

## Veteran Finds Home Sweet Home at Capital Studios

Lisa Nave and twelve other formerly homeless veterans walked into a completed Capital Studios last month for the first time. It was a momentous occasion. They took a tour of their new community together and signed their leases. For Lisa, that day meant finally putting all of her belongings in one place and moving into a stable, safe home of her very own.

“I feel rested, and I am relaxed,” Lisa said. “I haven’t felt this way ever.”

There were times in Lisa’s life when she would barricade her doors and windows because she didn’t feel safe. She spent sleepless nights in the bed of her truck, on friends’ couches and, most recently, in a homeless shelter.

Lisa left the U.S. Army Reserve reluctantly after 19 years of service. She was 35 at the time and struggling with the repercussions of the abuse, neglect and harassment she faced both as a child and as an adult.

Lisa had enlisted in the Army to escape her dysfunctional childhood home and the military became her way of life. When mental health issues worsened in her early 30s, she lost the only career she had ever known.

Five months after leaving the military, Lisa had depleted her savings. Her past haunted her and her future seemed bleak.

Lisa and her teenage daughter moved from place to place, trying to find a home where they belonged.



“I didn’t have a place where I felt welcome, even with my own family,” Lisa said.

Ultimately, Lisa was diagnosed with Post-Traumatic Stress Disorder and her doctor urged her to get counseling. Lisa made the decision to move to Austin to get the treatment she needed and to be close to her daughter, who now lives in San Antonio. She found Austin Clubhouse, a Foundation Communities partner, as a critical source of support.

At Capital Studios, Lisa said she is enjoying the simple pleasures that are often taken for granted: a warm shower, a satisfying meal, a bed to rest her head. She is also looking to her future, which she said is filled with healing and opportunities.

“I’ve always lived in haunted houses,” Lisa said. “Now I can have a home sweet home.”

***Lisa is one of 35 formerly homeless veterans who recently moved into Capital Studios. For more of Lisa’s story, please visit our blog at [www.FoundCom.org](http://www.FoundCom.org).***

## Help Our Kids Dream Big!



Want to make a difference in a child’s life? Sign up to be a Learning Center volunteer and help our kids succeed in school by assisting them with their homework or leading fun enrichment activities. **For more information, visit the “Get Involved” section of our website, [www.Foundcom.org](http://www.Foundcom.org).**

## Holiday Program a Success

We ushered in the new year feeling especially grateful that we live in such a generous city! Thanks to hundreds of community members, as well as 65 churches, local businesses and civic groups, our holiday program was a great success.

*“One mom was so overwhelmed by her sponsor’s generosity that when she saw the food they provided for Christmas dinner she started crying. I am continually impressed by Austin’s willingness to give so freely to people that they have never met but that they know are in need.”*

— Resident Services Staff



Thank you from the bottom of our hearts for making the holiday season so special for our residents.



3036 South First Street  
Austin, TX 78704  
512.447.2026  
**FoundCom.org**

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Foundation Communities provides first class, affordable homes and free on-site 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 18 properties in Austin and North Texas.

## Need help with health care?

Come see our trained volunteers for FREE to:

- Understand your health insurance options
- Apply for help paying for insurance

For locations visit [www.InsureCentralTX.org](http://www.InsureCentralTX.org)

Drop by, no appointment needed!



## Foundation Communities Updates

### New Foundation Communities Website Launches!

We're excited to announce our new website! Please visit [www.FoundCom.org](http://www.FoundCom.org) to check out great photos, inspiring stories and the many ways to stay connected with us. We've made it easier to learn more about our affordable housing communities and our education, financial stability and health programs. And if you want to get more involved in our work, visit the "Get Involved" section of the site to find the volunteer opportunity that's just right for you.



### Amplify Austin March 5-6

We will be participating in Amplify Austin, a citywide day of giving, again this year. Be sure to stay tuned for details!

### Welcome Home Luncheon

At our annual Welcome Home luncheon in October, we raised \$1.2 million to fund the on-site support services and educational, financial stability and health programs that empower our residents to transform their lives. Deep thanks to Realty Austin and P. Terry's for their generous match fund, and to our fabulous Table Hosts who helped us inspire 700 guests to give!

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

