



July 2009

Newsletter

Dreams Begin Here

The Eastern Iowa Regional Housing Authority recently purchased a 2 bedroom single family home located 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. For more information regarding this home, contact Carl Reimer at either (563) 556-4166 or (800) 942-4648.



Family and Home Ownership Program Through EIRHA

Why not make the decision to begin planning to own your own home? Enroll in the Family and Home Ownership Program today to start working with a staff member of the Eastern Iowa Regional Housing Authority.

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, reliable transportation, and more!

To qualify for this program, you must currently be receiving Section 8 Housing Choice Voucher 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.

Activities for the Elderly/Disabled

The Eastern Iowa Regional Housing Authority (EIRHA) is currently planning summer potlucks for Public Housing residents who are currently residing in the elderly/disabled complexes owned by the Housing Authority. If you are currently residing in an elderly/disabled Public Housing unit owned by the EIRHA, watch your mail for an invitation to the next scheduled potluck! 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:
DeWitt, 626 13th St., #112

Dyersville, 501 9th Ave. S.W., #105

Manchester, 912 E. Main St., #106

Wheatland, 201 S. Bennett St., #4

Family unit in:
Manchester, 513 E. Prospect St.,
4 bedroom SFH

Miles, 31 Forrest St., #4
1 bedroom

The Residents' Corner

Top 10 Car Maintenance Tips for the Summer

Just because winter is over, that doesn't mean you don't have to take some preventative maintenance measures on your car this summer. Check over these tips to see if you're giving your car all the TLC it needs this summer:

- 10) Check your tires – tires are one of the most overlooked parts of a car
- 9) Get your oil changed – and get a new oil filter while you're at it
- 8) De-winterize your car – if you're driving with snow tires – change them – they'll lower your fuel economy otherwise – also check your coolant, transmission, differential, and power steering fluids
- 7) Check hoses and belts – or have someone check them for you – for cracks and leaks
- 6) Change the air filter – over the winter, your car's air filter can get clogged with salt and other debris
- 5) Replace your windshield wipers – heavy rains can decrease visibility to 15 to 20 feet in front of your vehicle – you'll need wipers that really work for those heavy and oftentimes violent storms
- 4) Check your brakes – your brakes are the single most important safety feature on your car
- 3) Check the coolant and radiator – cars are designed to run hot, but there's a limit to how hot they should run
- 2) Clean your battery – did you know that hot weather is tougher on your car's battery than the bitter and oftentimes sub-zero temperatures in the wintertime?
- 1) Maintain your air conditioning – if you've ever lost your air conditioning on a hot summer day, then you know what a big difference a little cool air makes. Source: howstuffworks.com

Summer Fruit Punch Recipe

Try this quick and easy to make punch recipe to cool off on one of those hot summer days!

- 2 cups of diced apricots, plums, peaches, nectarines
 - 2 cups apricot juice
 - 2 cups sparkling cider
 - 1 cup seltzer
- Combine ingredients and divide among four ice-filled glasses. Source: eatingwell.com

Tips to Stay Cool in Your Home This Summer

In the sizzling hot summer temperatures, try these tips to keep your home cool:

- If your area cools off in the evening, take advantage of the cool evenings to cool off your entire house. Open windows and doors with screens to bring the inside temperature down.
- In the morning, close up your house and draw blinds and drapes so the house stays darker and thus cooler.
- If you have venetian blinds, close them or angle them upwards. That way, light is reflected up and into the room and direct rays of the sun are not let in.
- Set your thermostat to 78 degrees Fahrenheit when you are home and 85 degrees when you are away. For seniors or for those who have trouble maintaining body temperatures (such as diabetics), set your thermostat lower (72 to 75 degrees) when you are home.

Source: consumerenergycenter.org

Backyard Barbeque Safety Tips

Having company over for a summer barbeque? Check out these safety tips before lighting up the grill:

Before Barbequing:

- Check your grill thoroughly for leaks, cracking or brittleness before using it.
- Make sure the grill is at least 10 feet away from your house, garage, or trees.
- Don't use grills in a garage, porch, deck or on top of anything that can catch on fire.
- Keep children away from fires and grills.
- Have a fire extinguisher, a garden hose attached to a water supply, or at least 16-quarts of water close by in case of a fire.

During Barbequing:

- Don't wear loose clothing that might catch fire.
- Use long handled barbecue tools and/or flame resistant mitts.
- Never use any flammable liquid other than a barbecue starter fluid to start or freshen a fire.
- Never pour or squirt starter fluid onto an open flame. The flame can easily flashback along the fluid's path to the container in your hands.
- Never leave the grill unattended.

Source: nyc.gov

The Kid Zone

Bicycle Safety

• Going out for a family bike ride this summer? Look over this checklist before you go out pedaling:

- — Take your child with you when you shop for a new bike so that he or she can try it out. The value of a properly fitting bike far outweighs the value of surprising your child with a new one.
- — Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.
- — Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many accidents happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Whenever you ride, put on your helmet.
- — When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.
- — A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.
- — A helmet should be worn so that it is level on the head, not tipped forwards or backwards. The strap should be securely fastened, and you should not be able to move the helmet in any direction. If needed, the helmet's sizing pads can help improve the fit.

• Source: www.aap.org/family/bicycle.htm

LAWN MOWER SAFETY

• Feeling tired and thinking of asking one of the kids to help mow the lawn? Check out these safety tips first:

- — Children younger than 16 years should not be allowed to use ride-on mowers. Children younger than 12 years should not use walk-behind mowers.
- — Make sure that sturdy shoes (not sandals or sneakers) are worn while mowing.
- — Prevent injuries from flying objects, such as stones or toys, by picking up objects from the lawn before mowing begins. Have anyone

who uses a mower wear hearing and eye protection.

- Do not pull the mower backward or mow in reverse unless absolutely necessary, and carefully look for children behind you when you mow in reverse.
- Always turn off the mower and wait for the blades to stop completely before removing the grass catcher, unclogging the discharge chute, or crossing gravel paths, roads, or other areas.

Source: www.aap.org/family/tiplawn.htm

Stay-At-Home Movie Night

Too hot for the kids to play outside? Looking for an evening activity with the kids? Try a stay-at-home movie night with the kids!

Here's how to plan the perfect stay-at-home movie night:

- 1) Pop a bag of popcorn in the microwave, then set out fun toppings for the kids such as parmesan cheese, garlic and onion powder, chili powder, nuts, dried fruit, or chocolate candies.
- 2) Lighting – what's the atmosphere like at the theatre? Nice and dark – shut off all of the lights for that movie-going experience. If you have younger children, plug in a few nightlights in nearby outlets. Also – shut off the ringer to your phone – make this an evening that's special to your family with no interruptions.
- 3) The Movie – what else? Pick a movie at a video rental store, library or from family and friends that your children haven't seen yet.

Source: associatedcontent.com

Kids Favorite Fruit Salad

Looking for just the right treat for the kids? Have them try this fresh and fruity salad!

- 1 – 17 oz. can of fruit cocktail, drained
- 1 1/2 cups of miniature marshmallows
- 1/4 cup drained maraschino cherries, halved
- 2 medium bananas, sliced
- 1 medium apple, coarsely chopped
- 1 1/2 cups of frozen whipped topping - thawed, or sweetened whipped cream

In a large bowl, combine all ingredients except for the whipped topping – mix lightly. Then, gently fold in the whipped topping. Serve immediately or cover and refrigerate until serving time.