

LIFE SKILLS PROGRAMMING AT CARE CORPS GROWING

The next eight-week Rent Wise course kicks off at Care Corps this month. This Life Skills class offered by Care Corps Family Services is held every Friday at 4 p.m. at the shelter facility, and the course is open to members of the public.

Nebraska Rent Wise is a program to help renters obtain and keep rental housing as well as help individuals become successful renters through education. The curriculum takes an active-learning approach and stresses tenant responsibility.

The certified instructor at Care Corps is Director of Case Management & Housing Jessica Timm. This isn't the only eight-week class open to the public at Care Corps.

Permanent Supportive Housing Coordinator & Case Manager Jessica Rudder instructs the Love and Logic parenting course at Care Corps. This Life Skills class is every Thursday at 4 p.m., also at Care Corps.

In addition to this nationally-recognized program, Care Corps offers roughly one dozen separate Life Skills classes (shown below).

If you would like to volunteer to teach a class, please contact Homelessness Prevention Coord. Tina Avis at (402) 721-3125 or tina.avis@care-corps.org.

Financial gifts are also needed. Life skills are essential in helping homeless gain self-sufficiency to live sustainable, independent lives. An envelope is enclosed if you can contribute to case management at Care Corps.



Author Debbie Kunz (far left)—and United Way friends—stopped by Care Corps to share root beer floats & Debbie's book, *Parenting with Promises*, with families currently participating in case management & Life Skills at the emergency shelter.

LIFE SKILLS EDUCATION



POSITIVE ASPECTS OF CHANGE

Helps clients accept responsibility, develop versatile emotional response system, build trust & set goals



LOVE AND LOGIC PARENTING

Equips parents with practical techniques to help raise responsible children



RENT WISE & FAIR MARKET HOUSING

Collaborates with local realtors & landlords; CCFS CM currently in training



EMPLOYMENT SKILLS DEVELOPMENT

Case mgt. assists with job seeking & Care Corps currently offers a basic PC skills course



FAMILY AND FOOD

Extension office staff instructs clients on nutritional meal prep & stretching food budgets



BUDGETING & SAVINGS

100% of Care Corps clients participate in budgeting & must deposit funds in savings



SMOKING CESSATION

Meets weekly to help those who would like to stop smoking



GROUP THERAPY & SPIRITUALITY

NA, AA, Bible studies & more—Optional & open to the community; Other workshops offered periodically

ONLINE HOLIDAY SHOPPING?

Keep Care Corps in mind! Amazon.com will donate 0.5% of the price of your eligible purchases to Care Corps whenever you shop at Smile.Amazon.com.



current shelter needs >>>

Deodorant sticks, laundry detergent, disinfectant wipes, plastic laundry baskets, spaghetti sauce, mayo, BBQ sauce & ranch dressing can be donated 8a-8p, M-F, at 723 N. Broad in Fremont.



Stay updated on the latest at facebook.com/CareCorpsFamilyServices

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Tabby Seger, Therapist
Steven Suarez, Shelter Manager/HMIS Admin.



FAMILY SERVICES

723 N. Broad Street
Fremont, NE 68025

P (402) 721-3125
F (402) 721-6246
care-corps.org

>>>11/12/16—11/20/16
NATIONAL HUNGER & HOMELESSNESS
AWARENESS WEEK

>>>Nov. & Dec. ANNUAL "READY
TO ROLL" TOILET PAPER DRIVE

>>>Dec. 31 LAST DAY TO MAKE AN
END-OF-YEAR GIFT TO CARE CORPS!



Care Corps chronicles

Fall 2016

CARE CORPS FAMILY SERVICES | SERVING HOMELESS AND NEAR HOMELESS FOR 20 YEARS

CASE WORKERS PARTNER TO PREVENT HOMELESSNESS FOR BLIND WOMAN

She traveled slowly with her walker, obviously struggling with mobility as she came through Care Corps Family Services' doors several months ago. While a shoulder injury made it extra difficult for her to get around, bigger obstacles

medications, or merely using the restroom throughout the day and night, were major challenges for her—essentially being on her own.

Deb was hopeless. She cried. And so did her case manager at Care Corps, Tina Avis.

“She was terrified that we would pass her on and she would remain homeless and hopeless . . . we were with her every step of the way.”
—Tina Avis, Care Corps Homelessness Prevention Coordinator

included her vision and her state of mental health.

Debra was legally blind, with only 20 percent vision in one eye, due to cataracts. And her behavioral health suffered, having lost her son, job, home and vision—all during a single year.

“My employer I'd been taking care of for 11 years died. So I lost my employer and my shelter in one day,” Deb shares. “Now I'm on the other end! It's really difficult to have worked in human services and then to ask for help. It was so difficult. I was used to giving help, not asking for it.”

Case management at Care Corps quickly learned that this individual was well beyond its care, as the Emergency Shelter does not operate with staffed nurses. While getting Deb settled in, as best they could, Care Corps staff worked tirelessly seeking a suitable program for her. Simple tasks like keeping track of the time for

Jeff, visited her,” Avis shares.

Jeff spoke about Midwest Eye Care's annual screening which selects very few candidates to potentially benefit from an eye surgery at no cost to them. It was a long shot, but one that had to be taken. Care Corps set up transportation and got her there for the screening.

Meanwhile, Adult Protective Services recommended that Care Corps take Deb to an area medical facility or hospital, as her safety was at risk daily at the Shelter.

“There was nothing we could do to improve that in the short term. She was terrified that we would pass her on and she would remain homeless and hopeless.”

Fremont Health kindly admitted Debra into their nursing home for the weekend.

“They had an amazing social worker, Ashley, who was able to get Debra approved for Medicaid right away. Week after week, we were with Debra every step of the way.”

CONTINUED INSIDE



DONATE AT CARE-CORPS.ORG

from your executive director >>>

YOUR YEAR-END GIFT MAKES AN IMPACT

Happy Holiday Season to you all!

I can't believe it's here already. Over the next couple of months, dozens of generous community members will come through our doors with casseroles, warm coats and blankets, wrapped presents, laundry detergent and so much more. We'll see countless volunteers offer their time and talents—whether in our kitchen or around the Shelter.

After a very busy and successful summer, we know that there are more families in need of our services with the cold weather fast approaching. This season reminds us to consider the importance of warmth, safety, nourishment, caring, and forgiveness.

It is amazing to see first-hand how

our community comes together. I would like to personally thank you for the support you have provided to Care Corps.

With all of the fantastic things that go on, it is unfortunate that our grant funding does not cover 100 percent of our programming expenses. This brings to light a different type of hurdle in eliminating barriers and assisting program participants with achieving self-sufficiency.

As you are planning your year-end gifts, I ask that you please consider a financial contribution to Care Corps Family Services.

By blessing us with an end-of-year gift, you are expressing your belief in our mission, a loyalty to our cause and you are setting an example for others



A program participant unloads donated furniture from a community member's vehicle. This formerly chronically homeless man moved into his own apartment of his very own this year.

on the importance of maintaining a safe and thriving community. Any contribution is greatly appreciated!

While our mission is not small, the difference we make in the lives of others is truly impacted by your generous donations. An envelope is enclosed for your convenience. Please consider your gift before 2016 ends.

Thank you for helping us change lives!

TERA KUCERA
Executive Director

WOMAN RECEIVES RARE PRO BONO EYE SURGERY AND OVERWHELMING SUPPORT

(Cont. from cover) Not only did Care Corps learn that Deb was approved for the rare pro bono eye surgery, but that she was approved for two—both eyes!

After Care Corps accompanied Deb at her many appointments, procedures and follow-ups, Care Corps case management assisted her in applying for public housing—an apartment across the street from the senior care center.

Deb had participated in physical and occupational therapy while at Dunklau Gardens, growing stronger as she neared her independence. Her case managers reached out to community members to help furnish Deb's new home, and her entire apartment was filled—from furniture to dishes and bath towels.

"The outpour was overwhelming. There was something to put in every closet or cabinet," says Avis. "Ashley and I really got to see the fruit of our labor when we worked as a team to move and unpack all of Deb's new belongings."

"It brings tears to my eyes. If anyone along the way would have been closed-minded and said, 'No, this is not what we normally do,' then this sweet, caring woman may still be blind, hurt and homeless, but this was not the case."

Deb shares, "I needed to go through what I had to go through to get me to the end of my journey, which left me feeling so blessed. Something special happened when I came to Fremont."

While Deb only stayed in Care Corps' shelter facility for about a week, Care Corps shelter case management and staff worked with her for several months to ultimately prevent homelessness.

"Every single person was full of empathy! Which made me feel understood. Something special happened when I came to Fremont," says Deb. "In both facilities, people grabbed onto me and didn't let go."

If you'd like to support the good work that's happening at Care Corps, an envelope is provided for you. Your year-end gift makes a significant impact!

Care Corps board member, Lisa Leonard, volunteers her time cleaning and organizing at the shelter facility. Read more in the Board Spotlight at left.



2nd annual Run for Shelter 5K is a success

More than 70 runners, walkers and strollers participated in the Run for Shelter run/walk, including those pictured above. The 2nd annual event raised awareness of the types of shelter provided by Care Corps, The Bridge & The Jefferson House.

Go to [facebook.com/CareCorpsFamilyServices](https://www.facebook.com/CareCorpsFamilyServices) and click Photos to view the full album, listing of sponsors and race results.

board spotlight >>>

FORMER HOMELESS SERVING OTHERS

As a formerly homeless individual, I will always remember those feelings of fear, frustration and failure. I have benefited greatly from the services provided by Care Corps and other agencies in Dodge County. I now run a small business, and I'm grateful for the people who helped me gain the confidence I needed to step out and begin applying myself in ways I never dreamed possible.

Sometimes we are our own worst enemies by maintaining negative attitudes about ourselves and the world around us. It often feels as though we are at the mercy of a corrupt system, but a lot of the corruption resides within each of us as we allow laziness, resentment, self-pity and fear to hold us back.

My name is Lisa Leonard (pictured at right), and in addition to serving on the board of directors at Care Corps Family Services, I am also a staff writer for *The Heartland News*—a street paper based in North Omaha. The mission of this paper is to raise public awareness of the plight of the homeless and serve as a voice for those who feel overlooked and cast aside by society.

I invite you to pick up a copy of my article entitled, "If They Only Knew," at Care Corps this winter. It features the experiences and special insight from those who are or have been homeless. There are still too many individuals who simply cannot be bothered with the widespread problem of homelessness. This project gave many the opportunity to allow their voices to be heard, so that they can ultimately get their lives back on track and regain their sense of dignity and purpose. Thank you for the opportunity to serve Care Corps and our community's homeless.

Care Corps is so fortunate to have a member of its board of directors who was once a homeless individual in the Emergency Shelter. Lisa offers unique insight at monthly board meetings, but directors' engagement goes far beyond meetings. They frequently serve—as in get their hands dirty, as well as take on preparing and serving an evening meal each and every month. Please help thank these servants when you see them. Their names can be found on the back page of this newsletter.



Care Corps board member, Lisa Leonard, volunteers her time cleaning and organizing at the shelter facility. Read more in the Board Spotlight at left.

ask the Corps >>>

Q: HOW MANY PEOPLE STAY AT CARE CORPS?

A: On any given night, Care Corps is serving nearly 90 individuals—that's in the emergency shelter & in off-site scattered housing.

While the Emergency Shelter averages 40+ individuals a night, the facility's 64 beds are often 100% occupied. The shelter can serve slightly more than 64 individuals, when including additional infants or couples.

So far in 2016, Care Corps Family Services has served more than 400 unduplicated individuals, including more than 100 children! And nearly 70% have exited into permanent housing solutions.

Heartfelt thanks to sponsors & donors of the 12th annual Charity Classic golf outing

This year's Charity Classic, presented by Fremont Beef, benefited Care Corps, Habitat, Low Income Ministry and Main Street of Fremont, raising a grand total of \$28,000, or \$7,000 per agency. Go to [tinyurl.com/CharityClassicGolf](https://www.tinyurl.com/CharityClassicGolf) for a final listing of all sponsors!

Thank you for celebrating Care Corps' 20th Anniversary

Care Corps turns 20 this year! Several events were held so far, including an Open House and Chamber Coffee during John C. Fremont Days. Heartfelt thanks go to supporters, including Hy-Vee, JCF Days, KHUB, US Bank, Party Palace, Downtown Rentals, The Presbyterian Church of Fremont band, First UMC, Baker's, Caring Touch, Germs, Home Detail, Getzschman, Care Corps Board of Directors, volunteers and staff.

Please consider joining these supporters by sending your year-end gift in the envelope provided.



CARE CORPS RELAUNCHES CARE-CORPS.ORG WEBSITE

Have you been to care-corps.org recently? You may have noticed an all-new site! Care Corps' new website can be found at its existing URL, although it is now much more user-friendly and in line with its mission. Some of the new features include an Online Volunteer Application, Donate Now button that allows donors to set-up recurring gifts, real-time Evening Meal Partners Calendar, updated listing of current Shelter Needs, email sign-up, downloadable flyers for upcoming drives (Toilet Paper & Volunteers), an easy Contact Us form and more. **Please check it out if you haven't already! If you have questions, contact Lindsey at lindsey.valla@care-corps.org or (402) 721-3125.**