“Veggies for All” Community Garden

CAPCA is excited to announce the launch of our new “Veggies for All” community garden, sponsored by KTHV. CAPCA staff, their families, employees of KTHV11 News, United Way and community members spent a Saturday in October assembling and installing four gardens, two watering support systems, three greenhouses, a vegetable cart and a storage shed in preparation for the garden.

“Veggies for All” is projected to be a huge benefit to the families of Faulkner County and will be maintained by staff and volunteers who are all welcome to yield fresh veggies! By allowing the community to grow food, individuals and families have immediate access to fresh, healthy food and mixed meals that support nutritional health. Moreover, because it requires physical activity, community gardening promotes physical fitness and healthy living. CAPCA is proud to have the opportunity to increase access to healthy food and food choices while also continuing the fight against hunger in the community.

Our goal in the future is to offer nutritional cooking classes as well as seeds and gardening education with the food, veggies and herbs provided from our pantry and garden in hopes of teaching our community it is possible to eat tasty, healthy meals on a budget.”

Melissa Allen, Community Programs Director
A Year of Discovery

The students of the Heber Springs Head Start Center have had an amazing year of discovery! Lesson plan projects covered a wide range of objectives for science, technology, art and social studies.

For a science lesson, the students melted crayons to learn how properties change during the dissolving, mixing, heating and cooling processes. During the "Tree Unit" course, the children enjoyed an outdoor lesson studying the size, shape and smell of various trees. Each child used crayons to make a tree bark rubbing by placing a sheet of construction paper against the tree trunk and rubbing a crayon over it to reveal the texture of the bark.

The children also enjoyed a visit with Ms. Cindy Moffitt from local bakery "Cindy's Sweets and Eats". Ms. Cindy discussed with the students her duties as a baker and brought samples of the delicious baked goods made at the bakery. Ms. Cindy encouraged the students to visit the bakery by giving each child a coupon for a free treat.

The center invited local wood crafter Mr. Adam Sullivan, owner of Little Red River Customs and Outdoors, to share his profession with the children. He detailed the wood carving process from a raw piece of wood to the final product. Mr. Sullivan then demonstrated how he enhances the natural wood grain and character of each piece he makes. The children were thrilled to work on their own project by sanding and polishing a wood candle holder to take home. Mr. Sullivan also donated a beautiful CAPCA bench he made especially for the center.

Heber Springs Head Start would like to say a very special thank you to all of the visitors for their time and contributions to the center.

Safety First!

The Gould Head Start Center celebrated “Fire Safety Month” in October with the help of the local fire department. Chief Charles James and firefighters Jerry Bailey and Bobby Jones visited the center and discussed fire safety with the children, staff and parents. Students enjoyed an inside tour of the fire truck and loved hearing the sirens. The chief and his firefighters concluded their visit with an experiment and gifted fire hats and goody bags of coloring books and crayons to all of the students!

Fire Safety Tips:

◊ Plan an escape route and practice with your children monthly and at different times of the day.
◊ Pet Fire Safety: Include them in your family evacuation plan with a supply kit and a safe place for them to stay.
◊ Leave if you smell smoke, see fire or the smoke alarm sounds.
◊ Test your smoke alarms every month.
◊ Keep matches, lighters and other ignitable substances in a secured location out of your children's reach.
◊ Invest in flameless candles that contain a light bulb rather than an open flame; therefore, taking the danger out of your child or pet knocking over a candle.
◊ Teach household members to STOP, DROP and ROLL if their clothes should catch on fire.
**Going BIG at England**

“Go BIG or Go Home” could be the slogan for the England Head Start Center this year! Kicking off the school year in August, the center’s preschool parents and children completed a BIG scavenger hunt while learning about the center, staff and emergency procedures. In September, the staff hosted BIG family events such as creating “All about Me” posters with their child and a male involvement activity featuring an illustrated story on “Patriots Day”. In October, the center celebrated Breast Cancer Awareness month by dressing in all pink and singing “I wish you well” to breast cancer survivors. To welcome fall, the center held “Fall Fest”, decorated pumpkins, visited the pumpkin patch with parents and participated in Homecoming/Spirit Week. The October male involvement activity featured a BIG exciting pumpkin relay race. In November, the parents joined their children for a BIG Thanksgiving lunch, journal writing, “picture talk” and thankful placemat activities.

Center Manager Shaunda Taylor would like to BRAG on her awesome Parent Committee for raising $1,500.00 during a Homecoming fundraiser. The parents were thrilled to have their children represent the England Center as the 2017-18 King/Queen (and/or) Prince/Princess.

The England Center believes in BIG things!

**Welcome Mrs. Batson!**

Over the summer, the England Head Start Center welcomed the addition of a new infant and toddler classroom as well as new teaching staff. Mrs. Monique Batson is one of the wonderful additions and is an asset to the new classroom. Mrs. Batson has several years’ experience in early childhood education and has worked with children of all ages; however, her passion is with children newborn to 3 years old. In a short time, Mrs. Batson built a rapport with her parents through communication and identifying with them. According to one parent, Ms. Tranena McClinton, “She is always smiling, has a great attitude and talks to me about my child each day”. Mrs. Batson incorporated various parent involvement activities throughout the year to strengthen her students’ fine motor skills, eye coordination, finger/hand movement and family relationships. England Head Start is grateful to have such dedicated staff!

Mrs. Batson in her classroom.

**Helping Hands at Stuttgart**

As the season changed to the cold winter months, the Stuttgart center staff and parents came together to create a “Helping Hands” tree to symbolize their appreciation for the support and guidance received throughout the school year. From donated goods to lesson plan activities and classroom celebrations, many have gone out of their way to ensure the children make lasting memories. Teachers and students alike traced their hands on construction paper and cut out the image to compile into a tree. The Helping Hands tree is supported at the base by the teachers’ hands and photos as they are the pillars of educational success for the students’ bright futures. Above the teachers are the hands of the students, the shining stars of the center. The students enjoyed showing their parents their individual paper hands and photo, bringing smiles and happiness to both the parents and children. After the winter season ends, the Helping Hands tree will be redressed and used as a communication tool in which comments and suggestions can be placed for ways to improve the classrooms and/or center. With thorough planning and continued community involvement, the Stuttgart center plans to continue showing its appreciation, with hopes that the community reciprocates for years to come.
Colorful Imaginations at Rose Bud

The Rose Bud Head Start Center studied pumpkins during the fall season and enjoyed a field trip to a nearby pumpkin patch. Each student had the opportunity to study and choose their own pumpkin! The pumpkins were displayed at the center and utilized in the monthly PACT “Parent and Child Together” activity. Family members were invited to help their children paint their pumpkins. Dads, moms and grandparents worked with their child to create artwork using an assortment of colors and learned to create unique colors by mixing various paint colors together. The students were so excited and grateful to have their loved ones assist them in exploring their imagination. Rose Bud Head Start families have been wonderful working as a team with staff and being involved in their children’s school readiness, and have been spectacular in school involvement activities!

A Nurturing Curriculum

The Bald Knob Head Start Center students have been busy learning and growing! One preschool classroom began the school year with an ice cream social; each student prepared their own homemade ice-cream with the recipe below. Meanwhile, a second preschool classroom honed their art and architectural skills by painting and block building with their friends, while also unknowingly expanding their school readiness skills!

The students enjoyed a visit from Mr. Travis Morris with the Bald Knob Fire Department. Firefighter Morris showed the children the protective gear and equipment utilized when fighting a fire; the students were particularly interested in the breathing apparatus. Of course no fire department presentation would be complete without a tour of the fire truck! Firefighter Morris allowed the students to examine the water hose, fire extinguisher and shiny wheels. This was by far the highlight of the month!

The preschoolers learned the meaning of Veteran’s Day and celebrated by honoring local retired Army Veteran Eric Throckmorton. The students painted an American Flag on wood and used their thumbprints as the stars. Upon request, Mr. Eric visited the center where the children presented him with the flag and thanked him for his twenty-six years of service! The flag is now proudly displayed in Mr. Eric’s home office.

Bald Knob Head Start is certainly blessed with wonderful teachers and involved parents. The teachers are amazed to watch the children grow and develop skills they will use for many years to come. Parents have expressed how much they appreciate the nurturing parent curriculum and their plans to implement it within their household. Parents and staff alike are looking forward to the rest of the year!

Homemade Ice Cream

Ingredients:
- ½ cup heavy whipping cream
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 2 cups of ice
- A sprinkle of rock salt

Directions:
Combine whipping cream, sugar and vanilla in a sealed quart sized bag. Place zipped bag with cream mixture in a gallon size bag with ice and rock salt. Then, children get to ‘shake their wiggles out’ by shaking the bag for 7-10 minutes until ice cream is firm. Eat and enjoy!
After Hours Medical Clinics

* **How to see a doctor when the office is closed?**
What happens when sickness or injuries occur after regular physician office hours? Of course, the emergency department is always an option; however, by nature, emergency departments treat the most serious conditions first and while urgent, not all conditions are considered true emergencies.

Many non-life threatening health issues need care and sometimes a sick child or adult needs attention when their regular physician’s office is closed, whether it is an emergency or not.

A good option is an after-hours/weekend clinic. No appointment or referrals are required. As with any medical visit, patients or their loved ones should bring a list of medication they are currently taking to help the clinic staff determine the most effective and appropriate treatment.

* **When are they open?**
While they are all open in the evenings and on weekends, individual clinic hours will vary. Always call first.

* **What conditions do they treat?**
Most of the clinics can treat fever, colds, flu, earaches, sore throats, sinus infections, urinary tract infections, bronchitis, pneumonia, allergies, asthma, cuts, contusions, simple lacerations, sprains, strains, minor fractures, bites, stings, rashes and conduct medical screening for such conditions as diabetes, cholesterol and sexually transmitted diseases. Of course, serious medical conditions such as a suspected heart attack or stroke, multiple broken bones, advanced pneumonia and other life-threatening conditions must be treated at the emergency department if the condition is more serious than the patient expected.

* **How much will it cost?**
Will the clinic accept your insurance, including Medicaid and Medicare, or will you have to pay in cash?

Clinic visit costs can vary depending upon which services you receive. Not all clinics accept Medicaid or Medicare. Call the clinic and ask about payment options before going to the office.

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### Homemade Chicken Noodle Soup

**Ingredients:**

- 1/2 medium onion, thinly sliced
- 1 small carrot, thinly sliced
- 2 stalks celery, thinly sliced
- 2 sprigs flat-leaf parsley
- 6 cups chicken broth, homemade or low-sodium canned
- 1/2 cup water
- Salt and freshly ground black pepper
- 1/3 lb. egg noodles
- 1 1/4 cups shredded cooked chicken (meat from about one breast)

**Directions:**

1. Place onion, carrots, celery, parsley, chicken broth and water in a medium pot. Season with salt and pepper to taste and bring to a simmer over medium heat. Simmer until the vegetables are almost tender, about 5 minutes.

2. Add noodles and cook until tender, about 5-8 minutes (depending upon the size of the noodles). Add the chicken, warm through and adjust the seasoning with salt and pepper if necessary.
One November morning, the shipment of government surplus food arrived at the CAPCA Administrative Office and was scheduled to contain 78 cases of peanut butter for the Faulkner County holiday food boxes; however, not one jar was received. This meant 465 households would not receive peanut butter, which is a huge problem when providing supplemental food. Peanut butter is one of the most affordable proteins CAPCA can provide. That afternoon, Melissa Allen, Community Programs Director, opened the mail and discovered a letter from First Electric Co-Op Corporation notifying her CAPCA was the recipient of a $1,500 donation request she had applied for months earlier. CAPCA is blessed! The amount of the check was the perfect amount needed to purchase 465 small jars of peanut butter!

Conway Head Start staff remind us that “Real Heroes Don’t Wear Capes, They Teach”.

Quitman Veterans of Foreign Wars showed their outstanding support again this year for the Holiday Food Box Distribution in Cleburne County! Thank you for helping to strengthen your community.

CAPCA youth worker Joceph Alex Duncan and Food Pantry Coordinator Myracle White haul boxes donated by THV for the Holiday Food Box Distribution. Thank you THV!

CAPCA would like to extend many thanks to Walgreens in Amite, Louisiana, for providing a free flu shot clinic during the monthly parent meeting.

Several CAPCA staff and Governing Board members attended the annual Bookcase Banquet! They enjoyed entertainment by Shoji Tabuchi and listening to Mr. Jim Davidson promote literacy in Faulkner County! CAPCA is extremely grateful for the Bookcase Project!

Thank you to all of our amazing community partners for your continued support and your involvement in making our community stronger!
Together, We Make an IMPACT!

Ms. Kelly Hill, XTO Energy Office Manager, presents a $1,000.00 check to Debbie Gilmer, Community Services Coordinator, for the Holiday Food Box Distribution.

Hayden and Henderson at Carolyn Lewis Elementary in Conway, Arkansas, celebrated their birthdays with a joint birthday party; however, rather than having guests bring presents, they asked for book donations to support the CAPCA Bookworm Drive. Thank you, Hayden and Henderson, for your generosity and support of such a wonderful program!

During Red Ribbon Week, Ellen Smith Elementary students, staff and parents collected food and household items for the CAPCA Faulkner County food pantry. Thank you to everyone who participated and to Ms. Angela Riggins for dropping off the donation! Thank you for setting your community in ACTION!

Carolyn Lewis Elementary is fostering a love for community early! Students helped CAPCA volunteers load nearly 300 canned food items that were collected during their Red Ribbon Week Food Drive.

Thank you to IDA Burns, Carolyn Lewis and Florence Mattison elementary schools in Conway, Arkansas, for collecting food for our holiday food boxes during their Red Ribbon Week Food Drive.

Thank you to Walgreens on Oak Street in Conway, Arkansas, for the donation of 1,500 reusable shopping totes for the Bookworm Project at the Holiday Food Box Distribution, Project Homeless Connect and in the food pantry! The bags will be used by individuals and families to "shop" for books during the distribution and by individuals who visit the food pantry on foot. This is a HUGE blessing and CAPCA is so thankful!
COMMUNITY IN ACTION

Cleburne County Holiday Food Box

The Cleburne County Support Office (CCSO) held its annual Holiday Food Box Distribution on November 17, 2017, in conjunction with the fourth quarter Commodity Distribution. In addition to the USDA foods received from commodities, holiday food items and a turkey were added to the boxes to make a complete holiday meal. These additions were made possible by generous contributions from local businesses, churches, organizations and individuals through monetary and non-perishable food donations.

With the help of gracious donors, 228 Cleburne County families received a Thanksgiving meal complete with a 12-14 pound turkey and enough additional food to stock their pantries. The CCSO and CAPCA would like to express their appreciation to all the generous individuals, businesses and churches in the Cleburne County community that made the Holiday Box possible!

Special thanks to the following contributors: Cash Saver, Ed LaSoyne of State Farm Insurance Agency, Quitman Junior & Senior High Science & Beta Club, Prevailing Word Church, Kent Hulsey, First Presbyterian Church, Sugarloaf Baptist Church, Quitman Veterans of Foreign Wars Post 7514, Southwestern Energy, Eagle Bank, XTO Energy, Heber Springs Veterans of Foreign Wars, Dr. Braden Cato of Cleburne County Animal Clinic, C & K Management-McDonalds, Bennie Foster of Foster Auto Sales, Heber Springs National Guard, First Baptist Church, Baptist Health Medical Center, Cowherd Family Medical Center, First Electric Co-Op Corporation, Southside Baptist Church, Heber Springs High School FCCLA, Red River Dodge, First National Bank, Panache Aromatique, Walmart, American Legion Post 64, Clearview Baptist Church, HARPS, Connection Church and Walker Harmon of Christopher Realty.
I wanted to include here: all volunteer and community partnerships for that quarter. There seems to be a lot of pictures and blurbs on the agency FB to fit in these 2 pages.

Cleburne County Holiday Box

The Holiday Food Box Project is in conjunction with Cleburne County’s quarterly commodity distribution in November. The Cleburne County Support Office (CCSO) takes the commodity food boxes and builds them up to include food items for a traditional holiday meal. To make the holiday boxes happen is to put a lot of preparation and planning in order. The process starts with contacting local business and churches seeking food items or monetary donations as early as September. Then, the CCSO takes applications from Cleburne County residents for these boxes the entire month of October. The food is delivered the day prior to the distribution and with the amazing help of volunteers from the local community the boxes are prepared to be distributed the following day. For the 2017 holiday season the CCSO distributed a total of 228 Holiday Food Boxes, all including a 12-14 lb. turkey. The CCSO and CAPCA would like to express their appreciation to all the generous individuals, businesses and churches in the Cleburne County community that made the Holiday Box possible!

Faulkner County Holiday Food Box

The Faulkner County Holiday Food Box Distribution was held on Friday, December 15, 2017, at the CAPCA Administrative Office in Conway, Arkansas. Because of the generosity of our community, over 465 families received a food box this year! Through the Bookworm Project held in partnership with Friends of the Faulkner County Library and the Arkansas Community Foundation of Faulkner County, recipients also received books for all ages, adult and children coloring books, markers, colored pencils, paracords, and cross word, word search and Sudoku puzzle books of their choosing.

A heartfelt thank you to the giving individuals, groups and businesses who supported this project: United Way of Central Arkansas, Ensono, St. Joseph Catholic Church, City of Conway, Covington Real Estate, Inc., Conway Corporation, Ed’s Bakery, Conway Police Department, Conway Adult Education Center, Walgreens-Oak Street in Conway, America’s Car-Mart, Krispy Kreme Doughnuts, Jay Bernard of State Farm Insurance, Conway Regional Medical Center, Ida Burns Elementary School, Ellen Smith Elementary School, Department of Workforce Services, Nabholz Corporation, Crum & Forster Insurance, Blaze Pizza, 10 Box Plus, Conway Regional Health & Fitness Center, Kroger-Oak Street in Conway, First Presbyterian Church, Centennial Bank, Conway Human Development Center, Department of Human Services in Faulkner County, Farris Agency Insurance, Inc., Conway Public Schools, Greenbrier City Event Center and Conway Counseling & Wellness Center.
SUCCESS STORY

A Longing of Hope

Within each person lies a deep longing for freedom, safety, hope, self-respect and a chance to make an important contribution to family, community and the world. In October, staff member Jema Quintana was working with Ms. Jessica Pope, a pregnant mother of seven, who was enrolled in the Rapid Rehousing Program (RRH) through the Emergency Solutions Grant. This program provides financial assistance and services to help those who are experiencing homelessness to be quickly re-housed and stabilized. During a case management meeting, Jema and Jessica completed a budget, reviewed short and long term goals and discussed her future plans. Jema was so refreshed to witness Jessica’s pride and positive energy as they were able to identify some of her “wins” over a few months time and to see steps taken to becoming a better mother.

After completing a treatment program, Jessica was referred to CAPCA by DHS as a good candidate for the RRH program. Six of her children were in DHS custody and a seventh baby was on the way. CAPCA helped to locate a house with reasonable rent and assisted with the security deposit, first month’s rent and utility deposits. This laid a foundation for amazing growth! Jessica maintained employment, her commitments to DHS and the courts, and within three months, she was reunited with her children.

Currently, she is independently paying her rent and utilities while maintaining full time employment. CAPCA provided a referral to the Child Support Enforcement Office to provide her additional resources for her children and she has followed through on everything requested from her. Jema found it especially encouraging when, in discussing her goals, Jessica mentioned she had enrolled in online classes to pursue her degree! She has a deep desire to be a role model for her children and is willing to do whatever it takes. With support from CAPCA’s Emergency Services Program, this family is continuing their transition out of poverty and into making a contribution to the world!

“She proved us all wrong. Made us all eat crow, and it was the greatest meal we’ve ever had, I think.”
-Faulkner County Judge David Clark, presiding judge over Jessica’s case.

“I’m very proud of myself, I’m happy to wake up. I’m happy to have all my kids here. It’s crazy, it’s overwhelming sometimes, but I thank God for it every day.” - Jessica Pope

CONGRATULATIONS!

CONGRATULATIONS Safety Incentive Winners!

The following employees were selected in the Safety Incentive Drawing for no worker’s compensation claims during the October-December 2017 quarter:

- Jessica Borling
- Rebecca Renuard
- Courtney Brown
- Crystal Stuart
- Tameka Canada
- Kelly Throckmorton
- Michelle Dukes
- Andrea Vanaman
- Angela Harris
- Calvin Williams
Ms. Nancy Burnett
Bookkeeper
Administrative Office
November 2017

“I chose Nancy Burnett to be the November Employee of the Month because she went above and beyond to help a family in need. The nominator stated when Ms. Burnett is thanked for a job well done, she always replies that she loves what she does and IT SHOWS! It’s always great to see and hear about a person in a position that loves their job. We as employees of CAPCA must remember it’s not about us but the people and families we serve on a daily basis.” – Selection Committee

(Pictured from left: Mr. Todd McCauley, Fiscal Officer, and Ms. Nancy Burnett)

Ms. Tara Wilson
Bald Knob Head Start Teacher
Bald Knob Head Start Center
October 2017

“Ms. Tara Wilson is not only a spectacular preschool teacher; she is a wonderful team player. She goes above and beyond to ensure the needs of not only the children, but the needs of the whole family are met. She is instrumental in ensuring Dial 4’s are conducted on all children within the center. She is always willing to do whatever is needed to ensure the mission is accomplished. When all other avenues have been exhausted, she is the first one to come up with an out of the box solution. Ms. Wilson is flexible and able to meet the needs of the most challenging children with grace and confidence. Ms. Tara Wilson is an integral part of the Bald Knob Head Start program.” – Nominator

(Pictured from left: Ms. Kelly Throckmorton, Bald Knob Center Manager and Ms. Tara Wilson)

Ms. Christina Edwards
Bald Knob Head Start Family Advocate
Bald Knob Head Start Center
December 2017

“Christina is a pleasure to work with. She is a go-getter who has a passion for Head Start and her families. She has picked up on data entry quickly, she asks for clarifying information when she needs it and she stays on top of her families and childrens’ needs. She’s professional and kind, she has a positive attitude and she gets things done. She is a great asset to our Head Start team! I’m blessed to work with her!” – Nominator

(Pictured: Ms. Christina Edwards and the Bald Knob Head Start Center children)
Utility Assistance Program Open at CAPCA

The Regular and Crisis Utility Assistance programs for gas and/or electricity assistance are both currently open; the Regular Program will remain open until April 13, 2018; no closing date for the Crisis Utility Assistance Program as yet. Applications will be taken on Monday, Tuesday and Wednesday between the hours of 8:15 to 11:00 am and 1:15 to 3:30 pm. The office will be closed from 12:00 to 1:00 pm for lunch. Applicants are seen on a first come first, serve basis. Arriving between these hours does not guarantee that an interview can be conducted; staff will serve as many applicants as possible during the scheduled interview times. It is recommended that you arrive early.

All interested applicants must provide the following:

* Proof of all household income for the previous month for all household members 18 years of age or older. If a household has not had income during the previous month, you will need CAPCA’s Contribution and/or Collateral Statement.
* **Must** have a copy of both light and gas bill.
* A valid state or government issued ID.
* Current verification of any and all contributions from family and friends.
* If utilities are included in your rent, you must provide a copy of your current lease agreement. If any subsidized housing is received, you will need proof that utilities are included; see housing authority staff.
* For unemployed high school students 18 years or older, a letter from the high school must be provided to verify enrollment.
* Additional documentation may be required at time of application.

No determination can be made until all requested information has been received.

**APPLICANTS APPLYING FOR CRISIS ASSISTANCE MUST HAVE A DISCONNECT OR SHUT-OFF NOTICE.**

*For propane, your tank must be at 10% or less.*

For more information in Faulkner County, please contact our Administrative Office at (501) 329-3891 or at 707 Robins St., Suite 700, Conway, AR 72034.

In Cleburne County, please contact Debbie Gilmer, Community Services Coordinator, at (877) 699-6924 or (501) 506-0382, or at 305 W. Searcy St., Heber Springs, AR 72543.

In White County, please contact Lisa Smith, Community Services Coordinator, at (877) 699-6962 or (501)279-2015, or at 1132 Benton St., Searcy, AR 72143.