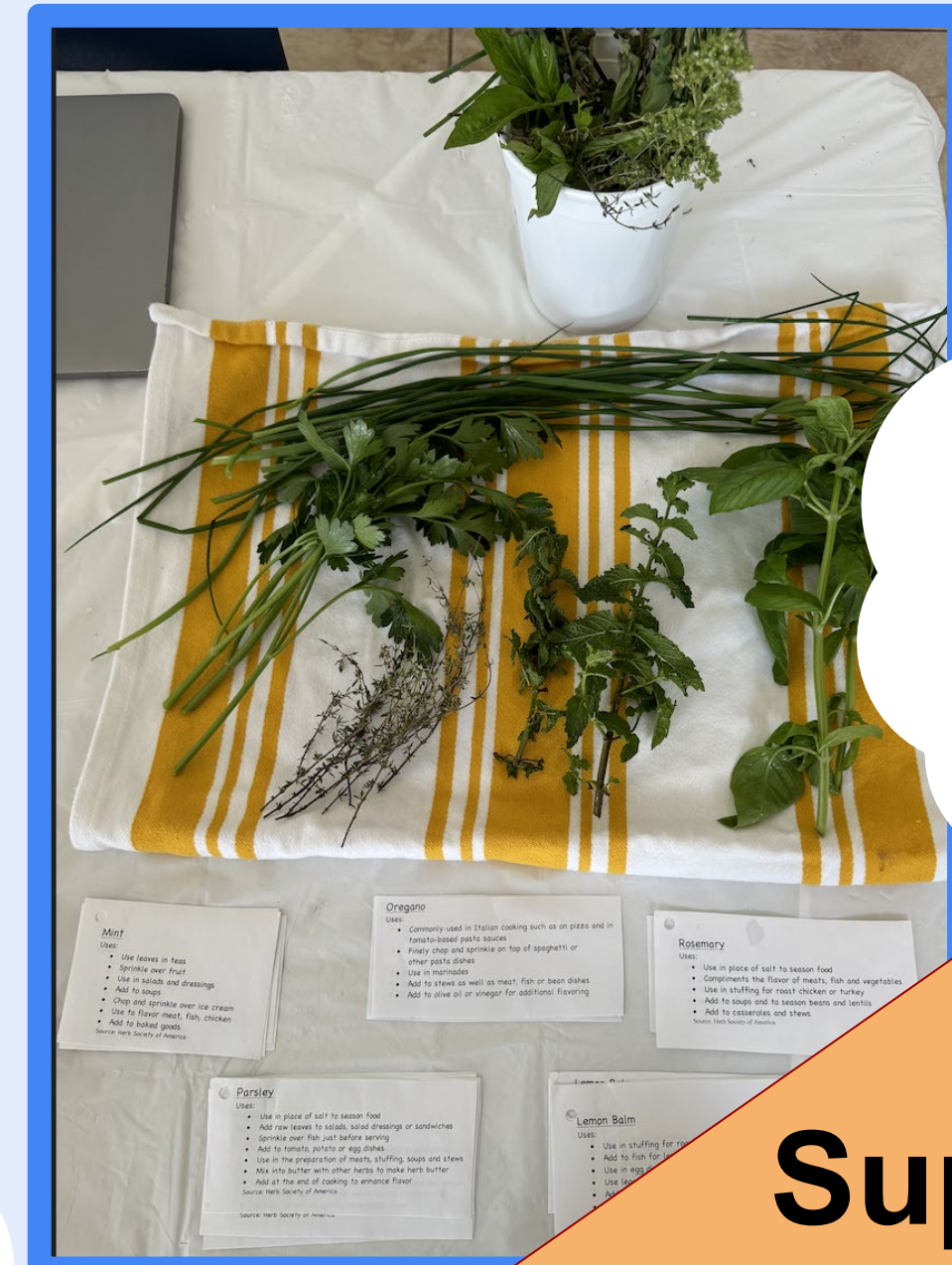


# Health & Wellness Initiatives at Mission First Supportive Housing

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 Site Preceptors: Melissa Mascolo, Director of Program Management, Mission First Housing - Edison



## Mission First Supportive Housing

- Non-profit organization - 46 units of safe, affordable, and permanent housing
- Population who are assessed for eligibility: Individuals who are unhoused in Middlesex County
- Residents have access to **individualized case management services**, employment support, mental health services/substance abuse services, on-site food pantry programming and community partner outreach

## Objectives

- Lead **one-on-one** meetings with residents to assist with **tailored support**
- Organize community outreach events to **educate** and **empower** residents in healthcare and wellness
- Create surveys that measure **resident satisfaction**

## Sustainability

- EASI Intern Binder
- Resident connections with **Horticultural Therapist**, Andrea Dean
- Partnership with Tzu Chi to emphasize **fresh food pantries**
- Feedback from new residents for **future programming**

## Acknowledgments

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## Events

### Self Care Day

- Pop-Up Sample Station
- Mindful Coloring
- Tabletop Tennis
- Wellness Practices Pamphlet to-go



### Navigating your Health

- Primary Care VS Emergency VS Urgent Care
- How to read over-the-counter medication labels and common uses
- Vaccine Education
- Health information pamphlets to-go



### Bulletin Board

- Resident Feedback Surveys
- Summer Safety Education
- "Add your artwork"
- Research Flyers



### Nutrition Day

- Horticulturist - Using the Garden as a Form of Physical Activity
- Cooking Demonstration with Fresh Produce
- Healthy Recipes and Alternatives
- Pantries in the Area



### Summer Fun Day

- Aetna Sponsored Pantry Pop-Up
- Joined by our Partners
- Resource Flyers
- Summer Activities

