



April 2009

Newsletter

Home for Sale!

The Eastern Iowa Regional Housing Authority recently purchased a single family home in the town of Lost Nation. The home is currently in the process of being completely rehabilitated and will feature new walls, ceilings, flooring, cabinets, kitchen appliances, and bathroom fixtures. In addition, the home has had a new roof and siding installed. To purchase this home, your household's gross annual income must be at or below 80% of the county's median income level. Contact Carl Reimer at either (563) 556-4166 or (800) 942-4648 for more information regarding this home, and to see if you qualify in accordance with the income levels for this home.



Family and Home Ownership Program

The Eastern Iowa Regional Housing Authority recently received a grant from the Department of Housing and Urban Development to fund a Family and Home Ownership Program. The goal of this program is to bring eligible participants closer to the dream of purchasing their own home.

Once enrolled in the Family and Home Ownership Program, participants can expect to meet with a staff member of the Eastern Iowa Regional Housing Authority who will assist them in setting realistic goals that will help prepare them to purchase a home. Examples of these goals are credit repair counseling, creating and maintaining a household budget, locating and maintaining employment and reliable transportation.

To qualify for this program, you must currently be receiving Section 8 rental assistance through the Eastern Iowa Regional Housing Authority, or currently be residing in a Public Housing unit, owned by the Housing Authority.

For more information regarding this program, please contact Carl Reimer at either (563) 556-4166 or (800) 942-4648.



if you have questions about anything contained in this newsletter, please contact:

Mindy Wiley, Family Support Coordinator
at 563.588.1963 or toll-free at 1.877.588.1963

Mindy Meyers, Family Support Coordinator
at 563.556.5013 or toll-free at 1.877.656.5013



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Self-Sufficiency Programs

The Eastern Iowa Regional Housing Authority has a Family Self-Sufficiency Program for persons on the Section 8 Housing Choice Voucher program, as well as for persons living in the EIRHA's Public Housing units.

On the Family Self Sufficiency program, participants create several goals with an FSS Coordinator to help reach the goals in their lives. Examples of these goals could include:

- Finding employment
- Obtaining a GED
- Locating daycare assistance
- Improving credit scores
- Budgeting finances
- Working toward home ownership

Not only do FSS program participants benefit from working toward the goals in their lives, there is a possible financial incentive as well.

For more information or to enroll in the FSS program please call Mindy Meyers if you are on the Section 8 Housing Choice Voucher program at (563) 556-5013 or 877-656-5013. If you are a resident at EIRHA's Public Housing units contact Mindy Wiley at (563) 588-1963 or (877) 588-1963.

Elderly Self Sufficiency

The Eastern Iowa Regional Housing Authority (EIRHA) is currently planning activities for tenants residing in elderly/disabled Public Housing units owned by the EIRHA. During these activities, the EIRHA will be providing for transportation to and from activities for residents through the Regional Transit Authority (RTA). If you are currently residing in an elderly/disabled Public Housing unit owned by the EIRHA, watch your mail for a flyer regarding the next scheduled activity! If you have any questions regarding these activities, please contact Mindy Wiley at either (563) 588-1963 or (877) 588-1963.

Resident Advisory Board

One of the goals of the Eastern Iowa Regional Housing Authority is to have more Public Housing residents involved in the Resident Advisory Board. On this board, members are given an opportunity to voice their opinions on the types of activities the EIRHA provides for tenants, and to voice any concerns related to the EIRHA. Please call Mindy Wiley at either (563) 588-1963 or (877) 588-1963.

Tenant Protection

Are you protected by renter's insurance? If not, EIRHA urges you to consider purchasing a policy. Renter's insurance can provide protection for your personal property along with personal liability protection. Policies can be inexpensive, especially when combined with other insurance policies, such as automobile insurance. You can obtain a variety of quotes by visiting the following website: www.answerfinancial.com. You can also check your local yellow pages for insurance agencies. By shopping around, you can find the best policy for your needs.

Community Service

HUD PIH Notice 2003-17 requires all non-exempt adult Public Housing residents to participate in eight hours of community service and/or economic self sufficiency activities per month. Exempt residents include those over the age of 62, disabled individuals, working individuals, and those in compliance with the requirements of a state FIP (welfare) program.

Staff of the Eastern Iowa Regional Housing Authority have contacted affected households and are monitoring their activity for compliance.

current public housing vacancies

Elderly one-bedroom unit in:
Dyersville, 501 9th Ave. S.W., #109
Manchester, 912 E. Main St., #205

Family unit in:
DeWitt, 110 4th St.,
2 bedroom duplex



The Residents' Corner

Speed Up Your Spring Cleaning

Keep Supplies Together:

The number one rule for speed cleaning is to have quick and easy access to your tools and supplies. When it's time to clean, it zaps all of your motivation when you have to hunt for needed supplies. Consider creating a cleaning caddy for different areas of your home. You'll always have your supplies right where you need them.

Pump Up the Music:

Music makes a big difference in how quickly you may be able to clean – make a playlist of high energy, fast moving songs that make you feel great. Using music can help you to move more quickly, all while giving you the feeling of fun.

Start With Your Least Favorite Room:

Do the most difficult and annoying areas of your house at the beginning, when you are most motivated. Once you accomplish the feeling of completing those tough areas, everything else will seem like a piece of cake.

Don't Clean Just To Clean:

Don't waste time cleaning things that don't need to be cleaned. If your refrigerator is still spotless from last weeks' cleaning, then why bother moving everything around to clean it? If you never use the downstairs bathroom, then it won't need to be cleaned as often as the master bathroom. Don't clean something just because it's a scheduled day of cleaning. Clean the dirty things, and leave the rest alone.

Clean As You Go:

When you see a mess, clean it up. We tell our families this all the time, but do we actually practice what we preach? This can be as simple as grabbing a handful of items that belong upstairs when we know we're heading upstairs anyway. It also includes wiping up spills and splatters before they have the chance to harden. Cleaning as you go will save you a lot of time in the long run.

Information from: about.com

Daylight Savings Time (DST)

What exactly is the benefit to switching the clocks for Daylight Savings Time? Who thought it up and what's the reasoning behind it?

Benjamin Franklin first suggested Daylight Saving Time in 1784, but it was not until World War I, in 1916, when it was adopted by several countries in Europe that initially rejected the idea.

The reason DST works is because it saves energy due to less artificial light needed during the evening hours—clocks are set one hour ahead during the spring, and one hour back to standard time in the autumn. Many countries observe DST, and many do not.

Adding daylight to afternoons benefits retailing, sports, and other activities that exploit sunlight after working hours, but causes problems for farming, entertainment, and other occupations tied to the sun. Traffic fatalities are reduced when there is extra afternoon daylight; but its effect on health and crime is less clear.

It is difficult to predict what will happen with Daylight Saving Time in the future. The United States, Canada, and some other countries extended DST in 2007. The new start date is the second Sunday in March (previously the first Sunday in April) through to the first Sunday in November (previously the last Sunday in October).

Information from: timeanddate.com, Wikipedia.org, infoplease.com



The Kid Zone

Earth Day 2009

Earth Day is on April 22, 2009 this year, and is an annual event for people around the world to celebrate the earth and renew their commitment to building a safer, healthier, and cleaner world for everyone.

There are many ways to get involved – volunteer, attend a festival, organize an event where you live, change a habit, help launch a community garden, or communicate your priorities to your elected representatives. Do something nice for the earth, have fun, meet new people, and make a difference!

Although Earth Day is recognized on April 22nd of every year, you don't need to wait for this date to help out the earth. Earth day is every day – to build a better future for the environment, we must all commit to protect our environment on a year-round basis!

Information from: earthday.net

The Recycling Loop

Recycling begins when individuals collect and set aside materials to be recovered through curbside, drop-off, school, office building, and other collection programs. Haulers pick up recyclables and transport them to a processing facility where they are separated to create the highest value raw materials. These are sold to manufacturers for making new products. The cycle begins again when consumers purchase products and packaging with recycled content.

American communities recycled and composted just over 30% of municipal solid waste in 2003, diverting 72.3 million tons to recovery. What got recycled? Take a look at some everyday products and packaging:

Paper: In 2003, Americans recycled more than 49 million tons, a little over 50% of all paper consumed in the U.S. Recycled paper products include newspapers, boxes, and office paper.

Aluminum: Besides cans, other aluminum products that can be recycled include foil wrap, food cans, pie plates, frozen food trays, lawn chair tubing, storm door and window frames, residential siding, and auto parts.

Plastics: In 2002, more than 51 million pounds of plastic were recycled back into foam egg cartons, lunch trays, transport packaging, and audio and videocassette cases.

Glass: In 2003, about 22% of glass containers were recycled. Using recycled glass to make new glass packaging reduces consumption of raw materials, and extends the life of plant equipment, such as furnaces, and saves energy.

Information from: kab.org

Egg and Wooden Spoon Race

Teammates cheer each other on as they race to be the first while trying to avoid cracking under the pressure.

Materials:

Raw eggs

Wooden spoons

Team flags or markers

1. Each team stands in single file behind the starting line and opposite their respective flags, set in the ground about 5 yards away.
2. At the whistle, the first player in each line, balancing an egg on a spoon, races around his team's flag, then back to transfer the egg onto a spoon held by the next teammate. The recipient races to the flag, and the first runner hands his spoon to the third person.
3. The race continues until one team finishes the course. Anyone who drops an egg must run to the starting line for another before resuming.

Information from: familyfun.com

Sandwich on a Stick

How do you turn a sandwich into a fun snack? Make it a stick-wich!

Ingredients:

- Bread
- Lunch meat
- Lettuce
- Olives
- Cheese
- Grape tomatoes
- Pickles

1. Cut up cubes of bread, cheese, and lunch meat
2. Slide the cubes onto a skewer with the other foods your child likes
3. Set out a side of mayo or mustard for dipping