

TRI-CAP's health, housing, and education services change lives, empower families, and improve communities.



Moving Forward **by Joyce Fleck, TRI-CAP Executive Director**

Time never stands still. The only choice we have is to move forward and embrace all that comes with each passing moment. Some of those moments are more challenging than others. But within every challenge is a great opportunity for improvement and the potential to “graduate” beyond the past. We are always stronger together than alone when moving forward. This is why it’s so rewarding to work at TRI-CAP, as each day brings new opportunities to help someone improve. For the past 55 years, our staff has been improving lives throughout our local communities every single day!

Later this month, our 4- and 5-year old Head Start children will graduate and move on to Kindergarten. All were helped along the way by teachers and many other auxiliary staff. We continue to take every precaution to keep everyone safe from the Covid-19 pandemic, and hearing the students in the classrooms helped us all move beyond the concerns and challenges of operating within the confines of an ongoing pandemic. While we’ve had to suspend field trips this year, our community partnerships continued to flourish, as you’ll read about one of our special Head Start partners in this issue of TRI-CAPtions – the Skelton/Owen Fire Territory.

Our younger families with children ages birth to three know all too well the challenges that come with parenting fast growing children and too little resources of their own. Our Healthy Families staff are there to help coach the parents through every step and show them how to celebrate each success as they move forward in their parenting journey.

Being a non-profit organization, we’re always looking for ways to reduce our operating expenses. Our latest way of doing that resulted in moving our Evansville health clinic to a new location. Please join us at our ribbon cutting ceremony on June 7th at our beautiful new clinic at 501 John Street, Suite #11 at 9am CST to meet our staff, who are eager to answer all of your reproductive health questions.

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If you are aware of unmet needs throughout our communities, please reach out and let's see how we might be able to collaborate. Our 2020-2021 Community Needs Assessment can be found on our website at https://www.tri-cap.net/wp-content/uploads/2021/04/TRICAP-Community-Needs-Assessment_Final-2021.pdf Again, thank you to all who participated in this needs assessment and who are currently working with us to address the needs that most closely align with our mission.

Sometimes we can find grants to meet local needs. But most grants don't fully fund any single initiative. Raising unrestricted revenue to meet the ever-growing requirements of our federally funded services remains one of our biggest challenges. If you're eager to go sightseeing in Hawaii later this year, please consider booking a trip that will help benefit TRI-CAP. Details are found at the end of this newsletter.

To learn more about our services, how you can help, become aware of employment opportunities, or how to make a tax-deductible contribution, please visit our website at www.tri-cap.net, or contact me directly at joyce@tri-cap.net or call me at 812-482-2233.



TRI-CAP

Improving Lives Since 1966

Family Planning of Evansville

June 7th, 2021

9am-10amCT

501 John St. Evansville, IN 47713

Please join us for
our ribbon cutting
ceremony.

RSVP By June 3rd, 2021

amy@tri-cap.net or 812-428-2189

CONTACT TRI-CAP

Dubois: 812-482-2233

Pike: 812-354-8721

Vanderburgh: 812-428-2189

Warrick: 812-897-0364

www.tri-cap.net

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and programs TRI-CAP has
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COMMUNITY PARTNER SPOTLIGHT:



Skelton/Owen Fire Territory



Q: What is your community partner name and contact information?

A: Skelton/Owen Fire Territory, Chief Jeremy Gottman, Tennyson, Indiana

Q: Please describe your involvement with TRI-CAP:

A: We work with our local Head Start classroom located in Tennyson. We help provide fire safety and field trips for the children in the classroom. We also hold our annual Hangin' With Our Heroes event. The children and teachers spend the day with the firemen doing various activities. We provide donated items to the classroom and several of our members volunteer for various events numerous times.

Q: How does TRI-CAP's mission fit your personal or business mission?

A: Both of our organizations are community based. We are both there to provide services to those in our community that need it.

Q: How long have you been involved with TRI-CAP?

A: Several years ago, Angi, the teacher at the time, inquired about bringing her classroom over for a field trip. The firefighters involved really enjoyed it. Through the years our relationship has grown and as well as our involvement. Our members enjoy helping out the children and teachers with anything they may need.

Q: What have you learned about TRI-CAP that you feel the rest of the community should know?

A: Something I learned over the years, TRI-CAP doesn't just offer Head Start Services but a wide range of things that help people out in so many different ways.

Q: If you had unlimited resources, what would be your wish for TRI-CAP?

A: It would be great if the children and teachers always had everything they wanted/needed at all times.

Q: Please explain how you see that TRI-CAP benefits our community.

A: Head Start takes kids from low-income families and provides them with a good start to education that may not have otherwise had the opportunity to have.

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Head Start Services

By Molly Wuchner, Head Start Director



Head Start, for well over 50 years, has been preparing children for kindergarten through education, health, nutrition, family engagement, and disability services. TRI-CAP Head Start, a no cost preschool program, serves 193 low income families in 11 classrooms at 5 sites – Jasper, Petersburg, Boonville, Tennyson and Newburgh.

Our Head Start staff are caring professionals. Many of them have an Associate's Degree or higher in Early Childhood Education and are required to continue their professional development each year to sharpen their skills to offer the most effective Pre-K education available. All staff follow strict guidelines for ensuring children are

healthy, fed, and ready to learn.

Our Head Start program collaborates with local school districts and local co-ops to provide speech and other disability services to children that qualify. Disabilities are identified and referrals are made, which very well could go unnoticed or unaddressed without the support of Head Start. Most services provided to the children are speech related and a licensed Speech and Language Pathologist comes on site weekly, or as needed, for each child's needs and all services are free of charge for Head Start children.

If you, or someone you know, is interested in applying for Head Start, please stop in at one of our offices and pick up an application. We are processing applications right now for the upcoming school year and the classrooms fill up fast! You may also get an application on line via our website at www.tri-cap.net.



Head Start Success Story:



During a TRI-CAP Head Start parent intake meeting, the family's goal was for their daughter to improve her English fluency and to break out of her shell. English is the child's second language and they wanted her to be more fluent before starting primary school. After only a few months in our classroom, the little girl is speaking sentences in English and is comprehending instructions. She has also made multiple friends and truly has broken out of her shell. She comes in every day with a smile and greets all the staff!

The little girl's mother and grandmother contacted me to express their appreciation of the Head Start Services and staff. The teachers have also expressed how much progress she has made in the few months she has been in our classroom!

Healthy Families Services

By Nikki Lasher, Health, Family, & Community Partnerships Director

Healthy Families' mission is to provide support and education services to new parents in Dubois, Spencer, and Warrick Counties. It is an effort to help and encourage parents to be the best they can be by promoting a safe environment that optimizes child growth and development and encourages healthy family lifestyles. It is a voluntary home visitation program designed to promote healthy families and healthy children through a variety of services, including child development and parent education.

Healthy Families is theoretically rooted in the belief that early, nurturing relationships are the foundation for life-long, healthy development. Interactions between direct service providers and families are relationship-based, designed to promote positive parent-child relationships and healthy attachment, are strength-based, family centered, culturally sensitive, and reflective.

Beliefs:

- ♦ Parents are the best authority on determining their family's needs.
- ♦ All families have strengths which need to be recognized.
- ♦ Every child should reach his or her potential.
- ♦ Parents are responsible for their children.
- ♦ Available services should begin early to support the needs of the family.



Services:

- ♦ Initiate services prenatally or postnatally continuing up to the age of three.
- ♦ Partner with families to support, enhance, and strengthen their well-being.
- ♦ Help all families reach their highest potential.
- ♦ Provide services tailored to individual needs and goals.
- ♦ Offer a trained family support worker in the home weekly or as appropriate to model, educate, and provide proven research driven parenting information.
- ♦ Connect families to appropriate community resources and service organizations based on their expressed needs and concerns.
- ♦ Assist families to access appropriate health care.

TRI-CAP Healthy Families staff continue to go above and beyond by achieving accreditation from the national Healthy Families America program and by receiving top marks for program operations in 2020 by our oversight agency, Healthy Families Indiana.

If you know someone who is pregnant or who just had a baby, please contact Nikki Lasher at 812-482-2233 ext.130 or nikki@tri-cap.net.



Evansville TRI-CAP Family Planning Clinic

As of May 10, 2021, the Evansville TRI-CAP Family Planning Clinic has moved to a new location. The address of the new location is 501 John Street, Suite 11, Evansville, IN 47713.

Evansville TRI-CAP Family Planning Clinic Office Hours:

Monday 9:30 a.m. - 5:30 p.m. CT

Tuesday 8:00 a.m. - 4:00 p.m. CT

Wednesday 8:00 a.m. - 4:00 p.m. CT

Thursday 8:00 a.m. - 4:00 p.m. (nurse visits) CT

Call to make an appointment: 812-428-2189



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