



Goldenrod Hills Blade

Head Start

Recognized as Having an Exemplary Literacy Program!



Goldenrod Hills Community Action’s Head Start Program had its federal on-site peer review this winter. The Federal Team follows the Office of Head Start Monitoring Protocols which includes over 1700 performance standards.

This process, which occurs every three years, gives grantees an opportunity to demonstrate compliance through interviews with management, program staff, parents and community partners. The three team members, from across the United States, observed classroom curriculum within our service area, reviewed fiscal management systems and met with GHCA Board of Directors and Policy Council Members.

GHCA Head Start Program provides services in 12 counties to 440 children and families. The Federal On-Site Peer Review report stated that the GHCA’s Head Start Program has an exemplary literacy program that benefits Head Start children, their families as well as the community the child lives in. The report also stated that GHCA’s Head Start program goes above and beyond to improve language and literacy skills of its children and families.



BOARD OF DIRECTORS

Janet Eckman	Ranea Rystrom
Bill Engel	Jill Ruge
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Susie Polenske	Jerry Weatherholt
Nancy Rice	Duane Wilcox
Gene Rollins	Robin Snyder Executive Director

THE PROGRAMS OF GHCA

Commodities Supplemental Food Program (CSFP)

Family Services

- Food Pantry
- Free Income Tax Assistance
- Nebraska Homeless Assistance Program (NHAP)
- Federal Emergency Management Assistance (FEMA)
- Child Safety Seat Program
- Case Management
- Budgeting

Head Start

Health Services

- Immunizations
- Early Child Development Network
- Operation Great Start
- Operation Building Blocks

Weatherization

Weatherization Expansion Project

Women, Infants and Children (WIC)

The Health Services Program at GHCA



Dusti Bargmann, R.N.
Health Services Director



Paula Peterson
Operation Great Start
Home Visitor



Stacey Heller
Operation Great Start
Health Educator



Margaret Jensen
Early Development
Network Services
Coordinator



Renee Cleveland
Early Development
Network Services
Part-Time Coordinator



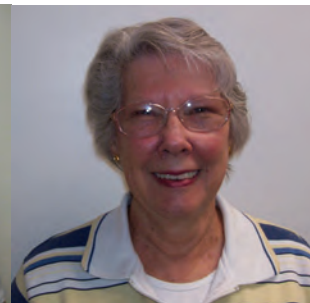
Nicole Horst
Immunization R.N.



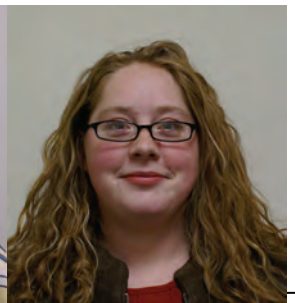
Marcie Reeg
WIC/Immunization Aide



Kassidy Poppe R.N.
WIC/Immunization R.N.



Naoma Griffin
Immunization
Clerical Assistant



Brooke Bouck
Operation Building Blocks
Family Service Worker

What's Happening in WIC?

A two day statewide WIC training sponsored by the Nebraska DHHS Lifespan Health Services WIC Program was held in Kearney in April entitled "Teaching Feeding and Solving Feeding Problems in WIC." The training was given by Pam Estes, MS RD CD a member of the Ellyn Satter Institute, which is an organization dedicated to furthering eating competence and the feeding relationship. GHCA's WIC nutrition staff: Jan Donner, WIC Director; Karen Pearson, WIC LPN; Brenda Johnson WIC LPN; Marlene Borgelt WIC Nutritionist; Jessica Kastning WIC RN/Site Manager; and Rebecca Krueger WIC RN attended the conference. The WIC nutrition staff meet with WIC clients to:

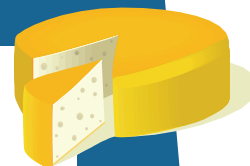
- ◇ Assess diet and identify nutritional needs
- ◇ Provide individual nutrition counseling
- ◇ Determine appropriate food benefits
- ◇ Monitor growth and refer concerns to the physician
- ◇ WIC also provides health and community referrals

In addition, Jan Donner, WIC Director and Kris Eggers, WIC Vendor Manager attended a Train the Trainer WIC Vendor training in Kearney in April to help our local grocery stores and pharmacies administer the WIC program correctly. The WIC vendors (41 local grocery stores and 3 pharmacies) ensure that WIC participants buy the right kinds and amounts of WIC authorized foods. Starting in September all vendors are going to be trained on the new foods WIC will be offering so clients can start receiving the foods in October. The new foods include baby food, whole grains, peanut butter, canned beans, canned pink salmon, fresh fruits and vegetables. If you would like more information about the WIC program please contact us (402)529-3513 or 1-800-4452505.

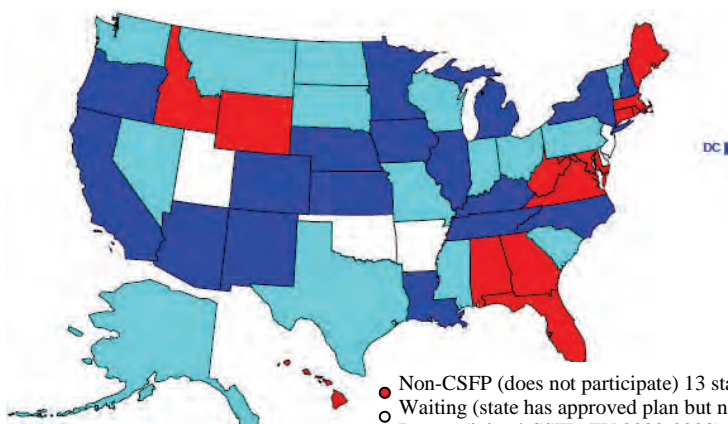




Commodity Supplemental Food Program



The map below gives you a national perspective on State Participation in CSFP in FY 2008.



- Non-CSFP (does not participate) 13 states
- Waiting (state has approved plan but no caseload allocation) 5 states
- Recent (joined CSFP, FY 2000-2003) 15 states
- Ongoing (participating in CSFP before FY 2000) 18 states

Source:

The Role of the Commodity Supplemental Food Program (CSFP) Nutritional Assistance to Mothers, Infants, Children, and Seniors. (August 2008) By Kenneth Finegold, Fredrica D. Kramer, Brendan Saloner, and Joanna Parnes, The Urban Institute. Retrieved from: <http://www.ers.usda.gov/publications/CCR48/CCR48.pdf>



GHCA's Weatherization Program is Gearing Up to Serve More Northeast Nebraskans!



Nebraska's Weatherization Program received \$41,644,458 as a part of the American Recovery and Reinvestment Act of 2009. GHCA has managed one of Nebraska's Weatherization programs for over 35 years and is busy gearing up with the increase in funds to establish a weatherization crew and to recruit more local contractors to help weatherize homes throughout the 14 county service area. GHCA normally weatherizes approximately 220 homes a year. With the new American Recovery and Reinvestment Act funds, GHCA will weatherize an additional 535 homes over a two year period.



The Weatherization program has been proven to:

- ◇ Create average energy savings of \$344 per year and \$5,505 over the life of the measure.
- ◇ Reduce a household's annual heating consumption by 32%.
- ◇ Improves health & safety by eliminating energy-related hazards.



With this new funding there are new income guidelines to qualify for the Weatherization Program. The applicant must be at or below 200% of income guidelines and the home must not have been weatherized since October of 1994. Weatherization services include the following:



- ◇ Weather stripping
- ◇ Caulking
- ◇ Attic and wall insulation
- ◇ Replacement of broken glass
- ◇ Repair/replacement of furnaces



Please contact the Weatherization Program if you have any questions or comments at (402) 529-3513 or 1-800-445-2505.



The Impact of the Free Income Tax Assistance Program



GHCA's free Income Tax Assistance Program impacts the community by:

- ◇ decreasing the number of low-income individuals paying for tax preparation
- ◇ increasing the number of eligible individuals who can benefit from important tax credits such as Earned Income Tax Credit (EITC); Education Credits; Child and Dependent Care Tax Credits; and Child Tax Credit (CTC).
- ◇ linkages of low income individuals to mainstream financial services, financial education and asset building initiatives
- ◇ collaborations with other support services to help individuals gain skills to increase their income, accumulate assets and strengthen self sufficiency

GHCA provided income tax assistance at nine sites across the 14 county service area. The tax preparers are trained by the Internal Revenue Service and have to pass a tax preparation exam to be able to prepare taxes for others. The IRS provides training on new tax laws, updates and the TaxWise software program. **Over 602 returns were prepared in the 2009 tax season.** For more information about Family Services please contact Peggy Mlady Family Services Director, (402) 529-3513 ext. 277. GHCA Income Tax Assistance Sites:

Neligh Head Start-Heather Veik
 Norfolk Head Start-Angel Ausdemore
 Wayne Family Service Office-Tiffany Olson
 Blair Head Start-Brenda Fraser
 Wisner Headquarters-Mari Oswald

Creighton Family Service Office-Sherrie Amende
 Norfolk Family Services Office-Dawn Dozler
 South Sioux Family Service Office-Becky Gomez
 Fremont Family Services Office-Margaret Urbanec
 All 9 Sites Krista Heineman and Margaret Urbanec

April is Child Abuse Awareness Month

Risk Factors for Child Maltreatment

Risk factors are those characteristics associated with child maltreatment-they may or may not be direct causes.

- Parents' history of child abuse in family of origin
- Parents' lack of understanding of children's needs and child; development, and parenting skills
- Substance abuse in the family
- Young, single non-biological parents
- Parental thoughts and emotions supporting maltreatment behaviors
- Parental stress and distress, including depression or other mental health conditions
- Social isolation of families
- Poverty and other socioeconomic disadvantage such as unemployment or lack of education
- Family disorganization, dissolution, and violence, including intimate partner violence
- Poor parent-child relationships and negative interactions

Protective Factors for Child Maltreatment

Protective factors buffer children from being abused or neglected.

- Nurturing parenting skills
- Stable family relationships
- Household rules and child monitoring
- Parental employment
- Adequate housing
- Access to health care and social services
- Caring adults outside the family who can serve as role models or mentors
- Communities that support parents and take responsibility for preventing abuse

Information retrieved from Center for Disease Control Website: URL <http://www.cdc.gov/ViolencePrevention/childmaltreatment/riskprotectivefactors.html>