

## Resident Overcomes Challenges In Supportive Community

Michael Greene spent two decades living a fast-paced life that included working in the entertainment industry and traveling all over the world. He had struggled with hyper anxiety ever since he was a teenager and ultimately turned to alcohol as a way to cope and to fuel his chaotic existence.

"My anxiety didn't allow me to be present," he said. "Alcohol became my normalcy, and I was like that for 25 years."

Eventually, Michael's drinking overtook his life and the rest of his priorities fell away. He struggled to keep jobs and soon became homeless.

Change for Michael came when he enrolled himself in the Salvation Army's adult rehabilitation program. After graduating from the program, Michael learned about Foundation Communities. He moved into an apartment of his own at Garden Terrace, one of our communities for single adults, and has been with us for the last six years.

**"I see my time at Foundation Communities as completely progressive and forward," Michael said. "It's my ascent to my ultimate goal, which is self-sufficiency."**

Michael has come a long way since he first arrived at Garden Terrace. His anxiety used to prevent him from coming out of his room but now he happily walks the halls and chats with his neighbors and our staff. Michael has added



structure back into his life by helping to manage the food pantries at three of our communities, and he's hoping to begin a second job in the near future.

He is also committed to maintaining a healthy lifestyle by eating a mostly plant-based diet and riding his bicycle around town to alleviate stress. "I've learned that pacing yourself is very important," he said.

Michael is one of many residents who has benefitted from our partnership with the Substance Abuse and Mental Health Services Administration (SAMHSA). Because of a \$2 million federal grant we received from SAMHSA in 2006, we were able to add social work staff at our communities for single adults, like Garden Terrace, and work closely with local healthcare providers to give our residents access to critical services.

Dr. William Kelly, a professor of sociology at UT Austin, studied the implementation of the SAMHSA grant at our communities and found that our residents benefitted tremendously. Michael was one of the residents Dr. Kelly spoke with while doing his research.

"Mr. Greene is one example of how, given the right services and the right people providing them, a life can change in extraordinary ways," Dr. Kelly said.

**To learn more about our health programs, please visit <http://foundcom.org/health-programs/>.**

## Back To School Drive! July 27-31

Help us make sure the 700+ kids who attend our after-school program are ready to succeed this fall!

We will be collecting:

- Backpacks, male & female, ages 5-11
- Crayons and markers
- Glue, white liquid, 8 oz.
- Supply boxes (cigar type)
- Notebook paper (loose leaf)
- 12 inch rulers
- Erasers
- Scissors, round point & regular
- Ballpoint pens (blue or black)
- Wire-bound notebooks



Donations can be dropped off at the Community Financial Center, 2600 West Stassney, Austin, TX 78745 on Friday, July 31 between 9am-5pm.

Email [Jackie.Blair@foundcom.org](mailto:Jackie.Blair@foundcom.org) to schedule a different drop-off time or visit [FoundCom.org](http://FoundCom.org) to give online.

## Summer Learning Includes Staying Healthy



Our summer learning program is in full swing! This free, six-week program takes place at all 10 of our on-site Community Learning Centers and keeps students engaged with fun reading, science, technology, math and engineering activities. We recently visited our Daffodil Learning Center during fitness time and cheered on the kids as they ran laps, did jumping jacks and played tag. We are continually amazed with our kids' dedication and hard work in school and on the playing field. To all of our students and their families — enjoy the rest of your summer!



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



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Foundation Communities provides attractive, 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 all over Austin and in North Texas.

## Our Community Financial Center in North Austin is Now Open!

5900 Airport Blvd. Austin, TX 78752

**Free** services offered:

- Year-Round Tax Center
- Health Insurance Enrollment (Insure Central Texas)
- One-on-One Financial Coaching
- FAFSA Prep
- Scholarship Mentoring

For more information, please visit: [www.communitytaxcenters.org](http://www.communitytaxcenters.org) or [www.insurecentraltx.org](http://www.insurecentraltx.org)

## Foundation Communities Updates



### Yoga Program is Growing

We are now offering free yoga classes at 5 of our communities. Although the program is in its early stages, we are already hearing positive feedback from our residents. Most of the classes are for adults, but we do have yoga for our youngest residents too – the

students in our pre-literacy program who are between the ages of 3 and 4. Stay tuned for updates!

### Our Residents LOVE Zumba!

Our Zumba classes remain as popular as ever! The rigorous classes are run by WeViva, a partner nonprofit that provides affordable and accessible fitness and nutrition programs to low-income individuals throughout Austin. WeViva Zumba classes are free and offered at many of our family

communities. Bianca Enriquez has been attending the Zumba classes there for the last three years. "It makes me feel good and healthy," Bianca said. "I love to dance."

**Thank you WeViva for your commitment to our families!**



### Thank You St. David's Foundation!

Our strong partnership with St. David's Foundation has allowed us to expand our health programs to reach even more of our residents and neighbors! Thanks to St. David's generous support, we are able to implement comprehensive health programming that includes connecting our residents to primary care, enrolling community members in health insurance under the Affordable Care Act, and providing healthy living activities and classes (like Zumba!) at our communities every day, for all ages. These essential services are improving the health of our residents and Austin as a whole.