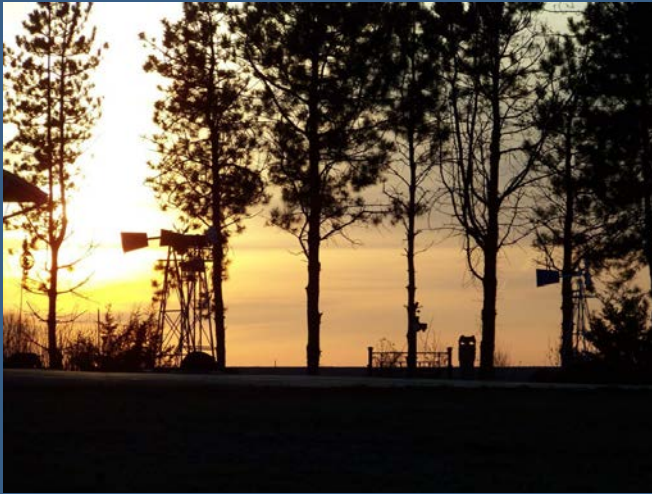


# NEK-CAP News

Summer Edition ~ June 2013

*Serving Atchison, Brown, Doniphan, Jackson, Jefferson, Leavenworth, Marshall, Nemaha, Pottawatomie & Riley Counties*



## NEK-CAP, Inc. Announces 2013 Award Recipients

*Submitted by Linda Grier, Integrated Services Office Manager*

NEK-CAP, Inc. proudly announces the award recipients for the 2013 KACAP (Kansas Association for Community Action Programs) Annual Distinguished Honoree Awards...

**Josh Wheeler** of Atchison, KS received for the Personal Responsibility and Achievement Award. This award recognizes an individual or family who has endeavored to make a better life for them, their families and their community. As the recipient of this award, NEK-CAP would like to thank you for your commitment to the Community Action Agencies, and recognizing that you have demonstrated a personal perseverance in overcoming obstacles.

The **Brown County Healthy Foods Coalition** of Brown County, KS received the Award for Collaborative Excellence (ACE) Award. This award is presented to an organization that has demonstrated outstanding initiative in creating and participating in community collaborations that have significantly contributed to the success of NEK-CAP in

fulfilling our mission to advocate for and improve the lives of low-income people and communities.

**Norma Jean Holcomb** of Troy, KS received for the Caring Service Award. This award is presented to an individual who has contributed significant volunteer time and energy to supporting the efforts of NEK-CAP, Inc. As the recipient of this award, she has exemplified the spirit of community and individual partnerships and has made a significant contribution of volunteer service to our organization.

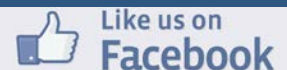
A meet and greet awards reception to honor the award winners is being planned for Tuesday, July 30<sup>th</sup>, 2013 from 5:30-6:30pm at the Fisher Center in Hiawatha, awards will be presented at 6:00pm. If you'd like to attend the awards reception, please contact Linda at 785-742-2222, ext. 235 or [lgrier@nekcaph.org](mailto:lgrier@nekcaph.org) by July 23<sup>rd</sup>. NEK-CAP, Inc. would like to congratulate and thank all the award nominees and recipients for their dedication and commitment to Community Action.

### NEK-CAP's Mission

We provide comprehensive education and social services to low-income community members through collaborative partnerships focused on promoting family development, empowerment, and economic security.

### The Promise of Community Action

Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other.



## Head Start Works!!

Submitted By: Kara Soph, Atchison County Family Development Advocate

Atchison Head Start has a family who entered our program in 2011 with their twin girls. They were eligible for Head Start because of the girls' disabilities, as dad is a College Professor and supports his large family while mom stays home, they weren't 100% income eligible but in need of our program for extra intervention with the twins' disabilities. They have two other children with significant disabilities, and their youngest is slightly delayed as well, so this family has become familiar and very involved with resources within our community to help their children.

The girls entered the program with Global Developmental Delays. They received comprehensive services through our local school district, as well as Speech Services while at Head Start. They would go half a day to Head Start and half a day to a comprehensive preschool class the school district offers as well. They were not speaking, mostly grunting and pointing to communicate. They needed the social exposure as well as the early intervention programs they were receiving. They were also not potty trained. We had a feeling that these girls were going to really flourish in our program, and being involved in numerous other programs to help them, we were very anxious to watch the girls change and grow over the next two years.

Upon exiting our program, these girls really proved to us that early intervention works! They left our program speaking very clearly, in complete sentences, and being able to verbalize needs as they came along, and then even more. Listening to them carry on conversations with their classroom friends was just incredible! They are very smart girls, and now that they are able to communicate significantly better, they really showed off their intelligence. They also exited our program being fully potty trained. They have such cute personalities, it has been an incredible blessing for those of us able to work with them and watch their transitions. They truly flourished in Head Start, and we are thankful that their mother was willing and able to share with us their feelings.

Mom stopped by the Head Start center the other day to discuss the possibility of getting their youngest child in our program as he had recently had slight developmental delays diagnosed. As we were talking, she brought up the girls and how they thought that they were going to need half day Preschool and half day Kindergarten when they go to Kindergarten in the fall, but she said that they were accepted into Full Day Kindergarten! And to this she said, "I attribute that solely to you guys (Head Start) and 409 for working with them and helping them." She also said that she doesn't care if a program doesn't work for 50% of people, even if it works for just 2%, it is still a success. These children and this family is an inspiration, a true gift to have the opportunity to learn and grow with them, and to watch them succeed repeatedly despite everything else they have going on. This amazing success story just proves how wonderful Head Start really is, and how important early intervention programs and community partners really are!



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### **Counties Served:**

*Atchison, Brown, Doniphan,  
Jackson, Jefferson,  
Leavenworth, Marshall,  
Nemaha, Pottawatomie  
and Riley*

### **NEK-CAP, Inc.'s Vision:**

One by one  
all families and communities  
become self-reliant.

*\*\*Comments/Questions: please contact Linda Grier, Integrated Services Office Manager, [lgrier@nekcaph.org](mailto:lgrier@nekcaph.org)\*\**

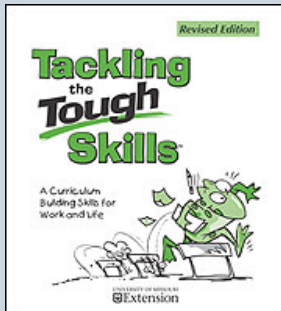
## Love and Logic & Tackling the Tough Skills

Submitted By: Jet Sperflage, Integrated Services Specialist/Mental Health Consultant

Now Offering!!



And



In today's busy world parenting children can be difficult. Love and Logic® provides simple solutions and practical techniques to help parents with kids of all ages: raise responsible kids; have more fun in their role; easily and immediately (first use) change their children's behavior. Trusted for over 30 years, Love and Logic is a philosophy founded in 1977 by Jim Fay and Foster W. Cline, M.D. It is the approach of choice among leading educators, parents, and other professionals worldwide.

NEK CAP, Inc. is excited to be offering Love and Logic® parenting classes in all counties served by the agency. The agency is excited in being able to offer this program and it will be offered to all families in the community. The sizes of our classes are limited, so make sure you look for notices in your local paper. For more information, contact your local NEK-CAP office.

Are you unemployed; looking for employment; employed but feel you lack some basic life and employment skills? *Tackling the Tough Skills™* is a fun, innovative and highly interactive life skills curriculum that helps hard-to-reach adults or teens prepare for success in work and life. It's also being used to teach soft skills to employees in the workplace. Soft skills aren't "fluff." They are life skills many take for granted, yet are critical when a person doesn't have them. Soft skills include attitude, responsibility, communication, problem solving and preparing for the workplace.

NEK CAP, Inc. is excited to offer *Tackling the Tough Skills™* in the counties served by the agency. This training will be offered to all families, individuals and teenagers in the community. The sizes of our classes are limited, so make sure you for notices in your local paper. For more information, contact your local NEK-CAP office.

## Achievements ~ Accomplishments ~ Successes

Submitted by staff members

One major success that I have had recently was one of my families getting enrolled with Family Preservation. Yes, this does not sound like the best scenario; however, it truly was. Mom now realizes her extreme mental health needs and also we now have another support in place to help the family cope through these difficult times. Working on parenting skills, stabilizing mental health, and stabilizing/structuring their home environment are crucial for the positive development of the two children. This was a success on many different levels and one that defines what being an advocate is all about. *Submitted by: Kim Lackey, Atchison County Child & Family Advocate*

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I have a mom, who has completed her associate's degree in LPN school and is taking her certification test today for licensing. *Submitted by: Pam Wilburn, Atchison County Child & Family Advocate*

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I have another mom who graduated in May with general associates degree. She has been accepted back into nursing school and will begin taking classes in the fall. *Submitted by: Pam Wilburn, Atchison County Child & Family Advocate*

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Mother of three has found part time work and likes the job so far. *Submitted by: Pam Wilburn, Atchison County Child & Family Advocate*

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I have a father of two, who is married and has found part time work at Pizza Hut. *Submitted by: Pam Wilburn, Atchison County Child & Family Advocate*

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EVERY  
ACCOMPLISHMENT  
STARTS WITH  
THE DECISION  
TO TRY.



# NEK-CAP Inc. Head Start/Early Head Start Fatherhood Engagement Initiative 2013

*Submitted by Rose Sigmund, Head Start Director*

**FUNNY  
HANDSOME  
STRONG  
HAPPY  
CLEVER  
MARVELLOUS**

With financial assistance from the Kansas Department for Children and Families, NEK-CAP Inc. Head Start was able to offer a series of Strong Dads sessions. To accommodate as many parents as possible over a nine county area, three sessions were offered at four different locations. Eighty-six (86) parents participated in the kick-off event held in March, ninety-eight (98) attended the second session, and forty-three (43) were present at the final session. Incentive funds made a lot of difference, in terms, of participation. Reimbursement for mileage, a hot meal, and child care were appreciated by the dads.

The overall evaluation from parents was extremely positive. Through the evaluations of the Strong Dads Program we have formally heard back from the parents. We want to share a few of those comments that you were instrumental in making a reality for them:

"I would say that I have learned to be a better dad all around because I now play more, read to, and interact better with my kids."

"It has helped me strengthen our relationship and has given us extra quality time together."

"I totally enjoyed the experience and understand and appreciate how important it is to be a good dad!"

"I am glad that the program was expanded to allow moms to attend."

"What a neat program for families!"

"I love the toys that we were given, the book was fun to read to my child." "I'm sorry the sessions are over!"

"It is a good program that helps fathers connect, communicate, and grow in their relationship with their child. (The program) is extremely effective."

## From the desk of the Executive Director

*Submitted By: Jeanette Collier, Executive Director*

As you can see from the articles above, NEK CAP, Inc. staff continue to demonstrate very positive and beneficial outcomes by supporting families on their journey out of poverty.

One very challenging and growing population in our service area is the numbers of families at risk of homelessness or already homeless. If you provide services to those experiencing homelessness, please contact Phyllis Shaefer, Housing Specialist or myself in order to address this need in a coordinated and deliberate manner. Also, if you have interest in helping families, who are participants in our Housing Choice Voucher (Section 8) program become self-sufficient, please consider serving on the Family Self

Sufficiency Program Coordinating Committee. If interested, contact Phyllis Shaefer at 785-742-2222, extension 266.

The Early Head Start/Head Start Financial Literacy Program, which was held at the Head Start Centers in Hiawatha and Holton, was a great success for program participants. I would like to express my sincere gratitude to banking partners and their staff who volunteered their time and expertise. Kudos to Holton Nation Bank, Farmers State Bank, Denison State Bank and Citizens State Bank & Trust!!

On behalf of NEK CAP, Inc., I want to wish all of you a wonderful summer and happy Fourth of July!



Photos from Strong Dads presentation in Leavenworth County.

*\*\*Comments/Questions: please contact Linda Grier, Integrated Services Office Manager. [lgrier@nekcip.org](mailto:lgrier@nekcip.org)\*\**