



Jefferson Franklin
COMMUNITY ACTION CORPORATION

Growth
Resilience
Integrity
Tenacity

Locations

Jefferson Franklin Community Action Corporation

P.O. Box 920
Hillsboro, MO 63050
www.jfcac.org
communityaction@jfcac.org
Phone: (636) 789-2686

Jefferson County Office

Administration, Community Services, Head Start
Administration, Housing, Weatherization, WIC & Energy Assistance
#2 Merchant Drive
Hillsboro, MO 63050

Franklin County Office

Community Services, Energy Assistance
Housing & Weatherization
1020 Plaza Court, Suite B
St. Clair, MO 63077

Additional Operating Locations:

WIC Site; Arnold: at Jefferson County Health Dept - 1818 Londell Road Arnold, MO
Head Start; House Springs: in Northwest Early Childhood Center - 6180 Hwy MM House Springs, MO
Head Start; St. Clair: in St. Clair R-XIII Elementary School - 895 Bardot Street St. Clair, MO
Head Start; Windsor: on the Windsor School District campus - 933 Windsor Harbor Road Imperial, MO
Head Start; De Soto: in De Soto Early Childhood Center - 1812 Rock Road De Soto, MO
Head Start; Sherwood: in Sherwood Elementary - 1769 Missouri State Rd, Arnold MO
Head Start; Robertsville: Mt. Olive United Methodist Church campus 4998 Highway N Robertsville, MO
Head Start / Early Head Start; Gray Summit Purina Farms campus - 3251 Hwy MM Gray Summit, MO
Head Start / Early Head Start; Hematite: - 3680 Hillsboro-Hematite Road Hematite, MO

Head Start Collaboration Sites:

Sullivan Primary School
Washington Early Childhood Learning Center
Grandview R-II School District

General Office Hours

Monday – Thursday

7:30am to 5:00pm

Head Start Hours

Monday – Friday

8:00am to 4:30pm

Donations

HOW YOU CAN HELP

- **Make a financial donation:** The people we serve often have unanticipated emergencies. While we have many resources both at JFCAC and in the community, sometimes what is needed can only be obtained with cash.
- **Non-financial donations:** Holiday gifts, food baskets, school supplies, winter coats and gloves and household items are just a few examples.
- **Make a bequeath:** Leave a legacy of help and hope for people in need.
- **Volunteer:** Contribute your time and talents. Help our teachers in the classrooms - read a story to a group, work intensively with one child who needs extra attention or rock a toddler to sleep. Make a friendly visit to an elderly person who cannot get out. Assist our office staff to complete their work. Apply on our agency website today!

Greetings,



JILL LOMBARDO
CEO - JFCAC

Fiscal year 2017 was a year full of challenges for nonprofit agencies. Jefferson Franklin Community Action Corporation (JFCAC) was not exempt from those challenges. There is no doubt in my mind that the entire reason we prevailed in continuing to provide quality services, despite the many challenges, was due to the tremendous “GRIT” and “Resilience” shown daily by JFCAC employees and by JFCAC clients.

My grandmother always said “challenges will never defeat anyone if they are always countered with great force.” This year, I found myself repeating this quote daily as we braced for funding cuts. Despite the challenging times and difficult decisions that had to be made, we found strength by stealing moments away from the grindstone to relish in the successes of those who utilized our services. Those successes gave us all hope and ensured us that the fight was well worth fighting.

Not only did we gain strength from the success stories shared by our clients, but there were also astounding moments shared by our own employees, many of whom faced their own uncertainty, but pushed their fears aside to help others in need! On no occasion did we have any employee want to give up the fight. In fact, if anything, I saw more “GRIT” and “RESILIENCE” than ever. As administration plotted the course for how JFCAC would move forward, our direct line staff charged forward helping every person that they could.

Their work and dedication reminded me of another very special quote that my grandmother would say, “There is no them and us, we are all one in the same.” She would remind me that I was only one second away from walking in another person’s shoes and to never forget to be selfless!

This year, JFCAC employees defined what it means to be selfless. They not only embraced each and every person who walked through JFCAC’s doors, but also exemplified the understanding that we are all in this life together and that we are stronger if we fight challenges in unity.

I hope you utilize this Annual Report Calendar by taking a moment each month to read about the services that our employees provide every day as well as to read about the inspiring success stories of our clients. I also hope each month you take a moment to pause and ask yourself, “What can I do to help?”

Our voices are needed now more than ever. If you join us, then our voices becomes louder and louder voices lead to change!

“Our lives begin to end the day we become silent about things that matter.”

~Martin Luther King Jr.

Our Mission

The mission of Jefferson Franklin Community Action is to serve individuals and families through partnerships, empowerment, and education in order to strengthen and improve the entire community.

Our Vision

JFCAC envisions communities with increased opportunities and an improved quality of life for families living in the crisis of poverty.

Our Values

- **Dedication** We are dedicated to our mission
- **Integrity** We do what is right at all times
- **Service** We provide a service to the community
- **Accountability** We are accountable to those we serve and to each other
- **Hope** We embrace the spirit of hope

JFCAC PROGRAMS



WIC PROGRAM
P: (636) 789-2686 - Option 5



CSBG PROGRAM
P: (636) 789-2686 - Option 4



HOUSING PROGRAM
P: (636) 789-2686 - Option 5



EARLY HEAD START & HEAD START PROGRAM
P: (636) 789-2686 - Option 6



ENERGY ASSISTANCE PROGRAM
P: (636) 789-2686 - Option 4



WEATHERIZATION PROGRAM
P: (636) 789-2686 - Option 2

JANUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
	New Years Day					
7	8	9	10	11	12	13
	Helping People. Changing Lives.					
14	15	16	17	18	19	20
	MLK Day					
21	22	23	24	25	26	27
	WIC: Eastern District Meetings					
28	29	30	31			
	WIC: State Breast-feeding Task Force					

Disclaimer: Because CSBG is operating programs in response to or in partnership with the community it is difficult to give exact dates in advance, and the dates we do have are subject to change. Please contact the agency to affirm exact dates.



NOTES

CSBG: Mid January: begin accepting appointments for Tax Assistance



JFCAC LEADERSHIP

What is a Community Action Agency (CAA)?

Community Action Agencies were created by the federal government through the Economic Opportunity Act of 1964, to combat poverty in geographically designated areas. Status as a CAA is the result of an explicit designation by local or state government. A CAA has a tripartite board structure that is designed to promote the participation of the entire community in the reduction or elimination of poverty. Community Action Agencies seek to involve the community, including elected public officials, private sector representatives and especially low-income residents in assessing local needs and attacking the causes and conditions of poverty. The State of Missouri has 19 CAAs which are all supported by the Missouri Community Action Network (Missouri CAN).

Who is JFCAC?

JFCAC is one of the 19 Community Action Agencies in the state of Missouri. It is a not for profit organization committed to assisting low-income people in achieving self-sufficiency through quality programs in Jefferson and Franklin Counties. We are a federal, state and locally funded CAA incorporated in 1965. We are a charitable and educational tax-exempt organization as described in Section 501(c)3 of the Internal Revenue Code. Contributions are income tax deductible under applicable state and federal law. JFCAC is comprised of six main programs that are described in more detail in this report (Head Start – Energy – Weatherization – WIC – Housing – CSBG) as well as various other equally as important smaller programs.

JFCAC Board of Directors

Public Officials

Carol Cameron, (Vice President), Jefferson County
 Alison Liley, Jefferson County
 Earlane Sandoval, (Secretary), Franklin County
 Jenny Wallach, Franklin County
 Ken Waller, Jefferson County

Community Representatives

Paula Crewse, Jefferson County
 Carla Komo, Franklin County
 Deborah Weaver, Jefferson County
 Shirley Wilson, Jefferson County
 Angela Peters, (Alternate), Jefferson County
 Lesley Deason, (Alternate), Jefferson County

At Large Representatives

Rev. Curtis Crumpecker (Treasurer), Franklin County
 Cynthia Eckelkamp, Franklin County
 Wayne Goyea, Jefferson County
 Dr. Julia Hampton (President), Jefferson County
 Stephanie Cunningham, Jefferson County

Program Directors

Janna Bittle, Housing
 Laura Weber, WIC
 James Trout, Weatherization
 Heather Forys, CSBG / Energy
 Tammie Benton, Head Start

Executive Team

Jill Lombardo, Chief Executive Officer
 Paulette Hensley, Chief Program Officer
 Diana Hayes, Chief Administrative Officer
 Kristin Firtle, Chief Financial Officer
 Stephanie Kerth, Chief Innovation Officer

Head Start Policy Council

Officers

Lesley Deason (Chair)
 Laura Simms (Vice Chair)
 Kristina Nichols (Chair-Secretary)

Community Representatives

Carol Cameron
 Paula Crewse (Board Rep)
 Don Ridenhower
 Kelly Vollmar

Head Start Parents

Amanda Childers
 Sarah Evans
 Amber Grau
 Amanda Harris
 Melissa Monroe
 Crystal Nobles

FEBRUARY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14 <i>WIC: Missouri WIC Association Meetings Valentine's Day</i>	15	16	17
18	19 <i>President's Day</i>	20	21	22	23	24
25	26	27 <i>WIC: State Breast-feeding Task Force</i>	28			

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NOTES

Black History Month and Dental Health Month



P: (636) 789-2686

W: JFCAC.ORG



MISSOURI COMMUNITY ACTION NETWORK



PHOTO: Attendees at the St. Louis CAPS facilitator training review their family situation and navigate life with limited resources during a Poverty Simulation.

The Missouri Community Action Network (Missouri CAN) is the state association of Missouri's 19 Community Action Agencies, allies and supporters united to end poverty. We are the statewide voice for the Community Action Network and for Missourians struggling with poverty. According to the U.S. Census Bureau, Missouri's poverty rate is 14%, ranking Missouri as the 23rd worst state for poverty. Therefore, Community Action plays a vital role in helping Missouri families. Missouri CAN's vision is a state where all people and communities thrive.

The Network's 19 Community Action Agencies, including Jefferson Franklin Community Action Corporation, exist in every county and the City of St. Louis to help people achieve self-sufficiency in five key areas that impact families and communities every day: economic and family security; education; food and nutrition; health; and housing and energy. From community support services and weatherization to assistance with key supports like housing and employment, more than 4% of Missourians benefit annually from the stabilization services provided by Community Action Agencies.

In addition to the direct services that the Network's 19 Community Action Agencies provide to low-income Missourians, agencies also work closely with Missouri CAN to conduct advocacy activities critical to increasing awareness of poverty's negative effects and to the development of public policy that will positively impact Missourians struggling with poverty. Missouri CAN communicates with state and federal policy makers to ensure they have accurate information about poverty in Missouri. The association follows state and federal legislation that may impact low-income families and Community Action services and takes actions by giving testimonies, writing letters to the editor, signing letters of support for legislation, and partnering with coalitions.

To educate the public and raise awareness of poverty, Missouri CAN offers the Community Action Poverty Simulation (CAPS) and a unique data tool. Businesses, organizations, school districts and universities across the state, country and world license a CAPS kit and facilitate simulations in their area.

FACTS ABOUT MCAN

- MCAN tracked 78 legislative bills in 2017
- MCAN licensed 208 Poverty Simulation kits in 2017
- MCAN trained 3,140 Community Action staff in Missouri
- Training totaled more than 570 hours
- 767 reports were created with MCAN's unique data tool

Missouri CAN promotes CAPS as an educational experience and trains facilitators to effectively conduct simulations at in-state trainings and on-site trainings for organizations as requested. Missouri CAN's Comprehensive Community Needs Assessment Data Tool is a resource for agencies and partner organizations to learn more about their communities and make data-driven decisions for community initiatives. This data tool increases awareness of the effects of poverty on a community.

By providing support to direct-service agencies, advocating for low-income Missourians, and educating the public, Missouri CAN promotes poverty awareness, increases understanding, and inspires local change.

MARCH 2018

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <i>Head Start: 1st Grant Year Begins</i>	2 <i>National Employee Appreciation Day Read Across America Day</i>	3
4	5	6	7 <i>WIC: International Board Certified Lactation Consultant Day</i>	8	9	10
11	12 <i>CSBG: Adult Step Up to Leadership in Jefferson County begins</i>	13 <i>CSBG: Adult Step Up to Leadership in Franklin County begins</i>	14 <i>Registered Dietitian Nutritionist Day</i>	15	16	17
18	19	20	21	22	23	24
		<i>March 20-22: National Community Action Foundation (NCAF) Legislative Conference</i>				
25	26	27 <i>WIC: State Breast-feeding Task Force</i>	28	29	30	31 <i>Energy Program: Energy Assistance grant ends</i>

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NOTES

Woman's History Month and National Social Worker Month
WIC: National Nutrition Month

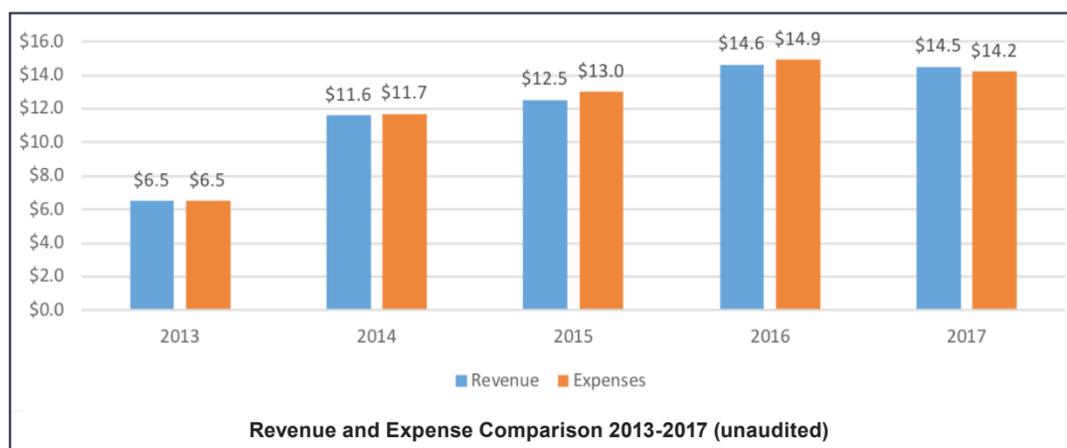
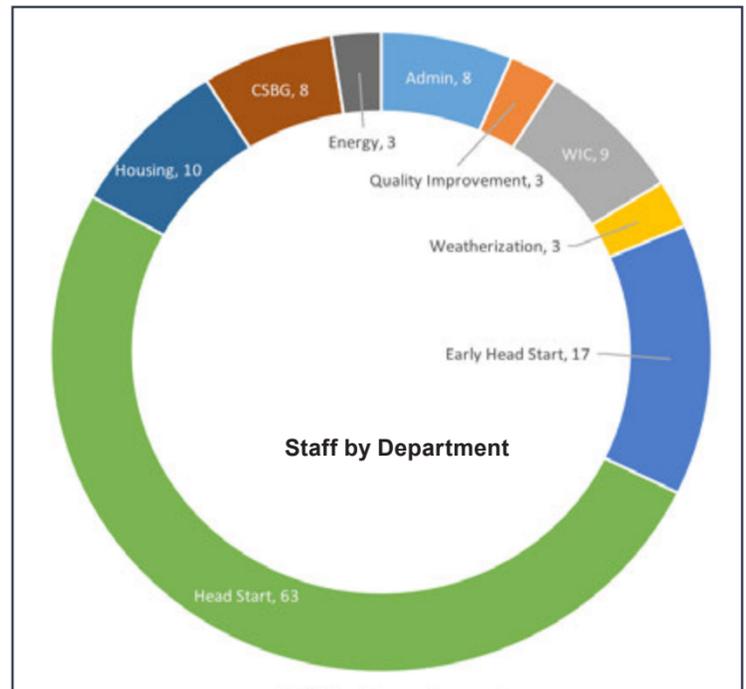
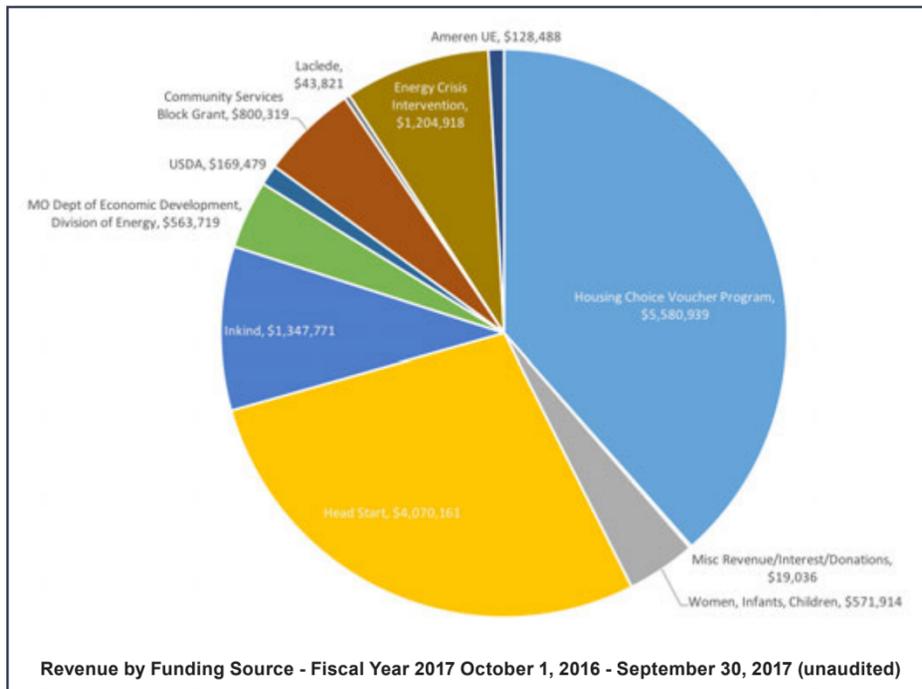


P: (636) 789-2686

W: JFCAC.ORG



JFCAC STATISTICS



APRIL 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
Easter Sunday						
8	9	10	11	12	13	14
	CSBG: Strengthening, Empowering, Lifting Families (SELF) class Franklin County begin					
15	16	17	18	19	20	21
April 15-21: Organize your Files Week	Head Start: Week of the Young Child				WIC: Eastern District Meetings	
22	23	24	25	26	27	28
		WIC: State Breast-feeding Task Force		Administrative Professionals Day		
29	30					

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NOTES

- Counseling Awareness Month and Fair Housing Month
- Head Start: March 16-20 Week of the Young Child
- Housing Program's Public Hearing Notice published



Jefferson Franklin
COMMUNITY ACTION CORPORATION

P: (636) 789-2686

W: JFCAC.ORG



JFCAC ALL STAFF ANNUAL MEETING



FROM LEFT TO RIGHT: Janna Bittle (right) receiving a Service Award for 25 years of service; Betty Culton (right) receiving a Service Award for 5 years of service; Susan Spraul (right) receiving a Service Award for 10 years of service; Deborah Weeks (middle) receiving a Service Award for 40 years of service

Jefferson Franklin Community Action Corporation (JFCAC) held its annual full-day All Staff Meeting on August 3rd, 2017. The meeting began with a discussion regarding “How to Remain Successful during Challenging Times.” The ten rules to be successful during challenging times were reviewed with employees and all were asked to incorporate these rules into their daily lives. These rules are: assert your goals; focus on everything that’s working; take action; create balance; embrace fear; release; practice gratitude; improve on yesterday; don’t give up; have grace.

Time was also spent discussing “Grit.” Prior to the meeting JFCAC’s Executive Team had read the book “GRIT - The Power of Passion and Perseverance” by Angela Duckworth. Also, prior to the meeting all employees were asked to complete a Grit Scale. Armed with their scores, a robust discussion took place around the GRIT formula (Talent x Effort = Skill and Skill x Effort = Achievement), emphasizing the fact that EFFORT counts twice. Staff learned that Grit can grow utilizing internal and external factors. These factors were discussed in detail in an effort to give employees more tools to help them succeed during challenging times.

Finally, a third presentation was done on the book “The Heart of Change” by John P. Kotter. This discussion centered on how difficult change can be. Employees were asked to work in small groups and compile a list of items that would help them adapt to change more effectively in the future. These lists were compiled and in 2018 will be used by the Executive Team to assist with the creation of an agency communication plan.

Following the presentations on “Success,” “Grit,” and “Change,” each department presented their “Multiplier Challenge Project.” In 2017, all employees were challenged to create a new project for their department utilizing the principals in the book “Multipliers” by Liz Wiseman, and the winners were revealed at the All Staff Meeting.

JFCAC’s WIC Program won the “Best Project Award” and JFCAC’s Head Start Program won the “Best Presentation Award.” Both programs did excellent a job and both utilized their winnings to do team building activities within their departments. The Multiplier Challenge was truly a learning experience for all programs, and all programs met the challenge with much success. 2018 will hold ongoing efforts to implement the ideas that all departments came up with for the challenge.

Prior to the ending of the meeting, Employee Service Awards were given. As always, JFCAC recognizes and hold in great esteem those employees who have longevity at the agency. The agency is truly nothing without those that dedicate their time to its success. Congratulations to: Deborah Weeks (40 years), Janna Bittle (25 years), Susan Spraul (10 years), Betty Culton (5 years), and Michelle McDaniel (5 years).

MAY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9 Missouri WIC Association Meetings	10	11	12
National Nurses Day		Head Start: Teacher's Appreciation Day	National Receptionist Day		National Child Care Provider Day	
13	14	15	16	17	18	19
Mother's Day		May 15-17: Missouri CAN Annual Conference				
20	21	22	23	24	25	26
				Pay to the Order of	Glenda Boersig	\$ 250.00
27	28	29	30	31		
	Memorial Day	WIC: State Breast-feeding Task Force		Energy Program: Winter ECIP ends (or when funding is depleted; whichever is first)		

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NOTES

- May is Community Action month
- Head Start: Last month for 9 month Head Start Centers
- Housing Program’s Resident Advisory Board Meetings are held



WIC PROGRAM

The Women, Infants, & Children Food Supplemental Program (WIC) is a health and nutrition program aimed at preventing problems in growth and development; the goal of the program is to improve the health and nutrition of eligible women, infants, and children. Nutritious food supplements are provided to individuals who are found to have special nutrition needs including: pregnant women, postpartum mothers, nursing mothers, women with babies under six months of age, infants, and children up to age five.

The primary services of WIC are health screening, risk assessment, nutritional education and counseling, breastfeeding promotion, and referrals to healthcare. Peer breastfeeding support is available to those who choose to breastfeed.

To receive WIC benefits, an individual must be categorically eligible or income eligible and have either a medical or nutritional risk. WIC's income guidelines are at 185% of the Federal Poverty Level. WIC recipients choose food items listed on the WIC Approved Food List and purchase them from WIC authorized retailers.

All JFCAC WIC clinics are located in Jefferson County, with WIC services being offered in both Hillsboro and Arnold, MO. Evening clinic hours are available.

Please refer to www.jfcac.org for additional information on the program, and for details on how to apply for WIC benefits.

**Funded by Missouri Department of Health and Senior Services*

FACTS - WIC PROGRAM

- 15.2% Food insecurity rate in 2015
- 79,680 uninsured Missourians in a working family
- 22.93% Missourians paying >50% income on housing
- 23,000 Missouri teens not in school & not working
- 220,674 employed Missourians below poverty level in 2015



Ashly's Story...

Ashly H. wasn't a WIC participant when pregnant with her first child, Ava. Ashly nursed Ava and experienced complications. Other than her doctor, Ashly lacked breastfeeding support. Her doctor advised her to "push through the complications" and she did so for 15 months. Being that Ashly was not a WIC participant at this time, she "was buying baby food left and right." Ashly was stressed over breastfeeding and spending financial resources on baby food.

However, things were different when Ashly was pregnant with her second child, Elias. During this pregnancy, Ashly enrolled into JFCAC's WIC program. When Ashly experienced complications breastfeeding Elias, WIC referred her for a lip & tongue tie consultation. It was through this referral that Ashly learned that not only did Elias have a lip & tongue tie, but her first child, Ava, did as well. This finding explained some of the reasons that Ashly had pain when breastfeeding her. Ashly stated, "If only I was on WIC, nursing would have been so much easier with Ava."

Ashly received WIC's breastfeeding food package until Elias turned one, which was large enough to provide Elias with all the baby food needed, allowing Ashly to not purchase baby food with her own money.

As Ashly's children have grown so have her opportunities. She earned the WIC Breastfeeding Peer Counselor position and now supports other breastfeeding families. Knowing what it is like to breastfeed both with and without adequate support, Ashly is happy to be a support for other moms and babies.

Because of her grit, Ashly has been able to help herself and others.

"Take a limitation and turn it into an opportunity. Take an opportunity and turn it into an adventure by dreaming BIG!"

~Jo Franz

JUNE 2018

SUN MON TUE WED THU FRI SAT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Energy Program:
Summer ECIP begins

Father's Day

June 20-22: Community Action Program Legal Services (CAPLAW)
National Training Conference

Jefferson Franklin
P.O. Box 990
Hillsboro, MO 63050
636-789-2686
WIC: State Breastfeeding Task Force
Pay to the Order of Children (WIC) \$1,000.00

CSBG: Last day to sign up for Jefferson County Health and Education Fair

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NOTES

Housing Program's Public Hearing is held mid-June



P: (636) 789-2686
WIC Services: Option 5
W: JFCAC.ORG



CSBG PROGRAM

Community Services forms the backbone of JFCAC, and this historic funding allows the program's services to remain flexible and responsive to the needs of the community.

Community Service programs are divided into two components: Direct Client Services, which empower individuals to address their needs, and Community Empowerment Collaborations, which mobilize community agencies to address larger scale, community needs.

Crisis Intervention is a Direct Client Service, and includes an assessment of family strengths and needs. Families are made aware of employment, educational, housing, nutrition, and health resources through internal and external agency referrals.

Community Empowerment Collaborations were developed to address the needs and gaps in the community through coordination and resource development. JFCAC works with local organizations to increase resources available to low-income families.

Please refer to www.jfcac.org for information on how to enroll in a Community Service program.

**Projects are funded in whole/or part with federal funds received from the U.S. Department of Health and Human Services (HHS), Community Services Block Grant, as provided by Missouri Department of Social Services, Family Support Division.*

FACTS - CSBG PROGRAM

- 15 families received disaster relief through MHDC funding
- 1,392 kids received food, clothing & toys for the holidays
- 1,437 students received school supplies to begin school
- 663 weekend food packs were distributed to children
- 12 Employment Support participants obtained employment



James' Story...

James Brewington and his family were flooded out of their home in Annapolis, MO. They lost almost all of their belongings, including a vehicle. Without employment, a vehicle, or a home, James and his family were forced to "double up" at his brother's single family residence in St. Clair, MO.

It didn't take long for the stress of overcrowding to cause James' brother to set a time limit on the families' stay. With nowhere to go, James was feeling hopeless. In a desperate search for assistance, he attended the Multi-Agency Resource Center (MARC). It was at this event that James and his family became involved with JFCAC. Despite living outside of JFCAC's service area at the time of the flooding, staff advocated for James by contacting the Missouri Housing Development Commission (MHDC) to obtain permission to assist him with their disaster relief funding.

As a result, James and his family were assisted with a deposit and first month's rent for a home. James was able to find work with a contractor and JFCAC was able to assist him with purchasing required tools. With income from his new job and community resources, Ashley, James' wife, was able to obtain a car and employment at Attending Angels.

With all progress comes setback. The transmission in James' truck went out, leaving him with a difficult decision—pay his rent to avoid homelessness or repair his vehicle to maintain employment. Through the Employment Support Program, James was provided rent assistance, and was able to pay for his vehicle repairs.

James and his family have additional obstacles to overcome; however, because of his grit, he continues to learn how to budget for potential setbacks so he is better prepared to address these situations as they arise.

"The greater the obstacle, the more glory in overcoming it."

~ Molière

JULY 2018

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
			Independence Day	CSBG: Last day to sign up for Franklin County Back-to-School Fair		
8	9	10	11	12	13	14
15	16	17	18	19	20	21
					WIC: Eastern District Meetings	
22	23	24	25	26	27	28
				CSBG: Jefferson County Health and Education Fair will be held from 8:30am-12:30pm	CSBG: Franklin County Back-to-School Fair 9am-12pm (pre-registered only)	Franklin County Back-to-School Fair 9am-12pm (pre-registered only), walk-in welcome from 11am-12pm
29	30	31				
		WIC: State Breast-feeding Task Force				

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NOTES

CSBG: Summer Feeding Program at select locations



P: (636) 789-2686
Community Services: Option 4
W: JFCAC.ORG



HOUSING PROGRAM

The Housing Choice Voucher Program (HCV) offers both rental and homeownership assistance in existing homes, mobile homes, and apartments so that safe, decent, and sanitary living conditions can be affordable for income-qualified families.

The family's rent is based on the household's income. Monthly housing assistance payments are made directly to the unit's owner by JFCAC. All units approved for the program must meet minimum Housing Quality Standards, and rent reasonableness.

HCV families may also enroll in the Family Self-Sufficiency Program (FSS). In the FSS program, families receive support as they work toward their goal of obtaining suitable employment. Each family receives funds in an escrow account as their portion of the rent increases due to additional income from wages. Once they achieve their goal, they may use the funds.

HCV units are available in both Jefferson and Franklin Counties. The HCV waitlist may close when the number of applications is exceedingly high.

Please check www.jfcac.org for more information on the program, and how to enroll into services.

**Funded by the Department of Housing and Urban Development*

FACTS - HOUSING PROGRAM

- 1,128 families were served by the housing program in FY 17
- 89 new families received housing assistance in FY 17
- 44 clients' situations improved & no longer needed help
- 89 families participated in the FSS Program in FY 17
- 13 FSS families received their escrow funds in FY 17



Mindy's Story...

The services of JFCAC's Housing and Urban Development (HUD) Housing Choice Voucher program offered Mindy hope. She knew that if she was tenacious, she would one day have the life she wanted. After waiting almost two years to obtain housing assistance, Mindy decided to use her opportunity as a hand-up, and not a hand-out. She was determined to use the program to help herself.

Mindy's journey has not been easy. She began on JFCAC's Housing Program as a single parent with no high school diploma. Despite the many obstacles and setbacks she had to overcome, she wanted to set an example of perseverance and determination for her son.

Mindy was resolute in her belief that no matter what she and her son had to face in life, giving up on what she wanted out of life was not an option. As a result of her steadfastness, Mindy earned a degree in nursing and this degree allowed her to gain employment as a school nurse.

Now earning a living-wage, Mindy is no longer in need of housing assistance from JFCAC. Embodying the spirit of hope, Mindy reports she remains grateful for the opportunity she received from the agency and she shares her positive experience with others, in hopes that they too might find the same perseverance and determination.

The Community Action Promise states: "Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other." Mindy's grit, and embodiment of hope, allowed her to not give up when life was tough. She credits JFCAC's Housing Program with helping her become the woman, mother, and leader she is today.

"When the goal seems difficult to reach, take a break but never give up."

~Lailah Gifty Akita

AUGUST 2018

SUN	MON	TUE	WED	THU	FRI	SAT
			1 WIC: August 1-7: World Breastfeeding Week	2	3	4
5	6 WIC: August 6-12: Certified Lactation Counselor Training	7	8 WIC: Missouri WIC Association Meetings	9	10	11
12	13	14	15	16	17	18
19	20 Head Start: First day of school for Head Start children	21	22	23	24	25
26	27	28	29	30	31	

August 28-31: Community Action Partnership (CAP) Annual National Convention
WIC: State Breastfeeding Task Force

Disclaimer: Because CSBG is operating programs in response to or in partnership with the community it is difficult to give exact dates in advance, and the dates we do have are subject to change. Please contact the agency to affirm exact dates.



NOTES

Energy Program: LIHEAP Month
WIC: Month of August: National Breastfeeding Month



P: (636) 789-2686
Housing Assistance: Option 5
W: JFCAC.ORG



EARLY HEAD START & HEAD START PROGRAM

Early Head Start is a program for low-income families with pregnant women, infants, and toddlers. This is a child development program that offers health, education, and social services to income eligible families. Child-centered services are provided in the family's home or a childcare center.

Head Start is a child development program for children ages three through five from low-income families. Preschool education, healthcare, and nutrition are provided to the enrolled children at a childcare center or in the family's home. Each child is screened for developmental delays, and individual learning experiences are planned for each child. Parents are involved in program planning, volunteer work, and administrative decisions through Policy Council and Center Committees.

From the moment families begin in either the Early Head Start or Head Start program, they begin to set goals, develop plans to address their needs, identify their strengths, and find their own voices.

JFCAC's Early Head Start and Head Start service delivery options include the home-based, center-based, and school district partnership models. Both programs provide family support and community resources in Education, Family Engagement, Health, Nutrition, Mental Health, and Disabilities in order to strengthen families as they prepare their children for a life time of success and love of learning.

JFCAC has Head Start and Early Head Start centers located in both Jefferson and Franklin counties. Please visit www.jfcac.org for a full listing of available options, as well as contact information to enroll into the program.

**Funded by the Department of Health and Human Services and Missouri Department of Health*

FACTS - EARLY & HEAD START

- 574 children & their families were served by the program
- Number of kids up-to-date on health items increased by 66
- 134 hours of consultation was provided to staff
- 16% of parents enrolled in school or job training
- 94 parents were employed during the school year



Lesley's Story...

The Community Action Promise states "Community Action changes people's lives, embodies the spirit of hope, improves communities, and makes America a better place to live. We care about the entire community, and we are dedicated to helping people help themselves and each other."

We first met Lesley when she applied for JFCAC's Head Start program. At that time, she and her oldest daughter were dealing with Post-Traumatic Stress Disorder (PTSD), as well as other symptoms of grief.

Lesley's husband had recently died. Lesley was not only dealing with her own grief, but was also helping her daughters to cope with their emotions of grief. On top of it, Lesley couldn't take a full-time employment position because she couldn't afford the high price of child care. The lack of steady income and enriching work took a toll on Lesley's self-esteem and outlook on life. Head Start was able to provide Lesley with the affordable childcare she needed.

Lesley often states that her girls have grown into "the most wonderful girls." Lesley believes JFCAC's Head Start program has been a positive influence in their lives, and without it, she is unsure of what life would look like.

Lesley joined the Head Start Policy Council and has served as the Chair. Through Policy Council and volunteering in the program, Lesley believes she has grown immensely. Lesley now runs her own small business. Lesley states "Head Start and Policy Council have given me a purpose. I now feel confident and I know I am doing something good with my time to help my own children and other families."

Because of Lesley's tenacity, she's successfully managed adversity and her family is thriving. She is the embodiment of the Community Action Promise.

"Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

~Mother Teresa

SEPTEMBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 <i>Labor Day</i>	4	5	6	7	8 <i>International Literacy Day</i>
9	10	11	12	13	14	15 <i>September 14-21 - National Association for State Community Services Programs (NASC-SP) 2018 Annual Training Conference</i>
16	17	18	19 <i>Jefferson Franklin P.O. Box 990 Hillsboro, MO 63050 636.789.2686</i>	20	21 <i>820170</i>	22
23	24	25	26 <i>Pay to the Order of</i>	27 <i>Head Start, Early Head Start</i>	28 <i>\$ 1,000.00</i>	29
30 <i>Energy Program: Summer ECIP ends</i>						

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NOTES

- Hispanic Heritage Month
- Baby Safety Month
- Energy Program: September 30: Summer ECIP ends (or when funding is depleted; whichever is first)



P: (636) 789-2686
Head Start Program: Option 6
W: JFCAC.ORG



LIHEAP PROGRAM

Low Income Home Energy Assistance Program (LIHEAP) is available to help low-income families with heating and cooling bills to meet their immediate energy needs. It can mainly help those who spend a large amount of their household income on energy bills. Eligibility requirements for the program are based on income, household size, available resources, and responsibility for payment of home energy costs.

LIHEAP has two components: Energy Assistance (EA), which is a once per year payment on the primary source of heat that does not require a disconnection notice, and the Energy Crisis Intervention Program (ECIP), which does require a disconnection notice. The amount of ECIP help received is based on the amount of money needed to settle the crisis with the energy provider. In the winter, ECIP may be used for electric and/or the primary of heat; in the summer, it is for electric only.

Based on funding, the heating program operates from October through May and the maximum amount to be received is \$800. Based on funding, the cooling program runs from June through September, and the maximum to be received is \$300. During the summer months, window air conditioner units may be available to those who qualify.

Please visit www.jfcac.org for more information on the program and for details on how to apply for LIHEAP benefits.

**Funded with federal funds received from the U.S. Department of Health and Human Services, as provided by the Missouri Department of Social Services, Family Support Division.*

FACTS - ENERGY ASSISTANCE

- 4,012 applications were processed & 3,393 were assisted
- 2,560 clients were elderly and/or disabled
- 1,700 households received Winter ECIP assistance
- 1,255 households received Summer ECIP assistance
- 101 clients participated in the Keeping Current program



Tonia's Story...

Tonia began utilizing JFCAC's services in June of 2016 upon moving to Jefferson County.

At that time, she was living at Comtrea's domestic violence shelter, A Safe Place, and did not know anyone except the employees and other shelter residents. Staff at A Safe Place referred her to JFCAC where she enrolled her children for the Family Health & Education Fair, and enrolled herself in Step Up to Leadership, Employment Support, and any other service that would help her improve her family's situation.

In October of 2016, Tonia began working with an Employment Support Coach and created her first set of goals. Eager to begin her new life, her long-term goals were to go back to school and purchase her own home. Not understanding the definition of "long term goals," Tonia obtained employment, bought a home and moved out of A Safe Place within a few weeks. Not being one to wait for things to happen, Tonia obtained reliable transportation, graduated from Step Up to Leadership, paid off her school loan, utilized LIHEAP funding to access the Keeping Current program (which helped her to decrease her utility expenses), developed and maintained a budget, improved her credit score by 100 points, and enrolled in college courses all within a year's time.

Tonia continues to work with Comtrea and JFCAC to improve her situation, as well as to educate and motivate others. Beyond the measurable goals that have been outlined, within less than a year and a half, Tonia has transformed herself. She has gone from a meek situation that caused her to doubt herself, to trusting herself and feeling safe in the relationships she has fostered.

Because of Tonia's grit, she is devoted to improving herself, her family, and helping others to help themselves.

"I am more than my scars."

~Andrew Davidson, The Gargoyle

OCTOBER 2018

SUN	MON	TUE	WED	THU	FRI	SAT
	1 <i>October 1-6: Customer Service Week</i>	2 <i>National Custodial Worker Day</i>	3 <i>WIC: October 3-5 State WIC Conference</i>	4	5 <i>World Teacher's Day</i>	6
7 <i>October 7-13: Fire Prevention Week</i>	8 <i>Columbus Day</i>	9	10	11	12	13
14	15	16 <i>Bosses' Day</i>	17	18	19 <i>WIC: State Breast-feeding Task Force</i>	20
21	22	23	24	25	26	27
28	29	30 <i>WIC: State Breast-feeding Task Force</i>	31 <i>Halloween</i>			

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NOTES

CSBG Program year begins
Head Start Awareness and Weatherization Month
CSBG: October 1: Enrollment begins for Jefferson County Health and Education Fair, Jefferson County Toy Distribution, and Franklin County Back-to-School Fair



P: (636) 789-2686
Energy Assistance: Option 4
W: JFCAC.ORG

WEATHERIZATION PROGRAM

Weatherization lessens the impact of the high cost of energy on low-income families. The program completes a comprehensive evaluation on each qualified home, then designs and implements a site specific plan to lower utility bills and increase comfort levels in the home. Caulking; weather-stripping; wall, floor, attic insulation; and other cost-effective measures may be installed.

Weatherization also assesses for health and safety. Smoke alarms and carbon monoxide detectors are installed. Homes with gas appliances, furnaces, and hot water heaters are tested for proper operation and ventilation of carbon monoxide. Exhaust fans are checked for proper termination to control humidity and fresh air needs in the home.

Program eligibility is 200% of Poverty Income Guidelines. Both rental and owner-occupied homes are eligible. Please visit www.jfcac.org for more information on how to enroll into the program.

***JFCAC utilizes insulation products containing recycled materials whenever possible.

**Weatherization receives 46% of its funding from Missouri's Department of Economic Development, which is federally funded by the U.S. Department of Energy's Weatherization Assistance Program (34% or \$130,513), and the U.S. Department of Health and Human Services' Low Income Home Energy Assistance Program (12% or \$45,603). Further funding is provided by AmerenUE and Laclede Gas Company.*

FACTS - WEATHERIZATION PROGRAM

- Weatherized homes per month increased from 4 to 6
- CSBG funded 12 Healthy Homes repairs for WX clients
- The program's waitlist decreased by 50%
- 4 staff were trained on Environmental Health Assessments
- 4 staff were trained to provide Asthma Education



Nancy's Story...

When sharing success stories, those that have made drastic changes are often those shared, taking for granted the "smaller" successes. Asking for help is humbling, and itself is a success. For those who seek assistance, the services received can result in cost-savings, and sometimes, are a life-saver.

We met Nancy when she applied for Weatherization. She was living on a fixed income, receiving less than \$1,000 a month from Social Security. Her home was very nice and didn't seem to need much work. Based on our inspection & computer modeling program, all Nancy needed was a heat pump with a few other minor items. Although not a lot of work was to be done, we were on pace to save Nancy an estimated \$120 a month on energy costs; the equivalent of \$1,440 per year!

Work was progressing when a snag was hit; the licensed installer discovered a dangerous situation. During the removal of an air conditioner he discovered the power could not be disconnected, which could have resulted in fire or electrocution. The unit was wired directly into the incoming electrical lines, bypassing all circuit breakers & shutoffs. It was discovered that the load center wasn't large enough to power the home and the heating and cooling system. Unfortunately, this is not a repair that can be made with Weatherization funding, as the program does not allow for electrical load center/breaker box replacement. Fortunately, funds from CSBG's Healthy Homes initiative were able to be leveraged. Through this partnership, we were able to make Nancy's home safe and provide her with a utility bill savings.

Please let Nancy's story serve as a reminder that "an ounce of prevention is worth more than a pound of cure."

"Love & compassion are necessities, not luxuries. Without them, humanity cannot survive."

~Dalai Lama

NOVEMBER 2018

SUN MON TUE WED THU FRI SAT

				1	2	3
				<i>Energy Program: LIHEAP for elderly disabled begins</i>		
4	5	6	7	8	9	10
11	12	13	14	15	16	17
<i>Veteran's' Day</i>			<i>WIC: Missouri WIC Association Meetings</i>	<i>Great American Smokeout</i>		
18	19	20	21	22	23	24
				<i>Thanksgiving</i>		
25	26	27	28	29	30	
		<i>WIC: State Breast-feeding Task Force</i>				

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NOTES

American Indian and Alaska Native Heritage Month
Child Safety Protection Month



P: (636) 789-2686
Weatherization Program: Option 2
W: JFCAC.ORG



FUTURE ENDEAVORS

Every three years JFCAC conducts a Community Needs Assessment (CNA) and the assessment drives the agency's Strategic Plan. In 2016 a great effort was placed on working with program staff in conjunction with the results of the CNA to identify gaps in services in Jefferson and Franklin Counties. Born out of these efforts is what JFCAC refers to as the "10 in 5," the 10 areas of growth on which JFCAC will concentrate its efforts over the next five years. The progress toward JFCAC's "10 in 5" in just one year has been remarkable. However, despite progress there is sadly one factor that always seems to impede efforts - funding.

One of the many battles in the "War Against Poverty" is helping others understand that those living in poverty have not asked for this fate. It seems, now more than ever, that the dollars allocated to assisting individuals who have found themselves in unfortunate times are threatened because of a lack of education, understanding, and compassion.

Part of the mission of JFCAC is to ensure that the services provided not only immediately help those in need, but also strengthen those in need, so they do not find themselves in the same situations in the future. In other words, create self - sufficiency.

As an agency, it has become apparent that we too must strive for self - sufficiency. In 2017, JFCAC began an endeavor to do just that - funding diversification. Three areas were identified to continue to drive the agency forward. Each of the chosen areas were selected for their potential to assist the agency in bringing in more dollars to support current programs as well as to support additional programming needed in our counties.

With the assistance of JFCAC's devoted Board, 2018 will hold the agency stepping into the fundraising arena. In addition to fundraising, the agency has recently completed all necessary certification requirements to begin to bill Medicaid for Nursing and Mental Health services. Finally, JFCAC has recognized that a great way to support the agency's mission is to embrace social enterprise opportunities. Therefore, 2018 will also hold the agency moving toward opening social enterprises (LLC). Profits from these social enterprises will be allocated back into JFCAC to support additional programming and/or to assist existing programs when funding dollars are threatened.

"When we are no longer able to change a situation, we are challenged to change ourselves"

~ Viktor Frankl

Breathe a Little

by Alex Wilke and Austin Lininger

Let it fall by a lonely wayside
Take in the silence
and Breathe a Little

Let it fall through the cracks in your mind
All the promises you owe
You can let 'em all go
and Breathe a Little

Throw fear that lies in front of you
out with the ones who have haunted you
Give up only to start again

Even let go of your scars
You'll find that life is too short to be thinking too hard
Just be who you want to be seen as
Dream and dream bigger for what you believe that
you always have wanted

It's the first day of the rest of your life

This race is a marathon
So take your time it's time worth taking
Pull that weight off your shoulder
Keep moving on
Get one step closer

So I say whatever you do, wherever you go
Just Breathe a Little
Hold on to what's close to you
Remember what makes your heart beat to
The rhythm that never starts playing on and on

Even let go of your scars
You'll find that life is too short to be thinking too hard
Just be who you want to be seen as
Dream and dream bigger for what you believe that you always have
wanted

It's the first day of the rest of your life.....

DECEMBER 2018

SUN

MON

TUE

WED

THU

FRI

SAT

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1

LIHEAP for general public begins

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14

8

Jefferson County Toy Distribution will be held (must be pre-registered. No walk-ins allowed)

16

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19

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22

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24

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26

27

28

29

Christmas Eve

Christmas

30

31

New Year's Eve

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NOTES



P: (636) 789-2686
W: JFCAC.ORG





**“You must be the change you wish to see
in this world”**

~Dalai Lama

Phone: (636) 789-2686

Community Services: Option 4

Energy Assistance: Option 4

Housing Assistance: Option 3

Weatherization Program: Option 2

WIC Services: Option 5

Head Start Program: Option 6

Mental Health Services: Option 7

Mailing Address:

P.O. Box 920
Hillsboro, MO 63050

Jefferson County Office:

#2 Merchants Drive
Hillsboro, MO 63050

Franklin County Office:

1020 Plaza Ct., Suite B
St. Clair, MO 63077

Head Start Administration:

305 Third Street
Hillsboro, MO 63050

Relay Missouri TTY Service:

800-737-2966

After Hour Crisis Mental Health Services:

800-811-4760

JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	
		New Year's Day					
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
	MLK Day						
27	28	29	30	31			

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NOTES

CSBG: Mid January: begin accepting appointments for Tax Assistance



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W: JFCAC.ORG

