



Carol M. Yoakum

Family Resource Center

A service of the Lincoln Housing Authority **DECEMBER 2008/JANUARY 2009**

Free haircuts for kids

The College of Hair Design is back with their annual "Kuts for Kids." CHD students will volunteer their time from 3:15-4:30 p.m. on Saturday December 13 to give a basic haircut to children 12 and under. This special, one-time holiday gift is available for children from low-income families in need of haircuts.

Due to state health regulations, all children will be screened for head lice before the services are performed. CHD is prohibited from performing services on clients affected by this condition. Treatment information will be provided.

If you would like to use this free service, please call the Family Resource Center at 434-2621 to get your haircut coupon. Each coupon specifies the time that the child is to report to the College of Hair Design. Each child needs to bring the coupon with them on December 13.

Clothing donations welcome again at the Family Resource Center

The Family Resource Center is once again taking fall/winter clothing donations in anticipation of our clothing room reopening sometime in December. As soon as the maintenance and leasing offices move back into their remodeled building we can begin the clean-up and rearranging needed to bring the FRC back to it's original function. Services returning to the FRC by the first of the year include the clothing room and computer center with free internet access.

Donations we accept include men's, women's, and children's clothing, toys, and small household items. We do not want stained or torn clothing or other damaged items. Please have all donations cleaned or laundered before dropping them off.

The clothing room will be open Monday through Friday, 8:00 a.m.-12:00 p.m.

and 1:00-5:00 p.m. Anyone is welcome to come in and go through the room as soon as it reopens. Just sign in at the front desk. If you have questions or want to check on our reopening date in mid-December, please call 434-2621.



Kids' Christmas Market

Friday, December 12, 6:00 p.m. to close
Saturday, December 13, 11:00 a.m. to close

Lincoln Christian Fellowship Church
4111 NW 44th Street
470-2300

For children 3 years through 5th grade to pick out a gift for everyone in their household for FREE (immediate family only). There will be "Buddy Shoppers" on hand so your child will never be left alone. Parents will be served refreshments as they wait.



OPEN DOORS | OPEN MINDS

Lincoln Community Learning Centers at Arnold

*In partnership with the Lincoln Housing Authority,
Cedars Youth Services, and Lincoln Parks & Recreation*

Youth Afterschool Ambassadors rally for Lights On Afterschool

Five Arnold students were selected as the first Youth Afterschool Ambassadors for the Arnold CLC to raise awareness about afterschool programs on Lights On Afterschool Day. The students include Jalen Hill, Emina Mrkaljevic, Allie Bender, Jaylen Cook, and Tianna Richardson. All five students are involved in afterschool programs at Arnold and have shown leadership skills through these programs.

Lights On Afterschool Day was celebrated on October 16 and is a national campaign to educate the public about the importance of afterschool programs. The Arnold students joined 75 other Youth Afterschool Ambassadors from Lincoln CLC's at a rally with Mayor Chris Beutler. The youth also distributed stickers and flyers at high traffic locations across the city.

Arnold youth distributed materials outside the IGA Market Place. Also as a part of Lights On Afterschool, Emina Mrkaljevic and Arnold CLC coordinator, Dayna Krannawitter, testified in front of the LPS School Board about the importance of afterschool programs. They were joined by youth ambassadors from Culler and Goodrich Middle Schools.

The Arnold Youth Afterschool Ambassadors will continue to work on getting the word out about afterschool programs at Arnold. The youth will meet in January to discuss a spring event that will engage the public in afterschool programs.

CLC Showcase

Mark your calendar for the CLC Showcase on Thursday, December 18, 5:00-6:30 p.m. at Arnold Elementary. The Showcase features project displays and performances by Arnold CLC students. Reception and exhibits are from 5:00-5:30 p.m. with performances starting at 5:30 p.m. All are invited to attend.



Arnold Youth Afterschool Ambassadors get ready for their trip to the school board meeting during Lights On Afterschool Week. They are (from left to right) Tianna Richardson, Allie Bender, Emina Mrkaljevic, Jalen Hill, and Jaylen Cook.



Youth ambassadors hand out stickers and flyers at IGA Market Place on Lights On Afterschool Day.

Earned Income Tax Credit

It's never too early to start preparing for tax season. As the countdown to the filing deadline approaches, many taxpayers may be eligible for the earned income tax credit. EITC is a refundable federal income tax credit for low-income working individuals and families.

The credit reduces the amount of federal tax owed and can result in a refund check. When the EITC exceeds the amount of taxes owed, it results in a tax refund to people who claim and qualify for the credit. Income and family size determine the amount of the EITC.

EITC may mean a larger refund if able to meet the qualifying rules and earned income is less than:

- \$41,646 Married Filing Joint with

- two or more children
- \$36,995 Married Filing Joint with one child
- \$38,646 Single or Head of Household with two or more children
- \$33,995 Single or Head of household with one child
- \$15,880 Married Filing joint with no qualifying children
- \$12,880 Single/Head of Household with no qualifying children

For more information on EITC eligibility and other tax questions, visit the Internal Revenue Service's Web site at <http://www.irs.gov> or call (800) 859-1040 or visit the nearest volunteer income tax assistance site.

These sites are available to help low-

income families make this tax season less of a burden. The Human Services Federation and the Lincoln Tax Assistance EITC Campaign will provide free tax preparation services across Lincoln until April 15.

Last year, volunteers helped 5,700 individuals and families. Taxes will be prepared by IRS-trained and certified volunteers and electronically filed for a rapid refund. While the service is available to taxpayers with basic individual tax returns, the campaign is specifically focused on serving people eligible for the Earned Income Tax Credit.

**“FREE” Community Tax Preparation and Filing
Of Federal and State of Nebraska Returns**

E-FILING GETS IT THERE *FAST* AND DIRECT DEPOSIT GETS IT BACK *FASTER!*

<u>LOCATION</u>	<u>TIME</u> Walk-in unless noted	<u>ADDRESS</u>	<u>1-24-09 THRU 4-15-09</u> Unless noted
MONDAY - FRIDAY			
Asian Community & Cultural Center	By Appointment 477-3446	2615 ‘O’ Street	
Indian Center	By Appointment 438-5231 Ext. 105	1100 Military Rd	
MONDAY			
SCC ENT Bldg	2:00 pm-4:30 pm	301 S 68 th Street Place	
Anderson Library	4:30 pm-7:00 pm	3635 Touzalin Ave	Through February 23rd ONLY Closed Feb. 16 th for Presidents’ Day
Eiseley Library	1:00 pm-3:30 pm 4:30 pm-7:00 pm	1530 Superior Street	Closed Feb. 16 th for Presidents’ Day
Lincoln Action Program	5:30 pm-8:00 pm	210 ‘O’ Street	Closed Feb. 16 th for Presidents’ Day
TUESDAY			
Bennett Martin Library	1:00 pm-4:00 pm	14 th and ‘N’ Street	
Salvation Army	12:00 pm -2:30 pm	2625 Potter Street	Through February 24th ONLY
WEDNESDAY			
Bennett Martin Library	1:00 pm-3:30 pm	14 th and ‘N’ Street	Through February 25th ONLY
Anderson Library	4:30 pm-7:00 pm	3635 Touzalin Ave	
THURSDAY			
Eiseley Library	1:00 pm-3:30 pm 4:30 pm-7:00 pm	1530 Superior Street	
Lincoln Action Program	5:30 pm-8:00 pm	210 ‘O’ Street	Through February 26th ONLY
FRIDAY			
Lincoln Action Program	9:00 am-11:30 am	210 ‘O’ Street	
SATURDAY			
Elliott School Super Sites	9:00 am- Noon 1:00 pm-4:00 pm	225 South 25 th Street	January 31st and February 7th
SUNDAY			
Anderson Library	2:30 pm-5:00 pm	3635 Touzalin Ave	Through March 1st ONLY
Bennett Martin Library	1:30 pm-4:00 pm	14 th and ‘N’ Street	Through March 1st ONLY
Good Neighbor Center	1:00 pm-4:30 pm	2617 ‘Y’ Street	Through March 1st ONLY

UNIVERSITY OF NEBRASKA COMMUNITY SITES

January 24th through February 22nd
UNL EAST CAMPUS—Student Union Building
Monday thru Wednesday 5:00 pm-8:00 pm
Saturday and Sunday 1:00pm-5:00 pm

February 28th through March 11th
UNL MAIN CAMPUS—Student Union Building
Monday thru Wednesday 5:00 pm-8:00 pm
Saturday and Sunday 1:00pm-5:00 pm

What to Bring to Have Your Taxes Prepared

- W-2’s from your employer, 1099’s for miscellaneous income, and W-2G’s for gambling income
- 1099’s for interest, dividends, unemployment, retirement, and other income
- Social Security Cards (for you, spouse, your children and other dependents)
- Copy of last year’s tax return (very helpful)
- Childcare information (provider’s ID number & receipts for amount paid)
- Blank check or savings account information for direct deposit
- Statements of student loan interest, mortgage interest, and property tax
- List of any other income and expenses

For more information call 2-1-1 or visit www.hsfed.org



Cedars Child Development Center at Carol Yoakum

Do you goodsearch?

During these hard economic times there is a way you can help CEDARS each time to use the internet.

“Goodsearch” is a search engine powered by Yahoo. By using Goodsearch every time you conduct a search, CEDARS is given \$.01. You can also shop through Goodsearch and CEDARS receives a percentage of the purchase. It is our hope that each CEDARS family will take advantage of this tool to raise funds for CEDARS by conducting future searches through Goodsearch rather than Google and Yahoo!

Simply visit www.goodsearch.com and make sure to designate CEDARS Home for Children Foundation as your charity! You can even set this up as your homepage. Thank You for you support!

Closings and Closing early

December 24:

- **CEDARS Carol Yoakum will close at 3 pm.**

December 25 and 26:

- **CEDARS Carol Yoakum will be closed all day.**

December 31:

- **CEDARS Carol Yoakum will close at 3 pm.**

January 1:

- **CEDARS Carol Yoakum will be closed all day.**

Carol Yoakum currently has openings in the toddler as well as pre-school areas. Get your applications in soon as openings are expected to fill up quickly. The \$30.00 enrollment fee is still being waived until the end of the year. Please contact Emily Wesseln at 437-8923 if you have any questions or would like to tour the center.



Air Park Neighborhood Center happenings...

By Doug Kasperek, center director

Fall and Winter Hours

Monday	11:30 a.m.-8:00 p.m.
Tuesday	11:30 a.m.-8:00 p.m.
Wednesday	11:30 a.m.-5:30 p.m.
Thursday	11:30 a.m.-8:00 p.m.
Friday	11:30 a.m.-5:30 p.m.
Saturday	9:00 a.m.-4:00 p.m.

Program Information

Boxing Club (age 8 to adult): Call Doug at 441-7876.

Kid's Day Off: Call C.J. at 441-7876

Before/After School Rec: Call C.J.

Gym Reservations

Call Doug for information on gym reservations. Other areas of the building can also be rented for functions such as reunions or meetings.

Busy Fall at Neighborhood Center

The last 2 months the Center has hosted sporting clinics and events including basketball, soccer, fencing, boxing and archery. Special thanks go to Alisha Chab and Samantha Griffin, 2 archery champs residing right here in our neighborhood.

In addition to athletics the Center hosted the County Commissioner Debate—special thanks to Arnold Heights Neighborhood Association and the Halloween Party- special thanks to Dayna Krannawitter and all the volunteers. And, of course, the Center continues various children's programs with all it's CLC partners.

Down the Library Aisle

By Susan Steider, Lincoln City Libraries

With the weather cooling down and snow just around the corner, the Arnold Heights Branch Library is the place to be. Stop by to pick up a good book to curl up with once the flakes start flying or check out a video for the whole family! We will be closing at 4:00 p.m. on Wednesday, December 24 and closed all day Thursday, December 25 as well as closing at 4:00 p.m. on Wednesday, December 31 and closed all day on Thursday, January 1. In observance of Martin Luther King, Jr. Day, we will be closed all day January 19 as well.

Elementary story time and preschool story time will be taking a break during the month of December; children's programming will resume on Monday, January 4th with Elementary Story Time. Winter crafts will be available during the winter break so stop by and make something!

High Risk Season for Carbon Monoxide Poisoning

By Renae Rief, Lincoln-Lancaster County Health Department

All residents need to be aware of the increased risk of carbon monoxide (CO) poisoning that comes along with the cold weather. High oil and gas prices and power outages during winter months may cause residents to look for alternative sources of heat. All too often, alternative sources can increase a family's risk of CO poisoning. Every year more than 100 people in the US die from unintentional exposure to CO.

CO is a colorless, odorless, tasteless, and dangerous gas. It is lighter than air and can quickly spread throughout an entire house. Everything that burns produces some CO. Most homes have one or more appliances that burn fuel: furnaces, gas stoves, water heaters, gas dryers, fireplaces, and space heaters that burn gas or oil. Chimneys may become plugged with bird nests and block CO in the home. Gas appliances may "leak" CO gas if not properly maintained. Cars are another potential source. When the garage is attached to the house the CO from a car's engine may move into the home.

The initial symptoms of CO poisoning are similar to the flu (but without the fever) they include: headache, fatigue, shortness of breath, nausea, and dizziness. If you suspect that you are experiencing CO poisoning, get fresh air immediately. Leave the home and call 911. You could lose consciousness and

die from CO poisoning if you stay in the home.

How to help prevent CO poisoning:

- Install a CO detector with an alarm and an Underwriters Laboratory (UL) seal. Detectors should be located near each sleeping area. If the home has separated sleeping areas, more than one detector should be installed.
- Have all heating appliances checked every year by a qualified service person. This includes gas ranges.
- Do not operate any unvented gas or oil powered (space) heaters, appliances or power equipment in the house.
- Do not idle (start and leave in park) your car in an attached garage. Always drive the car out of the garage after starting the engine and always turn the engine off as soon as you drive into the garage.
- Cooking appliances like stoves should never be used to heat a home. If replacing a furnace or water heater, select direct-vent sealed combustion units.

Contact the Lincoln Lancaster County Health Department for more information on CO gas and it's health effects by calling 402-441-8040.

Resources for you at the Family Resource Center

Friends with Food: Free food distributions on the first four Mondays of the month. Fourth Monday is commodities distribution and families must qualify for this distribution. Food distributions provided by the Food Bank of Lincoln and the Building Strong Families Foundation.

GED Classes: Free GED preparation classes every Saturday morning at 9:30am. Work at your own pace and at your own level. Instructor assists students in meeting their individual goals.

Low-Income Bus Passes: Monthly bus passes may be purchased at the Resource Center for \$5. Proof of income, ID, and date of birth are required. Hours for purchasing tickets are Monday-Friday, 8am-12pm and 1-5pm.

Other services due to resume at the Family Resource Center in mid-December, including:

- Clothing Closet
- Computer Center
- ACCESSNebraska

ACCESSNebraska: Don't wait in line...apply online! www.ACCESSNebraska.ne.gov

ACCESSNebraska is the quick, easy way to find and apply online for Nebraska public assistance benefits. Now there is no need to go to the Department of Health and Human Services (DHHS) or wait in line. You can apply online for many Nebraska public assistance benefit programs. Use any computer with Internet access—at home, at the library, and coming soon to the Family Resource Center, as well as at many DHHS office.

The advantages of applying online include finding out about available benefits through a self-screening tool, getting your application in quickly, saving time, and protecting your privacy. Benefit programs include Medicaid, Food Stamp Benefits, Aid to Dependent Children (ADC), Aid to Aged, Blind and Disabled, Energy Assistance, Kids Connection, and Child Care Subsidy. Get started by going to www.ACCESSNebraska.ne.gov.

In order to check on the status of your benefits, you do need to call the Automated Voice Response System that is available 24 hours a day, 7 days a week at 1-800-383-4278 or call your local DHHS office. You can find out your local office address and phone number by going to the ACCESSNebraska website and click on "contact us."

Enjoy a safe holiday season From www.webworldinc.com

From now until New Year's Day there are all sorts of things to celebrate. Unfortunately, decorations, food, and alcohol all present dangers, particularly to young children. A few common-sense precautions can help keep your holidays safe and happy.

Candles, colored lights, Christmas trees, artificial snow, and plants add a lot of beauty to festive occasions. Unfortunately, young children (pets, too!) often like to play with these. Kids may even try to taste these lovely decorations, or experiment with that candle flame. Make sure decorations are kid-safe or out of reach. Watch out especially for small ornaments, button batteries, and festive yet poisonous plants such as mistletoe, poinsettia, and Jerusalem cherry. (Hard or chewy candy can choke children, so keep it away from them, too.)

Candles are also popular, but don't let yours go up in smoke! Speaking of candles, have you ever let one get too close to some greenery, paper, or a tablecloth? You know what can happen. Keep an eye on those candles. Never leave them burning unattended, and never place them too close to other objects. (Light candles only in containers meant for lighted candles--many candles are not meant to be lit in their original, usually decorative, containers.) Keep those lighters and matches out of children's reach, too.

If you use outdoor lights, be sure they're approved for outdoor use. For indoor

and outdoor lights, inspect them for broken or missing bulbs, and check the cords for fraying before you use them. Don't place cords where they can trip people, and don't run them under furniture, rugs, carpeting or other objects, or around doors and windows.

A crackling fire in the fireplace is a welcome sight. Keep yours safe. Make sure the fireplace and chimney are clean when you begin using it each year. Call a professional to clean and inspect your flue. Keep the area in front of the fireplace free of combustible material, and use a screen to keep sparks from flying out. Again, keep young children and pets away from the fireplace.

There's plenty to eat during the holiday season. Unfortunately eating food that isn't prepared right or that has been sitting around too long can turn happiness to misery. Foodborne illness can make you very sick. It can also kill. You should always be aware of food safety precautions and follow them no matter what time of year. If you are hosting a celebration, be sure to follow safe handling, cooking, and re-heating practices, especially for meats and eggs. These precautions can usually be found printed on the food packages and in published literature, such as cookbooks or health department brochures. Don't take a chance by eating food that is not fully cooked, seems to have been sitting out too long, or that contains raw eggs--not even cookie dough!. The risk of serious illness is just not worth it.

Many holiday celebrations include alcohol consumption. If you do drink, never drink and drive. Watch out for guests and make sure everyone is riding with a sober driver. Provide plenty of alternatives to alcohol such as soft drinks, coffee, tea, and cocoa. Stop serving alcohol a few hours before your party ends. Also, never leave drinks around where youngsters and pets can get them. Alcohol can make them very sick. Collect used glasses and cups quickly and lock up your supply.

Finally, make sure your home is equipped with smoke detectors and, if your home uses a fossil fuel heat source, carbon monoxide detectors. Test the batteries frequently--some people find it helpful to replace the batteries twice a year when Daylight Savings Time begins and ends. If your home has been vacant for several days test the detector batteries when you return. The low-battery alarm may have sounded while you were away and could be silent when you return. The battery may be dead and you won't know unless you check. Don't let accidents spoil your holidays. Plan now to play it safe this year and every year and have a great attitude about workplace safety.



FamilyWize prescription drug discount card available

If you don't have health insurance or prescription drug coverage, or need medicine not covered by your insurance plan, you need the FamilyWize prescription drug discount card being distributed by United Way of Lincoln and Lancaster County. This card could lower the cost of your medicine by an average of 35 percent. United Way is providing these cards to everyone in our community free of charge.

There are no age restrictions, no income restrictions, no limit on how many times you can use it, and no waiting to get a card. In fact, you can visit United Way's website at www.unitedwaylincoln.org to download and print a card today—or visit the United Way office at 206 S. 13th Street, Suite 100.

United Way of Lincoln and Lancaster County has joined more than 700 United Ways in all 50 states to help people save

on the cost of their medicine. So far, more than 10 million cards have been distributed. Most pharmacies in Lincoln and throughout the United States accept the FamilyWize prescription drug discount cards. The participating pharmacies in the community have agreed voluntarily to accept the FamilyWize cards and provide these savings to people in need—please thank your participating pharmacy.

Air Park Child Care Resources

Center-Based:

Cedars Carol Yoakum 437-8923
 Learning Curve Childcare 438-0491

Punkin Seed 805-4541
 Robin's Little Birds Daycare 470-0509
 Top of the Hill Daycare 770-8253

Home-Based:

Amy's Daycare 470-3807
 Childcare-In-Your-Home
 Jolene Kennedy 470-0754
 Jen's Home Daycare 464-0391
 Kim's Daycare 601-4079
 Lisa's Daycare 470-3900
 Nikki's Daycare 470-2321

**Community Learning Center
 (before- and after-school care):**

Cedars at Arnold 326-3584
 Air Park Rec Center 441-7876



New Year's Resolutions for Families

From www.ymca.net

Each year, millions of Americans tackle the annual ritual of making New Year's resolutions. Some will succeed, some will stumble. What is the secret to New Year's resolution success? Not going it alone!

Making a commitment to a healthier lifestyle is more important now than ever. Making this commitment together as a family or with supportive group greatly improves success.

This year, we are calling on all families to make a commitment to their family as they build their New Year's resolutions.

Did You Know?

Studies confirm again and again the vital role that interaction and connectedness play in the long-term health and well-being of individual family members. As families struggle to balance work, family and health, the need to connect is as strong today as ever before.

Supporting data may be alarming, but turning the tides is possible:

- **Our nation is facing a dramatic lifestyle health crisis.** Sixty million adults—about 30 percent of the U.S. adult population—and 9 million children are obese or overweight; 16 percent of our children have Type II

diabetes. According to the New England Journal of Medicine, the current generation of American children could be the first to lead shorter lives than their parents.

- **Small changes can make a major impact.** The CDC found that participating in moderate physical activity, such as walking for 30 minutes at least five times a week, substantially lowered the risk of coronary heart disease, stroke, colon cancer, diabetes, high blood pressure and obesity.

Introducing healthy habits early can have a lifetime

benefit. Children who develop healthy exercise and eating habits while they are young are more likely to continue to lead healthy lifestyles through adulthood.

Strong Family = Healthy Family

While current health statistics clearly illustrate 'why' it is so important for kids and adults alike to lead healthier lifestyles, at the YMCA, we believe strong families play a critical role in 'how' to make it happen.

Look at the facts:

- Participating in family rituals that foster togetherness and communication is strongly linked to adolescent mental health.

- Teens who eat with their families most days have better grades and less depression and substance abuse than kids who frequently eat on their own.
- University studies show that young kids and teens whom eat regularly with their families eat more fruits, vegetables, fiber and whole grains and consume less soda and snack food.

A 2004 YMCA of the USA study found that parents who received support from community organizations such as YMCAs reported positive experiences for their children, saying the programs enabled their children to engage with other kids, provided positive influence and offered role models. **Start making your New Year's resolutions together as a family now!**

Setting goals that balance, nurture and strengthen spirit, mind and body are key to building strong and healthy families.



7th Annual
Holiday Wishes
Come True Party

Tuesday, December 30
9:00 a.m.-12:00 p.m.



CHAMPIONS FUN CENTER • 434-7066
15TH & CORNHUSKER HWY.

Each child 15 and under will receive:

- 4 free arcade tokens
- Adventure Maze pass
- One game of bowling for children 5 & up
- One slice of pizza and small drink

FAMILY MEMBERS ARE WELCOME!
PIZZA & DRINK \$1 FOR ADULTS!

Carol M. Yoakum
FAMILY RESOURCE CENTER
4621 NW 48th Street • Lincoln, Nebraska 68524
A Service of Lincoln Housing Authority and Affiliated Agencies