

# Goldenrod Hills Blade

## **GHCA Focuses on Client Services & Employment with 2009ARRA Stimulus Funds**

Since October 1, 2009 a variety of services have been available to clients at or below 200% of poverty. The following is a summary of client services and items funded through the Community Service Block Grant American Recovery and Re-investment Act (ARRA):

Establishment of South Sioux City Food Pantry  
Norfolk Vaccine Office and Adult Vaccines  
Child Safety Seats  
Head Lice Kits  
Transportation Vouchers  
School Supply Program  
\*Youth Physical Activity Program

Career Development Educational Materials  
Family Preservation Training  
Rent Wise Training  
Early Childhood Educational Materials  
Books for budgeting with clients  
\*\*Emergency Services for clients

\*The Youth Physical Activity program is for all income eligible youth needing financial assistance with a physical fitness activity such as swimming pool passes, baseball expenses, YMCA memberships, fitness memberships, basketball camps etc.

\*\*1st month rent, past due rent, mortgage, deposits, utility arrearage

See pages 3 & 5 for information on how ARRA is impacting the Weatherization Program and the new Homeless Prevention Rapid Re-Housing Program (HPRP)

### **Six New Family and Health Services Trainees**

Lynn Yule      Angie Rix      Ron Vick Jr.      Laura Hegemann      Brittne Snyder      Heather Hawk



These six positions make up Goldenrod Hills Community Action's 12 month Career Development Program funded through ARRA that is designed to give individuals experience and training in the Family and Health Services field. The outcomes of GHCA's Career Building Program are threefold, GHCA's Career Building Program will:

- ◇ Strengthen the workforce in Northeast Nebraska by giving 6 people the opportunity to build their professional development and experience in the human and health services field.
- ◇ Stimulate the economy by giving 6 people fulltime employment with benefits.
- ◇ Improve GHCA's service delivery by providing current staff with assistance to help families move toward self-sufficiency.

### **GHCA's Human Resource Department**

#### **Adds a Human Resources Trainee and a Career Developer**

Sheena Kampschneider was hired as the Human Resource Trainee to assist the Human Resource Director and Assistant with the various functions of the department while building knowledge and skills in Human Resource functions.



Joe "JJ" Jackson the new Career Developer reaches out to clients, families and agency employees to teach a variety of skills that are vital in obtaining, retaining employment and excelling as an employee. He additionally teaches how to complete applications for employment, interviewing skills, workplace etiquette and budgeting your income. Mr. Jackson has developed partnerships with Northeast Community College, Wayne State College and Nebraska Workforce Development to strengthen personal and professional development and growth for clients, families and employees. Career Developer training, curriculums and plans are goal and result oriented with a focus on our Agency's ROMA performance measures. His work with clients and employees is ongoing until solutions are reached and goals are achieved. If you would like more information please contact Mr. Jackson by phone:(402) 529-3513 ext 296.

### **BOARD OF DIRECTORS**

Bill Engel	Sally Snow
Patrick Gross	Lon Strand
LeRoy Kerkman	Tom Welsh
Elsie Lund	Clarence Tichota
Toni Tauber	Jerry Weatherholt
Nancy Rice	Duane Wilcox
Gene Rollins	Christine Brandow
Ranea Rystrom	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  
HPRP  
Youth Activity Program

##### **Head Start**

##### Health Services

Immunizations  
Early Child Development Network  
Operation Great Start  
Operation Building Blocks

##### Weatherization

Weatherization Expansion Project

##### **Women, Infants and Children (WIC)**

##### GHCA Headquarters

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(402) 529-3513  
1-800-445-2505

## H1N1 and a New Immunization Clinic



Patricia Schmitz, R.N.

GHCA's Immunization staff have been busy assisting the local Health Departments deliver H1N1 Vaccine to the public. Currently, we can give the vaccine to certain priority groups in Burt, Cedar, Cuming, Dakota, Dixon, Madison, Stanton, Thurston and Wayne Counties. If you have any questions please contact our main office at (402) 529-3513 or 1-800-445-2505.

GHCA would like to welcome Patricia Schmitz as the new Immunization R.N. in Norfolk. Ms. Schmitz is currently training with Immunization Staff in our traveling Clinics. In January 2010, she will provide all of the CDC and State recommended vaccines to Children and Adults in the Norfolk GHCA Office on 1405 Riverside Blvd. Hours will be Tuesday, Wednesday and Thursday from 8:00 AM to 4:30 PM and on Monday and Friday by appointment. Starting January 4th, you may call 1-402-379-1380 to schedule an appointment.

Vaccines offered to children will be: Polio, Diphtheria, Tetanus and acellular Pertussis, Measles, Mumps, Rubella, Haemophilus Influenzae B, Hepatitis A, Hepatitis B, Varicella, Meningitis, Rotavirus, Prevnar, Gardasil and Influenza. Ms. Schmitz will also be providing Lead Screening to children ages 1-5. The fee for this service is \$10.00.

Vaccines we offer to adults will be: Hepatitis A, Hepatitis B, Measles, Mumps and Rubella, Tetanus, Diphtheria and acellular Pertussis and we also complete TB Testing. There is a mandatory fee for the adult vaccines to cover the cost of purchase.



GHCA Norfolk Office

## WIC Makes the Moove to Low Fat Milk

WIC clinics are busy this fall with staff educating all participants on the new WIC Approved Food Packages. The new food packages took effect in October and November of 2009. Prior to this time staff was busy making educational materials to help the clients understand the new changes.

Classes are being held at every WIC clinic educating all participants on the new WIC foods. During the class, participants are required to watch the new "WIC participant" video provided by the State WIC office and the new "WIC Approved Foods Booklet" is covered in detail to help each participant shop correctly with their WIC checks. Questions are also answered during this time.



Participants are very positive about the new changes and happy to receive fresh fruits and vegetables along with whole grains. Baby food fruits and vegetables and meats are also new to the WIC approved foods listing.

The "Make the Moove to Low Fat Milk" picture is displayed at one of our WIC clinic locations to educate participants on the change to low fat milk available with the new food packages. Children over 2 years of age and women no longer have the option to choose whole milk with their WIC food package. Skim, 1% and 2% milk is available for them. Children age 1 year will receive only whole milk and do not have the option to choose skim, 1% or 2% milk with their WIC food package.



## Norfolk Head Start Completes a “Reading is Fundamental” Activity at Poppy’s Pumpkin Patch



Reading is Fundamental (RIF) is a program supported by the U.S. Department of Education that provides motivational book activities to children and families of the Goldenrod Hills Community Action Head Start and Preschool Partnership classrooms.

Each classroom provides RIF activities three times a year. The activities must include free books for children, motivational literacy activities, and family support. The Norfolk Head Start completed their fall RIF activity at the very popular “Poppy’s Pumpkin Patch” located south of Norfolk. The children and their families read a book together and then participated in the pumpkin patch activities.



## Weatherization Program is Growing Leaps and Bounds!

Nebraska’s Weatherization Program received funding as a part of the American Recovery and Reinvestment Act of 2009. 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

In the last six months the Weatherization Program has hired seven Northeast Nebraskans.



Weatherization Works

# GHCA Holds Annual All-Staff Meeting

Goldenrod Hills Community Action, Inc. held an All-Staff meeting for its 140 employees September 25, 2009 at the Life Long Learning Center in Norfolk. The All-Staff theme was "Stepping Stones to Emotional and Financial Wellness." Service awards and an Employee of the Year award was presented in the morning of the meeting. Cy Wakeman gave a keynote on the emotional side of financial wellness and Linda Miller from Northeast Community College gave a keynote on budgeting and money management in the afternoon.



## 2009 Employee of the Year

Pat Gross, Goldenrod Hills Community Action's Board Chair presented Teresa Sandall, Executive Secretary with the "Employee of the Year" award. Staff at Goldenrod Hills nominated Teresa because she is an excellent team player and always lifts the spirits of those who work with her. One staff member said, "If attitude makes the difference between getting tasks completed and making work fun, Teresa is the best example of that." She inspires us all with her dedication and contribution therefore very deserving of GHCA's "Employee of the Year."



## Sick Leave Awards

Sick Leave Awards were awarded to the following people who have maxed out on earning sick leave for four or more consecutive payrolls in the past year: Starting from the right top row: Robin Snyder, Sharon Thor, Elaine Snyder, Sue Kollath, Jan Neil-Hawk, Burdette Kratke, Andrea Paret, Peggy Mlady, Susan Peterson, Peggy Triggs, Andrea Peters. Front row right: Wendy Simpson, Margaret Jensen, Erika Fink, Bev Frese, Brenda Bigley, Irene Buse, Rita Eichelberger, Kris Eggers, Lynne Faltys and not pictured Mary Reeson.

## Years of Service Awards



Robin Snyder, Executive Director for thirty years of service.



Rita Eichelberger, Head Start Director for 20 years of service.



Jan Donner WIC Director for 20 years of service.



Margaret Jensen, Early Development Network Services Coordinator in Norfolk for 15 years of service.



As pictured on the right- Kary Pfeil, Area Manger for Norfolk Head Start Sharon Thor, Teacher Aide for Norfolk Head Start for 10 years of service; Sandrau Swier, Family Service Worker for Norfolk Head Start for 10 years of service; and Pierce Head Start Partnership (Children's World) for 10 years of service.



Evelyn Munoz, Bilingual Teacher Aide for Siouxsland Family Center for 5 years of service.

Not pictured Betty (Marlene) Borgelt, WIC Nutritionist for 20 years of service.

## GHCA's Family Services Offices are busy with the HPRP Program



The “Homelessness Prevention and Rapid Re-Housing Program (HPRP),” is a part of the American Recovery and Reinvestment Act of 2009. Region V Continuum of Care (CoC) was allocated \$710,854 to administer HPRP. This program is overseen by a CoC HPRP Program Advisory Committee consisting of GHCA’s Seven Family Service Coordinators, Grants Director, Family and Community Services Director; Goldenrod Regional Joint Housing’s Deputy Director/Fiscal Director, Nebraska AIDS Project’s Case Manager, Crisis Center’s Executive Director, Region IV Behavioral Health’s Regional Housing Coordinator, Care Corps Executive Director, Bright Horizons Shelter Manager and Executive Director, Haven House Shelter Manager and a formally homeless client.

The purpose of HPRP is to provide homelessness prevention assistance to households who would otherwise become homeless—many due to the economic crisis—and to provide assistance to rapidly rehouse persons who are homeless. HPRP provides rent, utility assistance and requires case management that includes: credit repair assistance, life skills' training, budgeting, assistance with obtaining employment, maintaining employment, housing search and the Rent Wise Program. We estimated the program will serve 168 households with homeless prevention and 69 households with Housing Relocation and Stabilization Services over a three year period.

Please visit our website to get more information on HPRP and the client referral process as shown in the picture above. The website: <http://www.goldenrodhillscmmunityaction.org/family.cfm>



## Commodity Supplemental Food Program

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income pregnant and breastfeeding women, new mothers up to one year postpartum, infants, children up to age six, and elderly people at least 60 years of age by supplementing their diets with nutritious USDA foods. The population served by CSFP is similar to that served by USDA's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), but CSFP also serves elderly people, and provides food rather than the food vouchers that WIC participants receive. Eligible people cannot participate in both programs at the same time. CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the target population. Below is a listing of the variety of foods that are provided through the program in the form of a food box every other month.

Infant Formula Powdered  
 Infant Formula Soy Powdered  
 Infant Rice Cereal  
 Juice Apple Unsweetened Canned  
 Juice Grape Unsweetened Canned  
 Juice Orange Unsweetened Canned  
 Juice Tomato Canned  
 Macaroni Elbow Dry  
 Milk Evaporated  
 Milk Nonfat Instant Dry  
 Mixed Fruit Canned  
 Mixed Vegetables, Low-Sodium, Canned  
 Oats Whole Grain Rolled Dry  
 Peanut Butter Smooth  
 Pears Canned Peeled  
 Plums Canned Purple  
 Pork with Natural Juices Canned  
 Potatoes, Sliced, Low-Sodium, Canned  
 Rice White Enriched Long Grain  
 Salmon Pink Canned  
 Spaghetti Enriched Dry

Applesauce Canned Unsweetened  
 Apricots Canned  
 Asparagus, Low-Sodium, Canned  
 Beans Baby Lima Dry  
 Beans Great Northern Dry  
 Beans Kidney Light Red Dry  
 Beans Pinto Dried  
 Beans Vegetarian Low-Sodium Canned  
 Beef Stew Canned  
 Beef with Natural Juices Canned  
 Carrots, Low-Sodium, Canned  
 Cereal Bran Flakes Ready-to-Eat Dry  
 Cereal Cornflakes Ready-to-Eat Dry  
 Cereal Rice Crisps Ready-to-Eat  
 Chicken Canned  
 Chili Without Beans Canned  
 Corn Grits White Enriched  
 Corn, Whole Kernel, Low-Sodium, Canned  
 Green Beans, Low-Sodium, Canned  
 Green Peas, Low-Sodium, Canned  
 Tomatoes, Whole, Low-Sodium, Canned