CMCA Cole County Connection

February – April 2016

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Head Start

Eat Healthy, Stay Active
We are excited to announce that the Eat Healthy Stay Active program is coming to Cole County Head Start. This award-winning program has been extremely successful in Boone county, and we are looking forward to the expansion. Eat Healthy Stay Active will teach the students in the classroom ways to eat healthier and stay active. The parents will receive training, as well on 2/16 and 2/23. There will be additional follow-up activities for participating families and tons of prizes, so if you know any Head Start families, please have them sign up with us.

Breast Feeding Support
If you know anyone who is breastfeeding or has breastfeeding questions, please send them our way. We have three certified lactation counselors on staff who would love to answer questions or concerns. Don't hesitate to call! 573-881-3247 or call 573-636-3577 for Kishia.

Enroll A Child In Head Start
If you have families interested in filling out an application for any of the sites in Jefferson City, please have them call 636-3577.

Job Readiness Classes

Are you or someone you know looking for a job but could use a little guidance? We're here to help. Join us for one or all of our weekly Job Readiness Classes. **CASH STIPENDS** are available for those who attend all four classes in a week as well as drawings for fun prizes!
Classes will be held from 9am-1pm on the following days:

Mondays: Job Skills and Job Search
Tuesdays: Cover Letters and Resumes
Thursdays: Applications and Interviews
Fridays: Mock Interviews

If interested in registering for a class or for more information, contact the Cole County Family Resource Center at 573-635-4480.

WE ARE HIRING!!!!

Positions are currently open in the Family Resource Center as well as our Head Start Locations

Join us and make a difference in the lives of others ever day!

For More information or to apply, visit http://showmeaction.org/employment

Health Insurance Market Place Assistance

Open enrollment for the Marketplace officially ended on Jan 31st. However, there are life circumstances that can allow for someone to enroll in Marketplace health insurance throughout the year within 60 days of any one of the following life events:

- Marriage
- Have or Adopt a Baby
- Move (Even Within MO)
- Change of Immigration Status
- Released from Incarceration
- Lost Dependent or coverage lost due to Divorce
- Newly Eligible for Tax Credit Due to Income Rise
- Lost Health Insurance Coverage

In addition to helping people enroll in health coverage we offer the following two educational classes for everyone throughout the year. The classes can be tailored to the audience.

Overview on Affordable Care Act, Health Insurance Marketplace and You
This presentation will provide a general overview of the Affordable Care Act (ACA), Health Insurance Marketplace and health insurance terms. Certified Application Counselors will explain the changes the ACA has incorporated into practice, the tax penalty, financial assistance, types of plans and common health insurance terms.

You've got Health Insurance: How to understand and use your health insurance
This presentation will help you understand health insurance so you and your family can use it wisely. By the end of the presentation participants will learn how to pick a primary care provider, schedule a doctor's appointment, determine if a service is covered, understand your bill and more.

If you know of any organization meeting or event that might be a good fit for a class or information table please contact me at 573.777.5217 or brittany-hotmer@showmeaction.org.

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Step Up To Leadership 2016- Apply Now!

Step Up To Leadership is a 12 week leadership course designed to assist low income individuals to follow their passion and make a difference in their community. Whether interested in sitting on a board of directors or policy council, creating community action projects, starting a non for profit or just bettering their leadership skills, Step Up To Leadership will give the tools needed for clients to be successful. Income eligible participants will be provided with a $10 stipend each class to assist with childcare or transportation costs. Participants who successfully complete the entire 12 week course will receive an additional $100 bonus and will be eligible to write for a one time $500 grant to be used on a community project of their choice. Step Up To Leadership 2016 will be held on Thursdays beginning March 3rd from 5:30-8:30pm at the Moniteau County Public Library. Free transportation to and from the Moniteau County Public Library will be offered from the Cole County Family Resource Office for course attendees from Cole County. For more information or to fill out an application, please contact Sarah Nichols 573-680-3831 sarah-nichols@showmeaction.org or Stefani Thompson Stefani-Thompson@showmeaction.org.

Healthy Homes

Children are most at risk for negative health outcomes from home health hazards, including: lead poisoning, asthma, unintentional injury, and more long-term problems like mental and behavioral health challenges. In the U.S., about 6 million homes are considered to have substandard living conditions, and families living in poverty are more likely to live in homes that have adverse affects on health. Healthy Homes is a holistic way of assessing a house - and the immediate area around it - to identify potential hazards that could adversely affect occupant health. Healthy Homes Specialists (HHS) are trained and credentialed by the National Environmental Health Association to be able to assess homes and make recommendations for how to mitigate or eliminate existing and potential hazards. **Join us for a focus group on February 18th at 1pm** at the Coca Cola Community Meeting Room to learn more about the Health Homes Program.

Mid Missouri Mobility Project

Mo Rides Central Missouri is a Coordinated Transportation Referral Service in Central Missouri brought to you by Central Missouri Community Action. We work with existing providers to help find the most affordable and efficient transportation solutions available as well as work with the broader community to address transportation barriers and find innovative partnerships and solutions. If you or someone you know is having difficulty finding transportation solutions or would like more information about the Mid Missouri Mobility Project., contact Anthony Nichols 573-777-5213 Anthony-Nichols@showmeaction.org

B-17 Community Loan Program For CMCA Clients

Central Missouri Community Action's B-17 Community Loan Program aims to assist CMCA clients in finding freedom from Pay Day loans while providing financial education and assistance so that families can ultimately achieve self– reliance. CMCA families desiring freedom from existing payday loans can contact the Cole County Family Resource Office to schedule an appointment with a volunteer financial advisor. CMCA families will work with the financial advisor to develop a reasonable and affordable repayment plan for their B-17 Community loan by developing a family budget. Once a family is approved for a CMCA B-17 Community Loan, a check will be written to the payday lender to pay off the family's existing payday loan. Now free from the clutches of predatory payday lenders, CMCA Families will make reasonable, lower payments on their new CMCA B-17 Community Loan all while having the support and guidance of CMCA financial advisors. Families will also be offered additional financial education opportunities as a complimentary service to the B-17 Community Loan Program. **Requirements:** Must be an existing client of CMCA. Must currently have pay day loans in need of repayment up to $650. Must have the desire and ability to create a budget detailing the repayment of the B-17 Community Loan. Must be willing to refrain from taking out further pay day loans while participating in the B-17 Community Loan Program. For more information about the B-17 Community Loan Program contact Sarah or Latreva at the CMCA Cole County Family Resource Center.

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What is the Foster Grandparent Program?

The Foster Grandparent Program recruits lower income men and women ages 55 and older to offer support to children in educational settings. Most of our participants serve in preschools and elementary schools where they share their love of children and provide academic, and sometimes behavioral and developmental, support to the youth in their communities. The minimum time commitment is 15 hours per week.

The Foster Grandparent Program enables participating seniors to remain physically and mentally active and enhances their feeling of self worth through continued participation in needed community service.

The many benefits for our Foster Grandparents:

- Earn a tax-free stipend ($2.65/hour) which is not considered a wage, therefore will not be factored into the household income or affect any services they may be receiving.
- 13 paid holidays per year, an added 10 hours earned time off each month, paid snow days and teacher work days when school is closed.
- A meal served during their shift.
- Limited accident & liability insurance while on duty.
- Receive recognition and appreciation.
- Transportation reimbursement.

But the greatest benefit of all is the renewed sense of purpose in the lives of our volunteers, and that bit of extra attention shared with the child making them know they're special and loved. If you have any questions or know anyone who may be interested in the Foster Grandparent Program contact:
Director, Julie McNeill or Volunteer Coordinator, Margaret McGeehon at:573-443-8706 x1131 or x1129, fax 573-777-4419

11th Annual 100 Man Lunch

Cole County Head Start will be hosting our 11th annual 100-man Lunch event on March 23rd from 11:30-12:30pm.
Established in 2004, the event celebrates the importance of male role models for children. Because male involvement is linked to the success of preschool age children, fathers, grandfathers, and uncles are being invited to have lunch with their young family members.
We also encourage the participation of community leaders to provide support to the young children who may not have a positive role model who can attend.
Join us for lunch and help us make a difference in the lives of children in Cole County!
For more information on how you can participate in the 100 man lunch, contact Kishia at 573-636-3577

Home Weatherization

Weatherization Works For Central Missouri

CMCA's Weatherization Department will be available at the Cole County Family Resource office to assist with filling out weatherization applications and answer questions about the weatherization program on March 17th between the hours of 12 and 4pm. You may also call the weatherization office at 573-443-8706 ext 1958 for program information.

Financial Education

HAVING TROUBLE MAKING ENDS MEET?
We Can Help!

Basic Budgeting Class
Wednesday, February 17& 24, 2016
10:00am-12:00 noon

Credit Repair Class
Wednesday, February 17 & 24, 2016
1:00pm-3:00pm

Budgeting/Savings Class Topics Include:
- Where does your money go?
- How to make a budget and stick to it
- Needs vs. Wants
- Fixed or Flexible Expenses
- How to find money to save

Credit Class Topics Include:
- How to get a copy of your credit report for free
- How to read and understand your credit report
- Why is good credit important?
- How to build or rebuild your credit
- Learn what your credit score means and what you can do to raise your credit score

Contact the Family Resource Center to Register

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Staff Spotlight

Name: LaTreva Ebong
Job Title: Family Development Specialist
What I Do: In my role as a Family Development Specialist I work with families that receive the TANF Grant. My job is to empower them to step out of the welfare comfort zone and embrace the concept of self reliance. I accomplish this by helping them to set goals, explore on the job training and educational options that will lead to finding sustainable employment. I also work with two community based programs that offer families assistance with child care fees and paying off payday loans. **Favorite Thing About Working at CMCA:** My favorite thing about working at CMCA is working with the families. In this line of work you often form a bond with your families and helping them to realize their potential and reach their goals is very rewarding.

Dinner for a Difference

Dinner for a Difference will be a unique dining opportunity for members of the community to experience the differences and similarities between wealth, the middle class and poverty all while bidding on auction items, enjoying entertainment and learning more about how CMCA is working to make our community better for all Individuals. By supporting this event as a sponsor, donor, or event participant, you will be supporting Central Missouri Community Action, a local non profit agency dedicated to addressing the causes and conditions of poverty in Central Missouri. **Dinner for a Difference will be held on Thursday, April 14th 2016** at the beautiful and unique Millbottom located at 400 West Main, Jefferson City. Senator Mike Kehoe has been asked to be our keynote speaker for the event.

For more information on sponsoring this fabulous event or to purchase your $20 ticket, contact Sarah Nichols.

Upcoming Events

February 1st @ 9am-1pm
Job Readiness Classes Begin
Cole County Family Resource Center

February 4th
Cole East Head Start Application Day
(Call for appointment)

February 6th @ 4pm
Lunafest
Windsor Auditoriam– Stephens College
Columbia

February 13th @ 9am-11am
Jefferson City Homelessness Task Force
Wesley United Methodist Church

February 18th @ 1pm
Healthy Homes Focus Group
Coca Cola Community Meeting Room

February 19th
Step Up To Leadership Applications Due

February 17th and 24th @10am-12pm
Basic Budgeting Class
Cole County Family Resource Center

February 17th and 24th @ 1pm-3pm
Credit Repair Class
Cole County Family Resource Center

February 16th and 23rd
Eat Health Stay Active
Cole East Head Start

February 23rd @ 5:30-7pm
Missouri Medicaid Expansion Panel Discussion
First Baptist Church

March 3rd @ 5:30-8:30pm
Step Up To Leadership Program Begins
Moniteau County Library

March 17th @ 12pm-4pm
Weatherization Assistance and Information
Cole County Family Resource Center

March 23rd @ 11:30-12:30
CMCA Head Start 100 Man Lunch
(contact us to RSVP)

April 14th @ 5pm-8pm
Dinner For A Difference
The Millbottom

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