



Greater Lawrence Community Action Council, Inc. **NEWS**

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Winter 2010

Local Jobs Created through ARRA - the American Recovery & Reinvestment Act

In 2009 GLCAC, Inc. received ARRA funding for its Community Services Block Grant Programs and for the Weatherization Program.

Since July 2009, the CSBG ARRA funds have helped to create 24 full or part-time jobs and retain 6 additional jobs that would otherwise have been eliminated. ARRA-funded Weatherization activities created 2 full

time jobs and retained 5 jobs in the GLCAC, Inc. Weatherization Office. Additionally, 19 full or part-time jobs were created and an additional 49 jobs retained by vendors contracting to do the weatherization work.

To date, CSBG ARRA-funded services have benefited a total of 385 local individuals participating in our IDA Savings Program, in our

Youth Employment Programs, Health Insurance Outreach & Enrollment Program, or our Housing / Homelessness Prevention Program, Financial Literacy and Computer Literacy classes, or our Roberto Clemente After-School Program.

ARRA-funded Weatherization activities have benefited a total of 195 individuals since July 2009.

Free Assistance with Income Tax Return Preparation and the Earned Income Tax Credit Available to Low-Income Residents

Take advantage of free EITC and income tax preparation services for low-income individuals and families. Visit these community organizations:

Greater Lawrence Community Action Council, Inc. 305 Essex Street, Lawrence. Open January 26th—April 15th. For more information and appointments, call Anita at 978-681-4900.

Lawrence Community Works 168 Newbury Street, Lawrence. Open February 2nd—April 10th. For more information and appointments call Tony at 978-722-2623.

Centro de Apoyo Familiar 54 East Haverhill Street, Lawrence. Open February 4th—April 10th. For more information and appointments call, Juan at 978-332-7108.

HOPE (Hispanic Office of Planning & Evaluation) 10 Pemberton Way, 2nd floor, Lawrence. Open Jan. 25th through April 12th. For more information and appointments, call 978-975-2636.

Don't wait—reclaim your earnings today! Filing for your Earned Income Tax Credit could mean receiving as much as \$5,000 or more. That's money you can use for your family's financial stability—to pay bills, get rid of debt, and save for your family's future.

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COMING SOON

From L/MCC Families & Youth Initiative's...a new cable television show "Linking Lawrence" Shown on local cable channels 8 and 10.

DON'T MISS IT

GLCAC, Inc. Child Care Center's Services for School-Age Children

The GLCAC, Inc. Child Care Center's School-Age Program which has been providing care to School-Age children for almost 40 years has had a transformation! Thanks to a grant from The Children's Investment Fund and monies from GLCAC, Inc., the program's space has been completely redesigned. Lowered 3-dimensional ceilings and a uniquely shaped zigzag wall which provides intimate and creative learning centers to the space are just a couple of the architect's touches that make this space truly remarkable and enhance the high quality care we provide our school-age children and families.

School-Age children, ages 6 to 11 years, attend the program daily. Children are transported from all Lawrence Public



Tatiana builds a snow castle.

Schools to the program and attend full time during all school vacation weeks and during the summer months.

A wide ranged curriculum, which includes clubs and recreational activities, creates new challenges and fosters positive peer relationships while supporting the children's interests with a strong focus on teambuilding and social skills. Activities include science, math, social studies, language arts, arts & crafts, clubs and a variety of recreational activities to encourage the importance of physical activity. All meals and snacks for the children are prepared and provided by the center.

Throughout the school year the center's Girl Scout Troop empowers the center's girls to develop a strong sense of self and positive values, gain practical life lessons, seek challenges and develop critical thinking skills.

School-Age staff are knowledgeable and educated in working with this unique and rewarding age group. They work closely with the public schools to support the schools' initiatives and also provide homework assistance during the school year. Parents are welcome to attend monthly parent committee meetings and are involved in special



The Center's school-age children received certificates of participation in the Center's Winter Talent Show.

family nights and shows that the drama club hosts.

The School-Age Program's children also have the opportunity during full day schedules to attend fieldtrips and participate in community activities such as working with the elderly and recycling projects.

The children have recently initiated and are involved in collecting non-perishable food items to help support the people of Haiti!

Services provided by GLCAC, Inc. to residents of Andover

Each year GLCAC, Inc. provides services to thousands of individuals and families throughout its Greater Lawrence service area. In the 2010 Quarterly Newsletters we will be highlighting the services provided to each of the four Greater Lawrence communities.

Services to Andover Residents: On January 4, 2010 Judith Yelle, President of the GLCAC, Inc. Board of Directors, and Philip F. Laverriere, Sr, GLCAC, Inc. Executive Director/CEO

made a presentation to the Andover Board of Selectmen, providing an overview of the agency and giving a report on the services provided to Andover residents by various GLCAC, Inc. Programs.

Information for 2009 included: 177 Andover families being assisted by the LIHEAP fuel assistance program; 2 families receiving Weatherization services; 38 families benefitting from other energy conservation services; 1,200 Andover children being served by the Lead Poisoning Prevention Program; 88 families benefitting from WIC

services; 84 individuals being assisted by the MassHealth Outreach & Enrollment Office; 67 being assisted by the Consumer Protection Program; 1 elder receiving services from Project SENIOR; 12 preschool classrooms in Andover being supplied with additional curriculum resources by the CPC (Community Partnerships for Children); and 15 Andover residents being assisted by the CPC's *Teaching Our Professional Staff Program*. Value of all of these services totaled \$661,000.

The Spring Newsletter will focus on the Town of North Andover.

Eating Healthy on a Budget - Family Style



A new movement is going strong at Head Start... "Eating Healthy on a Budget - Family Style" provides infor-

mation to parents about planning meals, informed shopping, cooking and serving low-cost, healthy meals while involving the children, thereby bringing families together.

This program, held in the early evening, involves both the parents and the children. While the children are provided with a nutrition activity which promotes education about nutritious foods, meals and snacks, the parents go to the Head Start kitchen with Kitchen Supervisor Justin Smith along with a nurse or WIC representative. There, they learn how to prepare the meal for that evening and also learn tips on

nutrition, shopping, cooking and budgeting.

Parents, children and staff enjoy the meal that evening and parents return home with lots of information on how to eat and cook healthy on a budget and also how to use materials found around the house for movement activities with the children.

At the end of the evening, all families leave each session with nutrition information, recipes, and a "green" bag with all of the ingredients to make the evening's meal and snack at home.

Faith-Based Initiative (FBI)



It is important for children to have a positive male figure in their life and Head Start's "Family Based Initiative" (FBI) was created to encourage more interaction between fathers and their children. Anne D'Errico, Head Start Director and Pastor Victor Jarvis

from the Faith Based Initiative, led this leadership collaborative effort. Pricilla Chaves, Juana Brito, and Yvonne Salcedo from Head Start along with several other faith-based leaders in our community organized the initiative for fathers.

Several dads, along with their children, attended the Saturday afternoon sessions and shared their love in play, music and song.

In touching ways, dads expressed their love for their children and children expressed their love for their dads.

Dads shared their knowledge of music, instruments and song with the children. Children sang along and even danced with their dads. What a mov-

ing experience for all involved!

Many of our staff participated in these enlightening sessions and came back on Mondays to share with all of us the loving and tender ways fathers and children shared an afternoon of fun and togetherness.



"Any man can be a father... It takes someone special to be a dad."

- Author unknown

Parent Support Group

Parents are their children's first teacher and Lucy Nunez's "Parent Support Group" is giving Head Start parents the knowledge to become more effective and engaging parents.

Parents attend the meetings monthly for a total of 4 sessions. While their children are spending time learning skills of their own such as manners, sharing and listening to their parents, the adults attend classes on parenting

skills... how to spend constructive time with their children, learning about the importance of bed time and physical activities. One session is dedicated to learning how to set limits since healthy limits are the foundation of healthy parenting.

Parents also learn how to make the most of one-on-one time and how they can involve their child in their busy daily schedules.



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**Visit our website
at
www.glcac.org**

The mission of the GLCAC, Inc. is to encourage and promote the improvement of community life for low-income residents within its service area. ...to help those in need as they strive to achieve self-sufficiency for themselves and for their families.

The Greater Lawrence Community Action Council, Inc. originated in 1965 as the Lawrence Community Action Council. In January 1966 the Greater Lawrence CAC was established as a means of fighting the 'war on poverty.' As stated in the agency by-laws, the primary purpose of the GLCAC, Inc. is to encourage and promote the improvement of community life in Greater Lawrence with special emphasis on, but not limited to, the initiation of programs in education, social services, child care, health, housing youth employment and related fields. Since its inception, the GLCAC, Inc. has been a consistent partner in working with local, State and Federal governments and private agencies in creating opportunities and providing hope for low-income people. Annually, GLCAC, Inc. serves an unduplicated count of over 20,000 individuals through a variety of programs in the areas of early education & care, health & nutrition, education, training & workforce development, home energy assistance, housing, and social services.

Do you need help paying your home heating bills?

The GLCAC, Inc. Low-Income Home Energy Assistance Program (LIHEAP), more commonly known as the "Fuel Assistance" program, provides eligible households with help in paying a portion of their winter heating bills. The program pays benefits of fixed amounts based on household income. An additional benefit is available to eligible households having a high energy burden. Household eligibility is based on annualized income and the number of members in the household. Payment is then made towards the heating bills to the primary heat source vendor. Special provisions are made for those household whose heat is included in their rent and those living in subsidized housing. Households with incomes up to 60% of State Median Income of the Federal Poverty Level are eligible for the Program. Homeowners and renters are both eligible. Applications are accepted from November 1st to April 30th.

*From a Lawrence resident:
"I am 84 years old and use a walker. I have no oil and it is so hard for me to get in to fuel assistance. How can you help me?" LIHEAP staff responded:
"We can do a home visit for you and help you fill out your application right in your own home. We have experienced staff that go out to your home to make the process as painless as possible."*

*From a North Andover resident:
"I cannot thank you enough for the help this year. I have always been able to pay for my own utilities and did not think I qualified for fuel assistance, but due to a layoff this year, I am really struggling paying my bills. Helping me with my heating bill has been a god-send. I cannot believe that based on my income and household size, I would have been eligible last year. I did not think if I worked I would qualify. Thank you! Thank you! Thank you!"*

For more information, go to our website at www.glcac.org and then click on Programs, Energy, LIHEAP....or....call the LIHEAP office at (978) 681-4950.



The Low Income Home Energy Assistance Program (LIHEAP) helps low income households, primarily in meeting their immediate home energy needs.