



July 2010

# Newsletter

## ***EIRHA Receives I-JOBS Improved Green Urban Stormwater Best Management Practices Grant***

The Eastern Iowa Regional Housing Authority (EIRHA) was recently awarded an I-JOBS Improved Green Urban Stormwater Best Management Practices grant in the amount of \$11,099.00 from the Iowa Department of Natural Resources (DNR). The grant application submitted by the EIRHA was selected out of a total of 35 grant applications by an Iowa DNR evaluation committee. The requested funds from the 35 grant applications combined to total almost twice the amount of available grant funds.

The grant funds received by the EIRHA will be used to construct a rain garden in the city of Dyersville at the Mercy Park Villa Apartments, which is a 14-unit Public Housing complex owned and operated by the EIRHA. The city of Dyersville, much like other urbanized areas, encounters common pollutants which are carried into local streams and groundwater from storm water runoff. This runoff often includes pollutants which have accumulated off roofs, lawns, sidewalks, streets, compacted soils, and parking lots. The installation of a rain garden at the Mercy Park Villa Apartment site will divert an estimated 121,600 gallons of storm water runoff annually; significantly reducing the amount of pollutants entering local streams and groundwater. The installation of this rain garden is anticipated to begin in July 2010, and is anticipated to be fully completed by September 2010.

## ***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 and reliable transportation, and more!

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 (FSS) 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.

## **Resident Advisory Board**

One of the goals of the Eastern Iowa Regional Housing Authority (EIRHA) 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 EIRHA provides for tenants, and to voice any concerns related to EIRHA. For more information call Mindy Wiley at (563) 588-1963 or (877) 588-1963.

## **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.

## **Activities for the Elderly/Disabled**

The Eastern Iowa Regional Housing Authority (EIRHA) is currently in the planning stages for the fall potlucks for Public Housing residents who are currently residing in the elderly/disabled complexes owned by the Housing Authority. If you currently reside in a complex for the elderly and/or disabled owned by the EIRHA, watch your mail for an invitation to the next scheduled potluck!

## **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](http://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.

### **current public housing vacancies**

Elderly one-bedroom units in:  
**DeWitt**, 612 13th Street, #104  
626 13th Street, #108 & 111

**Dyersville**, 501 9th Avenue SW, #105

Family units in:  
**Dyersville**, 509 2nd Street NW,  
3 bedroom SFH

**Manchester**, 117 Ludland Drive,  
3 bedroom SFH

127 Ludland Drive,  
3 bedroom duplex

# The Residents' Corner

## Share The Road

As the weather improves, more and more motorcycle riders are hitting the roads throughout the country. Motorists and other road users are reminded to look out for and “share the road” with motorcycle riders, while motorcycle riders are reminded to follow the rules of the road, wear safety helmets and other protective gear that will increase their visibility, and never ride impaired by alcohol or drugs. All road users are reminded to never drive, bicycle, walk or ride while distracted.

Motorcycles are vehicles with the same rights and privileges as any motor vehicles on the roadway. Riders need to make themselves visible, and draw attention to themselves even if other drivers, bicyclists and pedestrians may not be actively looking.

Nearly half of all motorcycle crashes involve another motor vehicle. In approximately 40 percent of those crashes, the other vehicles were turning left while the motorcycles were going straight, passing or overtaking the vehicles.

## Helmets save lives

-The National Highway Traffic Safety Administration estimates that helmets saved the lives of 1,829 motorcyclists in 2008. If all motorcyclists had worn helmets, an additional 823 lives could have been saved.

-Helmets are estimated to be 37 percent effective in preventing fatal injuries to motorcycle riders and 41 percent for motorcycle passengers.

-For every 100 motorcycle riders killed in crashes while not wearing a helmets, 37 of them could have been saved had all 100 worn helmets.

## Remember:

\* Expect to see motorcycles at any time, and search aggressively for them.

\* Motorists and bicyclists should check their mirrors and blind spots before merging or changing lanes, especially in heavy traffic. Pedestrians should stop and look left-right-left for traffic before they step off the curb. A motorcycle can easily be hidden behind a car or truck.

*Information from: Iowa-Illinois Safety Council*

## Basic Summer Heat Safety Tips

Follow these basic heat safety tips in order to avoid heat exposure and possible death:

- During the hottest hours of the day, stay inside. If possible, stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.
- Dress lightly and when sleeping use lightweight breathable covers.
- Drink plenty of water and other fluids.
- People who live in homes with no air conditioning should keep blinds closed from morning until the late afternoon to block extra direct heat from sunlight. Also, stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Move your exercise routine to early morning or later in the evening – even swimming. Swimming pool dangers related to heat exposure do occur.
- Never ever leave anyone in the car while you run to do a quick errand. Not a pet, not a child, not anyone. It's never safe. Cars can become overheated quickly and when overheated become like ovens. People can succumb to heat exposure and die very quickly in a hot car.

*Information from: [safety.lovetoknow.com](http://safety.lovetoknow.com)*

## Berry-Yogurt Parfait Recipe

- 2 cups plain yogurt
- 2 cups your favorite granola
- 2 cups fresh berries (raspberries, blueberries, strawberries (hulled and sliced), and/or other fruit such as bananas, peaches or mangos, peeled and sliced
- 4 tablespoons honey

What You Do:

- Line up 4 parfait, or other tall, glasses.
- Spoon 2 tablespoons of yogurt into each glass and smooth surface.
- Spoon 2 tablespoons of granola overtop and smooth surface.
- Spoon 2 tablespoons of fruit overtop and smooth surface.
- Repeat the process, adding a bit of honey here and there, to taste.

*Information from: [foodnetwork.com](http://foodnetwork.com)*

## **The Kid Zone**

### **Housing America Poster Contest**

The National Association of Housing and Redevelopment Officials (NAHRO) is holding a poster contest for children associated with affordable housing and community development programs. Posters should reflect the national theme of "What Home Means to Me."

This year's winners will be announced at the National Conference and Exhibition in Reno, Nevada in October. Entries are due to the Eastern Iowa Regional Housing Authority located at 7600 Commerce Park, no later than **Wednesday, September 1, 2010.**

The Grand Prize winner will receive a \$500 savings bond, their poster on the cover of a 2011 calendar, and a trip to Washington, D.C. during the March Legislative Conference. Twelve other honorees will receive \$100 savings bonds and be included in the 2011 calendar. NAHRO will also seek permission to display selected entries on Capitol Hill.

For more information, including specifications, promotional flyers and full contest rules, visit [www.naho.org/poster.cfm](http://www.naho.org/poster.cfm).

#### **Poster Specifications:**

- Theme - "What Home Means to Me"
- Size - No larger than 22"x28"
- Media - Contestant may use any art media, but please consider that posters will need to be mailed and reproduced.

**Eligibility and Selection Categories:** Contest participation is open to all children residing in affordable housing assisted directly (i.e., public or Section 8-assisted housing) by or supported under community development and affordable housing programs .

#### **Three age categories of competition:**

Elementary - K to 5; Middle - 6 to 8; and High - 9 to 12.

National honorees will be selected by a Blue Ribbon panel of judges to be assembled by NAHRO staff. The National Jury will select four honorees in each of the three categories, plus an overall Grand Prize honoree.

#### **Release of Nationally-Selected Entries:**

National honorees must sign a release making their entry the property of NAHRO and permitting duplication/publication thereof.

If you have any questions, please feel free to contact Mindy Wiley at (563) 588-1963 or toll-free at (877) 588-1963.

### **Family Scavenger Hunt**

The idea of a scavenger hunt is to find all the items on a list and return them to a designated place as quickly as possible. There are many ways to organize a hunt and many choices to make. You can play as individuals or on teams either inside the house or outside. Here are a few ideas to try:

- All items on the list are easily found in the backyard (they can be hidden before the hunt begins). Things like a red leaf, old bottle or can, feather, etc.
- Each person or team is given a different list of items to find by asking people around the neighborhood.
- Alphabet hunt—must find something for each letter of the alphabet.
- Indoor hunt where each person looks for things and checks them off their list when they find them without picking them up.
- Newspaper hunt—each person is given a list of words, sentences, advertisements, or photographs that are to be cut out or circled in a newspaper.

Information from: [familyeducation.com](http://familyeducation.com)

### **Frozen Yogurt Pops**

1 8-oz. container of your favorite flavor of yogurt  
small paper cups  
wooden popsicle sticks (available in craft stores)  
plastic wrap

#### **Directions:**

Pour yogurt into paper cups. Fill them almost to the top.

Stretch a small piece of plastic wrap across the top of each cup.

Using the popsicle stick, poke a hole in the plastic wrap. Stand the stick straight up in the center of the cup.

Put the cups in the freezer until the yogurt is frozen solid.

Remove the plastic wrap, peel away the paper cup, and eat your pop!