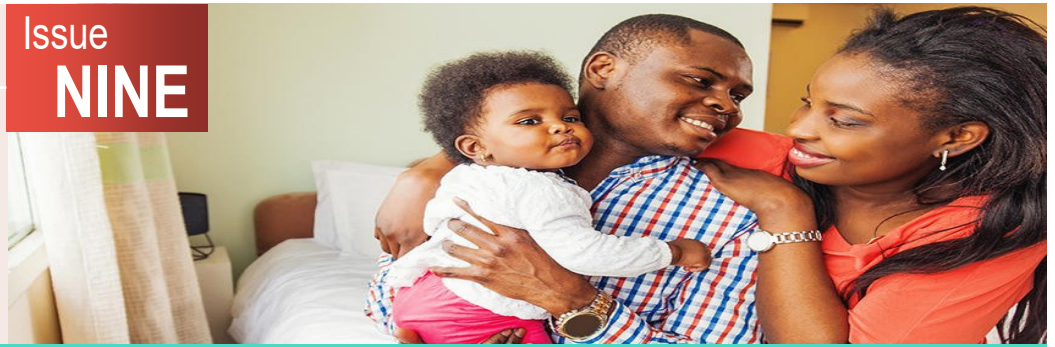


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Stages of Change



A Seasonal Insight into the LHA FSS Program

# Future **Forward**

## DOUBLE YOUR FOOD DOLLARS

Get **FREE** fresh fruits & veggies with your EBT Card!



**BUY \$1**  
FRUITS & VEGGIES



**GET \$1**  
FREE FRUITS & VEGGIES

## DOUBLE UP ON FRUITS AND VEGGIES

When you use your EBT card, Double Up matches your fruit and vegetable purchases dollar for dollar, up to \$20 a day. That means you and your family get twice the fresh fruits and vegetables.

Visit any of the follow locations to take part in the program:

- Fallbrook Farmers Mark: 570 Fallbrook Blvd, Thurs 4-7 pm
- Community Crops Veggie Fan: Multiple sites and multiple times
- Lincoln Mediterranean Market: 1618 O St, Daily 9am - 9pm
- Open Harvest Co-op Grocery: 1618 South St, Daily 8am - 9pm
- Leon's Gourmet Grocer: 2200 Winthrop Rd, M-S 8am - 9pm, Sun 9am - 6:30pm
- Sunday Farmers Market at College View: 4801 Prescott Ave, Sundays 10am - 2pm

If you have questions call (402)472-3716 or visit [www.DoubleUpNebraska.org](http://www.DoubleUpNebraska.org)

Congratulations to the five families who have graduated from the Family Self-Sufficiency program this quarter by completing their contract goals or exceeding income guidelines this quarter!

Congratulations to Amanda Boyer! Amanda graduated from Doane University with her Bachelors and plans to continue her education moving forward.

**“There was a lot of positive reinforcement with this program.” “It’s nice to have someone rooting for you.”**

Amanda expressed pride about being the first person in her family to earn a bachelor’s degree after graduating in December. During her time in the FSS program, she found successes and challenges, including taking time away from school when she was pregnant. The support from the FSS program helped her to keep her car running and have a little extra money each term. The most valuable lessons Boyer learned through the FSS program were time management and self-sufficiency.



# How to Use Your Direct Assistance Funds

## What is Direct Assistance?

Lincoln Housing Authority has budgeted funds to provide assistance to participants in the FSS program. The FSS assistance is both an incentive for FSS participation as well as a way to assist families in achieving their goals.



## How to Request Assistance?

Coordinators will provide FSS families on their caseload with information about the availability of the assistance funds and how to access them.

Coordinators will submit a request for payment along with supporting documents for the expenditure.

## Where Do These Funds Come From?

If the participants escrow balance is \$700 or less, direct assistance funds will be paid by Family Self-Sufficiency assistance funds. If the participants escrow balance is above \$700 the participants escrow funds will be used to cover the direct assistance charge.

## Specific Uses for FSS Assistance Funds

The FSS program provides direct assistance for each household based on number of FSS enrollments and school involvement. Neither FSS assistance nor escrow funds are provided through an “entitlement”. FSS assistance funds may be used for:

**Education Costs:** Educational assistance is provided at Nebraska colleges for undergraduate course work to earn a college degree, training diploma or certificate. Educational assistance excludes graduate courses, correspondence courses, credit by examination and testing out of courses. These funds cannot be used for non-accredited schools, for profit schools and schools whose credits are not reliably transferred to other approved institutions.

**GED Testing:** 100% of the cost of GED testing will be covered for up to two times per test. \$20 registration/orientation fee up to two times “if making progress 1<sup>st</sup> year”

**ESL classes:** **SCC:** Approval can be given for \$100 for each ESL class level 2-10 for classes at Southeast Community College. Academic Success I, II, and III - \$100 tuition per level.

**UNL:** Intensive English Program (IEP) - \$200 full-time / \$100 part-time

**Toefl Test:** \$100 one-time payment for undergraduate program. \$100 one-time payment for tuition/book for Toefl Prep class

**Transportation:** LHA will cover 80% up to \$300 per fiscal year of approved emergency car repairs. Client will be responsible to pay the other 20% or remaining balance. Must submit current drivers license, insurance, and registration. Routine maintenance or repairs are not allowed. May access Discretionary fund through Housing Specialist (\$300 max or must sign a repayment agreement over 12 months)- Maintenance items not covered. Monthly bus pass- LHA will cover 100%.

**Childcare:** Can NOT pay portion if getting Title XX. Client must submit request and pay half of any approved daycare cost. Childcare provider must be licensed. \$400 maximum allowed during each fiscal year (April-March)

**Other Needs:** \$200 maximum for entire FSS participation (NOT each year).

Funds can be used for licensing tests and fees, counseling, evaluations, uniforms, or other special expenses directly related to starting employment or other goals in the ITSP. Assistance with Drivers Education Training to achieve a license is provided at 50% of participant’s cost up to \$150 in assistance.



# Kids Space



## 2022 Nebraska Passport

Nebraska Passport allows travelers to discover Nebraska's hidden gems. The Nebraska Passport offers a wide variety of travel adventures, including museums, parks, restaurants, wineries, retail stores, and more. Participants will receive a stamp at each Passport stop try visit. These stamps can be collected in a booklet that you can request at [Nebraskapassport.com/request-nebraska-passport](http://Nebraskapassport.com/request-nebraska-passport) or digitally on the Nebraska Passport app. You can then submit your stamps for prizes!

There is no fee to participate in the Nebraska Passport program and there is no purchase necessary to receive passport stamps at the passport stops. You can start requesting booklets now by completing their online form and one will be mailed to you. Stamps can be collected from May 1 to Sept 30, 2022.

## SUMMER Word Search

C	H	M	A	E	R	C	E	C	I	S
P	O	P	S	I	C	L	E	S	U	E
E	D	A	N	O	M	E	L	N	H	S
P	O	O	L	G	B	X	S	L	R	S
N	S	N	X	I	C	H	L	V	I	A
U	T	L	A	A	I	C	L	E	S	L
F	H	E	T	N	L	A	M	S	T	G
S	G	W	E	W	L	E	O	I	M	N
G	I	O	G	E	R	B	R	E	W	U
W	A	T	E	R	M	E	L	O	N	S

### Word List:

sunglasses	beach	ice cream	fun
pool	popsicles	swim	towel
watermelon	sunshine	relax	lemonade

## Swimming Safety

Swimming is one of the most popular summer activities for children. But it's important to remember that drowning is a real threat. Here are some suggestions for keeping your children safe:

- Always ensure that there is adult supervision when children are swimming.
- Never leave a child alone in or near the water.
- Never let children swim alone. Teach them to use the buddy system.
- Make sure children swim in supervised or designated areas.
- Never use water wings and pool toys as life jackets.
- Have each child ages four and older complete a swimming program
- Enforce rules such as no running, pushing people in or dunking other swimmers.

# Stages of Change

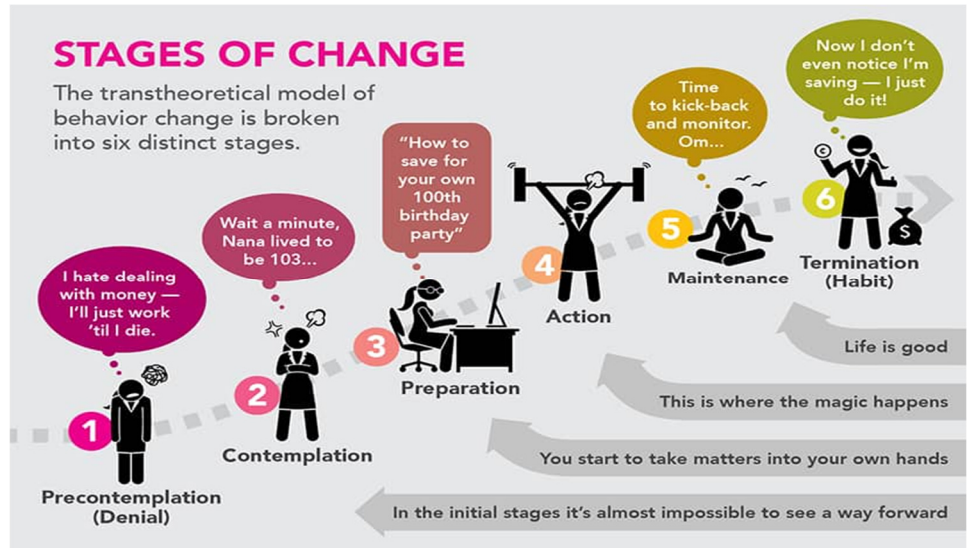
By: Miriam at Studio Sweat on Demand

There is no single solution that works for everyone when it comes to making changes. Different techniques work for different people so trying multiple processes is more than likely to be successful. This is why people usually get fed up and give up. There are three elements in changing behavior that you should know:

**Readiness to change-** Do you have the resources and knowledge to make a lasting change successfully?

**Barriers to change-** Is there anything preventing you from changing?

**Expected relapse-** What might trigger a return to a former behavior?



## 1) **Precontemplation: Not Ready. Not Now.**

A sense that making the necessary changes will take too much work or discomfort could hold you back from thinking change is possible. Having thoughts of hopelessness from previous failed attempts and believing it isn't even possible is common in this stage. Movement to the next stage could result from a positive or negative life event, challenging old beliefs, or becoming aware of the negative consequences of not changing.

## 2) **Contemplation: Maybe soon—thinking about it.**

Lacking a powerful sense of urgency or motivation, fear of change, or a sense that now isn't the right time could hold you back from starting the action of change. Use the feeling of excitement about the possibility of a positive shift in your life to help move you through this stage. Get inspired by role models or success stories.

## 3) **Preparation: Ready, taking small steps.**

Underestimating your need to prepare, and skipping straight to the action phase without adequate skills, knowledge or confidence can hold you back from being successful in your changed behavior. Ask for and acknowledge when you need help. Taking initial steps and set a start date on the calendar. Telling friends and family about your plan to change can help you stay accountable. Build excitement and confidence by accomplishing preparatory actions.

## 4) **Action: Doing the Healthy Behavior.**

Don't expect tangible results too quickly. Many may slip into old behaviors out of stress or habit. This change is not going to be perfect but rather find success in the progress you are making. Develop a good support system that helps you stay focused. Address and overcome obstacles as they come and celebrate small successes as they come. Setbacks are inevitable so treat them as an opportunity for self-discovery. Evolve your goals.

## 5) **Maintenance: Keeping on.**

Getting bored and distracted in the stage could hold you back. Losing track of your original motivation after an initial success will stop your momentum. You could also feel depleted, tired or overwhelmed by life events. Continuing to hone supportive and stress-management skills will help you stay motivated. Spend time with others who engage in the same positive behaviors and attitudes, focusing on refinement, awareness and mastery.

## 6) **Termination: change fully integrated. Not going back!**

The path between stages is not usually straightforward and most people relapse to a previous stage at some point. Relapse is common, perhaps even inevitable. Maybe the strategy you adopted didn't fit into your life or suit your priorities. Next time, you can use what you learned, adjust, and be a little ahead of the game as you continue on the path of change.