

# Anawim Housing Tenant Newsletter

Home is everything.

FALL 2011

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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

## BACK 2 SCHOOL

Anawim Housing created a **Back to School Guide** for Anawim Housing tenants which is available at the office. This guide contains information on different resources for getting prepared for going to back to school. It also includes information on how to get involved with the community, volunteering, and after school programs.

As part of this initiative to encourage students to succeed in the 2011/2012 school year, Anawim Housing is challenging all Anawim students to get good grades!

### **CHALLENGE**

*For students in 6 - 12th grades: if you receive at least 2 letter grades of a B or better, you will receive a gift card.*

Bring your report card summary in to the Anawim Housing office before **January 2012** to get your incentive! Call Tiffany at 244.8308 x119 if you have any questions.



\*Only 1 gift card will be granted per student.

\*Tenants who live at The Gables and Allen Village are not applicable.

## New Anawim Housing Homes

In September of 2011, 8 families will move into brand new Anawim Housing Town Homes built by Hubbell Realty located at 22nd and Forest Avenue in Des Moines.

This Fall, Anawim Housing will complete construction on another 8 town

homes next door, giving 8 more families a place to call home.



Interested applicants can call Anawim Housing Office to check on availability and income restrictions. All available units are posted weekly on our website at

[anawimhousing.org](http://anawimhousing.org)

Application forms are also available online.

# Food and Nutrition Program

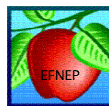
Anawim Housing Family Services is partnering with the Iowa State University Extension to offer Food and Nutrition Education Programs.

The first class will begin in September and last 8 weeks. The class will target homes with children the ages of 10 and under. Housing properties will receive an invitation to participate in this series.

Topics include: how to save money when grocery shopping, how to waste less food, how

to save time in the stores and in the kitchen, how to help a picky eater try new food, how to make easy and low-cost meals, try new meal ideas and how to strengthen family relationships.

Upon completing the 8-week course, participants will receive a certificate from the ISU Extension, and boxes of food.



**Expanded Food and Nutrition Education Program**

Evaluation of the ISU Extension nutrition programs show that adult participants:

1. Eat a wider variety of foods,
2. Save an average of \$50.00 per month on their monthly food bill, and
3. Practice safe food-handling practices.

Check out [MYPyramid.gov](http://MYPyramid.gov) for steps to a healthier you! Call Tiffany @ 244.8308 x119 with any questions regarding the class.

## Caramel Apple

### Recipe:

#### NEED:

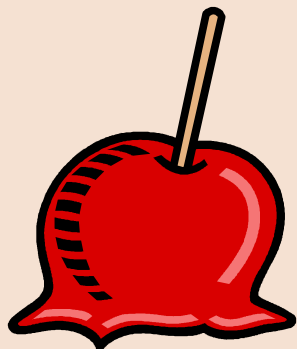
- 6 Apples
- 1-14 oz package of caramels
- 2T of milk

#### Directions

1. Remove the stem from each apple and press a craft stick into the top. Butter a baking sheet.

2. Place caramels and milk in a microwave safe bowl, and microwave 2 minutes, stirring once. Allow to cool briefly.

3. Roll each apple quickly in caramel sauce until well coated. Place on prepared sheet to set.



## Iowa Works Membership

### Looking for employment or some additional services to prepare you for finding a new career?

Iowa Workforce Development created the Iowa Works Center to better prepare you in the hunt. They provide benefits such as: assistance in finding employment opportunities in your desired field, access to educational and

training workshops at NO COST, assistance in writing a resume, assistance with completing electronic applications, access to job fairs, access to job leads, and opportunities to earn training certificates.

The workshops available include: Microsoft Word, Resume Development, Resume Writing, Interview Skills, Career Exploration, Coping with

Job Loss and Cover Letter Workshops.

How to become a member? Stop by **IA Works at 430 East Grand Ave in Des Moines** and request to become a member or call 281.9619. It's easy and FREE.



## 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 in a calendar year will also receive a rental incentive.

Remaining classes for 2011 include:

**Monday, September 26th**  
5:30p.m.-6:30p.m.: Positive Parenting Tips

**Monday, November 7th**  
5:30p.m.-6:30pm: How to stretch your money with ISED 2012 Classes/Dates TBD.  
Email [tking@anawimhousing.org](mailto:tking@anawimhousing.org) if you have any suggestions on classes you would like for us to host.

# Maintenance Memo

For those of you who live in a duplex, townhome or home here are a few items to remember as the fall season approaches:

- Unhook garden hose and make sure outside faucet is off to prevent freezing.
- Change furnace filter monthly to keep furnace clean and efficient.

## HEAT:

- Boilers will be turned on in mid-to late October.
- Please remember to remove all items in front of the radiator so that the heat can radiate out.
- Please remember that when you



first turn on your heat, be sure you have a new filter in it.

- Anawim Housing recommends you set your heat on 72 degrees. Please do not turn heat above 75 degrees.
- Make sure all windows and storm windows are closed and latched to prevent drafts.

## SNOW:

A winter wonderland will soon be upon us — and here are a few reminders about snow removal.

- Anawim Housing will remove snow from driveways only.
- Anawim Housing/or contractors will not accept any damage claims for personal items left in the snow removal path.
- Tenants are responsible for snow removal from all sidewalks.
- If Anawim Housing/or contractor needs to remove snow due to a lack of compliance - the tenant will be charged \$50 per occurrence.

Report maintenance issues immediately to 515-244-8308 Ext 121. Thanks!  
-Tim Davis  
Director Of Maintenance



## Trick or Treating Dos and Don'ts

**Do** choose a route that you know, such as the neighborhood around your home, a friend's home or the school. Plan the route ahead of time and stick with the plan. If the kids are trick-or-treating alone, remind them of the importance of staying on the selected route. Consider organizing a large group of friends to trick-or-treat together on the same route for increased safety.

**Don't** venture into an unfamiliar area, as you may end up lost. Avoid areas that are unsafe, particularly at nighttime, whether near your home or in other areas of the city. Refrain from knocking on doors where outside lights are off. If there is no indication that the homeowners are passing out candy, it's best to move on to the next house.

**Do** accept all treats graciously. Remind kids to use their manners when collecting the treats on Halloween. Encourage them to say "please" and "thank you" at each home, even if the treat is something they don't like or want.

**Don't** consume any of the treats until they have been examined. Avoid eating any candies that look suspicious or are partially unwrapped. Discard them immediately so the kids don't eat them unintentionally.

**Do** check on the scheduled trick-or-treating time in the area. Verify the date of the event. Some cities choose to have a Beggar's Night on Oct. 30. If the kids go trick-or-treating alone, set a specific time for them to return, or have them check in periodically.

**Don't** begin trick-or-treating before the specified time or stay out after the conclusion time, which could upset people in the neighborhood. Remaining within the selected time period means more people are around to provide additional supervision and safety.

Checklist came from modernmom.com

### Halloween Chuckles:

1. Why do witches use brooms to fly on?
- 2: Why did the vampire go to the orthodontist?
3. What do witches put on their hair?

Answers:  
1: Because a vacuum cleaner is too heavy  
2: To improve his bite  
3. Scare Spray



## Anawim Housing

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**SAVE THE DATE  
FOR THE ANAWIM  
HOUSING ANNUAL  
HOLIDAY PARTY**

**SAT., DEC. 10TH AT  
THE POLK COUNTY  
SENIOR CENTER**

**Home** is everything.



## Property Management Reminders



- Did you know that you will get a \$50 gift certificate 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.
- If you currently carry a balance with Anawim Housing due to a late payment or a maintenance charge, please take care of it by

calling your property manager. If balance is not taken care of — you will not be eligible to apply for Family Wellness or participate in other events. Anawim Housing has available to tenants.

- Anawim Housing has survey cards at the front desk of the office. We encourage you to fill out these cards. We want to know how we are doing and how your housing experience is. Please be honest so that we may know how to better serve you. You do not have to put your name on these comment cards.

### Important Phone Numbers to have in your phone:

Emergency: 911

Anawim Housing: 244.8308

Des Moines Police Department (non emergency): 283.4811

First Call for Help United Way—Resources/Referrals: 2-1-1

Iowa Concerns Crisis Line: 800.447.1985

6th Ave Community Action Agency: 248.6216

