

## Insure Central Texas Helps Mom Access Cancer Treatment

When the Mohsin family arrived in the United States, they were prepared for a new way of life. What they weren't prepared for was Sadaf's breast cancer diagnosis. Despite the shocking news, Sadaf was able to immediately undergo treatment because her family had signed up for affordable health insurance through our Insure Central Texas program.

**"I could access treatment because of this service," Sadaf said.**

Sadaf and her husband, Sajjad, visited one of our Insure Central Texas sites a handful of times and were guided through the entire health insurance enrollment process by our committed volunteers. The family chose an insurance plan under the Affordable Care Act marketplace that made sense for them and got help finding the right doctor and a hospital close to home.

**"It's been a very good and personal relationship," Sajjad said.  
"The way [Insure Central Texas] has helped us is amazing."**

We recently wrapped up our third enrollment season. In total, we've signed up over 16,000 individuals for healthcare coverage since 2014. Our trained and certified volunteers help families, like the Mohsins, enroll in health insurance, and also assist people with using their insurance,



troubleshooting problems between providers and insurance companies and, ultimately, accessing the health care they need.

Sadaf, Sajjad and their two children moved to Austin last August. They decided to uproot from their home country of Pakistan primarily out of concern for their children's safety and because they wanted their kids to have more educational opportunities.

As academics and IT developers, Sadaf and Sajjad decided Austin was the best place to relocate. The couple has started their own software development company and they are actively seeking work projects. One project that has taken on a particularly personal mission is a video game Sadaf developed for children with cancer.

The path ahead for the Mohsins isn't necessarily an easy one—they are still looking for full-time employment—but the family feels thankful for the supportive community and resources available here in Austin. This includes Insure Central Texas, as well as other services like free tax preparation offered by Foundation Communities.

**"All of this has given us a peace of mind," Sajjad said.**

To learn more about Insure Central Texas, visit [www.InsureCentralTX.org](http://www.InsureCentralTX.org)

## Provide Food and Fellowship

Are you looking for a way to give back with your friends, family, colleagues, or fellow church members?

Sign up to be Supper Club volunteers and build community by serving nutritious family-style meals and offering fellowship with our residents. We ask groups to commit to a minimum of 4-6 meals throughout the year.

**Please visit the "Get Involved" section of our website to sign up or contact [Charlotte.Bumbulis@foundcom.org](mailto:Charlotte.Bumbulis@foundcom.org).**



## Health Champions Key to Change

Our 13 Health Champions are key to the success of our healthy living programs. Health Champions are residents who work 5-10 hours a week coordinating health classes and health fairs at our communities, and engaging their neighbors.



**Collins and Tim, Health Champions**

Collins and Tim are the Health Champions at Skyline Terrace. They oversee healthy food deliveries and plan fun outdoor activities. Tim said he would feel compelled to do this work even if he wasn't paid for it because he recognizes the tremendous value it brings to his friends and neighbors.

"We know everybody and can relate to people," Tim said. "They listen to us and we listen to them when it comes to what they want to do."

**Thank you Health Champions for everything you do!**



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Foundation Communities provides attractive, 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 19 properties in Austin and North Texas.

### Free Tax Prep & Filing!

- Free to households up to \$50K/yr
- IRS-certified volunteer preparers
- 6 convenient locations
- Walk-ins welcome
- Fast refund with e-file

For locations and hours call 2-1-1 or visit [CommunityTaxCenters.org](https://CommunityTaxCenters.org)



## Foundation Communities Updates

### Our Amplify Austin Success!

Thanks to our AMAZING Team Leaders and lots of community support, we ended Amplify Austin with a total of \$193,348 and came in #4 out of over 600 local nonprofits for dollars raised. Special thanks to our steadfast partner St. David's Foundation for providing additional match funds, which will bring our total to nearly \$250,000.

These funds will help us open more doors in neighborhoods across Austin and bring our newest communities to life with the education, financial stability, and health programs that make all the difference in the world for our residents. We are so grateful to everyone who joined us in this remarkable effort. Thank you from the bottom of our hearts.



### Removing Barriers to Health Care

In partnership with CommUnity Care Health Centers, we now offer primary health care at our affordable housing communities for single adults. A mobile health team visits monthly and offers immunizations, flu shots, physical exams, family planning services, nutritional counseling, diagnosis and treatment of minor illnesses, as well as chronic illnesses, and specialty referrals. Removing barriers and making it easier for our residents to access health care is an integral part of our mission and we're excited about this new initiative.



### Bird's Eye View of Homestead

How cool is this? We couldn't wait to share an aerial photo of Homestead. Not only can you see our newest community's beautiful and vast surroundings, but you can also see the solar panels on the roof. Each apartment has its own panel to generate energy—a first for Texas!

Come see our work in action at the April 19 Open House at Homestead. Contact [Julia.Aguilar@foundcom.org](mailto:Julia.Aguilar@foundcom.org) for details.