

Center for People in Need  
**RESOURCE HANDBOOK**  
For Free or Low Cost  
Children's Services

Updated January 2009



**Center for People in Need**

3901 North 27th Street Unit 1- Lincoln, NE 68521  
www.centerforpeopleinneed.org  
476-4357



**Need help? Don't know where to start?**  
To find help with housing, health care, food pantries, childcare, drug or alcohol abuse counseling, mental health issues, aging concerns, and many other human services. Dial 2-1-1 or go to [www.ne211.org](http://www.ne211.org).  
Dial 2-1-1. Trained personnel will answer your call  
(all languages)



The mission of the Center for People in Need is to enhance opportunities for families and youth as they address socio-economic barriers limiting their paths to success.

3901 North 27th Street Unit 1

Lincoln, NE 68521

402-476-HELP (4357)

Fax: 402-476-4358

Website

[www.Centerforpeopleinneed.org](http://www.Centerforpeopleinneed.org)

Beatty Brasch

Executive Director

Deb Daily

Director of Operations

The Center for People in Need is a 501 (c) 3 organization and all contributions are tax deductible.

# Lincoln Children's Museum

## LINCOLN CHILDREN'S MUSEUM

1420 P Street  
Lincoln, Nebraska 68508  
www.lincolnchildrensmuseum.org

477-4000

477-0128

The Have a Heart program is valid for parents and their children  
(up to 18) living in the same household.

**\*Pay \$5 for your entire family for unlimited visits  
throughout the WHOLE year!**

### **How do I apply for Have a Heart?**

Complete the Have a Heart Enrollment form.  
Show proof of income to a museum representative.  
Pay \$5 annual processing fee.

### **Proof of Income**

Verification of enrollment:  
Medicaid card  
Lincoln Action Program  
Head Start  
Completed IRS Form 1040

### **Income Guidelines**

Income equal to or less than amount shown for a family of:

2	\$25,326
3	\$31,764
4	\$38,202
5	\$44,640
6	\$51,078
7	\$57,516
8 or more	\$63,954

**Terms of Have a Heart admission:** Only for immediate family members listed on the card.

Non-transferable and non-refundable

Free admission may not apply to special events

Have a Heart is an admission program only. No other discounts or benefits apply. Terms and longevity of the Have a Heart program are subject to change. **\*Applications with the \$5 fee paid are available through the Center for People in Need for a short time.**

# Lincoln Public Schools Enrollment Policies

## School Health Screening

Nebraska statute **requires school-age health screening**. Children in preschool and kindergarten through third grade, sixth and ninth grade are screened for vision, hearing, dental defects, height and weight. The screening program also incorporates blood pressure and scoliosis (spinal curvature) screening at the sixth and ninth grades. Students entering the Student Assistance Process at any grade level, and those about whom health concerns are identified to the school nurse, may also be screened. Parents are notified of any health concerns as they are identified. Parents who do not wish their child to participate in the school health screening program must provide screening results from a medical provider, dated no earlier than May 1 of the current calendar year, by December 1.

**Evidence of a physical examination by a qualified physician is required within six months prior to the entrance** of the child into Early Childhood classes, kindergarten and the seventh grade or in the case of transfer from out of state to any other grade. A parent or guardian who objects must submit a written statement of refusal for his or her child. The statement will be kept in the student's file. Waiver forms are available in the school health office. Additional physical exam requirements may apply for athletic participation.

\*\* New for 2006-2007 school year. **Evidence of a visual evaluation by a physician, a physician's assistant, or an advanced practice registered nurse within 6 months** prior to the entrance of the child into the beginner grade or, in the case of a transfer from out of state, to any other grade.

## Immunization Requirements

**Students must show proof of immunization upon enrollment in Lincoln's public schools.** Any student who does not comply with the immunization requirements will not be permitted to continue in school. Students with medical conditions or sincerely held religious beliefs which do not allow immunizations must complete a waiver statement which is available in school health offices. Unimmunized students may be excluded from school in the event of a disease outbreak.

## Vaccines (Shots) for Children

### Vaccines (Shots) for Children in Order to Start School

The Lincoln/Lancaster County Health Department provides free vaccines to eligible children. There is a \$15 administrative fee per child; however, the health department will not deny anyone services. Children must meet one of the following criteria to be eligible for vaccines:

- Be enrolled in the [Medicaid](#) or [Kids Connections](#) program
- Have no health insurance coverage
- American Indian or Alaskan Native
- Underinsured: the child may have some health insurance but the benefit plan does not include immunizations.
- **Children are NOT required to have documentation**
- **NO PROOF OF INCOME is required**

The vaccines available through the Lincoln/Lancaster Health Department currently include twelve vaccines: diphtheria, tetanus, [pertussis](#), [Haemophilus influenza type b](#), poliomyelitis, measles, mumps, rubella, [hepatitis B](#), pneumococcal, flu and varicella.

#### For more information, please contact:

Lincoln/Lancaster County Health Department  
3140 N St.

441-8065

Please arrive at least a half an hour before closing to allow time to fill out the paperwork and bring all vaccine records.

**NO APPOINTMENT NECESSARY.**

<b>Hours: Monday</b>	<b>8a.m. – 4:00p.m.</b>
<b>Tuesday</b>	<b>8a.m. – 4:00p.m.</b>
<b>Wednesday</b>	<b>8a.m. – 4:00p.m.</b>
<b>Thursday</b>	<b>8a.m. – 5:00p.m.</b>
<b>Friday</b>	<b>8a.m. – 4:00p.m.</b>
<b>First Saturday of each Month:</b>	<b>10:00am -1:00pm</b>

**GET SHOTS NOW.....BE READY FOR SCHOOL**

## Parent and Child Programs

NORTHEAST  
**FAMILY CENTER**

*"feels like family"*



Northeast Family Center programs are designed to provide children a stable, supportive family environment and increase parents' confidence and competence in their parenting abilities. **6220 Logan 68507 471-3700**  
**nfc1@alltel.net**

### **Parents As Partners**

Young Parents Program is a monthly information and support program for past and present teen parents. Special events, incentives and a meal are included. **FREE**

**Parents as Teachers** is an early learning program for parents with children birth to age 5 including a monthly home visit from a certified Parent Educator. Fee is **\$30 per year**

**Playgroup** is a weekly structured class for parents and children birth to age 5. Stories, music, crafts, free play and snacks included. **FREE**

### **2006-2007 PRESCHOOL**

Academic preschool experience with daily snack provided as well as special events during the year.

3-4 year Tues/Thurs 9:00-11:30 am \$50 per month

4-5 year M/W/F 9:00-11:30 am \$75 per month

**4-H (8+ years) Wednesdays 6-7:30 pm FREE**

**ADHD Tutoring (6+ years) Tuesdays 6:00-7:30 pm FREE**

Call for information about Gymnastics, Youth Dance, Martial Arts Yoga/Aerobics and more coming this Fall 2006. 471-3700

## Lincoln Public Libraries

Anderson Branch Library  
3635 Touzalin Avenue  
441-8540

Arnold Heights Branch Library  
3815 NW 54th Street  
441-8580

Bennett Martin Library  
136 South 14th Street  
441-8500

Bethany Branch Library  
1810 North Cotner Boulevard  
441-8550

Eiseley Branch Library  
1530 Superior Street  
441-4250

Gere Branch Library  
2400 S. 56th Street  
441-8560

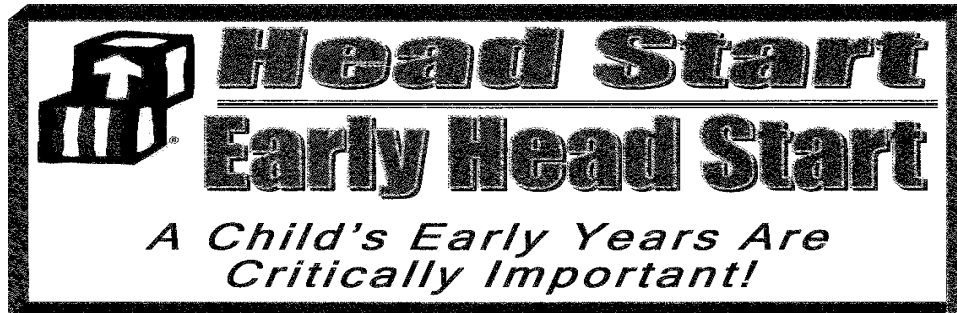
South Branch Library  
2675 South Street  
441-8570

Walt Branch Library  
6701 S. 14th Street  
441-4460

Lincoln City Libraries has a variety of materials for both youth and adults, in languages other than English. Materials range from learning English, to recreational reading, to world music on CD; lots of children's picture books are bilingual. Materials are in a variety of formats ranging from the good-ole-books to DVD's, CD's, books on tape, etc. The Lincoln City Libraries have had and continue to offer, programs for Spanish and Arabic speaking Families.

**Call for information about services—Library Cards are FREE to all family members as is access to the internet.**

## Head Start Program



### **Apply for Head Start today.**

Services to low-income pregnant women and families with children ages birth to five years old.

#### *We Offer:*

Opportunities to socialize and experience success Home visits focusing on child development A variety of learning experiences

Child health and developmental screenings

Help for special needs of children with disabilities

Assistance in using community resources

Opportunities to increase self-sufficiency,

Health, nutrition, and social services for the family

*Applications are available at the following locations. For more information, stop by or call:*



#### **Lincoln Public Schools**

5901 "O" Street  
Lincoln, NE 68510  
**(402) 436-1995**

#### **Lincoln Action Program**

210 "O" Street  
Lincoln, NE 68508  
**(402) 471-4515**

## Other Information

**Information about Health Services for children is available in the Neighborhood FOOD Medical Care Booklet.**

**Information for Summer Recreational activities is provided as it becomes available. Past information has included:**

Discounted daily admissions to the Lincoln Public Pools

American Red Cross Swimming Lessons on a Sliding Fee Scale

Free Season Pass to Lincoln Public Pools in exchange for Swimming Lesson certification.

**Information about Food programs specifically for children:  
(See Food Booklet for other Food information)**

**WIC-Women, Infants and Children** **441-6200**  
**Lincoln-Lancaster County Health Dept.**

3140 N Street 68508

**Family Service**

501 South 7th Street 68508

**441-8655**

**WIC** is a supplemental nutrition program serving pregnant, breast-feeding, postpartum women, infants, and children up to age 5. Eligibility includes incomes up to 185% of the Poverty line (\$37,000 for a family of 4). Monthly WIC vouchers range from \$33-\$122 per month.

**Summer Food Program** **441-8000**

Lincoln Lancaster County Health Dept.

3140 N Street 68508

Free meals for children age 2-18 at income-eligible community sites. Offered during the summer when reduced fee school lunches are not available.

Call **441-8000** for site information.

**Salvation Army** **474-6263**

2625 Potter

May be able to access **diapers, wipes and desitin** if requested every 2 months. Income and other guidelines apply.

**The Barnabas Project**

Belmont Plaza, 11th & Cornhusker Hwy

No cost clothing for children & adults.

Open Saturday 9:00 am-3:00 pm

## Emergency Information

### Emergency Numbers

<b>Adult Abuse</b> —NE Health and Human Services <b>TDD</b>	<b>800-652-1999</b> <b>471-9570</b>
<b>Animal Abuse</b> –Break the Link	<b>441-0212</b>
<b>Child Abuse and Adult/Elder Abuse Reporting Hotline</b>	<b>800-652-1999</b>
<b>Drug/Alcohol Drug Crisis Line</b>	<b>475-5683</b>
<b>Fire/Medical Emergency</b>	<b>911</b>
<b>HIV/AIDS NE Hotline</b>	<b>800-782-2437</b>
<b>Planned Parenthood Facts of Lifeline</b>	<b>1-866-631-7526</b>
<b>Poison Center Children’s Hospital</b>	<b>800-222-1222</b>
<b>Police/Emergency</b>	<b>911</b>
<b>Police-Non-Emergency</b> <b>TDD/TTY</b>	<b>441-7204</b> <b>441-7802</b>
<b>Voices of Hope Crisis Center</b>	<b>475-7273</b>
<b>Suicide/Mental Health</b> Lancaster County Mental Health	<b>441-7940</b>
<b>Youth/Family Crisis</b> Cedars Youth Services <b>V/TDD</b>	<b>437-8888</b>

## Neighborhood FOOD Program



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**Neighborhood FOOD Program**  
3901 N 27th Street Unit 1  
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**476-4357**



Center for People in Need Neighborhood FOOD distributes food and commodities at the following sites on a weekly basis through collaboration with the Food Bank of Lincoln.

THE WEEK OF THE FOURTH TUESDAY OF EVERY MONTH IS **USDA COMMODITIES** AT ALL LOCATIONS.

### **Tuesday**

1:00-2:00 pm **F Street Community Center** 1225 F Street  
3:00-4:00 pm **Matt Talbot Kitchen & Outreach** 1911 R Street  
5:00-6:00 pm **Center For People in Need** 3901 N. 27th Street

### **Thursday**

1:00-2:00 pm **Malone Community Center** 2032 U Street  
3:00-4:00 pm **Oak Lake Evangelical Free Church** 3300 N 1st Street

**You may only receive USDA Commodities**  
**ONCE A MONTH. Neighborhood FOOD may be**  
**received ONCE A WEEK.**

For more information please call: **476-4357**

### **Income Guidelines**

<b>Size of Household</b>	<b>Current monthly income</b>
1	\$1560
2	\$2100
3	\$2640
4	\$3180
5	\$3720
6	\$4260



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For other information about free and low cost services in the community contact the Center for People in Need for Resource Booklets on Food, Medical Care, and Miscellaneous Services.

Handbook prepared by the Center for People in Need for the Neighborhood FOOD program. Please contact or email at the number or address above to update or remove information.

Updated January 2009  
by Maegan Pitts