

# NEK-CAP News Winter Edition ~ December 2014

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



## From the Executive Director's Desk

*Submitted by Jeanette Collier, Executive Director*

I am extremely pleased, as the agency's eighth Executive Director, to move NEK-CAP, Inc. into its next fifty (50) years of providing comprehensive social services to low-income families and communities throughout northeast and north central Kansas. Although the language of the agency's vision and mission have changed over the years, the core focus of ameliorating and ending, where possible, the causes and conditions of poverty still drives all day-to-day work, decision-making, governance and deployment of resources. Much change has come to the organization as a result of several factors, including: the institution of the

Community Services Block Grant; organizational and performance standards; increased transparency and accountability requirements; and an ever-increasing expectation of demonstrable positive impacts on low-income families and communities served.

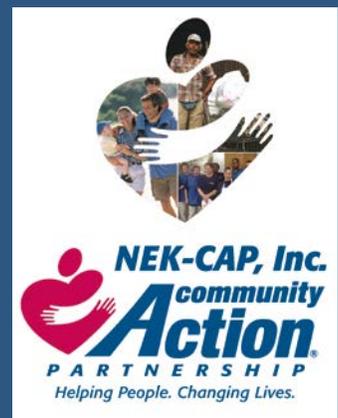
NEK-CAP, Inc.'s has achieved many successes over the last fifty (50) years. I want to thank all who have contributed to our successes through your gifts of time, treasure and talent. May we continue our collaborative work together to fulfill our vision and end poverty in northeast and north central Kansas.

## 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.



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**Facebook**

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

# NEK-CAP, Inc. Announces 2014 Award Recipients

Submitted by Linda Grier, Integrated Services Office Manager

NEK-CAP, Inc. proudly announces the award recipients for the 2014 KACAP (Kansas Association for Community Action Programs) Annual Distinguished Honoree Awards...

**Mark and Janelle Hegarty and the Leavenworth Backpack Buddies** 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.

A new award was introduced this year, called Living the Promise Award. This award honors an employee that has

gone beyond the normal expectations of their day-to-day responsibilities to demonstrate characteristics and elements of the Community Action Promise. This person should exemplify the spirit of hope, made a tangible impact on their community, and have a demonstrated interest in helping people in their professional and personal lives. **Shelby Howard**, Family Development Advocate, from our South Brown County Center in Horton, KS received this award.

These awards were given out at NEK-CAP, Inc.'s annual all-agency meeting on Friday, November 7, 2014. We would like to congratulate and thank all the award nominees and recipients for their dedication and commitment to Community Action.

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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

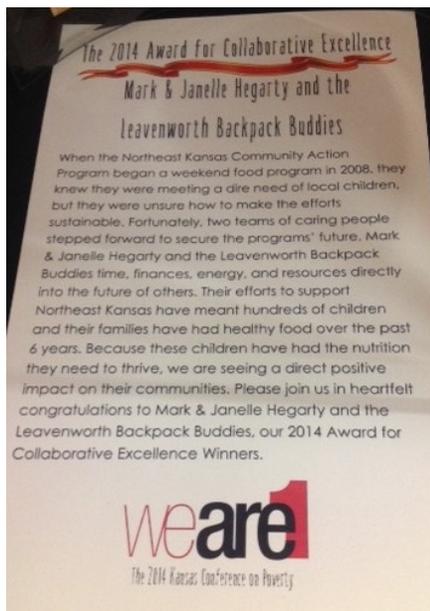
*\*services vary per county\**



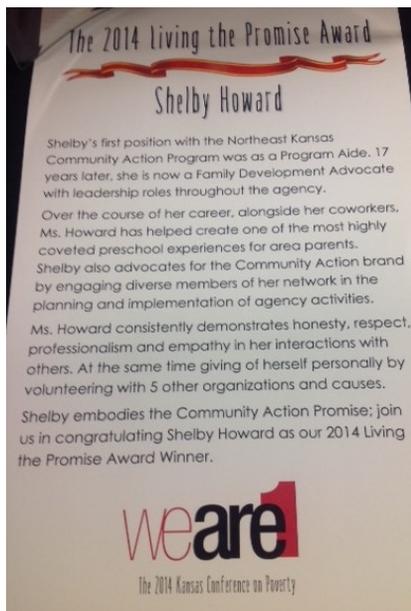
Mark and Janelle Hegarty



Some members of the Leavenworth Backpack Buddies



2014 KACAP Awards Recognition



Shelby Howard receiving her award

## Continuing Our Mission!

Annual Agency Meeting

### *Some moments in the NEK-CAP history timeline:*

1966 ~ NEK-CAP opened its offices on the 3<sup>rd</sup> floor of the courthouse in Atchison, Kansas

1966 ~ Head Start was incorporated into Title II of EOA in 1966

1966-1968 ~ Head Start was a summer program only

1968 ~ NEK-CAP moved their office in Horton, Kansas

1970 ~ Head Start went to a nine-month program serving Atchison, Brown, Doniphan, Jackson and Nemaha counties serving 100 children.

### **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.*

As we begin our 50<sup>th</sup> Anniversary of Community Action, NEK-CAP, Inc. is committed to keeping our mission alive. On November 7<sup>th</sup>, our staff gathered together at the Golden Eagle Casino conference room in Horton to celebrate milestones and victories and to dedicate themselves to teamwork for even greater anti-poverty efforts in the future.

Our keynote speaker, Karen Thomson, entertained staff with her presentation of The Fish Philosophy. Staff were able to participate in a some team building activities.

The following staff members were recognized for their service to NEK-CAP, Inc.:

Five (5) years: Robin Koontz, Records Tracking Assistant; Pamela Malloy, Asst. Teacher; Susan Middleton, Child & Family Advocate; Christina Mikula, Teacher; Amy Odgers, Family Development Advocate and Connie Wymer, Donations Tracking Specialist.

Ten (10) years: Joy Lennington, Nutrition Provider and Shelly Wallace, Teacher.

Fifteen (15) years: Donna Schmitz, Nutrition Provider; Jeanette Sperflage, Integrated Services Specialist and Tammy Wesley, Family Development Advocate.

Thirty-five (35) years: Carol Bauer, Transition Specialist; Barbara Pederson, Payroll/HR Specialist and Phyllis Shaefer, Housing Administrative Specialist.

Forty (40) years: Karen Linck, Information Data Coordinator.

In addition to our Tenure Awards, we also had two staff announce their retirements. Rose Clark, Head Start Director, who has been with NEK-CAP since 1970 and Carol Bauer, who joined the agency in 1979. We will miss both of them dearly but wish them the very best in their new adventures.

The Northeast Kansas Community Action Program, Inc. (NEK-CAP) is your partner in America's Poverty Fighting Network. Their network of staff and community partners is committed to helping people thrive now and ending poverty for future generations through a commitment to education at every age and every stage of life.



Staff participates in team building activities



Above: Rose Clark, Jeanette Collier and Carol Bauer

# Achievements ~ Accomplishments ~ Successes

Submitted by staff members

I did a visit this past Saturday. I know that is atypical, but it was with the newborn (11/19/14), and mom had just come home from hospital the day Friday. They called me Friday evening (struggling to nurse), but I was busy, so we talked on the phone Sat morning about what they did and what to do, and if they would need me. They called that afternoon, and I went over at 4:45 so I could help and we could talk about the info they received at the hospital etc. Both dad and mom were very worried and frustrated sharing mom had been crying the night before after repeated attempts to nurse, but baby was not getting a good latch and mom was getting sore. I was glad I went because it wasn't going well with the cradle hold, so we switched to the football hold and after some other adjustments, encouragement and determination on parents part, baby got a good latch on and nursed from both sides. Through some other discussion etc., I would go over again if they needed me. When the visit was over, they expressed their gratitude and shared they just didn't know what to do. We talked about pumping when dad was supplementing w/ formula and plenty of water etc; Good news is that yesterday she called to say she felt like her milk was beginning to come in more, and the baby had been latching on well and it no longer hurt.

She also shared she was drinking from both sides and sure she could hear her swallowing. So they only had to supplement once. Above everything, mom expressed she "feels so happy because it was so stressful, but now feel it is going to get better." Submitted by Michele Beaman, MS County Child & Family Advocate

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I have a mom of two, who is three points away from losing her job. She missed the sign up for the bus for her preschooler and has had to leave early to pick him up on several occasions. When I first came in for a home visit she was very stressed. I have arranged to see if we can get him on the bus. She then found out she was getting kicked out of her apartment, so I told her about TBRA and who to contact to sign up for it. I gave her information on who contact ask for help with her bills. She has full time job and is a single mother. When I left her house last week she crying and very thankful, she said no body has helped her the way I have. She sent me a text telling me she was thankful I walked into her life. Still waiting for results on all the above!! Submitted by Katrina Killoren, AT County Child & Family Advocate

I have a family that the children are currently placed in foster care. We are able to keep them in the program because the foster care agency gives mom an extra visit during the week to have our visit. The children were removed for several reasons; one of them being that dad was abusive. Mom didn't think this really happened. Dad is over the road truck driving and mom is able to stay at home. Mom has always been afraid of men and makes all decisions with her husband. After being on her own and the support of several agencies, including Early Head Start, she has decided it is in her best interest to divorce her husband. She has enrolled in voc rehab to try to find a job. She has never felt so proud of herself. She now holds her head high and is able to parent her children when they come for visits. She recently made the decision for the children to remain in foster care until she is able to provide for them financially. This is not what she wanted to do, but she knows it was the best for her children. She is standing up for herself and has improved self-esteem. She will tell you that even though the situation is bad, she has made the best of it and feels like a more confident woman. Submitted by Bekki Parsons, AT County Child & Family Advocate

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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@nekc.org.



## Time To Address A New Year

*Deal with the project at hand,  
yet resolve not to dwell on past  
Never stop dreaming,  
even on the last exhale*

*Find it in your heart to forgive,  
then you will be forgiven  
in likeness*

*Try to smile, even when sad, this  
provokes the inner smile to surface*

*Take each day as it's dealt and  
be thankful for the wealth  
Mother Nature doles  
Now take a deeeeeeep meditative  
breath and start anew.*

*Happy 2015 from  
NEK-CAP Board & Staff*

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