



KALOS Newsletter

Connect with Us

Easter Leasau
Sr. Community Building
Coordinator
Coordinadora de Desarrollo
Comunitario
Community HousingWorks
619-732-3111
eleasau@chworks.org

Kalos Property Manager
Charlene Rodriguez
Gerente de la Comunidad
ConAm
619-362-4888
kalos@chworks.org

Maintenance Emergency
Emergencia de Mantenimiento
619-243-4478

Food Pantry - Kalos
Call to schedule with Easter
Want to Volunteer
For more info. See your
Sr. CBC – Easter

October 2024

Computer Lab/ Learning Center hours:

Weds, Tues. and Thurs. 3:30pm-5pm.

Resident Meeting Update

October 15th, Tuesday 3:30pm

Senior Boxes Delivery

October 25, Wednesday 12pm

Coffee & Chat

October 10, 9:30am

2nd Thursday

**Sign up for Free Kids Meal
Heaven's Windows.
See Easter for details.**



To sign up your child. Call your Sr. CBC Easter 619-732-3111

988 Suicide and Crisis Lifeline Adds to County's Resources

People experiencing a suicide, mental health or substance use crisis will now be able to call or text to a three-digit 988 dialing code to get help.

Activity/Events is subject to change without notice

FINANCIAL WELL BEING RESOURCES

Veronica Lagler: (619) 823-7319 or by Email: vlagler@chworks.org

Rodrigo Gomez: (619) 795-0227 or by Email: rgomez@chworks.org

For more information, please visit <https://chworks.org/for-residents>

INVITATION TO APTEXX:

The online user will be able to pay rent, submit maintenance request and get useful information - regarding their community. You can also report when you pay your rent on time, which can help improve your credit score!

To sign up please visit: Kalos.aptx.cm



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RESIDENT REMINDER:

Hello October



**October 10, 9:30am
2nd Thursday**



If you know someone who is living with breast cancer or has been affected by the disease, check in with them to ask them how they're doing. Schedule your annual mammogram. Encourage your friends and family to do the same.

Learn more about breast cancer and how it affects people's lives from [Breastcancer.org](https://www.breastcancer.org). news, educational content, podcasts, and more.

This information is provided by [Breastcancer.org](https://www.breastcancer.org).



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