

# Care Corps, Inc.

## Homeless Services

Helping Families and Individuals in Need.....

Believe

Values

Medical

Employment

Food

Shelter

THE ROAD TO SUCCESS IS ONE STEP AT A TIME





## Back to School!

The end of summer and the beginning of fall brings a lot of excitement to our facility. The fact that we had 17 children in our Emergency Shelter during the first week of school is an indication of just how busy we have been. The family side of the shelter has been consistently full since the middle of June, and it appears that this will continue for some time. With so many families experiencing homelessness in our community, it is a blessing to be able to provide the shelter, support, and services, homeless families need to achieve independence and lifelong enrichment. This would not be possible without the community support from individuals, churches, businesses, service clubs, foundations, and our partnering agency, the United Way.

Thank you!

## Donations

One question seems to be asked whether we are participating in a presentation, attending a meeting, or simply giving a tour of our facility; "What can I do for Care Corps?" As I mentioned above, the Emergency Shelter has been quite full for the past few months which has depleted our food pantry, personal hygiene items, and materials for children's activities. If an individual, family, or community group would like to donate any items, please give Barb or Shawn a call at 402 721-3125, or visit our web-site at [www.care-corps.org](http://www.care-corps.org).

## Volunteers

As always, Care Corps has plenty of opportunities for individuals to volunteer. Whether you are an individual, family, or arranging a service project through your school, church or business, please do not hesitate to contact Shawn through the web-site or the phone number listed above for opportunities.

-Michael Wehling, Executive Director-



Michael Wehling



## BOARD OF DIRECTORS

Scott Getzschman  
*President*

Scott Meister  
*Vice President*

Mike Sindelar  
*Treasurer*

Todd Hansen  
*Secretary*

Russ Peterson  
*Past President*

Norma Hass  
Becky Hotovy  
Scott Jensen

Jill Johnson  
Ron Giesselmann  
Jody Sanders

### Board of Trustees

Hazel Dillon  
Don Hinds  
Cathy Saeger

Steve Tellatin  
Clayton Timperley  
Brad Hansen

Jackie Beaton  
Pat Beebe  
Christy Fiala  
Brad Nick

**Honorary Board Member**  
Joe Twidwell



# LIFE SKILLS OPPORTUNITIES

Homeless has a new face. There are current factors that have the homelessness number raising; including shortage of affordable housing, foreclosure, poverty, eroding work opportunities, decline in public assistance, lack of affordable health care, domestic violence, & mental illness. Certainly a complex set of circumstances. Here at Care Corps we attempt to address the need of those that find themselves through our doors no matter the reason that brought them here. We strive to empower those families and individuals to achieve independence and lifelong enrichment. Our Life Skills Education helps to set our residents up to lead successful & independent lives. “Making Healthy Decisions” (MHD) is one of those exciting programs that were designed by direct client need. It combines several different types of coping skills needed to help our client population make healthy decisions for themselves and their families. It is very interactive helping the clients to actually work on their real issues. Participants will work on various goals by learning the skills needed for personal growth. These tools are needed to develop a healthy perspective; & to help them recognize what is currently unhealthy in their life and how to change these unhealthy behaviors.

Care Corps is happy to help provide parents with additional tools to strengthen their parenting & communication skills through the Love & Logic Parenting Program. For over 20 years, parents all over the world have enjoyed great success with the techniques of this parenting program. We also offer the “RentWise” program. This 8 week program encourages renters to take care of and maintain their rental unit. Unlike other tenant education programs that only cover legal rights, RentWise teaches skills that can help tenants avoid legal confrontations. It stresses tenant responsibilities & the benefit of positive landlord-tenant relationships. “Employment Skills Development” class helps to enhance or establish job skills. These skills involve getting ready for & searching for a job. These combined goals will greatly improve their ability & chances to land employment as well as maintaining their job. Our Personal Care Program teaches new ideas, ways, & information on how to prevent the flu, common cold and overall health. Other classes include, Smoking Cessation, GED Prep, Family & Children’s Group & Our Summer Reading Program for our children.

We have a great deal of community support through our collaborations with area agencies, business & professionals to bring additional classes on topics that are of valuable benefit to our population. These collaborations include Gloria Byers/Fremont National Bank for our Budgeting Class, Keerun Kamble/Three Rivers Health Department, Stacey Linchtenberg/Crisis Center, Angi Tran/Northeast Nebr Family Health Services, Kathy Kneifl/U.N.L Ed, WFD, MCC, & Spiritually w/ G.A.

Our Life Skills program is always changing & evolving to keep up & current with our resident’s dynamics. We are excited about two new programs that will be starting soon, “Positive Aspect of Change” & “De-escalation”.

I feel very blessed and fortunate to work with such an outstanding team of Staff, Volunteers and all of the many collaborations all working for a common goal to help the families & individuals that walk through our doors. This collaborative effort is truly a community working together to empower our population to become strong independent & contributing members of communities. I encourage others to consider being apart of our accomplishments. You will forever be changed when you witness for yourself the lasting gift that you create through sharing your knowledge, skills & abilities with those that are seeking & open to embracing change in their lives.

Most Sincerely Yours,  
Robin Ritter



Needs for Life Skills:

Small Day Planners

Small Pocket Memo Notebooks

Bingo Prizes small tool boxes, phone & gift cards, alarm clocks, bike locks, colognes & perfumes, baby items including baby bottles & clothes, batteries of all sizes. Our family Bingo event is a wonderful opportunity to forget stress & to take a moment to remember to laugh & reconnect again.





## A story from a mother of four young children

When I was sixteen I moved out of my parents and moved in with the person I thought was the love of my life. We had children got married and had more children.

In the beginning and through the years there was domestic violence physically, mentally, and emotionally. Long story short it ended in disaster.

Now here I am married six years, been together eleven, now I am alone with my four children, no help from their father. I have no money, no job, no financial help at this time. My car is in need of repair and it is stranded in Lincoln. Not having a car with four children makes it tough to get things done. I just want to keep my children safe.

From the moment I walked into Care Corps I felt the compassion and warm hearts of many who are trying to help in every way. I want to update my CNA license and move forward in my life and become a strong independent mother.

One thing after another turned bad for me, but I know with the help of others and Care Corps I will come out on top and achieve more than I could hope for. If I could say anything to others who are in a domestic violence situation it would be “do not wait as long as I did to get away.”

Care Corps provides a place of shelter, support, and services for homeless individuals and families by empowering them to achieve independence and lifelong enrichment.



### Care Corps, Inc.

**Homeless Services**

Helping individuals and families in need....

NON PROFIT ORG

U.S. Postage

**PAID**

Fremont, NE 68025

Permit No. 26



**We need your help to continue  
the road to success.**



## Welcome Addition to the Team Jim Jaksha



Jim Jaksha was born in Fremont and is a lifelong resident. He and his wife Luz together have three adult children. He completed his Bachelor's Degree in Psychology in December of 2005 and his Master's Degree in Community Counseling in May of 2008, getting both of those degrees from the University of Nebraska at Omaha. He completed his master's degree practicum and internship at Omaha Psychiatric Associates. While completing his degrees in Omaha, he volunteered at Care Corps Homeless Services from 2003-2008. He also completed a 12 week cycle of volunteering at Lutheran Family Services/Parents United in the spring of 2008 to complement his internship with group experience, being a group co-facilitator for sexually abused/sexual predators. He became licensed as a mental health practitioner in Albuquerque, New Mexico in 2008 and also volunteered at Presbyterian Hospital and the Veterans Administration Hospital in Albuquerque where he worked with spinal cord injury veterans. Jim moved back to Nebraska and went to work in Norfolk at Behavioral Health Specialists Inc. as a therapist in 2009, working primarily with their Intensive Outpatient Program for drug and alcohol addiction and also practicing with individual clients in mental health care. He then took a position as a therapist at Behave'n Kids in Omaha in 2010 where he worked with parents and their children making home visits.

Jim came to Care Corps Homeless Services Inc. in June of 2011 where he provides mental health care for a variety of people. He is happy to be back in his home town working locally and is blessed to be doing the work he loves.



It has been an active summer for Care Corps. Our population rose to a consistent high of 50+ for a 2 month stretch. It was quite the challenge for the staff, the facility, and for the residents. We continued to manage to serve each and every one of them and make them as successful as we can. Due to the rise in population we went through a large amount of our food supply. Low Income Ministry graciously assisted us with an extra delivery. We have had continued support from Hy-Vee and the wonderful Fremont area communities with donations of fresh fruits & vegetables, canned goods, as well as other fresh food items.

On August 5<sup>th</sup> we had our 7<sup>th</sup> annual Charity Classic golf event that benefited the four agencies of: Care Corps, Main St. Fremont, Habitat for Humanity, and Low Income Ministry. We had a great turnout this year and a special "Thank You" to all of our many sponsors. The money raised will be of great use for these agencies as many of us have seen cuts in our funding sources. We are looking forward to this event for years to come.

A continued thanks to the Fremont community, local churches and service organizations, and area students for your continued support of Care Corps and for the individuals we serve on a daily basis. With all of you, what we do would be possible. I look forward to what this fall brings and I hope you do to!

Shawn Peterson  
Program Director



# Reasons why people become Homeless

I lost my home, family, and job because of my mental illness. Who can help me..

Tornado, destroyed my home. I could not afford Insurance. Now we are homeless.

Illness, with no health Insurance. Could not work and lost my job.

I left a domestic violence relationship. The person trashed all my things. I have no ID to get a job. And no safe place to live.

Laid off—had no income to pay rent, food, electricity, or medicine.

I did not make enough money to maintain my home. I am in need of better paying employment.

Care Corps has been able to assist individuals with a diverse range of needs. As we continue to fight homelessness we need your support.

Check out our Web site to get up coming events and learn more about Care Corps

[www.care-corps.org](http://www.care-corps.org)

Get your suits on!!  
Swim A-Thon  
Is happening the first part of November.

National Hunger & Homeless  
Awareness Week  
November 12th—20th

## Transitional Housing

One of the most exciting programs that Care Corps offers is the Transitional Housing program. Transitional Housing is funded through Care Corps and HUD. It is a 24 month program that provides supportive housing for the homeless. The program is designed to give individuals and families the extra support they need to truly be successful by obtaining adequate employment and safe, stable permanent housing. Some of the services provided to clients who are approved to be on Transitional Housing include intensive, home-based case management, professional mental health/substance abuse counseling, employment skills development training, budgeting and home management classes, parenting classes and much more. In addition we are able to help pay for the clients rent and utilities during those two years. Currently the Transitional Housing program is helping 5 individuals (4 males, 1 female) and 8 families. The 8 families consist of 10 adults and 16 children with 8 of the children being under 5 years old. It has been amazing to watch the progress that these people make when they are given a little extra support and encouragement.

**Nicole Hogle**  
Transitional Housing &  
Case Manager Coordinator



## Transitional Housing Needs

Dishes  
Televisions  
Couches  
Appliances  
Microwaves  
Pots & pans  
Silverware  
Beds  
Towels  
Table & chairs

