

NEK-CAP News

Fall Edition ~ September 2015

Serving Atchison, Brown, Doniphan, Jackson, Jefferson, Jewell, Leavenworth, Marshall, Mitchell, Nemaha, Osborne, Pottawatomie, Republic, Riley, Smith, and Washington Counties.



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.

From the Executive Director's Desk

Submitted by Jeanette Collier, Executive Director

I hope that all are enjoying the magnificent fall weather and had a terrific summer!

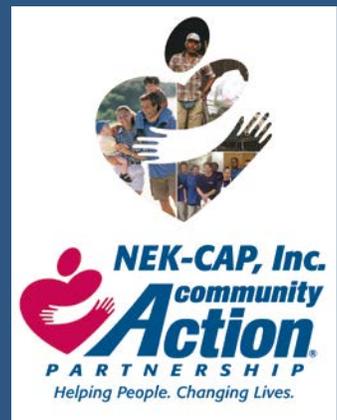
On October 1st Community Action Programs across the country began the implementation of newly approved Office of Community Services Organizational Standards. The standards encompass the following areas:

~ Maximum Feasible Participation (Consumer Input & Involvement, Community Engagement & Community Assessment)

~ Vision & Direction (Organizational Leadership, Board Governance & Strategic Planning)

~ Operations & Accountability (Human Resource Management, Financial Operations & Oversight, & Data/Analysis)

Our goal at NEK-CAP, Inc. is to not only comply with these standards but to excel in our provision of services to economically challenged families and communities. As we begin our 51st year of operations in northeast and north central Kansas, we look forward to engaging all stakeholders in our efforts to ensure that every Kansan has the opportunity to live a healthy, productive life. Through a common vision and commitment, we together can make this goal a reality.



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It's Showtime ~ Celebrating 50 Years!

NEK-CAP, Inc. 1st Annual Head Start Conference

Submitted by Jet Sperflage, Associate Director – Program Operations

The First Annual Head Start conference was a definite success!! This conference replaced the “old pre-service” we had for years. The 50th year of Head Start and the change in leadership and management staff; the Head Start Leadership Team decided the conference would be a great way to start out the new year at NEK-CAP, Inc. Early Head Start and Head Start.

“It’s Showtime” was a continuation of the Region VII annual conference – “Lights, Camera, Action” attended by management staff earlier this spring. The Head Start Leadership team wanted the conference to be fun and a positive learning experience. By the responses to the surveys I think we accomplished that task!

Bev Turner Fun **Awesome** Job **Enjoyed** Sessions
Loved Planned **Vendors** Workshops
Conference Great Idea **Speakers** organized **Think**
Difficult Behaviors nek-cap **Think** Classroom
Speakers Training **Staff** Meeting **Love** Mind
Vendors Style **Session** Agency
Team Building Continue **Parent Panel**

We had planned for the conference in June of 2015 and were excited by the notion of change. We asked Erick Vaughn, Executive Director of Kansas Head Start Association and Clarence Small, Regional Program Manager at the Region VII Office of Head Start in Kansas City, to open and close our meeting respectively. We had some additional awesome sessions on the agenda which included a Parent Panel; They’re Not Just Baby Teeth presented by Kathy Hunt, Dental Project Director at Oral Health Kansas; Child Abuse and Neglect presented by Bev Turner, Education Program Director from the Sunflower House; and Derek Krogh, Regional Manager with Lakeshore Learning Materials.

This was the first year for breakout sessions. Staff could choose what workshop they wanted to attend – they had choices like ERSEA (Eligibility, Recruitment, Selection, Enrollment and Attendance); Bed Bug Guys; Emotional Baggage; Happy and Positive Mealtimes with Family Style Meal Service; Physical Activity; CAP60 101; and ACE (Adverse Childhood Experiences).

During this three-day conference, staff received additional trainings that included: Fire Extinguisher Training, Bus Monitor Training & 3rd Party Check, Active Supervision, Code of Ethics / Confidentiality, In-Kind, and Standards of Conduct presented by agency staff.

Our conference wouldn’t have been complete without exhibitors! We had vendors from Lakeshore Learning Materials, Constructive Playthings, Oral Health Kansas, Books are Fun, KANZA Mental Health, Brooke’s Publishing, John R Green Co, KODO, Teaching Strategies’, Healthy Living Kansas, Early Detection Works, United Health Care, and Amerigroup Kansas, Inc. The vendors were a new attraction and staff truly enjoyed visiting with and learning from each of them.

Of course we can’t forget the Selfie Station for capturing memorable photos from our event. Overall, we enjoyed and learned from the conference. We are going to continue with this change and the notion of “It’s Showtime” for the rest of the year. We have been discussing ways to improve and build on the conference for next year. Some ideas are inviting other local Head Start programs or maybe having a day for parents!

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Serving the counties of:
Atchison, Brown,
Doniphan, Jackson,
Jefferson, Jewell,
Leavenworth, Marshall,
Mitchell, Nemaha,
Osborne, Pottawatomie,
Republic, Riley, Smith
and Washington

services vary per county



(Photos L-R)Presenter Bev Turner; staff networking; and some of the exhibitor hall ~ visit our agency facebook page to see more.

Achievements ~ Accomplishments ~ Successes

Submitted by staff members

~ Thank You's ~

I appreciated the chance to participate in the NEK-CAP Head start event recently. I love your integrated services approach to serving NE Kansas.

~ Kelly Nightengale, Early Detection Works, KS Dept of Health and Environment, NE Region, Lawrence

Just wanted to thank you again for inviting Healthy Living Kansas to your 50th Anniversary Conference and annual kick-off for your Head Start Teachers. Always a pleasure talking with everyone and hopefully reminded a few to get their breast screenings! Hoping you have a wonderful year and let's partner anytime!

~ Trish Long, Project Director for Healthy Living Kansas, University of Kansas Medical Center, Kansas City, KS

NEK-CAP, Inc.'s Vision:

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

*NEK-CAP, Inc. is an equal
opportunity provider
and employer.*



Thank you to each and every one of you for the informative and motivational conference! From the breakout sessions to the guest speakers, your efforts to bring us together as a "family" of Early Childhood Professionals was heard loud and clear! If we mentally replay daily the empowering moments of this conference, we CAN and WILL make a positive difference in the lives of many. Let the school year begin!! *Submitted by Denise Coker, Atchison County Head Start Teacher*

I recently worked with a lady who came in and was homeless; after she found her a place and was in the program for several months she left the program in good standing. She always did what the program asks of her with no questions asked.

She keeps in contact with me and called to tell me she was able to get all of her outstanding

bills taken care of and that her \$10,000.00 fine that she was paying on was recently wiped out due to her paying her payment every month for the last couple of years, she never missed a payment that was always the first payment she made of the month and the judge forgave the rest of the payments. We had discussed this in a home visit about being able to rid herself of this payment and the good feeling that comes with paying off debt. The other debts that she had are paid in full. She was really happy with herself and I was too. Sometimes when working with people you never really know if they listen to you when discussing budget or money issues but I now know she did. I am really proud of her accomplishments. *Submitted by Soni Moranz, Family Development Advocate, Atchison County*

Filling the Gap Program

Submitted by Debi Kreutzman, Community Relations Mgr., Kansas Food Bank

We had the opportunity to partner with NEK-CAP, Inc. (Northeast Kansas Community Action Program), to provide services in Jewell, Mitchell, Osborne and Republic counties the past few months. This summer we provided summer meals to kids and this fall worked with them to provide food boxes and hygiene bags. We have formed a great partnership to help families in the north central region of our state. All the families were very grateful, school supplies had pretty well tapped them out, and they all send a big thank you.

From Republic County: This program has been very helpful to all of our families served this summer and fall. The September distribution was especially appreciated with school expenses. Republic County appreciates being a part of this project and look forward to working with the Kansas Food Bank and NEK-CAP, Inc. again in the future.

From Mitchell County: Pick up was smooth. Families were very thankful, was a great success. Final pick up. All food gone! :)

From Jewell County: Families came to the school gym to pick up items. One family brought several of their teenage kids to help load. The kids stayed the whole time and helped all families load. Parent's reactions were very positive. Many said they couldn't believe they were getting MORE items. Especially excited about the hygiene supplies. Lots of smiles and "Thank You's." Exciting day.

We would also like to extend our many thanks to all the volunteers from the Kansas Air National Guard and Wichita State University who helped put together the food boxes and hygiene bags for the families.



Comments/Questions: please contact Linda Grier, Integrated Services Office Manager, lgrier@nekcap.org

Get to Know Our Staff

Submitted by Jet Sperflage, Kathy Barrett & Karen Linck

Jeanette "Jet" Sperflage - Hello! I am the Associate Director -Program Operations. This position directs the Early Head Start and Head Start Programs and the Community Service Block Grant (CSBG) Program. I have worked for NEK-CAP, Inc. since 1999 after I completed my Bachelors in Social Work from Kansas State University. I came to NEK-CAP, Inc. and worked in the Head Start Program supporting Mental Health, and Family and Community Partnerships. In 2001, while working for the agency, I went back to school and got my Masters in Social Work Administration in 2002. In 2012, I became the Integrated Services Specialist and Mental Health Consultant; directing CSBG and continuing to work with Head Start.

Personally, I enjoy living in Northeast Kansas. I had lived in Topeka for a number of years doing factory work and bartending. Both rewarding but after I went to college I thought it was a time for change. I have a sister and brother-in-law, Pam and Jerry; they have four children and they are huge part of my life. I have always loved working with people and helping them make changes in their lives. So now I get to do that every day! Community Action does change people's lives!

Kathy Barrett - I am the CACFP/Head Start Nutrition Manager. This position is responsible for the nutrition component and the CACFP (Child & Adult Care Food Program) program for Head Start and Early Head Start. I came back to work at NEK-CAP, Inc. in 1991 after working for the agency from 1978 to 1984. In addition to

my work with Head Start/Early Head Start and CACFP program with Child Care Homes and Centers, I also worked with the Nutrition Outreach Workers program and the Hypothermia Prevention program when I first started at NEK-CAP.

I grew up in Atchison and currently live in Hiawatha. I am married to my husband of 33 years, Gene, a retired Public School Music teacher who I met thru NEK-CAP co-workers. We have two sons, Blake and Spencer. I enjoy family vacations and spending time with extended family. During High School and College I made a goal to work with families in the area of nutrition education and NEK-CAP has allowed me to reach that goal every day. It is a good feeling to know I work for an agency that makes a difference in the lives of children and families.

Karen Linck - I am ERSEA/Information Data Manager. This position provides the program with the procedures for the eligibility determination, recruitment, selection, enrollment and attendance of children in the Head start programs. I have worked for NEK-CAP, Inc. since 1974, starting out as a Head Start Secretary. I have worked most of those years in the Head Start Program. I really believe in what NEK-CAP, Inc. is committed to. I have seen the positive changes that the agency has made in people's lives.

I have always lived in Brown County Kansas except for a few years I lived in Atchison County Kansas. I have five children and six (soon to be eight) grandchildren. Family is an important part of my life.



We'd love to hear from YOU!!

If your life has been impacted by NEK-CAP in any way and you'd like to share your story with us, we'd love to hear from you!

Feel free to use your names or submit your story anonymously. We would love to share your stories in our upcoming newsletters and/or on our facebook page, to help celebrate fifty (50) years of Community Action!!

Please email your stories to Linda Grier at lgrier@nekcapp.org.



Jeanette "Jet" Sperflage



Kathryn (Kathy) Barrett



Karen Linck

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