

Home is everything.

SUMMER 2012

INSIDE THIS ISSUE:

Women's Retreat and Luncheon 2

New Property Manager 2

Educational Programs 2

Property Service Info 3

Tenant Incentives 3

Property Mgmt Reminders 4

STAY UP TO DATE ON THE "HAPPENINGS" OF ANAWIM HOUSING

- Anawim Housing Web Page
- FACEBOOK Fan Page
- TWITTER
- YouTube

Family Wellness Program



What Is Family Wellness?

Provides financial support to Anawim Housing families/ individuals to participate in Des Moines area cultural, social and/or educational opportunities.

What Activities Are Eligible?

Any event or activity that promotes your participation in the community. Here are some examples- but be creative: GED classes, Science Center, Living History Farms, Blank Park Zoo passes, YMCA mem-

berships, swimming passes, adult education classes, summer camps, etc.

Where Do I Apply?

It's easy! Ask for an application from the receptionist, your case manager or Tiffany, Family Advocate

What Else Should I Know?

We ask that you pay a very small portion of the cost (10%). Or, you can volunteer for at least one hour at a place of your choice. Please provide verification of your volunteer

service along with your application.

We also ask that you write a short summary of your experience. **It's that simple!**

Tenants may not apply if he/she currently carries a balance.

If you have any questions regarding this program, please call Anawim Housing Office at 244.8308.

Forest and Fields Project



Russ Frazier, President of Anawim Housing, led the Groundbreaking Ceremony

Construction is well under way for the new Forest and Fields Townhomes located at 21st and Forest Avenue and NE 46th/Hubbell Avenue.

A groundbreaking ceremony took place in May celebrating the new build projects.

Anawim Housing plan to start leasing some of the units this Fall. We are currently taking names of anyone interested in getting information on these homes as soon as they become available.

These units will be 3-bedroom, 1 1/2 bathrooms, and nearly 1500 square feet. Units will include washer/dryer, stove, fridge, geothermal heating, off-street parking as well as a covered porch.

All tenants must still meet income, rental and criminal requirements. Units will be for tenants who fall between the 40-60% of the median income. Please call our office if you have any additional questions about these new units.

To be added to our "**Interest List**", please call our office at 244.8308, and your name will be added to this list.

We will begin taking applications in **July**.

Women's Retreat & Luncheon Recap



On April 14th, Anawim Housing female tenants came for a day of relaxation, rejuvenation and laughter for the 3rd Annual Women's Retreat and Luncheon.

The morning kicked off with make-up tips from a Mary Kay consultant, information from Family Planning—Visiting Nurses of IA, health screenings/wellness information from Primary Health Care, heart health information from DSM Cardiology, as well as health and diet

information from Polk County Health Department.

The ladies were then invited to make jewelry, participate in yoga (which was provided by Dina with the Grubb YMCA), and then create their own personal therapeutic collage.

The luncheon took place at the Holiday Inn downtown at the top of the Tower. Attorney and author Jo Kline Cebuhar spoke about Wisdom: The gift that keeps on giving. She shared the inspiring

rewards of creating and sharing your legacy which cannot be measured in dollars and cents: the message of what you believe, what you know and what you hope for. All attendees received a copy of Jo Kline Cebuhar's book.

"This retreat is truly a blessing. Each year, I feel so encouraged and inspired when I leave," stated one Anawim Housing tenant who attended the retreat.

FRUITASTIC SUMMER SMOOTHIE

Serves: 2



Per Serving: \$.75

Ingredients:

- *½ banana
- *½ cup frozen berries
- *1 (6-ounce) container strawberry yogurt

Directions:

- *Blend all ingredients well in blender.
- *Pour into your favorite glass and enjoy!

Cooking Tips:

- *Be sure to wash your hands and fresh fruit before preparing.
- *Can use over-ripe fruit.
- *Freeze your smoothies in plastic cups and take them in your cooler for picnics.

Use one cup of frozen or other fresh fruit instead of bananas and strawberries.

New Property Manager

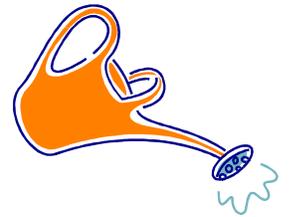


Chantell Harris, who has been working with Anawim Housing's Shelter Plus Care Program, will now be the new Property Manager for the units at 13th and Forest.

"It is never too late to be what you might have been," a quote by George Eliot is one of her favorite sayings.

Chantell has been with Anawim Housing for nearly 3 years. The Property Management Team is excited to have Chantell as a new manager.

"All our dreams can come true – if we have the courage to pursue them." – Walt Disney



Empowerment Garden:

Interested in gardening? This community garden is free of charge, and plots are available on a first come/first serve basis. You can call Alecia at 515.419.6801 for more information.

EDUCATIONAL OPPORTUNITIES

Throughout the year, Anawim Housing hosts a series of educational workshops at the office.

This is a great opportunity to meet some other tenants, learn about various topics and hear from other organizations in the community.

Tenants who are able to attend three or more workshops will also receive a rental incentive. Rental incentive is not available for third party managed companies or tenants who are part of a subsidized rental program.

Remaining classes include:

July 17: 5:30-6:30p.m.: Neighborhood Safety

September 25: 5:30-6:30p.m.: How to Get Banked

November 12th: 5:30-6:30pm: How to Save Your Money



Property Services

Anawim Housing has a phrase that explains our philosophy,

Home is everything.

Every tenant’s residence is their home. We in Property Services will help you in maintaining your home by fixing items that aren’t working correctly.

But we need your help with some basic items:

- Change your Air filter every month. The air filter helps clean the air the Furnace/air conditioner needs to breathe, which is the same air you

breathe.

- Replace smoke detector Batteries every 6 months (9volt)

The life you save may be your own.

- Do not put hot pans of food in the Refrigerator. This causes the condensation (water vapor) to form in the fridge and creates frost in the freezer. Which makes it harder for the refrigerator to keep food cold
- Let the food cool to room temperature, then place in fridge
- Refrigerators are not inexpensive; help us keep your rent affordable.
- Always clean the lint trap in dryers

between loads

- Cleaning the lint trap keeps the dryer running efficiently. Not cleaning it causes the dryer to stop drying clothes.
- The number two cause of fires in homes. (#1 is smoking in bed)

In order to keep track of tenant repair requests, Property Services needs all tenants to fill out a written repair list and/or go online to www.anawimhousing.org and fill out a request under the section for our Tenants. Property Services can no longer be accept phone repair requests.

Remember our job is to help you make: **“Home** is everything.”



Anawim Housing will begin offering incentives for tenants who have had positive inspections.

Here is how it will work:

Each property manager, upon completing a positive housing inspection,

TENANT INCENTIVES

will put all eligible names in for a drawing.

One household will be drawn from each Property Manager’s properties and those households will receive a **professional household cleaning!**



TIPS TO A POSITIVE INSPECTION:

- *Cleanliness of carpets
- *Condition of blinds, screens, etc.
- *Condition of the walls and doors
- *Amount of clutter in the unit
- *Cleanliness of the stove—be sure it is clean and free of grease stains

Free Ongoing Events This Summer



Des Moines Art Center:

www.desmoinesartcenter.org
4700 Grand Avenue.

Take your kids to this art museum to teach them about various forms of artwork from over the years.

State Historical Museum:

600 E Locust Bldg

YOGA in the Park: Grays Lake
1400 Fleur. 9 a.m. every Sat.

through, and at 9a.m. every Sun. at WDSM City Hall Lawn (through Sept.)

Downtown Des Moines Farmers

Market: Saturday Mornings from May – September. There is booth set aside just for kids.

Valley Junction Farmer’s Market –

Every Thursday from 4 p.m. – 8 p.m.

Swimming at a BEACH: Easter Lake, Raccoon River Park, Grays Lake

Free Flicks:

Outdoor movies throughout the DSM area parks and facilities. All movies are free.

Des Moines Library:

- Baby Rhyme Time
 - Toddler Story Time
 - Teen Time
 - Family Story Time
- Check out your local library for specific times for programs



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Looking for something to do this summer?

We created a convenient
SUMMER GUIDE

filled with free or low-cost activities that you and your family can enjoy the entire summer!
Stop in the office to grab your guide today.

Home is everything.



Property Management Reminders:

- Please pay rent in full before the 3rd day of the month to avoid a late fee. Always discuss with your Property Manager any payment arrangements prior to submitting payment.
- Tenants can call the Police non-emergency number at 283-4811 regarding loitering, parties, and loud disturbances. You can remain anonymous but give the operator as much information as possible so they can resolve the issue.
- If you need to call the emergency pager (333.7124) after hours or on the weekend, please leave your name,



number, address, telephone number and a brief message. This emergency service is for Anawim Housing tenants only.

- Be sure to keep your yards picked up
- Please watch out for children playing this summer—drive safely!

- If you have late fees or outstanding balances—please work with your property manager to get them taken care of and paid off.
- Did you know you can get a \$50.00 gift card if you refer another person to Anawim Housing? The applicant must state that he/she was referred by you in the interview. After the new tenant gets approved, you will receive a gift card. Call Monica, Senior Housing Manager at 244.8308 x112 if you have any questions regarding a referral.