



Anawim Housing Tenant Newsletter

Home is everything.

SPRING 2014

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

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



You Are What You Eat



Interested in learning some new recipes? Or how to save money at the grocery store? Do you need any tips on getting your young one to eat vegetables? Then this class is for you!

Beginning Friday, April 4th at the Anawim Housing Office from 10a.m.—11:30a.m., there will be an 8 week series on food and nutrition provided by the Iowa State University Extension Office.

Receive a certificate from ISU Extension and learn to

- Save \$: shop & waste less food
- Save Time: in the stores and in the kitchen
- Help picky eaters try new foods
- Make easy, low cost meals
- Try new meal ideas
- Strengthen family relationships



Expanded Food and Nutrition Education Program

All participants will get to sample foods, try new recipes **and take home some groceries to make your own new meals.**

This free class is targeted for parents who have children at home (preferably 10 years or younger) or who are pregnant. To learn more about this class or to sign up, call Tiffany King at 244.8308 x119 or email tking@anawimhousing.org.

Healthcare Enrollment

Need health care coverage? The Health Insurance Marketplace is open! And enrollment **ENDS MARCH 31st!!** To learn more about your options log onto www.healthcare.gov.

Keep in mind there will be penalties for those who are not signed up by the deadline.



You can get local help by calling several agencies such as:

Primary Health Care: 248.1400

Proteus: 271.5306

Broadlawn: 282.2246

Visiting Nurse Services: 288.1516

Anawim Workshop

The 2nd workshop of 2014 will be: **Tuesday, March 25th** 5:30p.m.-6:30p.m. at Anawim:

ISU Extension will highlight the upcoming Food and Nutrition Class as well as provide information on

FEEDING CHILDREN

Tenants will earn \$25 rent credit per workshop they attend.*

***This incentive is not available for tenants in Shelter Plus Care, or other subsidized housing programs; or for those who live where Anawim is a third party management company.**



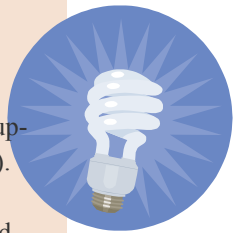
Chocolate Surprise Cupcakes

Recipe provided by
ISU Extension
Spend Smart Eat Smart

What you need:

- 1 can (15 ounces) pumpkin
- 1 box (18 ounces) chocolate cake mix
- 3 eggs
- 3/4 cup (6 ounces) apple juice
- 1/2 cup chopped walnuts

1. Preheat oven to 350°F. Grease or spray muffin tins.
 2. Combine the pumpkin, cake mix, eggs, and apple juice in a large mixing bowl.
 3. Beat batter well. Fill muffin tins 2/3 full of batter. Sprinkle walnuts on top.
 4. Bake according to package directions for cupcakes (about 20 minutes).
 5. Cupcakes are done when a toothpick inserted into a cupcake comes out clean.
- Let cool on rack for 5-10 minutes. Remove from tin.



Ways to be GREEN

American households are full of items we should recycle, even if we can't put them into our recycle bins. Car batteries, products that use household batteries, incandescent light bulbs, and new CFLs (compact fluorescent lights) are some of them.

Compact Fluorescent Bulbs:

More and more Americans are saving on energy bills by using CFL bulbs instead of incandescents. But what should you do with the bulbs after they burn out? CFL bulbs contain small amounts of mercury. If the CFL bulb breaks before it's properly recycled,

people can be exposed to this harmful metal.

Bring your report card summary in to the Anawim Housing office to get your incentive! Call Tiffany at 244.8308 x119 if you have any questions.

* Only 1 prize will be given out per student per school year.

* Incentive is not available to tenants of units in which Anawim Housing is a third party management company.



**YOU
COULD
WIN!**

IT'S EASY!

Have a positive housing inspection and be current with rent and you will be automatically entered in a drawing to **WIN!** *

Drawing to be held in June.

Tips to having a positive inspection:

- Clean and clutter-free
- Do not block windows/doors with furniture
- Cables/wires should not be across floors
- Stoves/over the stove vents should be clean of any grease or oil
- Blinds in good condition
- Changed furnace filters

*Incentive is not available for managed properties or for Shelter Plus Care

Property Services - This is YOUR HOME

Please help Property Services Staff by filling out a **written request for work** you would like addressed.

A maintenance request form may be found at:

http://anawimhousing.org/tenants/maintenance_form

We will do our best to get to your request in a timely manner.

When Should You Call the Emergency Maintenance Number?

- Broken Water Pipes (Water Flowing)
- Break-In (Kicked in Exterior Door or First Floor Window)
- * Police must be called before calling Anawim
- No Heat
- * Call as soon as heat loss is

noticed. Check furnace switch, thermostat batteries and filter before calling.

- * Calls after 10p.m. will be addressed the next day.
- Clogged Toilets - you must be home to let someone in.
- Lock Outs (charges apply)

What is NOT an Emergency?

- Cannot pay rent
- No hot water—this will be handled next business day
- No air conditioning
- * If heat is not working, check furnace switch, thermostat batteries and filter before calling.
- No power (call MidAmerican)
- Mediacom Install or outage
- Neighborhood Complaints (call Police then leave a message for Property Mgr.)

The Heating Season is almost over

1. Please change your furnace filters monthly—Need help getting a new filter? Let us know.
2. Please set your thermostats to a normal range of 68 degrees when out and 72 degrees when home. You pay for your usage.
3. Please make sure all windows are closed
4. Those tenants with BOILERS—the goal is to have the building as a whole at a constant temperature. Boilers will be shut down the last week of April/first week in May. Be sure exterior doors are closed.

**-Tim Davis,
Director of
Property
Services**



Community News and Information

SCRUB DAYS:

SCRUB Days allow Des Moines residents an opportunity to remove yard waste and debris from homes and yards to reduce the blighted areas with the City. Events begin in March.

Call Public Works at 515.283.4950 or visit <http://www.dmgov.org/Departments/PublicWorks/Pages/SCRUBEvents.aspx> for more information on your neighborhood's day/time.

Last chance for LIHEAP:

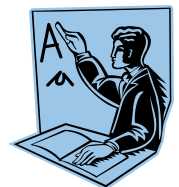
You can still sign up for Low-Income Housing Energy Assistance through April 30th. Call the Des Moines Community Action Agency at: 515.248.6216 to see if you qualify.

Dress for Success:

Dress for Success is an organization that promotes the economic independence for disadvantaged women by providing professional attire, a network of support and the career development tools to help women thrive in work and life. Dress for Success provides each woman with a business suit when she has a job interview. When she successfully lands the job, she returns to Dress for Success for up to one-week's worth of business appropriate separates. Dress for Success serves job ready women by referral only. To be referred to this organization, call Tiffany at Anawim Housing at 244.8308 x119 or email tking@anawimhousing.org.



Computer Classes:



Need assistance learning computers? There are lots of programs in the Des Moines area:

- Call the **Goodwill Career Center** at 515.953.6456 on the Southside of Des Moines to learn about their programs and computer classes
- Call **Evelyn Davis Center** at 515.720.0969 to learn about their Basic Computer Class.
- **Iowa Works**—at Iowa Workforce Center. Call 515.281.9619 to learn about their computer and employment workshops.



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Property Management Reminders

- In case there is more snow to come this spring, be sure to remove snow from side-walks/walkway within 24-48 hours of the snow falling.
 - Please keep your yard clean of trash and garbage. Be sure your garbage can is closed so animals can not cause a mess. The only furniture allowed outdoors is lawn furniture. Large items go in dumpsters or get stickers from the city (must call for pick-up)
 - **If your rent is being paid after the 3rd of the month, be sure to include your \$25.00 late fee with your rent.**
 - Check smoke detector batteries
 - Partial payments toward rent can only be accepted with approval from your Housing Manager. Contact your Housing Manager before the 1st of the month, if you need to make arrangements regarding your rent.
 - Don't forget about our **REFERRAL PROGRAM!** Any tenant can refer a new Anawim tenant and get a \$50 gift-card. 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. Any tenant who refers a new
- tenant to the Baker Creek Senior Living Apartments will receive a \$250 gift card. Call 244.8308 x112 if you have any questions regarding a referral.
- You can pay rent and submit work orders online. Save yourself time and energy. Call your Housing Manager for assistance. You will receive a receipt upon payment of rent.
 - If you're incurring late fees due to difficulty making your rent payment, call Tiffany, or talk to your Housing Manager.

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