

# Hope Inside

Community Action news and updates

We partner with our community in fearless pursuit of anti-poverty solutions so we all have the opportunity to live well.

## Responding with skill, supported by love

**You support  
more lives  
than you'll  
ever know.**



*We work with  
people who have  
gone through  
hard things.”*

-Alexa Ewbank,  
Head Start Mental Health  
Consultant

The day started normally in the Community Action Head Start pre-school classroom. Hellos and goodbyes were said, breakfast was served, giggles could be heard. And then came a scream that would not end.

Learning to regulate or calm oneself is a skill children must learn. On this morning, this child was not being naughty, bad, or manipulative. He simply did not have the skills he needed to calm himself.

The reason why is not as important as the response. And **Head Start is skilled at knowing how to respond.**

**Thanks to you, at Community Action we have embedded mental health expertise into our systems and leadership.**

Alexa Ewbank is Head Start's Mental Health Consultant. With over 400 children and parents, it is neither feasible nor best practice for Alexa to work one-on-one with each family. What Alexa does is **build the capacity of our caregivers and parent educators** by providing informed mental health-based observation, training, guidance and resources.

**With your support,** Community Action Head Start teachers are then strengthened to nurture emotional abilities so children are ready to learn. Head Start parent educators are prepared to support and assist parents in developing needed skills. **A head start into life is being uplifted for the entire family.**

Back in the classroom, the Head Start teacher uses her training. Face-to-face with the bereft student, she uses a calm and reassuring voice, and offers him visual cues so he can communicate without words.

**Working together, the day is ready to begin. Thank you.**



Hope Inside celebrates the vision and work made possible by you. Here's to many more years of fearless action together! Stay tuned for more 60th activities this year.

## Letter from the CEO

# Celebrating 60 years!

It's our 60th anniversary of action!

From our very beginning, Community Action equals local action.

Sixty years ago, we prioritized adult basic education, Head Start, and legal services. Today, **you partner with us to continue fearlessly pursuing anti-poverty solutions** within the arenas of Early Childhood Education, Homelessness Prevention, Financial and Family Well-Being, and Hunger Relief and Healthy Food Access.

A beautiful thing about our 60-year history is that we use detailed data along with community surveys and input to help guide and support our program and service decisions. We respond to meet our neighbors where they are at, and at any point in their journey that they need us.

**By investing in our cause, you provide hope in a way that cannot be measured.** You fulfill the vision of that group of Lincoln citizens from 60 years ago who launched the work we continue today. **You enliven the promise of Community Action.**

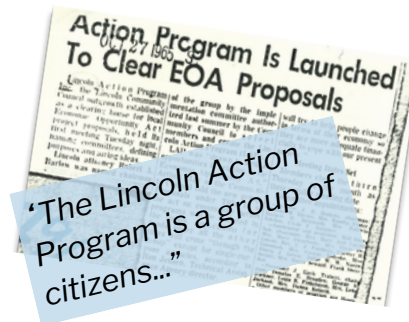
Celebrating 60 years is an opportunity to reflect, to look forward, to dream big, and to set new goals.

We are planning several celebrations to honor our milestone anniversary and hope you will take part! I look forward to extending more formal invitations soon.

**Thank you for your continued belief.** Together, our potential is limitless.



Heather Loughman



## Board of Directors

**President:** Brodey Weber

**Vice President:**

Michelle Suarez

**Treasurer:** Grant Buckley

**Secretary:** Chris Marvin

**Members:**

Christy Arfman

Tiffany Back

Marta Boucher

Tanya Encalada Cruz

Carl Eskridge

Ana Jelavic

David Lux

Christine Marvin

Kelly Porter

Keeli Rabago

Thuy Ngoc Ho

Gina Egenberger

**Management Team**

Pam Benner

Jill Bomberger

Deanna Briley

Jessie Hedrick

Heather Loughman

Michelle Martinez

# Hope delivered

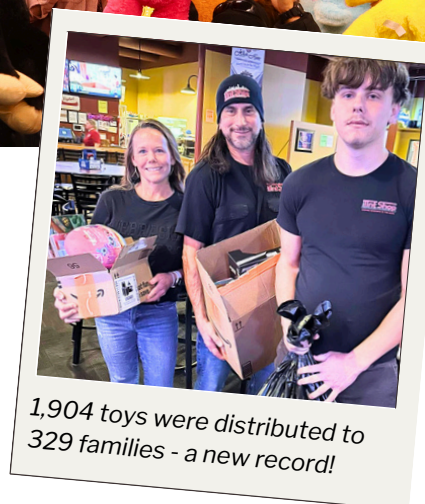


**2024 ended with great joy.**

You raced past our highest ever Gathering Place Match Campaign goal. You were there for that young mom as she carried home toys to her family. You made sure our Head Start students had a new home for learning. **You are a champion of hope.**

**Hello 2025.** 60 years and going strong.

Thanks to you!



“Real people need real solutions, and you have been able to do that. From the bottom of my heart, thank you.”

-Marcus,  
Gathering Place guest







# La Familia FEAST

*"I want to start by thanking the people and institutions that made this initiative possible to support the community...."*

At Community Action's FEAST graduation, Katherine surprised her peers with a heartfelt speech. They had spent 12 weeks together learning how to read food labels, understand healthy food contents, discuss nutrition, and cook together with fresh whole foods using budget-friendly recipes – the foundation of FEAST ("Food, Education, Access, and Support, Together").

Katherine pointed out one more thing – **the friendships.**

**"Estoy muy Feliz de haber sido parte de esta bonita familia, la familia FEAST...que hicieron cada día juntas muy especial."**

**"I am very happy to have been part of this beautiful family, the FEAST family...who made every day together very special."**

**Thank you for fearlessly supporting strong health, wellness, and human connection within our city's communities so we all have the opportunity to live well.**

This 12-week program is free and available to any neighbor who meets eligibility criteria.



## Staff Spotlight:

**Roger Doerr, Tenant  
Support Services**

*Ring! Ring! Riing!*

The sound of a person who needs a listening ear.

**Community Action receives over 1,500 phone calls a year from renters and property owners across our community. Your support makes sure someone knowledgeable and caring answers the phone.**

That would be Roger.

"Most calls have two common themes - what are their rights and how to handle disputes. My goal is always to help them keep their housing. We do that by problem solving and connecting to other community resources. **Often, they just need someone to listen and talk it through with to develop a plan.**"

Thank you for answering that call.



**Hope within numbers**  
Across all agency programs in 2024

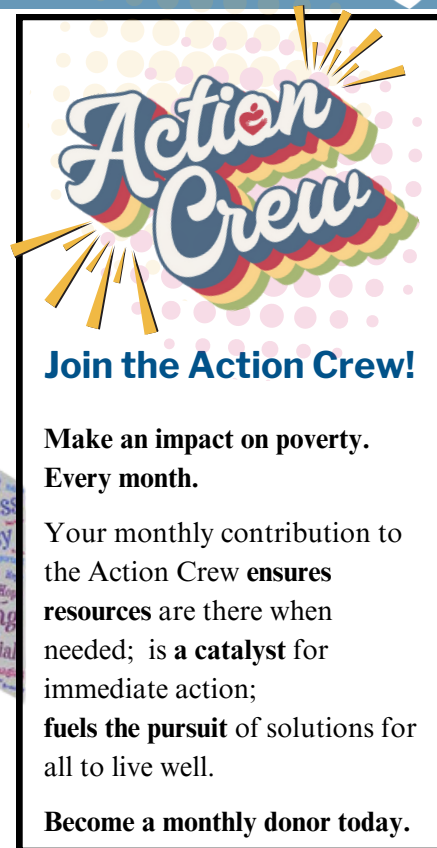
**142,647**  
services delivered

**19,965**  
people served

**30%**  
increase in services  
from 2023

**100%**  
supported  
by you!





## Did you know?

Varied perspectives working together  
for 60 years.

## Save the Date!

## Give to Lincoln Day

Thursday,  
May 29, 2025

☐ Please accept my gift of \$

## Email



Helping People. Changing Lives.  
**community**  
**Action.**  
PARTNERSHIP  
LANCASTER AND SALISBURY COUNTIES

210 O Street  
Lincoln, NE 68508  
[www.communityactionatwork.org](http://www.communityactionatwork.org)