Dr. Angéle Thibodeaux Burns served as keynote speaker at Allen Chapel A.M.E. Church’s 52nd Annual Lincoln Douglass King Banquet on Saturday, February 18, 2017 at The Social. Dr. Burns delivered a rousing, motivational presentation that left attendees moved and inspired. The Community Action team members pictured supported Dr. Burns and this noteworthy event.
Reading Is Fundamental...

The Gilman Head Start was presented with a donation from the Onarga Pride 4H. The donation was given to ensure the Preschool class going to Kindergarten would receive a book at the end of the year celebration. People pictured: Cheri Cambridge, Teacher - Gilman Head Start and Tyler Garecht, Treasurer - Onarga Pride 4H Leader.

Message from the Chief Executive Officer

Community Action Team:

Thank you for all that you do each and everyday to improve the quality of life for children and families in Ford, Iroquois and Vermilion counties. Whether you serve internal customers (fellow colleagues) or external customers (children and families), your professionalism and expertise are essential to the delivery of impactful services. Each of you are crucial to the success of the Agency! So without you this work is not possible.

Remember to take care of yourself. But in order to remain on your A+ game you must take time for yourself and your family! So get out and enjoy this beautiful springtime season! I wish you joy and happiness in the upcoming months. Again, thank you for all you do!

Warmest Regards,

Angéle

Angéle Thibodeaux Burns, Ph.D.
Chief Executive Officer
CAA Team Celebrations & SUPER Shout Outs

NEW TEAM MEMBERS

Alexis Klasen
Classroom/Teacher’s Aide
Paxton HS Center

Heather McMasters
ETS Specialist

Chad Ramsey
Food Service Specialist

Sandra Shepherd
Home Base Teacher - Birth to Three
Danville

PROMOTIONS

Danyell Finkley
CSBG Family Advocate

Welcome Aboard to Our New Hires and CONGRATULATIONS to Our Team Members Who were Promoted!!!!

April
Jennifer Nitsche 04/06
Treva Moore 04/10
Ilda Ontiveros 04/10
Alyssa Trujillo 04/11
Delia Anderson Farmer 04/20
Leonard Bryant, II 04/20
M. Jean Hale 04/22

May
Teresa Patton 05/07
Mary Elliott 05/11
Tori Brigham 05/18
Connie Strawser 05/26

SAVE THE DATE!

STAFF APPRECIATION DAY
FRIDAY, APRIL 28, 2017 - 8:30 AM - 2:30 PM
OLD NATIONAL BANK
2 WEST MAIN STREET - DANVILLE
8 QUICK FITNESS TIPS

As we continue on our journey towards better health and wellness, keep in mind that it’s not necessary to make drastic changes all at once. Making small, gradual tweaks to your current regimen could yield significant results. Listed below are eight quick fitness tips that will assist you in realizing your fitness goals.

1. **Buy a Journal** - Write down what you eat and when you exercise. This step alone will help you get fitter quicker!

2. **Set a Goal** - Setting a goal and journaling will help to keep you motivated.

3. **Walk Instead of Drive whenever possible** - if you must drive, park far away from your destination. Take the stairs instead of the elevator.

4. **Buy a Pedometer** - Walk up to 10,000 steps a day and set that as your goal. Once you reach it, increase it to 12,000 steps and so on.

5. **Limit Screen Time** - Set screen time limits for you and your family. Whether it is TV, computer, or video games - turn them off and go for a walk instead.

6. **Find a Friend** - Whatever you choose to do, enlist a friend to join you. Working out can be more fun with someone and you will help one another stay accountable and motivated.

7. **Learn How to Relax** - Remember to breathe throughout the day and get enough sleep at night. Learning how to reduce the effects of stress in your life will lead to a fitter and healthier you.

8. **Drink Water** - Water is essential for good health, your digestion, your skin and your general well-being. Try to drink fluids before you are thirsty, throughout the day to stay well-hydrated.

Reference:
http://www.healthandwellnessmatters.com/pages/tips.html

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**Healthy Simple Yummy**

**OVERNIGHT OATS**

**Base Recipe**

1/3 cup rolled oats
1/3 - 1/2 cup of almond, soy, or skim milk
1/3 cup plain Greek Yogurt
1 tbsp. chia seeds (optional)

**Directions**

Stir everything together in a Mason jar or any other air tight container and place in the fridge overnight. In the morning top with something crunchy and with a healthy fat - like nut butter.

The possibilities for Overnight Oats are endless! You can add a variety of ingredients that suit your taste buds. They are delicious cold, but can also be eaten warm (30 seconds in the microwave).

For additional recipes, please visit:
www.quakeroats.com
Community Action Month marks the commemoration of family and community achievements; affording the Agency the occasion to reflect, to spotlight, and to celebrate the great work we have collectively completed over the past year. The Community Health Fair and Outreach Day is a dynamic event designed to serve as an interactive opportunity to raise awareness of the importance of health and wellness; to provide information regarding vital services offered from local educational, human, and social service organizations; and to celebrate the positive impact Community Action on the communities it serves.

Last year’s health fair was tremendously successful with approximately 25 community partner participants and more than 450 attendees. We want to build upon that success and make the event even grander!

The CSBG team has begun the initial planning phases and will be reaching out to all team members to solicit their active involvement. If you want to volunteer to be a member of the planning committee, or have any suggestions about new organizations or attractions, please contact Chantal Savage Bryant at 217-554-9128 or via email at cbryant@comaction.org.

This is an Agency endeavor and we want to extend an invitation to all families from our three county service area and provide the means for them to attend if they choose. Community Health Fair and Outreach Day marketing materials will be available for distribution to families by April 21st.
Even in the Summer...

the Learning Never Stops!

The Agency will offer scholarships to youth from eligible households wishing to participate in local summer educational and recreational programs. Assistance will be offered for summer programs at the Boys and Girls Club of Danville, the Danville Family YMCA, and Danville Area Community College’s College for Kids.

Recruitment events have been scheduled at the Danville Family YMCA and Boys and Girls Club where CSBG team members will be on-site at both locations to complete the application process. Due to limited space, households are encouraged to provide all required documentation at the time of intake to be considered for approval. Eligible households must meet all income and program guidelines; at or below 125% of the federal poverty guidelines and reside in our Tri-county service area. Approval will be granted on a first come, first serve basis. Intake will take place on the following dates and times:

**Danville Family YMCA**

Wednesday, April 26, 2017
3:00 p.m. to 6:00 p.m. (or until funding is exhausted)
Eligible Youth – Kindergarten through 8th Grades

**Boys and Girls Club of Danville**

Thursday, April 27, 2017
3:00 p.m. to 6:00 p.m. (or until funding is exhausted)
Eligible Youth – 1st through 12th Grades (6 to 18 years)

A DACC recruitment event will be scheduled in the very near future, however, families may schedule an intake appointment with a CSBG Family Advocate.

**DID YOU KNOW?**

Summer programs like these not only enhance the lives of the children who actively participate in them but also provide parents with a structured, safe learning environment for their children during the summer enabling them to continue to work or attend school without the added stressors of childcare.

Please share these opportunities with the families you serve!

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**EMPLOYMENT OPPORTUNITIES**

- Food Service Specialist
- Head Start Home Base Teacher (Vermillion Co)
- Head Start Substitute Teacher (All Locations)
- Head Start Teachers (All Locations)
- Health Services Coordinator
- Customer Service Support Specialist
- Facilities and Transportation Coordinator

All vacancies are posted on our website. If you are interested in applying, please download an employment application, submit the application in its entirety, a Letter of Interest (cover letter), and resume to Audrey Randle, Human Resource Specialist I, in person or as an attachment via email to arandle@comaction.org.
WELL...AREN’T YOU SMART!!!

Ongoing Professional Development strengthens the Agency’s capacity by ensuring we maintain a talented, innovative, and highly-qualified workforce.

**Family and Community Development Specialist Certification**

The Agency congratulates **Samantha Nelson** and **Audrey Randle** for earning Family and Community Development (FCD) Specialist Certification in March 2017! The FCD Specialist credential assists Community Action staff with learning and applying effective, strength-based methods and approaches when working with low-income individuals and families. Homework and final exam completion are required to attain the certification, which is valid for five years.

Congratulations are also in order for the following team members who previously received the FCD certification and were recently re-certified: **Chantal Savage Bryant; Sue Rieches**; and **Tori Brigham**!

FCD Specialist Certification is presented in collaboration with the Illinois Association of Community Action Agencies and the University of Illinois–Springfield.

**Weatherization Assessment Certification**

The Agency congratulates **Samantha Nelson** and **Dave Prall** for earning weatherization assessment certification in January 2017! Courses included Weatherization 101, Heat Transfer, Building Fundamentals, Building Diagnostics, Heating Systems, Air Conditioning, Heat Pumps, Health and Safety, and Building Assessment. Participants must pass exams for each course, as well as the comprehensive final exam to attain certification. Certification courses are provided by the University of Illinois’ Indoor Climate Research and Training Center in Champaign.
ANOTHER YEAR...ANOTHER GREAT SUCCESS!

The 52\textsuperscript{nd} Annual Dinner and Business Meeting held on Friday, March 10, 2017 was a magical evening where the Agency was afforded the opportunity to share its past year’s accomplishments with over 275 honored guests; comprised of community partners, business partners, elected officials, local dignitaries, and team members. We recognized a number of dynamic citizens from our Tri-County service area that played an integral role in moving the families the Agency serves forward as well as team members for their dedicated year’s of service. Mayor Scott Eisenhauer served as the evening’s Master of Ceremony and Vu Le, a nonprofit leader and renowned motivational speaker, provided the keynote dress.

In addition to telling the Agency’s noteworthy story, the Annual Dinner also functioned as a fundraiser; funds generated will go towards our educational initiatives. For the Silent Action, there were over 30 baskets, homemade delicacies, and other tempting treats that appealed to our guests and their wallets.

Before you know, we will begin planning for next year’s Annual Dinner. If you are interested in serving on the planning committee, please reach out to Chantal Savage Bryant, Event Chairperson, at 217-554-9128 or via email at cbryant@comaction.org. It’s never too early!

\textit{Motivational Moment}

\textit{A kind word is like a beautiful spring day!}
Community Action Movement Awards

Helping People Move Forward!

Richard “Dick” Brazda, Retired City of Danville Mass Transit Economic Empowerment

Vicki Haugen, President/CEO Vermilion Advantage Leadership

Ellen Luhman, U of I Cooperative Extension

Tina Todd, Orland Park Dental Service

Peter Blackmon, David S. Palmer Arena

Neil Porter and Trinity United Methodist Church

Community Action Service Awards

Mary Elliott 30 Years of Service

Valerie Nickle 30 Years of Service

Community Action Service Awards
The Brandon and KeńNiesha Hoskins Family of Danville, Illinois has been named East Central Illinois Community Action Agency’s 2017 Family of Distinction through the Illinois Association of Community Action Agencies (IACAA) for the significant strides the family has made in the Education, Employment, Civic Engagement and Community Involvement which have led to self-sufficiency. In addition to this significant honor, IACAA has recognized KeńNiesha for its Education Stability Award!

KeńNiesha’s accomplishments are a stellar example of what individuals and families in partnership with Community Action can achieve together. The Agency began to serve KeńNiesha in its Education Talent Search Program while in high school. During her junior year of high school, KeńNiesha became pregnant and stated that she felt embarrassed about being a teen parent so she dropped out. Following her son’s birth, KeńNiesha enrolled him into the Agency’s Early Head Start (EHS) program, and as an EHS parent, she was encouraged to set educational goals that would increase her self-sufficiency. Mrs. Hoskins enrolled into a local GED program where she passed the GED exam on her first attempt. KeńNiesha continued her pursuit for higher education at Danville Area Community College and graduated with an Associate Degree in Applied Science. In 2015, she earned an LPN certification from Parkland College and is currently on pace to become a Registered Nurse in December 2017.

During her educational pursuits, the Agency provided the following services to assist KeńNiesha and her family: Early Head Start Home-Visiting, Head Start Center-Based, CSBG Scholarships and Emergency Services, LIHEAP, Weatherization and Education Talent Search. KeńNiesha states, “Community Action allowed me to continue my full-time schooling while I worked. I was able to deal with many challenges over the past years…but together with Community Action, I was able to work hard and achieve my goals.”

KeńNiesha obtained employment as an LPN in 2015; a job that she presently maintains. She also works as a part-time Nurse Consultant while she continues to attend Danville Area Community College’s Nursing School in pursuit of her Registered Nurse accreditation.

KeńNiesha is the mother to three children; who were all enrolled in Early Head Start and Head Start programs. Her children are now teenagers and they are active participants in the Agency’s Educational Talent Search (ETS) Program. All of KeńNiesha’s children’s are high-academic achieving students. Her first and second children were recently inducted into the Danville High School’s Honor Society and the Junior National Honor Society, and her third child was a recipient of academic and sports honors at North Ridge Middle School.

KeńNiesha Hoskins is a great example of what hard work, perseverance, and a little assistance can do.
Featured are five Danville High School Educational Talent Search students who are top performers who excel in their respective sports but are also superstars in the classroom. Shane Huerta, ETS Specialist, has cultivated a collaborative partnership with each student; providing them with meaningful tools and resources during weekly, on-site seminars to promote academic success.

Below find the extraordinary accomplishments of Kendle Moore, junior; Megan Burton, senior; Mikala Hall, junior; Jillean Cooper Watson, senior; and Anthony Turner, sophomore:

**KENDLE MOORE**
ETS Junior
News Gazette 2016-17 Boys Basketball Player of the Year
Big 12 All Conference First Team
Class 4A 2nd Team All-State
Honor Roll Student

**MEGAN BURTON**
ETS Senior
News Gazette 2nd team all-Area Girls Basketball
1,000 Point Club Scorer at Danville High School
Class of 2017 News Gazette All-Star Girls Basketball Player
Signed to Eastern Illinois University to play Softball
Honor Roll Student

**MIKALA HALL**
ETS Junior
Big 12 All Conference First Team
News Gazette All-Area Girls Team
News Gazette All-State Honorable Mention
Honor Roll Student

**JILLEAN COOPER WATSON**
ETS Senior
News Gazette All-Area Girls Basketball Honorable Mention
Class of 2017 News Gazette All-Star Girls Basketball Player
College selection is undecided due to multiple offers
Honor Roll Student

**ANTHONY TURNER**
ETS sophomore
All Area Wrestling First Team
ALL Conference Big 12 First Team
5th Place in Class 2A Illinois State Wrestling Tournament for 120 Weight Class
Honor Roll Student

Pictured from left to right: Kendle Moore, Megan Burton, Mikala Hall, Jillean Cooper Watson, and Anthony Turner.
THINGS TO REMEMBER

April

April 7  CSBG Scholarship Application Submissions Due Date
April 14  Agency Closed in Observance of the Good Friday Holiday
April 17  Agency Closed in Observance of the Easter Holiday
April 19  Head Start Health Advisory Committee Meeting – Administrative Offices – 12:00 PM
April 20  Head Start Policy Council Meeting – Administration Offices – 12:00 PM
April 26  Summer Program Scholarship Outreach Recruitment Event – YMCA – 1111 North Vermilion Street
                 3:00 PM to 6:00 PM
April 27  Summer Program Scholarship Outreach Recruitment Event –
                 Boys and Girls Club - 850 North Griffin Street
                 3:00 PM to 6:00 PM
April 28  Agency Closed for All Staff Professional Development Event

May

May 5  Head Start Cinco de Mayo Celebrations at all Centers and Classrooms
May 16  Governance – Executive Committee Meeting at Administration Offices – 12:00 PM
May 16  Educational Talent Search Senior Recognition Night – The Social - 38 N. Vermilion St, Danville
                 6:00PM to 8:00PM
May 23  Governance – Governing Board of Director's Meeting at Administration Offices – 12:00 PM
May 25  Community Health Fair and Outreach Day – David S. Palmer Arena – 3:00 PM to 6:00 PM
May 29  Agency Closed to Observe the Memorial Day Holiday

Head Start End of Year Transition Celebrations

May 23  Watseka Head Start Center
                 First United Methodist Church – 301 South 4th Street, Watseka - 6:00 PM
June 5  Gilman Head Start Center – Gilman Head Start Center – 210 North Central, Gilman - 6:00 PM
June 5  FCD 1, FCD 4, FCD 5 and Fair Oaks
                 New Life Church of Faith – 1419 North Bowman Avenue, Danville -6:00 PM
June 6  Trinity Head Start Center - Trinity United Method Church – 311 Moses Street, Westville - 6:00 PM
June 6  Gibson City Head Start Center - Gibson City Head Start Center – 401 North Church Street, Gibson City - 6:00 PM
June 6  FCD 2, FCD 3, FCD 6, and Laura Lee
                 New Life Church of Faith – 1419 North Bowman Avenue – Danville
                 6:00 PM
June 7  Paxton Head Center, Paxton Home Base
                 Paxton Head Start Center – 1195 East Pells, Paxton - 6:00 PM

June

June 7  Last Day of School for Head Start Children with the exception of the Roselawn Center
June 12  Education Talent Search Summer Program Begins
June 20  Governance – Executive Committee Meeting at Administration Offices – 12:00 PM
June 27  Governance – Governing Board of Director's Meeting at Administration Offices – 12:00 PM
**Friendly Reminder from Fiscal**…To receive a check for a vendor, you must submit a signed and approved Check Request with the requisite back-up documentation and an approved Purchase Order Request (if applicable) by **MONDAY AT NOON** to receive the check by **FRIDAY OF THE SAME WEEK**. Planning ahead and following the appropriate guidelines provides fiscal team members ample time to meet your needs. Teamwork makes the Dream Work!

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**MEET OUR GOVERNING BOARD OF DIRECTORS**

(Not pictured are Chairperson Randy P. Berger, Jacquelyn Collins, and Honorable Mayor R.J. Harwood).

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**Governning Board of Directors**

- Randy P. Berger, Chairperson
- Elder Tyson Parks, Vice Chairperson
- Alderman Brenda Brown, Treasurer
- Ana Nasser, Secretary
- Jeffrey Burgoyne
- Dr. Alicia Geddis
- Sarah Hornback
- Alderman Thomas Stone
- Dr. Alicia Geddis
- Sarah Hornback
- Alderman Thomas Stone

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**East Central Illinois Community Action Agency**

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217-431-0725 - fax
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comaction@comaction.org - email
Serving—Ford, Iroquois, and Vermilion Counties

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**MISSION**

To provide information, training, education, and other services that engage and empower families and communities to become self-sufficient.