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**SIX**



A Seasonal Insight into the LHA FSS Program

# Future Forward

## Current Topics >>>

### MEET YOUR HOUSING SPECIALIST

Judy Shaffer recently took over the Family Self-Sufficiency caseload here at LHA and we are lucky to have her. She celebrated her 13th year at LHA last month, so she brings lots of knowledge about many different programs. Judy has lived in many different places such as Arizona, New Mexico, Washington, Florida and now Nebraska. She loves to travel and read when she isn't working. The farthest she has traveled was to Athens Greece in 2018. Right now, she is reading "Promise Land", "Untamed" and "It's not just me"

If you've had a change in income, household composition, etc. a change form will need to be completed and returned to Judy.

Judy Shaffer- 402.434.5509  
Judys@L-housing.com

## Discover Your Strengths

The Family Self-Sufficiency Program was recently awarded grant funding this year that will allow our FSS participants (THAT'S YOU!) the opportunity to take the Clifton Strengths assessment. The Clifton Strengths Assessment is a series of questions participants' answer that will help identify the areas where your natural strengths are by measuring recurring patterns of thought, feeling, and behavior. You will learn to develop your greatest talents into strengths and use your results to maximize your potential.

The Clifton Strengths Assessment will give you a personalized insight report about your top five strengths and how to use them daily. Once you complete the assessment, your FSS Coordinator will review your results with you. This tool can be extremely beneficial when looking for a career, writing a resume or cover letter, build relationships in your career or personal life, boosting your self-esteem, and many other reasons. We highly recommend highlighting your top five strengths in job interviews or when asking for promotions. Knowing what you do best and why, will help you know what sets you apart from the rest.

Congratulations to the three participants who graduated the FSS program in summer 2021 by completing their contracts or exceeding income guidelines!

Kamaledin Abdallah graduated from the Family Self-Sufficiency program last month. He received his Geographic Information Systems Technician certificate through SCC and now works as a Quality Control Technician. He continues his education at SCC even after his graduation.

**"This program has helped me a lot by finding a scholarship for my education and other things." "FSS is a very nice program and helpful for those who want to develop themselves by doing some kind of education"**

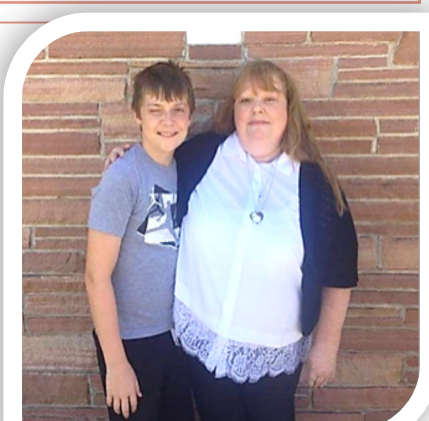
Abdallah's family also purchased the house that was built by the Northeast High school students.

Congratulations to Danette Heiserman, a recipient of the 2021 HAI Group Resident Scholarship Program. The funds will help Heiserman as she attends Southeast Community College to acquire her degree in early childhood education.

**"If it wasn't for this scholarship, I would have had to quit school"**

Heiserman is a Family Self-Sufficiency participant and has goals of completing her college education. She appreciated the help of the Senior FSS Coordinator Amy Wagner along the way.

**"Amy has been so helpful." "Whenever I have any questions, she is always there to answer them. I can't think of a better person to do the job than her."**



# Prepare Your Social Media for Your Job Search



There are some pretty well known things to do when preparing to apply for a job: search for the right company, update your resume, prepare for an interview and send out thank you notes. However, with the new age of the internet, it is even easier for employers to do some digging on who their applicants are. Employers will typically look at all your social media profiles and you have to assume they can see everything you have posted, public and private. It is possible that individuals could be fired, demoted or lose job offers just based on their social media. Once you are hired, you are a direct reflection of that company and they want to make sure you are representing them well. It's suggested to do a thorough check on all social media for vulgar language, posts that are racist, sexist, or offensive, posts that badmouth previous employers or negative comments about customers. After you have checked your social media start to think of what you want to be known for. Making a professional account on a website such as LinkedIn can help you connect professionally with employers and display your skills. This will also give you more control over what employers will see when they google you.

Your email address is another item to check before you start applying for jobs. Your professional email address shouldn't be a bumper sticker or T-shirt slogan. Think about how your email address represents you to a potential employer.

If you don't want to change your personal email address, you can start a free professional email through Google and Yahoo. Job-hunt.org suggestions when making a professional email address:

- **Your email address should not be suggestive, flirtatious, generic, silly, or funny.**
- **It should be professional and easy to remember and create awareness.**
- **It should include your name, preferably first name and last name.**
- **It should be a personal email address, not one shared with a spouse or family.**
- **Try not to use numbers or underscores. In particular, avoid including the year of your birth. It's very easy to guess the probable age of Mary.Jane.Smith79@whatever.com.**
- **If you cannot obtain your email at a "leading" email service such as Gmail, try your name at another email service so you can use your first name and last name.**
- **Make it easy for prospective employers to find you in their inboxes.**

A professional email and appropriate social media accounts can help potential employers take you more seriously. Make it easy for the company to find you and easily remember you by your professionalism. Also, make it easy for them to connect with you through your email.

## Community Resources



The MyLNK app allows you to access resources from nearly 400 organizations and 700 programs, and is translated into Spanish, Arabic, and Vietnamese. You can download the app from the Android or Apple store and it works offline. If you don't have a smart phone, you can also use your desktop by visiting <https://mylnk.app/home>

# Student Loan Borrowers



The U.S. Department of Education office of Federal Student Aid has suspended all loan payments and stated there is currently a 0% interest rate. But when will this suspension end and what do you need to do next?

The COVID-19 Emergency Relief Flexibilities were extended through **January 31, 2022**. The U.S. Dept of Education suggests three steps to make sure you are prepared for payments to resume:

1. Update your contact information in your profile on your loan service's website and in your StudentAid.gov profile.
2. Check out Loan Simulator to find a repayment plan that meets your needs and goals or to decide whether to consolidate.
3. Consider applying for an income-driven repayment (IDR) plan. An IDR plan can make your payments more affordable, depending on your income and family size.

You will receive your billing statement or other notice at least 21 days before your payment is due. If you were previously signed up for auto-debit, payments will resume automatically on your first due date.

## Advance Child Tax Credit Payments



This year the IRS started paying half of individuals 2021 Child Tax Credit in advance monthly payments. These payments started in July 2021 and will continue through December 2021. You will claim the other half when you file your 2021 income tax return. Working families who make \$150,000 or less and Single Head of Household making \$112,500 were able to take part in this change. Children age six and under receive \$300 per child and \$250 per child for children ages 6 to 17. Most families started receiving these payments without taking any action. If you want to learn more about the Child Tax Credit visit: [ChildTaxCredit.gov](http://ChildTaxCredit.gov).

\*HUD has determined that the monthly Child Tax Credit payment is to be **excluded** from annual income calculation

## COVID-19 Updates

With COVID-19 numbers on the rise again, it is important to remember how to keep you, your family and your community safe. Remember to avoid the Three C's as much as possible: Crowded Places, Close Contact, & Confined Spaces. If you believe you have come into contact with someone who has COVID-19 it is recommended to quarantine and watch for symptoms such as:

- Cough, shortness of breath or difficulty breathing
- Fever or chills
- Muscle or body aches
- Vomiting or diarrhea
- New loss of taste or smell

COVID testing is available without an appointment at the three Bryan Urgent Care locations:

- 7501 S. 27th Street
- 5901 N. 27th Street
- 4333 S. 86th Street

To check wait times, call 402-481-6343

Walk-in testing is available at three priority care locations:

- Antelope Creek, 2510 S. 40th St. Suite 100
- Southwest, 1240 Aries Drive
- Stevens Creek, 1601 N. 86th Street

COVID-19 Information Line: (833)998-2275 / 8 am - 8 pm 7 days a week





# Kids Space



You and your children have made it through the first couple of weeks of the school year! Whether they went back to the classroom or continued with remote learning, returning to school may have caused some anxiety for the whole family. It is important for parents to reassure their children that it is safe to be away from them, while still encouraging them to be careful and use precautions. Parents are the ones who set the tone for their children's experiences so when you start the year with anxiety, it may fuel their anxiety as well. Listen to your child's concerns and thoughts, while validating their feelings. Just make sure not to fuel their negative thoughts. Focusing on the positives of returning to school will help them feel safe in their environment. A tool to lower anxiety is setting a schedule. Having one more thing to worry about seems like a daunting task, but setting a schedule will help children know what to expect and help them feel like they have some control over what happens in their lives.



## Turkey Rice Krispy Treats

### Ingredients

#### For the Krispy Treats:

- ¼ cup unsalted butter
- 10 oz bag marshmallows
- 5 cup Rice Krispy cereal

#### For the turkeys:

- ¼ cup semi-sweet chocolate morsels, melted
- 12 chocolate wafers (or Hershey Kisses)
- Candy corn
- Candy eyes
- Orange m&m's

### Instructions:

1. In a large saucepan, melt butter over medium heat. Once melted, add marshmallows and stir continuously until melted. Remove from heat and quickly fold in the cereal, until completely coated.
2. Press lightly into a buttered 13x9 baking sheet. Allow to set, about 30 minutes.
3. Using a 2 ½ inch round cookie cutter (or whatever desired size), cut circles into the krispy treat. Eat discards immediately.
4. Using the melted semi-sweet chocolate, attach about 5 candy corn for feathers, one wafer for the face, two eyes and half of an orange m&m for the beak. Feel free to add a red candy (or pipe on red candy melts) for the waddle.

## Kids Events:

**Saturday, Sept 4- EMERGE**  
Mural + Street Art Festival at Lux Center for Arts. 5pm – 8pm  
Family friendly arts festival with hands-on art activities.

**Sunday, Sept 12- Grandparents Day** at the Lincoln Children's Zoo. 10am – 5pm One free admission or train ride for a grandparent with a grandchild.

**Sunday, Sept 26- Street Alive** outdoor festival, South Salt Creek Neighborhood. 1pm-4:30pm free event to promote healthy living. 1.5 mile route

**Oct 26-30- Boo At The Zoo** at The Lincoln Children's Zoo. 5:30pm – 8pm Largest trick-or-treat event in Lincoln with 40 booths.

## FALL BUCKET LIST

