

Consumer Family Advisory Committee Newsletter

Issue #7 November 2022



Consumer Family
Advisory Committee

Funded by Region V Systems

Lisa DeCoteau has been with CFAC since 2020 and is the Chair of the Funding Committee. Lisa is a Certified Peer Support Specialist and works for the Wellbeing Initiative, Inc.

She is a proud member of the Sisseton Wahpeton Oyate of the Lake Traverse Reservation, and works to create awareness of the history of Indigenous cultures and acknowledge the invaluable contributions they have given to the world. She began her career with WBI as a Recovery Support Specialist Trainer. She has since become the Community Leadership Coordinator and Organizational Archivist. Sounds fancy, huh? Well, it gets fancier. Despite her professional growth Lisa remains first and foremost a peer in recovery.

What Lisa is most grateful for is the opportunity to give her lived experience value by lifting up others on their journey and inspiring hope that recovery is possible for anyone. Her world looked very different then it does now. Lisa has built her resiliencies by navigating through a life filled with violence, alcoholism, drug addiction, and an array of mental and physical health challenges. With that came homelessness, incarceration, and various other difficult situations. She supported her children, friends, and extended family by never losing her faith and allowing the good people who were brought into her life to unconditionally love and support her.

Lisa has gone from waking up in an alley, intoxicated and filled with fear, on Christmas morning in 2018 (this is where it gets fancier) to becoming the Executive Administrator of a peer run non-profit organization in 2022. She is honored to share her experiences and pass on what she has learned, whether from mistakes, hard knocks, or dedicated research and education. Her community involvement has taken her to places she never thought she'd be. Lisa has been trained in WRAP, SMART Recovery, Wellbriety, and Teen Mental Health First Aid. She trains individuals in Peer Support Training and Whole Health Employment Support & Training, as well as develops continuing education curriculum. Lisa is involved with Disability Rights of Nebraska where she educates the community about Self Advocacy and Mental Health Advanced Directives.

Besides the material things, like a safe home and transportation, that Lisa has acquired, it is the sense of peace and love that she feels is the greatest part of her recovery. She gets to be present in the moment with her 4 children and granddaughter. She gets to motivate others with her energy. She lives a fulfilling life where she gets to pay forward empowerment, connection, and joy to her community. Lisa is a believer... Nothing is impossible!

MEMBER SPOTLIGHT ~ Lisa DeCoteau





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Funding Recipient Testimonial: Ashley Morin, Phoenix Journal

How do we go from just surviving day to day to thriving in life? How do we work towards our life thriving goals? At Lutheran Family Services a group of individual's engaging in peer support meets weekly as a part of the Surviving to Thriving support group. Participants are able to encourage one another to reach life thriving goals, promote social connectiveness and positive change while continuing their journey to wellness; all while using the Phoenix Journal. The Phoenix Journals can support anyone with tracking progress of personal goals, practice daily gratitude, track habits or unforeseen barriers, keep accountable to our daily schedule or 'to do' lists, and help provide a little validation of our hard work. These Journals have been incredibly useful for participants looking to create a life to thrive in. The purchase of these journals was made possible with the financial support available in our community through the Consumer Family Advisory Committee. We thank all members of the Consumer Family Advisory Committee for the day to day use of the Phoenix Journals, and helping to build a community we can all thrive in with the many opportunities for funding and education.

HOLIDAY RESOURCES, Lancaster County

Peoples City Mission Help Center: 6800 P St, Lincoln, NE 68505, Lincoln

Phone: 402-475-1303

The Mission would like participants to come-in to complete info for Clarity Card but it is not required. Items are first come, first served.

November 17: (8am – 12 pm) Thanksgiving meals can be picked up on. Frozen Turkey's and side fixings will be provided by the PCM.

December 15: 8am – 12pm: Christmas Santa's Workshop:, Will give away new toys for children of all ages, up to age 18.

Salvation Army: 2625 Potter Street / 402.474.6263

Individuals need to have ID and Social Security card/Medicaid card for everyone in the household.

- Free clothing from New Hope Community Closet (1205 N 45th St.). Also, diapers once a month. Open Th 5 - 6:30pm and Sat 9:30am - 12pm.
- Thanksgiving meals: Applications can be turned in Nov 1-16: 10am – 12pm and 1 – 4pm for a food basket. Turkey or Ham, veggies, fruit, bread, stuffing, and desert.
- Christmas meals: Applications can be turned in Nov 28-30, Dec 1-14: 10am – 12pm and 1 – 4pm for a food basket and toys.



HOLIDAY RESOURCES Lancaster County

Shop Gifts of Love at City Impact 1035 N. 33rd Lincoln, NE
November 14th 10:00 am-7:00 pm. RSVP to reserve your spot
(402) 477-8080

To participate, you must have an up-to-date Center Card (expired cards will not be accepted) AND have all children listed on your account. If you do not have a Center Card, complete an online application at cfpin.org/center-card OR fill out an application in-person at the Center's facility at 3901 N. 27th Street, Door 1, Monday through Friday between 8:30a and 4:30p. If you do not have all of your children listed on your account, call 402.476.4357. **Only children listed on your account may receive a gift from Toyland.**

Toyland Holiday Gift Distribution will be held in December.

Bring current ID, piece of mail with current address, social security card for each child (acceptable: tax return, passport, gov issued ID), Proof of income eligibility: LPS letter stating free/reduced lunch, HHS letter stating SNAP, most recent pay stub for each adult.

Sign-up to shop for Christmas gifts at <https://cityimpact.org/gifts-of-love-2022> - Now until Nov 14. Community day will be Dec 16th & Community shopping day/Walk up will be Dec 17: 9am – 3pm.

Catholic Social Services, 2241 'O' Street, Lincoln, NE

Thanksgiving Holiday Food Baskets on November 2nd and for the Christmas Holiday Food Baskets on November 28th, at the front desk in person or via phone calls at 402-474-1600.

Christmas: Individuals can apply for food baskets starting Nov 28th. Call M – Th: 9am – 12pm and 1pm – 4pm, and F: 9am – 12pm





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HOLIDAY RESOURCES Lancaster County

**Starry Nights, Christmas Tree Festival,
Walk through the Trees. Free Admission!**
November 23, 25-27 @ Gateway Mall,
6100 'O' St., Lincoln, NE



Center For People in Need

3901 N 27th Street Unit 1 / 402.476.4357

Individuals will need to register for a CFPIN card before receiving services: Photo ID required. Individuals can complete an application at the center

M – F: 8:30am – 4:30pm or apply online at

<https://www.cfpin.org/center-card>

Thanksgiving: Nov 20: 9am – 2pm,

Nov 21: 9am – 2pm,

Nov 22: 10am – 1pm and 3pm – 5pm

Christmas Toy Land for kids: Dec 10 – 13:

9am – 3pm. No appointment needed. Must have an updated CFPIN card. All participating children must be listed on your card.

The Center's diaper bank will also be distributing diapers at this time. If your family needs diapers, let the folks at check-in know how many children and their sizes. Diapers can only be distributed to children included on your Center Card account. So be sure to list all dependents when completing your Center Card application.

Center for People.org



THANKSGIVING

Food Distribution

Sunday, Nov. 20th - 9a-2p

Monday, Nov. 21st - 9a-2p

Tuesday, Nov. 22nd - 10a-1p & 3-5p

You must be a Center client with a current Center Card to participate. To become a client or update your card, visit [cfpin.org/center-card](https://www.cfpin.org/center-card)

Volunteers Needed!

Shift sign-up begins at noon on Oct. 17th at [cfpin.org/](https://www.cfpin.org/)

This advertisement is for informational purposes only.



You can ensure Lincoln's youngest residents have food, love and **diapers**.

1. Visit [cfpin.org/big-give](https://www.cfpin.org/big-give).
2. Vote for the Center in the large category.
3. Tell everyone you know to do the same.
4. Sit back and relax—you just helped thousands of Lincoln littles stay clean, dry and healthy.



2022 HOLIDAY PROGRAMS LINCOLN, NE

KFOR Operation Claus: Duplicate registration checked. Can register at Catholic Social Services, El Centro De Las Americas, Lancaster Veterans Service center, Lancaster City Health Dept, Malone Center, Ponca Tribe of NE, Region V Systems, Hope Spoke, NE Family Center & Voices of Hope. Check with individual agency for registration times and dates but only sign up through one agency.

Malone Center: 2032 U Street / 402.474.1110

- Thanksgiving: In partnership with Visionary Youth, they will be providing Holiday Food Giveaway on Nov 20th at Saint Paul United Methodist Church 1144 M Street, Lincoln, NE 68508 from 1-4pm. They will also have live music, free food and they will be giving away coats, hats, gloves, socks, and underwear while supplies last.
- Christmas: Operation Santa Claus through KFOR – Call or pick up & submit applications at the Malone Center.

Matt Talbot: 2121 N. 27th Street / 402.477.4116, Walk-in meals

- Thanksgiving: November 24th Lunch 11:30am – 12:30pm, Dinner 5:30 – 6:30pm
- Christmas: December 25th Lunch [11:30am – 12:30pm](#), Dinner 5:30 – 6:30pm; 2625 Potter Street / 402.474.6263 Need to have ID and Social Security card/Medicaid card for everyone in the household.
- Free clothing from New Hope Community Closet (1205 N 45th St.). Also, diapers once a month. Open Th 5 - 6:30pm and Sat 9:30am - 12pm.
- Thanksgiving meals: Applications can be turned in Nov 1-16: 10am – 12pm and 1 – 4pm for a food basket. Turkey or Ham, veggies, fruit, bread, stuffing, and desert.
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Food Assistance Directory, Lancaster County

Below is a list of the primary programs and agencies which provide food assistance in Lancaster County. Please call prior to a visit to make sure times and dates are current. Availability of emergency foods varies from day to day based on donations.

Food Bank of Lincoln, 4840 Doris Bair Circle, Lincoln, NE

SNAP: Supplemental Nutrition Food Program

402-466-8170

www.Lincolnfoodbank.org

Center for People in Need, 3901 N. 27th St., Lincoln, NE

402-476-4357

People's City Mission Distribution, 6800 P Street, Lincoln, NE

402-475-6888

Lincoln Action Program, 210 O Street, Lincoln, NE 68508

402-471-4515

Foodnet, 7921 Sandalwood Dr, Lincoln, NE

402-416-6197

Catholic Social Services (St. Francis Food Pantry),

St. Joseph Center 2241 O Street

402-327-6200

The Salvation Army, 2625 Potter Street, Lincoln, NE

402-474-6263

Good Neighbor Center, 2617 Y Street, Lincoln, NE

402-477-4173

Indian Center, 1100 Military Rd., Lincoln, Ne

402-438-5231

Thursdays 10:00 am. Mostly perishable foods such as fruits, vegetables, dairy products, bread, etc. are provided to all families in need.

Lincoln Fresh Food Truck

<https://www.lincolnfoodbank.org/services/lincoln-fresh-rural-mobile-produce/>

In 2019, the Lincoln Fresh Mobile Distribution Truck made 269 stops, distributing 108,647 pounds of fresh fruit and produce to 12,985 visitors. We are grateful to the Community Health Endowment for its continued partnership in our work to make Lincoln the healthiest community in the nation.

The Veggie Van, 2301 O Street, Lincoln, NE

Thursdays 11 AM-2 PM



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Food Resources for Seniors ~ Lancaster, County

Activate Centers

Lincoln Area Agency on Aging Main Office - 1005 O Street, Lincoln, NE
402-441-7070

Meals on Wheels-Tabitha

4720 Randolph Street, Lincoln NE
402-486-8589

Lincoln Food Bank Commodity Supplemental Food Program

4840 Doris Bair Circle, Lincoln, NE
402-466-8170, Ext. 112

Served Meals

Matt Talbot Kitchen and Outreach, 2121 N 27th St., Lincoln, NE 402-477-4116

Gathering Place Soup Kitchen, 1448 E Street, Lincoln, NE 402-476-7398

Barnabas Community (serves 2 meals per week for free)
931 Saunders Ave., Lincoln, NE 402-472-0035

Lincoln Food Fort (meals for kids) 402-540-4445

Main address: 2124 Y Street, Flat 130, Lincoln Serves 3 areas in Lincoln:

1. 29th & Holdrege on Mondays at 5:30 PM
2. N Chester St. and W. Dawes on Tuesdays at 5:30 PM
3. 13th & Saratoga on Wednesdays at 5:30 PM

St. Teresa Breakfast and Lunch Program 22nd and O Street, Lincoln
Weekdays 8 AM-10 AM for breakfast 10 AM-12 PM for lunch

Food Resources for Students

LPS Emergency Pantry: Bryan Community School Food assistance for any LPS or private school family
Monday/Wednesday/Friday 300 S. 48th Street, Lincoln (402) 436-1308 3:00-5:30PM

East Campus Pantry

Open to UNL students with valid Ncard East Campus Visitors Center, Rm 108B 1625 Arbor Drive, Lincoln

Husker Pantry-City Campus

Open to UNL students with valid Ncard University Health Center, Rm 123, 550 N. 19th St., Lincoln
402-472-8975 Information/hours: <https://pantry.unl.edu>





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Richardson County

Holiday Gift & Food Basket Applications
can be picked up at the SENCA office in Falls City or Humboldt.

APPLICATIONS AVAILABLE NOW!!!

No applications will be accepted after Nov. 15th 4 P.M.

Pick up dates for the baskets & gifts:

Humboldt: Wednesday, Dec.14

10:00am – 12:00pm

Humboldt Auditorium

(Call Pastor Dorothy 402-679-6216 to schedule a pick up appointment)

Falls City: Someone will call to schedule pick up times

Questions Please Call SENCA Office 402-245-5284 Falls City or Humboldt
402-862-2411



**Southeast
Nebraska
Community
Action**