



IMPACT

MAR-APR 2018

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Better Health Right at Your Doorstep

Living a healthy life has always been important to Janus Lee. Her father's passion for and career in naturopathic medicine influenced her decision to pursue a degree in Asian medicine and open her own clinic. Even with years of health experience under her belt, Janus discovered new ways to stay healthy through a supportive community and our on-site fitness and nutrition classes.

"It is clear that the classes are taught by instructors who care," Janus said.

Janus moved to Austin as a single mother more than twenty years ago. Although the city felt family-friendly at the time, the first few years here were difficult. Janus was the sole provider for her daughter and was working hard to get her career off the ground.

She held lots of different jobs and eventually opened her own health clinic for acupuncture and herbal medicine. She ran her clinic for a decade but then decided to return to an old love: art.

"Art classes in high school saved me," Janus said.

She remembered a high school art teacher who served as a mentor for her and decided that she wanted to impart the same wisdom and encouragement to others.

The same day Janus was accepted into an art teaching program at St. Edward's University, her rent increased twenty percent. Even if she tightened her budget significantly, she wouldn't be able to afford paying rent and attending school.

She ended up moving from place to place over the next year, struggling to find a rent she could afford. It was during this time that an old friend told her about Foundation Communities.

Janus was relieved when she finally moved into our Trails at the Park community located in South Austin. Not only was the rent affordable but she also quickly learned that we offer free on-site support services for residents and neighbors.

She was particularly interested in our Healthy Living Initiatives, which provide a variety of fitness classes and nutrition classes, as well as healthy food pantries and community health events.

After some persuasion by our staff, Janus began attending a weekly aerobics class. This led to her also joining a weekly nutrition class and going to yoga at one of our neighboring communities.

Although she was well-versed in the concept of food as medicine, our nutrition class helped Janus put healthy eating habits into practice.



"Knowing and doing are two different things," Janus said. "The class breaks it down and highlights what's important."

And because the classes are free and offered right where our residents live — eliminating the barriers of cost and transportation — Janus said she had no excuse not to attend.

Janus has become friends with the other regulars in her class, making it easier for her to achieve her goals. She feels stronger and eats healthier.

Since moving to Trails at the Park, Janus also has been able to make time for her art. She picked up a paintbrush after more than forty years and will soon begin teaching drawing, acrylic and watercolor, which has been her lifelong ambition.

"You have to take responsibility for your own health and life goals," Janus said. "It's important to find a community that supports you so you can follow your dreams. And I have here with Foundation Communities."

BUILD COMMUNITY ONE MEAL AT A TIME

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

Sign up to be Supper Club volunteers and get to know our residents by serving warm, nutritious family-style meals. We ask groups to commit to a minimum of 4-6 meals throughout the year.



Visit the "Get Involved" section of our website or contact Meghan.Hein@foundcom.org to sign up!

DID YOU KNOW?

Learn more about our Healthy Living Initiatives

Our Healthy Living Initiatives bring free health classes, events and resources directly to our residents. Here are some interesting facts about the program:

-  We provide a whopping 850 different health and fitness classes across all of our communities.
-  People might be surprised to learn that we offer stress reduction and mindfulness classes.
-  Our most popular class is Zumba — but residents also LOVE our healthy food pantries where they can get free, fresh healthy food and produce.
-  We've begun offering a "Know Your Meds" class for our single adult residents in collaboration with students from UT Austin's College of Pharmacy who meet one-on-one with our residents and help them understand their medications.





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 23 properties in Austin and North Texas.

FREE TAX PREP & FILING

- Free to households up to \$55K/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

FOUNDATION COMMUNITIES UPDATES

AMPLIFY AUSTIN SUCCESS

We ended our fifth year of Amplify Austin completely amazed by our dedicated Team Leaders and the community support we received. We raised over \$150,000 and ended up in the top ten of the 700+ participating nonprofits. Thank you from the bottom of our hearts to everyone who supported us during this citywide day of giving! We'd like to say a special thank you to our steadfast partner St. David's Foundation for providing additional match funds. These funds will help us serve more people through our proven model of housing + support and keep Austin the diverse and vibrant city we all love.



\$150,000+ raised	TOP 10 of the 700+ participating nonprofits
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GARDEN TERRACE

The 20-apartment extension of our Garden Terrace is complete! Residents are scheduled to begin moving in this month. Garden Terrace, located on William Cannon, was the first supportive housing community we opened for single adults. We're excited about the expansion and look forward to welcoming our newest residents home!



MEXAUSTIN
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APPLY NOW FOR THE MEXAUSTIN SCHOLARSHIP

First-time college students have until April 30 to apply for our MexAustin Scholarship. The \$1,000 scholarship is available to Mexican or Latino immigrants and their children who demonstrate financial need. You can learn more and apply at MexAustin.com.