



Hope Inside



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The face of Head Start

How your investments are being put to work to give our community's most vulnerable children the chance to succeed

As a dedicated donor, you know that your investments in Head Start support our community's most vulnerable children. But we thought we'd share a little bit more about what that means. At the beginning of our 2018-19 program year, 67% of enrolled children were living in extreme poverty (annual income of no more than \$12,550/year for a family of four); 24% had verified disabilities; and 41% screened high/moderate for social-emotional needs (typically the result of trauma and mental health needs in the home). Additionally, 38 children were homeless and 28 were in foster care.

The children we serve often come to us with significant developmental barriers. By choosing to invest in Head Start, you understand that these children need so much to be ready for kindergarten. They need a safe place to learn and access to tools to practice skills. They need specialized health and behavioral services. They need caregivers who are equipped with the knowledge and skills to advocate for and support them. And finally, they need people like you to make it all possible.

Sammie is just one child touched by your support who has made significant progress

since enrolling in Head Start. When she first entered our program last year, Sammie was experiencing significant behavioral challenges. She'd disengage from classroom activities, get combative with her teachers and other children, and display strong emotions whenever her behaviors were corrected. Our staff recognized these behaviors as indicative of social-emotional needs, and worked with Sammie's mother to discuss developing and implementing strategies to address. After practicing the strategies for just one week, Sammie's mother and teachers began to notice positive changes. Sammie's mother, who was resistant to discussions at first, was so impressed with the changes that she decided to sign up for our Incredible Years® parenting courses to continue to learn how to provide the best possible support to her daughter. She's shared that the courses have shown her how to engage Sammie in activities at home, use more positive praise, and set clear expectations. This is very obviously having a positive impact on Sammie, who has become quite the leader in her classroom. She can regularly be seen encouraging others in her class, raising her hand to ask a question, and listening quietly during story time.

Because of you, Sammie and hundreds of other children like her are getting what they need – both at school and at home – to do their best every day. Thank you.



Sammie is on her way to kindergarten success because of your support.

New Books for Head Start Classrooms Needed

The books in our Head Start classrooms are beginning to show signs of wear and tear. We would love to be able to fill each classroom with brand new books for children to enjoy during story time. Will you help us? Your generous gift – of any amount – will help us to bring exciting new stories to our enrolled children. Contribute today by designating “books for Head Start” on the attached reply device. Thank you for your consideration!



The people forever impacted by your support of Community Action are all around you

This powerful reminder came to me on a cold February morning...

Dear Friend,

As I write you this note, spring is just around the corner. Yesterday was near sixty degrees and the sun was still shining as I drove home from work. I don't know about you, but I am ready for warmer weather! And I think (hope) it will be here to stay very soon.

On a not so warm day in February, I was at the office pretty early in the morning – around 7:00. It was one of those damp, bitter cold days where ice seemed to cover just about everything. As I got settled at my desk, I watched as our snow removal contractor cleared the parking lot and sidewalks to prepare for staff and participants to

enter our building. I noticed the care this young man put into making sure every last bit of snow was cleared from the sidewalks; he first scraped away all of the ice and snow from every concrete square and then laid salt down to prevent further freezing. By 8:30 he was still there, making sure the job was done just right.

About a half an hour later, I was standing near the mailroom going through my mail when I noticed that the contractor had come into our lobby. He removed his gloves and hat as he approached the front desk and asked if he could speak with Alfred, our Financial Well-Being Specialist. When Alfred came to the front, he immediately recognized the young man as a former participant of YouthBuild, a program we once offered that

equipped youth with the skills needed to obtain meaningful employment. I could hear the joy in each of their voices as the two reunited. I overheard the young man share about all of the positive things happening in his life and all of the positive things happening in other past participants' lives, too. I couldn't help but smile when he expressed sincere thanks to Alfred for all that he did to prepare him for success so many years ago.

I share this story because it is a powerful reminder that thousands of lives have been and continue to be permanently impacted because of your support of and belief in Community Action. Though you may not know it, you likely encounter people every day – at work, in grocery stores, at your child's school, or right outside your



window – whose lives have been made better because you believed in them.

Thank you for all that you do to make the work of Community Action possible.

Sincerely,

Vi See
Executive Director

Eat Ice Cream, Support The Gathering Place

Ivanna Cone is helping out The Gathering Place in a big (and delicious) way this month. And you can, too – just by eating ice cream!

Did you know that you can support The Gathering Place this month just by eating ice cream? Sound too good to be true? It's not!

During the month of March, Ivanna Cone is making batches of Gather 'Round ice cream, a peanut butter ice cream with caramelized apples and Snickers, in honor of The Gathering Place. A portion of Gather 'Round ice cream sales throughout the month

of March will benefit The Gathering Place. **Then, on March 27th, 10% of all Ivanna Cone sales from 5:00 to 9:00 PM will benefit The Gathering Place!** We plan to be there on this date, and would love for you to join us. And remember, you can get the Gather 'Round flavor all month long and support The Gathering Place. We were first in line when it went on sale. And it was nothing short of delicious!

Guests have loved getting ice cream once a month from our friends at Ivanna Cone.



This winter Ivanna Cone's "Cone Heads" have been serving ice cream at The Gathering Place once a month and the guests have loved this delicious dessert. We can't thank them enough for their time and the work they are doing this month to help support The Gathering Place.

You can get the Gather 'Round flavor throughout the month of March to support The Gathering Place. We also hope you'll join us at Ivanna Cone on March 27th from 5:00-9:00 PM, as 10% of all sales during this time period will benefit The Gathering Place! Ivanna Cone is located at 701 P Street, #101 (in the Creamery Building in the Haymarket).



35 years and infinite thanks

As The Gathering Place celebrated its 35th year of service in Lincoln, we couldn't imagine a greater gift than what you have given

Last October, we made the call for donations to support the work of The Gathering Place in 2018. And you answered. Our original goal was to raise \$35,000 by the end of December in honor of The Gathering Place's 35th anniversary. Thanks to your incredible generosity, we didn't just meet this goal; we exceeded it! A total of \$51,503.82 was raised via our 35th Anniversary Campaign. This amount was matched with \$30,500 committed by our match sponsors – Rogers Foundation, Union Bank & Trust, Greenwald Family Charitable Trust, Inspiro Insurance, UNICO Group, Inc., and Sue



Gathering Place Operations Manager, James Reiley and Administrator, Lisa Janssen, say "thank you" for your support!

Quambusch and Len Sloup – making the total amount raised \$82,003.82.

We cannot thank you enough for this tremendous showing of support. It means everything in our ability to serve hot evening meals to those who need them the most. In the month of January alone, we served 2,342 meals – the highest number we've seen in months. We would not be able to keep pace with demand without you. Because of you, we've also been able to increase the amount of fresh produce served to guests. In January, 87% of meals contained fresh produce. Guests have specifically commented how much they have enjoyed salads offered during meals, and that the only time they get to eat salad is while they are at The Gathering Place. Without you, this simply wouldn't be possible. Thank you for bringing guests the nourishment they need not only to survive, but to thrive.



Have a great family recipe you'd be willing to share? We'd be honored to have it!

At The Gathering Place, we are always looking for new recipe ideas to bring to our guests. Do you have a favorite family recipe that you'd like to share? We'd love to have it! We serve 100-120 meals per night, so we'd love recipes that are set up to feed a crowd or can be easily doubled. To share, simply fill out the enclosed recipe card and send in the reply envelope. Thank you in advance!

Two hardworking individuals receive the gift of transportation



Jennifer was surprised to find the trunk of her new vehicle filled with all kinds of items to support her studies – a portable filing cabinet, a note book, and (most importantly) an insulated Tracy's coffee mug!

Thank you to Tracy's Collision Center and their partners for making it happen



The team at Tracy's did a phenomenal job refurbishing these two vehicles.

Insufficient access to reliable transportation is one of the biggest barriers to economic stability for those we serve. On January 12th, Tracy's Collision Center presented two individuals who are working hard through our programs with two vehicles – a 2013 Chevy Cruze and a 2011 Buick Lucerne. The vehicles were identified by Farm Bureau Insurance and refurbished back to road-ready status by the talented team at Tracy's. This was the 12th year Tracy's and their partners have worked to make this life-changing event possible.

Jennifer, who is working within our Opportunity Passport™ Program, was just one vehicle recipients.

"This vehicle is going to make a huge difference in my ability to get to and from school," said Jennifer. "And it's a huge relief to know that I won't have to keep putting money into a vehicle that possibly won't work tomorrow. I just want to thank Tracy's for this opportunity."

Tracy's motto is "Thanks, Lincoln!" And to them we would like to say "Thanks, Tracy's!"

You can't "Beet" a healthy snack

A look into how children in Head Start are getting to know their fruits and veggies

As part of our efforts to promote nutrition and healthy eating, children within our Head Start programs have been participating in several food exploration activities over the past couple months. This past month they participated in "Beet Week" where they learned all about beets – what they look like, how they are grown, and most importantly, how they taste!



Children loved sprinkling seasoning on beets and mixing everything together!

Nutrition and Wellness Coach. Some children even got to sample beet smoothies and use beet juice to paint!

For these food experiences, we focus on featuring produce that is in season. Seasonal fruits and veggies retain more nutrients than their counterparts, which makes them a healthier choice. Plus, they are usually lower in cost, which helps to stretch food budgets.

Research shows that children's long-term eating behaviors are determined in their first few years of life. Your support of Head Start is helping children to develop lifelong healthy habits and

Children got to sprinkle seasoning on beet slices before they were put into the oven to bake by our

access the healthy foods they need to fuel their bodies and minds!

Baked Beet Chips (inspired by the recipe in *Farm to Head Start: Harvest of the Month: Lycoming College Edition curriculum guide*)

- 2 or 3 Large Beets, scrubbed, sliced thin like potato chips
- Approximately 1 tbsp. Olive Oil (just enough to drizzle and coat beet slices)
- Kosher Salt, to taste (optional)
- Black Pepper, to taste (optional)

- 1) Preheat oven to 350.
- 2) Put beet slices in a bowl, drizzle olive oil over the beets and stir to coat.
- 3) Spread beets out on baking sheets, in a single layer. Add a few shakes of salt and pepper to taste.
- 4) Bake for about 20 minutes; check at 10 minutes (times may vary based on oven).



Community Action's Nutrition and Wellness Coach, Sheila Stratton, preparing beet chips for children to try.

Remember to Give to Community Action on

give
To Lincoln Day
May 31, 2018.
More details coming soon!

YES, I want to help empower people living in poverty to reach economic stability.

Please accept my gift of \$ _____

Your donation will go toward supporting:

- Feeding those who are hungry at The Gathering Place
- Preparing children for success in school
- Preventing and eliminating homelessness
- Helping families learn financial skills/save for a home, post-secondary education, or small business start-up

I would like to designate my gift to the following program (e.g. The Gathering Place, Supportive Housing Program)

I have included (or intend to include) Community Action Partnership of Lancaster and Saunders Counties in my will or estate.

My name _____
 Company _____
 Address _____
 City/State/Zip _____
 Phone _____
 Email _____

May we publish your name? Yes No

If so, how would you like your name(s) to appear?

Payment Options:

- Check payable to *Community Action*
- Credit Card: Visa MasterCard Discover

Account # _____

Exp. Date (mo/yr) _____ Security Code _____

Signature _____ Date _____

For more information contact:

Heather Loughman, *Communications and Development Director*
 (402) 875-9339 | hloughman@communityactionatwork.org



210 O Street
 Lincoln, NE 68508
 www.communityactionatwork.org