

Health Champion Changes Lives After Changing His Own

Keith Hines surveyed his life and decided to make a drastic change. After more than twenty years of drug and alcohol abuse, the U.S. Army veteran found himself homeless with no ties to his family. Keith lived in his car for nine months and received several citations from the city before he visited the Downtown Austin Community Court and sought help.

A case manager at the court helped Keith by giving him access to treatment and then facilitated his move into permanent supportive housing with Foundation Communities through a partnership with Caritas. Over the past two years, Keith has found real stability at Spring Terrace.

“Spring Terrace gave me a chance to get my life back on track,” Keith said. “It was one of the best things to ever happen to me.”

Since moving in, Keith has stayed clean and sober. He knew that having his own apartment presented him with the chance to live his life differently. “I knew that I had to do positive things,” Keith said. “I had to make better choices.”

The Georgia native is not only making better choices for himself, he is also encouraging others in his community to do the same by serving as the resident health champion at Spring Terrace. In this role, Keith oversees walking groups, helps coordinate healthy living classes, such as cooking and yoga, and plans fun outdoor activities, like trips to Barton Springs.



Keith also shares useful health tips with his friends and neighbors through weekly flyers.

“Being the health champion allows me to do another positive thing,” Keith said. “I’m helping other people.”

Foundation Communities began recruiting health champions last year as a way to provide residents with meaningful leadership opportunities through our increasingly robust healthy living program.

Keith explained that he knocks on his neighbors’ doors before classes, inviting them to attend, and is actively trying to get more residents involved in the many health activities available on site.

It was the U.S. Army that brought Keith to Texas decades ago. He married and had children, but his life unraveled once he began abusing drugs and alcohol in the early 1990s.

Keith was in and out of treatment for years, but it wasn’t until his move to Spring Terrace that he really committed to changing his life.

“I feel good about what I’m doing today,” Keith said. “I’m giving back to the community, I have a relationship with my kids, and I’m responsible. People can count on me today.”

Summer of Service

**Want to make an impact this summer?
We’ve got an opportunity for you!**

Join us for our **Summer of Service Kickoff**, where you’ll get to hear about our many different volunteer programs and learn how you can get involved. We’re recruiting new volunteers right now for financial coaching, ESL classes, supper clubs, welcome home baskets and our learning centers.

Join us Tuesday, June 10 from 6:00-7:30PM.

RSVP by June 3 at www.foundcom.org/get-involved/volunteer
For more information, contact Charlotte Bumbulis at charlotte.bumbulis@foundcom.org or 512-610-4008.

Fitness Camino Opens!

Foundation Communities recently unveiled a brand-new fitness walking trail at our Sierra Ridge and Sierra Vista family communities in South Austin.

150 residents and neighbors joined us for a celebratory health fair to mark the occasion – enjoying exercise demonstrations, a cooking class and all kinds of kid-friendly fitness activities. We also gave away bike helmets, courtesy of the Texas Medical Association and GO! Austin/VAMOS! Austin. It was a great day!





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Foundation Communities provides first class, affordable homes and free onsite support services for thousands of working families with kids, as well as veterans, seniors, and individuals with disabilities. We offer an innovative, proven model that empowers our residents and neighbors to achieve educational success, financial stability, and healthier lifestyles. We own and operate 17 properties in Austin and North Texas.

Tax Season Breaks Record!

What a season! We're excited to share some big news with you about the most successful year ever for our Community Tax Centers. Thanks to 533 volunteers, we completed a record-breaking 19,641 tax returns, returning over \$35 million in refunds to our local economy. The hard working low-income Austin families we serve are able to file their taxes for free and receive the full refunds they are due, helping them put food on the table, pay bills, and save for their kids' futures.



This year at all five of our tax center sites, families could also get assistance signing up for affordable health insurance. Over 100 volunteers with our new Insure Central Texas program helped 5,000 community members determine their insurance options and enroll in health plans under the Affordable Care Act. Amazing!

Foundation Communities Updates

Current and Former Austin Mayors Celebrate Earth Day at M Station

On Earth Day, Foundation Communities had the honor of welcoming current Austin Mayor Lee Leffingwell and five former Austin mayors to our M Station Apartments. The mayors took a tour of our community and saw firsthand that housing in Austin can be affordable AND environmentally-friendly. We're proud that M Station is one of the greenest apartments in the whole country!



Left to right: Mayors Lee Leffingwell, Frank Cooksey, Carole Keeton, Gus Garcia, Bruce Todd and Ron Mullen



Our Volunteers Know How to Party

We held our annual Volunteer Appreciation Dinner at Hill's Café last month. It was an evening filled with good food and friends. Thank you to everyone who attended. Truly, we can't do our work without our 2000+ superb volunteers!