart."

**Patricia, you make us proud!**



# Affordable Housing Briefs

## National Low Income Housing Coalition

1.

From Washington Post, October 16, 2024

### SBA Disaster Fund Out of Money, per President Biden

The Small Business Administration (SBA) has a disaster loan program used to offer low interest lending to disaster survivors. According to President Joe Biden who commented on October 15, the loan program is out of money. The program which assists renters, homeowners and businesses, will not issue new loans until Congress approves more funding. Existing loans will still be supported.

Two hurricanes back-to-back caused the unplanned exhaustion of funds. The SBA has issued more than 700 loans related to Hurricane Helene of approximately \$48 million. The fund has already received 12,000 applications for effects of Hurricane Milton at this writing.

President Biden advised disaster survivors to continue to apply for assistance and that the SBA will process new lending applications even while the fund is empty, and issue loans later. Congress was on a recess until November 12, so as of this publishing are back in session considering needed funding, which has been estimated at \$1.6 billion for the disaster program to be healthy through the rest of the 2025 fiscal year, which just began on October 1.

**Learn more:** <https://www.washingtonpost.com/business/2024/10/15/sba-disaster-fund-is-out-money-biden-says/>



2.

From National Low Income Housing Coalition (NLIHC) Memo to Members, October 21, 2024

### December 20 Looms: Congress Must Move on THUD Spending Bills and Disaster Recovery Bill

Congress recently returned in session on November 12, with only 39 days to agree on 12 funding bills for Fiscal Year 2025. This includes the Transportation, Housing, and Urban Development (THUD) bill that funds HUD's vital affordable housing and homelessness assistance programs. Congress will evaluate the House's proposed budget of a 3% cut to the department vs. a 10% increase proposed by the Senate.

On top of the debate on the THUD bill and 11 others, congressional leaders are talking about passing a disaster aid package before the end of the year. The aid package, which U.S. House of Representatives Speaker Mike Johnson (R-LA) has estimated could include as much as \$100 billion, would be targeted to survivors and communities impacted by Hurricanes Helene and Milton.

The current continuing resolution (CR) designed to continue funding of federal programs expires December 20. This time also includes a recess for Congress for the Thanksgiving holiday. Congress reconvenes December 3, which does not leave many legislative days remaining for decisions.

**Learn more:** <https://nlihc.org/resource/bipartisan-support-disaster-recovery-package-grows-capitol-hill-casting-1220-funding>



# UNSUNG HEROES: EHDOC Employees Drive Success in Senior Affordable Housing

By Roland J. Broussard, Senior Vice President of Operations and Development



In the evolving landscape of affordable housing for seniors, EHDOC employees focused on developing and managing multi-family apartment communities for seniors are the unsung heroes who ensure our communities not only survive but thrive. Their demonstrated expertise, professionalism, and dedication form the backbone of EHDOC's successful senior housing initiatives, creating safe havens for elderly populations across the United States, District of Columbia, and Puerto Rico.

As the aging population increases, the need for affordable senior housing has become more critical than ever. At all levels, EHDOC's resolute professionals manage diverse challenges, from securing funding and navigating complex regulations to managing the day-to-day operations of each building, to ensuring the properties remain inviting and accessible for our valued residents.

Affordable housing owners, managers, and developers employ an interdisciplinary approach, integrating skills from areas of hospitality, business management, compliance, accounting, finance, law, architecture, maintenance, and social services. Their commitment extends well beyond bricks and mortar; they foster community environments where seniors can live independently with dignity.



Management teams play a crucial role in maintaining EHDOC communities. They oversee the daily operations, ensuring that services provided meet the unique needs of senior residents. Their efforts contribute significantly to residents' quality of life by offering support systems that encourage social interaction, which is vital for mental health and overall well-being.

Moreover, EHDOC employees in this sector often serve unknowingly as advocates, raising awareness about the importance of affordable senior housing. They collaborate with community leaders, supportive service providers, vendors, and policymakers, pushing for legislation that supports funding and development of such projects.

The success stories are numerous. Across EHDOC's portfolio, countless seniors are enjoying improved quality of life thanks to these professionals' relentless and tireless efforts. From coming in early to chat with a resident over coffee, to staying late to make sure a resident arrives home safe from a late doctor appointment, our employees go above and beyond. They retrofit older buildings with modern amenities, and create new, sustainable housing models. EHDOC's innovative approaches across all sectors of our core operations provide solutions that address both current needs and future challenges.

EHDOC employees' dedication often extends beyond typical work hours, highlighting their altruistic passion for enhancing the lives of our seniors - their work not only impacts the present but also shapes the future of affordable housing.

EHDOC believes that investing in employee development and providing robust training and support systems are crucial for continued success in this essential affordable housing sector. As we look toward a future where affordable housing needs may outpace supply, recognizing and supporting these professionals' commitment and efforts becomes even more imperative.

In conclusion, EHDOC employees stand as pillars of strength and innovation to our organization. Their caring work is not merely about being a property manager, a maintenance tech, a resident service coordinator or a security guard—it is about building communities where seniors can flourish in their golden years. Their dedication, innovation, and advocacy are indeed the backbone of success in this noble endeavor.

**EHDOC is overwhelmingly proud of its employees and the work they do daily never goes unnoticed.**





## Retirement Celebration for Enilda Thomas



On October 2nd, the EHD OC family gathered at Council Towers South to celebrate a very special occasion—the retirement of Enilda Thomas. After an impressive 16 years and 5 months of dedication to EHD OC, it was time to honor Enilda’s commitment and contributions in a way she would never forget.

Enilda served EHD OC as Administrative Assistant II at Council Towers North and South in Miami Beach, FL. Attendees to the special occasion included Melanie Ribeiro, President and CEO; Irene Phillips, Chief Financial Officer; Roland Broussard, Senior VP of Operations & Development; Melissa Tarrant, VP of Field Operations; Christine Robles, Project Manager; Kaitlyn Temprana, Executive Assistant to CFO; Council Towers staff and other members of the EHD OC staff. Even those who couldn’t be there in person found a way to join the celebration through Microsoft Teams.

The celebration was a complete surprise, and Enilda had no idea what was in store. As she walked into the room, she was met with cheers and smiles from colleagues who have become more like family over the years. The event was filled with laughter, heartwarming conversations, and, of course, a spread of pizza and a delicious cake that everyone enjoyed. Enilda was also presented with a travel bag (for her future vacations) and a gift.

The surprise left Enilda deeply touched, and she couldn’t hold back her emotions as she expressed her gratitude for the party and the warm send-off. For Enilda, this gathering was more than just a farewell—it was a moment to reflect on her journey with EHD OC and the many friendships she had built along the way.

As she moves forward, Enilda leaves behind a legacy of kindness, dedication, and service that will be remembered by all who had the pleasure of working alongside her. Here’s to a well-deserved retirement and a future filled with joy and relaxation for Enilda Thomas!

**We’ll miss you!**





# SENIOR CITIZEN'S — DAY

AUGUST-21



Dear Senior,  
Happy National  
Senior Citizens Day  
Please know that you  
are special and  
appreciated.  
Have a great day,  
Sincerely  
LL



## Teamsters Residences Maumee, OH

Teamsters Residences celebrated National Senior Citizens Day with a beautiful display of pink roses, tissue paper, and handwritten cards in the Community Room. Residents were invited to visit the Community Room between 10 and 11 a.m. to receive a card and flowers. Each card included a heartfelt note, reminding the seniors of how special and appreciated they are. The event was thoughtfully designed to honor and recognize the value and worth of the community's seniors.

## Earl M. Bourdon Centre Claremont, NH

The residents and staff of the Earl M. Bourdon Centre celebrated National Senior Citizens Day with a day full of exciting activities. The festivities kicked off with a hearty breakfast prepared and served by the dedicated staff. Afterward, residents teamed up with new friends for a fun-filled scavenger hunt, working together to find and solve 12 clues hidden throughout the building. The special day wrapped up on a sweet note, as everyone enjoyed delicious snow cones from the Kona Ice Truck!

## Pine Grove Apartments Pineville, LA

Pine Grove Apartments celebrated National Senior Citizens Day with a special visit from an ice cream van, generously sponsored by Red River Bank. Many residents gathered to enjoy the cool and creamy treats, making it a sweet day to remember.



# HOUSING WITH A HEART...



## Mosaico Apartments

Miami, FL

Spanish boleros and lively conga lines brought joy and celebration as Mosaico staff and residents honored Hispanic Heritage Month in September. We thank VivaMas Medical Center for sponsoring the event. Hispanic Heritage Month is an annual celebration of the history and culture of the U.S. Latino and Hispanic communities, and how those communities have influenced and contributed to American society at large.



## Lynn Williams Apartments

Pittsburgh, PA

US Congresswoman Summer Lee visited residents of Lynn Williams Apartments on Tuesday, October 8th. Congresswoman Lee spoke about changes in Medicare and held a Q&A session to address residents' questions. Joining her were two staff members, Brandon Forbes, District Director, and David Greve, Constituent Advocate, who also provided insights on Medicare changes. Light refreshments were served after the meeting.

## Lloyd McBride Court

Millvale, PA

Residents of Lloyd McBride Court have arranged three Community Food Solutions Cooking Parties, funded by a grant from United Way. The first one, held October 14th, guided residents on making delicious chicken soup and a large pot of chili. The monthly sessions are designed to teach the residents how meals can be prepped easily, cooked, and properly stored for the future.

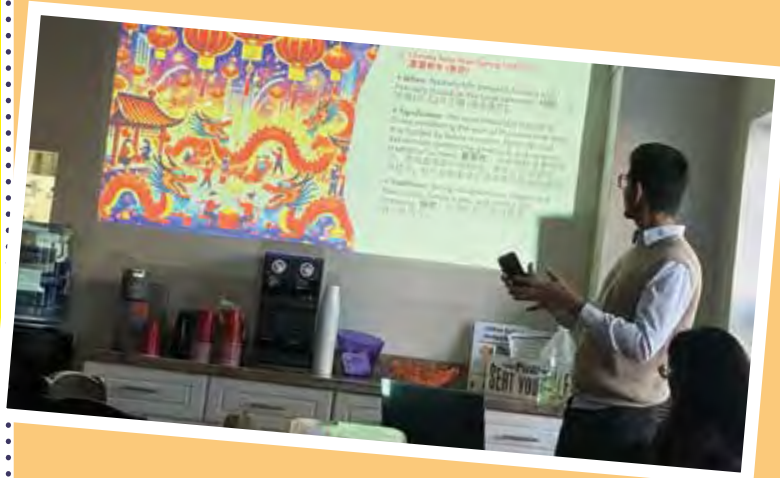


## Robert A Georgine Towers

Charlestown, MA

Northeastern University students visited residents at Robert A. Georgine Towers to take them on an 'armchair trip' to China—a virtual journey right from their seats.

On October 18th, 18 residents enjoyed a slideshow tour of the country, learning about the homeland and culture of some of their fellow residents. Chinese food and refreshments were served, adding to the cultural experience for everyone.





## Morse Manor, Leisure Lane, Riverbend and Point Villa Apartments

Louisiana

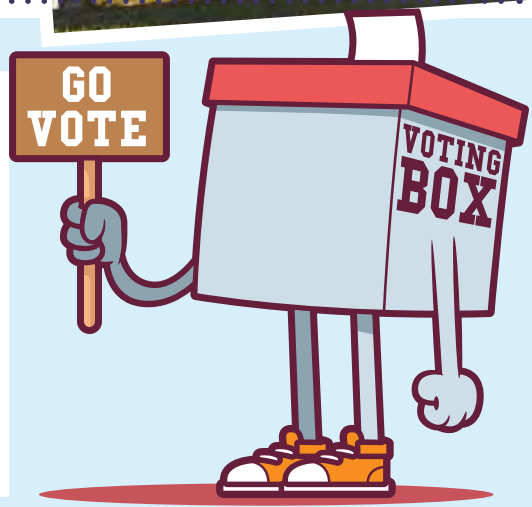
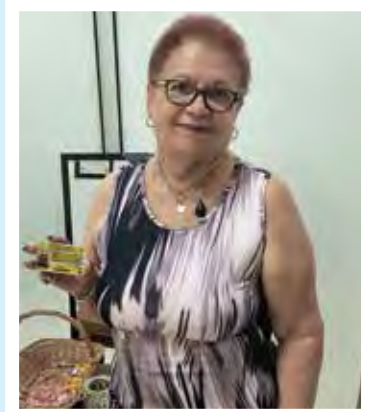
In October, four of our Louisiana communities united to donate a “trunk load of love,” collecting items from residents and staff to support victims of Hurricane Helene. Our team delivered these donations to a local Mardi Gras bead supply house, now repurposed as a hurricane relief center. It was our privilege to give back, honoring the resilient Louisiana spirit and the support these communities have received in past times of need.



## Teamsters Residences

Maumee, OH

For Emotional Wellness Month, EHD OC Teamsters Residences hosted an Art for Wellness Day on October 22nd. Residents enjoyed a relaxing atmosphere with coloring activities, soothing music, fresh flowers, and snacks like fruit and cookies. The event encouraged residents to express their emotions through art, leaving them feeling more relaxed and less stressed.



## Torre Jesus Sanchez Erazo

Bayamón, PR

For election years, Torre Jesus Sanchez Erazo hosts a Voters Program, informing residents of their voting rights and offering services like mail-in ballot assistance. In collaboration with the City of Bayamón and the Puerto Rico State Elections Commission, transportation was provided to assist with address updates and to bring residents to the polls on Election Day.



## Steel Plaza

Los Angeles, CA

Cedars Sinai’s ‘Forever Fit Program’ is provided to residents of Steel Plaza twice a week, including a Bingo game, trained exercise leaders and prizes. The combination of Bingo and fitness provides residents with an opportunity to be active and socially engaged, regardless of physical limitations. Cedars Sinai even filmed our residents for their website – enjoy the video here! <https://bit.ly/SteelPlazaForeverFit>

# ...EVERY DAY JOY AT EHD OC PROPERTIES

# HOUSING WITH A HEART...



## John Marvin Tower/ Chateau Cushnoc Augusta, ME

On October 8th, staff and residents gathered to discuss Ageism - discrimination based on one's age - and its effects. Short documentaries helped us explore how ageism often goes unrecognized in society and impacts daily life. The session sparked meaningful discussion, and everyone enjoyed snacks and beverages throughout the event.



## Stonington Arms Pawcatuck, CT

On September 10th, author Jean Baur and her therapy dog, Rudy, visited Stonington Arms. Jean, the author of *Joy Unleashed*, shared her journey as a therapy dog owner and handler, recounting her experiences with Rudy and her previous therapy dog, Bella, in schools and hospitals. Residents enjoyed homemade quiche while listening to her stories and spending time with Rudy.



## North Park Village Chicago, IL

Every Friday, residents at EHDHC Chicago properties, including North Park Village, enjoy fun activities thanks to a partnership with Northside Learning Center, a Chicago public school for high schoolers with unique abilities. Teachers, aides, and students plan engaging activities, offering everything from chair yoga and movement exercises to bingo, ping pong, and more.



## Village de Memoire Ville Platte, LA



For Fire Prevention Month, the Ville Platte Fire Department visited Village de Memoire on October 21st to demonstrate the PASS method (Pull, Aim, Squeeze, Sweep) for using fire extinguishers. Firefighters also answered questions and hosted a Bingo game, complete with prizes they provided. Additionally, the VDM Resident Council presented the fire department with donations from paper fire hat sales to support Fire Prevention Education.



## Mosaico Apartments Miami, FL

During the monthly Community Meeting on September 26th, the City of Miami



Crime Prevention Department gave a presentation on resident safety. The City of Miami Police Department praised Mosaico Apartments, noting that it's the only building in the area offering both 24-hour security and a wide range of social service programs for senior residents.







# Village de Memoire Welcomed Local Author for Cayetana Romero Book Drive

In partnership with the Evangeline Parish Library, Village de Memoire in Ville Platte, LA welcomed Debby Lawson, local Louisiana author, during the community's annual Cayetana Romero Book Drive held on March 7th this year. Also welcomed were Suzie Lemoine, Evangeline Parish Library Co-Director, and Keisha Ford, Evangeline Parish Library Marketing Director.

The Cayetana Romero Book Drive is held annually throughout EHDOC communities in memory of Cayetana, the late wife of Board Member Edward Romero, and her dedication to setting up library shelves and books for residents at Edward Romero Terrace in Albuquerque, NM.

Residents and staff enjoyed hearing about Debby's three books, *And Time Stood Still*, *A Ghostly Memoir*, and *It Follows Her*. Debby also shared that her 4th book, *In the Shadow of the Witch*, was released in October of this year.

The Village de Memoire residents enjoyed a special presentation by Suzie Lemoine, who shared exciting updates about upcoming library activities and extended warm invitations to monthly events. Each resident received a complimentary large-print book, and the library delighted attendees with an array of door prizes. The gathering was made even more festive by Resident Council Treasurer Freida Fontenot, who served freshly popped popcorn and punch, while Evangeline Council on Aging Senior Center staff members Brooke Vidrine and Debbie Johnson provided additional support to ensure a successful library outreach visit.

The residents truly enjoyed this year's event in remembrance of Cayetana Romero and look forward to hosting the library again next year.





Aging brings challenges with keeping our balance. Loss of muscle mass and decline in joint mobility due to inactivity, plus slower reflexes, diminished body awareness and failing vision contribute. Keeping your balance steady is important to help reduce the chance of falling.

# MOVIES TO IMPROVE YOUR BALANCE

Try these simple balance moves daily to improve your balance:

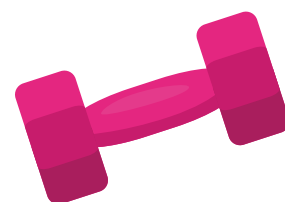
1. Stand on one leg while you brush your teeth. Not only is it fun to laugh at how silly you'll feel, but you can hang on to the bathroom counter for safety.
2. Stand beside a wall or kitchen counter for stability. Lift the foot that's farther from the wall or counter and place it directly in front of your other foot, so your forward foot's heel barely touches your back foot's toes. Balance this way without moving. Once you are comfortable, try walking backward in a reverse toe to heel pattern for 20 steps.



3. Hold onto a chair with feet hip distance apart. Raise and lower yourself on the balls of your feet 10 to 15 times. Try one leg at a time for extra challenge. You could also do this on the lowest step of a set of stairs, dropping your heel slightly below the step.

4. Start behind the chair again. Lift one leg back, bending at the knee. Put your arms out at your sides. Hold position 10 to 15 seconds, then lower your leg and repeat on the other side.

**Do two sets of 10 to 15 repetitions a day. Add hand weights as you get stronger.**

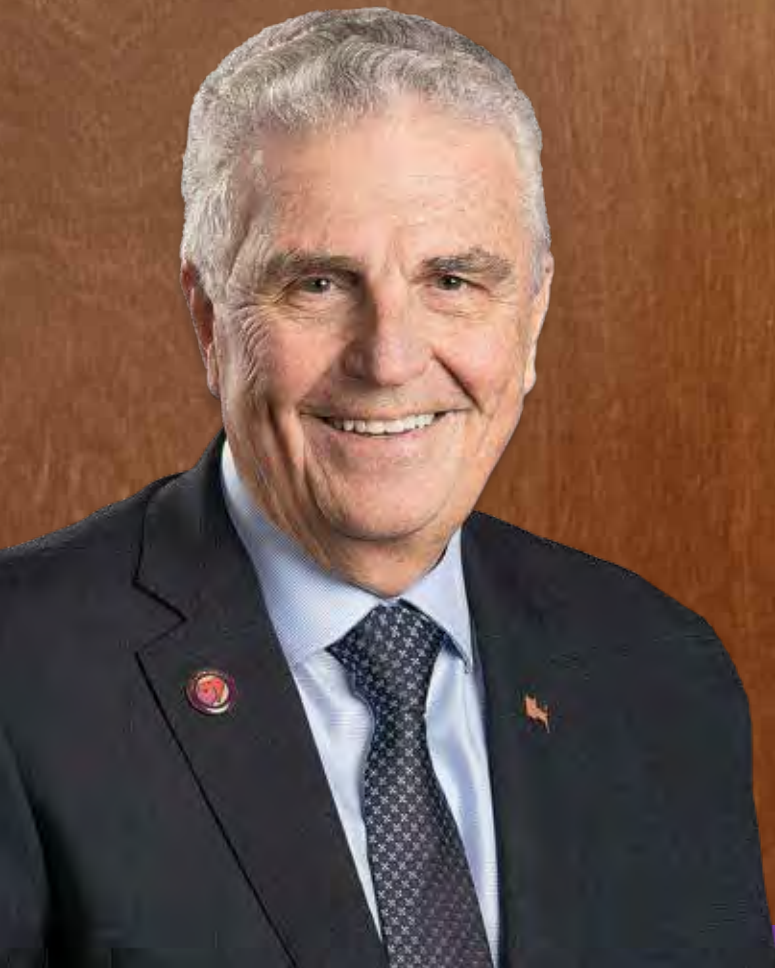




*Forever In  
Our Hearts*

STEVE PROTULIS

December 19, 1941 – April 19, 2021



# EHDOC Communities Nationwide

Working to meet the need for senior housing across the country

## Arkansas

### Jacksonville Towers

Jacksonville  
100 units | 9 story

### Worley's Place

Jacksonville  
44 units | 3 story

## California

### Dino Papavero Senior Centre

Fontana  
150 units | 11 story

### John Piazza Apartments

Fontana  
59 units | 4 story

### Minerva Manor

Fontana  
63 units | 3 story

### Phillip Murray Place

Bell  
71 units | 5 story

### Steel Plaza

Los Angeles  
65 units | 11 story

## Connecticut

### Anthony DeLorenzo Towers LP

Bristol  
90 units | 5 story

### Stonington Arms

Pawcatuck  
75 units | 2 story quadruplex

## Florida

### Council Towers North

Miami Beach  
125 units | 12 story

### Council Towers South

Miami Beach  
125 units | 12 story

### Mildred & Claude Pepper Towers

Miami  
150 units | 12 story

### Mosaico

Miami  
271 units | 13 story

### Palermo Lakes

Miami  
109 units | 15 story

### Robert Sharp Towers I

Miami Gardens  
109 units | 7 story

### Robert Sharp Towers II

Miami Gardens  
109 units | 7 story

### Steve Protulis Tower East

Miami  
50 units | 5 story

### Steve Protulis Tower West

Miami  
69 units | 7 story

## Illinois

### Edward M. Marx Apartments

Chicago  
31 units | 3 story

### J. Michael Fitzgerald

Chicago  
63 units

### North Park Village Apartments

Chicago  
180 units | 2 & 3 story

### Prete Apartments

Chicago  
75 units | 4 story

### Senate Apartments

Chicago  
240 units | 4 story

## Louisiana

### Chateau des Amis

Ville Platte  
49 units | 2 story

### Leisure Lane

Rayne  
19 units | garden style

### Morse Manor

Morse  
19 units | garden style

### Pine Grove Apartments

Pineville  
77 units | 2 story

### Point Villa Apartments

Church Point  
19 units | garden style

### Riverbend Apartments

Mermentau  
22 units | garden style

### Savoy Heights Apartments

Mamou  
54 units | 2 story

### Sunshine Center

Leesville  
37 units | garden style

### Village de Memoire

Ville Platte  
115 units | 2 story

## Maine

### Chateau Cushnoc

Augusta  
60 units | 3 story

### John Marvin Tower

Augusta  
32 units | 3 story

### La Maison Acadienne

Madawaska  
62 units | 3 story

### Montfort Heights

St. Agatha  
21 units | 3 story

### Spring Rock Park

Leeds  
20 units | 2 story

## Maryland/ Washington, DC

### Council House

Marlow Heights  
161 units | 9 story

### Morton & Florence Bahr Towers

Washington  
54 units | 5 story

## Massachusetts

### Robert A. Georgine

Charlestown  
42 units | 6 story

### South Boston

Boston  
50 units | 3 story

## New Hampshire

### Earl M. Bourdon Centre

Claremont  
80 units | 3 story

## New Mexico

### Edward Romero Terrace

Albuquerque  
40 units | 4 story

## New York

### Clyde F. Simon Lakeview I

Bath  
150 units | 5 story

### Clyde F. Simon Lakeview II

Bath  
39 units | 3 story

## Ohio

### Mayfield Manor LP

Canton  
144 units | 6 story

### Mayfield Manor II

Canton  
66 units | 8 story

### Mayfield Manor III

Canton  
40 units | 4 story

### Teamsters Residences

Maumee  
52 units | 1 story quadruplex

### William W. Winpisinger

Cleveland  
42 units | 7 story

## Pennsylvania

### Hugh Carcella Apartments

Reading  
120 units | 11 story

### I.W. Abel Place

Pittsburgh  
49 units | 6 story

### Lloyd McBride Court

Milvale  
58 units | 5 story

### Lynn Williams Apartments

Pittsburgh  
42 units | 5 story

### Steelworkers Tower

Pittsburgh  
79 units | 11 story

## Puerto Rico

### Torre Jesus Sanchez Erazo

Bayamon  
100 units | 11 story

## EHDOC Communities as of November 2024



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