



Wings



Our Mission: To provide comprehensive family-centered resources that bring hope and healing to children, youth and families across Nebraska in a compassionate and caring manner.

Our Vision: A world where families have a clear pathway to the resources they truly need to lead healthier, more hopeful lives.

VOLUNTEER THANK YOU

Epworth Family Resources is a non-profit who opens its arms to all kinds of volunteers daily. April is National Volunteer Month, which started in Canada. Volunteer month started out as a week long celebration and in 1943 they celebrated the women volunteers of WWII. By 1974, the United States joined the celebration and celebrated all volunteers. By 1990, the week celebration turned into a month celebration. Since 1990, each April, National Volunteer Month is celebrated.

Epworth is blessed with many volunteers each year. Many groups and individuals volunteer their time to raise funds, gather items for our client wish/needs list, and their time assisting with activities for our services. At Christmas time, the children and families we provide services to are showered with gifts of holiday dinners, toys and clothing. We are blessed by Heinisch & Lovegrove Law Office who donates gifts every Christmas for all the children at Epworth.

Pastor Trudy from York First United Methodist Church volunteers as a board member, assists and partners during holiday events put on by Epworth and in 2023 assisted with Epworth and the Methodist Youth group to put together food boxes for the holidays.

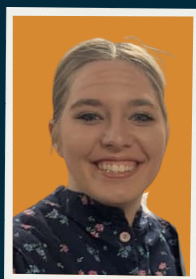
Ellie is a volunteer with Beatrice Centenary United Women in Faith and she works hard to provide for our children and families in the In-Home Family Services program that Epworth offers to families.

We can't forget about our staff families who donate their time to make our jobs easier. Jim Decker and Trevor Decker, who are our In-Home Family Service Manager's husband and son, volunteered their time to set up the Beatrice office and make it a family friendly space for the children and family visits.

This is just a small portion of the people who give of their time and talents at Epworth Family Resources. We want to send a special thank you to all who find ways to serve Epworth Family Resources.



Heinisch & Lovegrove Law Office



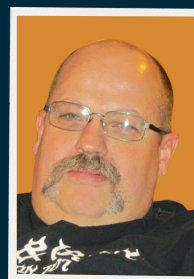
Leah Lane



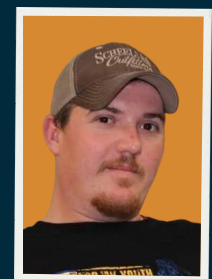
Pastor Trudy



Ellie Quiring



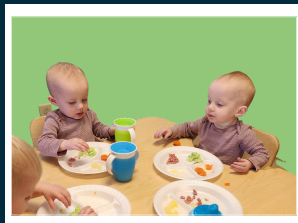
Jim Decker



Trevor Decker

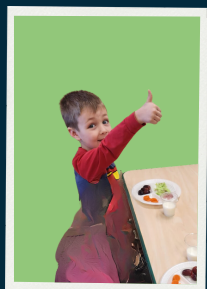
Dr. Seuss Birthday Celebration

Dr. Seuss's (also known as Theodor Seuss Geisel) birthday was on March 2nd. Dr. Seuss's birthday has been adopted as the annual date for National Read Across



America Day. Saturday, March 2, 2024, marked what would have been his 120th birthday. He is known for his work writing and illustrating more than 60 books under

the pen name Dr. Seuss. Little Jewels Child Care Center cook, Nicole, cooked up green eggs and ham to celebrate the day! The center had lots of other fun Dr. Seuss activities throughout the day!



Staff Spotlight

Savanna Binnick

Savanna Binnick is a Family Life Specialist at Epworth Family Resources. She graduated from Colby Community College with her associate of Arts and is currently attending the University of Nebraska working towards her bachelors in psychology.

Savanna started at Epworth in April, 2022 and works in In-Home Family Services.

Savanna grew up with many addicts in her family in addition to having siblings in foster care, and juvenile detention centers. These experiences led her to Epworth. Savanna enjoys making a difference for the families and being a trusted person for the children she serves.



April 22 Earth Day

It may be hard to imagine that before 1970, a factory could spew black clouds of toxic smoke into the air or dump tons of toxic waste into a nearby stream, and that was perfectly legal. They could not be taken to court to stop it.

How was that possible? Because there was no EPA, no Clean Air Act, no Clean Water Act. There were no legal or regulatory mechanisms to protect our environment.

In spring 1970, Senator Gaylord Nelson created Earth Day as a way to force this issue onto the national agenda. Twenty million Americans demonstrated in different U.S. cities, and it worked! In December 1970, Congress authorized the creation of a new federal agency to tackle environmental issues, the U.S. Environmental Protection Agency. www.epa.gov

If you are looking for ways to celebrate this year, gather your family and friends and measure your footprint on the world!

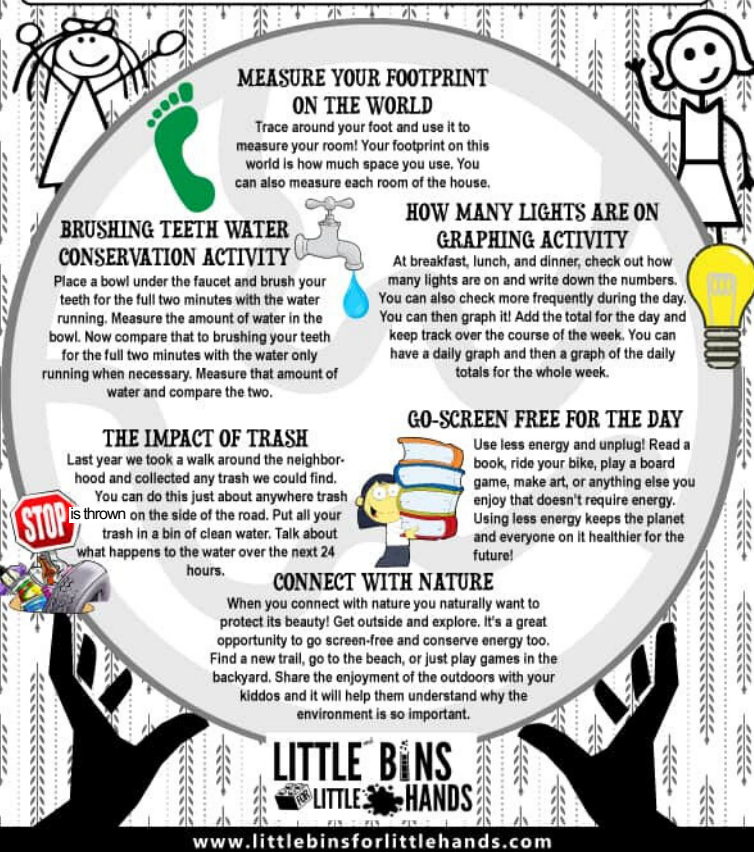


HAPPY EARTH DAY!



EARTH DAY FUN

EVERY DAY WE CAN DO OUR PART TO KEEP THE WORLD CLEAN AND BEAUTIFUL. WE CAN LEARN HOW TO CONSERVE RESOURCES AND PROTECT THE PLANET!



MEASURE YOUR FOOTPRINT ON THE WORLD
Trace around your foot and use it to measure your room! Your footprint on this world is how much space you use. You can also measure each room of the house.

BRUSHING TEETH WATER CONSERVATION ACTIVITY
Place a bowl under the faucet and brush your teeth for the full two minutes with the water running. Measure the amount of water in the bowl. Now compare that to brushing your teeth for the full two minutes with the water only running when necessary. Measure that amount of water and compare the two.

THE IMPACT OF TRASH
Last year we took a walk around the neighborhood and collected any trash we could find. You can do this just about anywhere trash is thrown on the side of the road. Put all your trash in a bin of clean water. Talk about what happens to the water over the next 24 hours.

GO-SCREEN FREE FOR THE DAY
Use less energy and unplug! Read a book, ride your bike, play a board game, make art, or anything else you enjoy that doesn't require energy. Using less energy keeps the planet and everyone on it healthier for the future!

CONNECT WITH NATURE
When you connect with nature you naturally want to protect its beauty! Get outside and explore. It's a great opportunity to go screen-free and conserve energy too. Find a new trail, go to the beach, or just play games in the backyard. Share the enjoyment of the outdoors with your kiddos and it will help them understand why the environment is so important.

HOW MANY LIGHTS ARE ON GRAPHING ACTIVITY
At breakfast, lunch, and dinner, check out how many lights are on and write down the numbers. You can also check more frequently during the day. You can then graph it! Add the total for the day and keep track over the course of the week. You can have a daily graph and then a graph of the daily totals for the whole week.

LITTLE BINS FOR LITTLE HANDS
www.littlebinsforlittlehands.com


Epworth
FAMILY RESOURCES



Spring has sprung!

BEST SPRING ACTIVITIES

naturalbeachliving.com

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1. Go on a walk
 2. Plant flowers
 3. Jump rope
 4. Go hiking
 5. Go to the farmer's market
 6. Play hopscotch
 7. Take a nature walk
 8. Fly a kite
 9. Play at a playground
 10. Go stargazing
 11. Go on a picnic
 12. Backyard obstacle course
 13. Look for baby birds
 14. Watch a new movie
 15. Take pictures of nature
 16. Visit a farm
 17. Make a bird feeder
 18. Cook something with fresh veggies
 19. Visit downtown
 20. Watch butterflies
 21. Go on a bike ride
 22. Do a random act of kindness
 23. Dance in the rain
 24. Make a smoothie bowl
 25. Go on a scavenger hunt
 26. Blow bubbles
 27. DIY a Pinterest craft
 28. Feed ducks
 29. Enjoy the sunshine
 30. Read outside

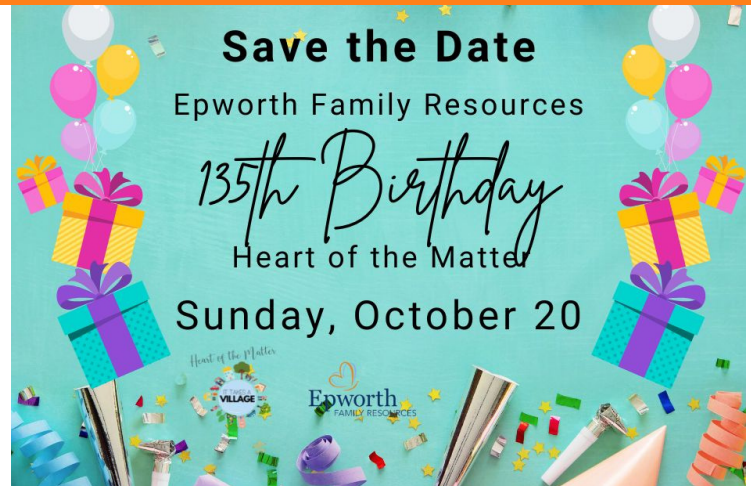
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31. Do an art project
 32. Play hide and seek
 33. Donate old winter clothes
 34. Play a board game
 35. Wash a car
 36. DIY silk scarves
 37. Make play dough
 38. Try crochet
 39. Look for daffodils
 40. Make homemade bread
 41. Listen to spring music
 42. Make a sensory bin
 43. Go on a nature hunt
 44. Play a sport
 45. Go horseback riding
 46. Pick up litter
 47. Go to a baseball game
 48. Hunt for books
 49. Play tag
 50. Start a planter garden
 51. Make ice cream
 52. Draw flowers
 53. Help out an animal shelter
 54. Start a journal
 55. Pick berries
 56. Learn how plants grow
 57. Get family photos
 58. Volunteer
 59. Climb a tree
 60. Visit some place new

National Care Workers Month

thank you



April is National Care Workers Recognition Month. We would like to brag on some of the best care givers in the community! Little Jewels care workers help raise children, giving peace of mind and making it possible for parents to earn a paycheck while their children are safe and secure. Our Little Jewels unsung heroes strengthen our community. This month, we honor their extraordinary contributions and commitment by supporting them with the recognition they deserve.



Join Our Team! Positions Available!

- Little Jewels Teacher & Teacher Assistant
- In-Home Family Life Specialist

For more information contact Rochelle at 402-362-3353



Artwork Exhibit

YORK AREA FOSTER CHILDREN ARE INVITED TO SUBMIT ORIGINAL ARTWORK TO BE DISPLAYED AT KILGORE MEMORIAL LIBRARY FROM APRIL 15TH TO THE 26TH. SUBMIT PAINTINGS, DRAWINGS, PHOTOGRAPHY, AND POEMS WITH THE QR CODE BELOW. ACCEPTING SUBMISSIONS THROUGH APRIL 14TH.

Theme: Everything Matters

EPWORTH FAMILY RESOURCES

Fostering Creativity

FOSTER CHILDREN IN THE YORK AREA ARE INVITED TO ATTEND EPWORTH FAMILY RESOURCES' ART WORKSHOP AT KILGORE MEMORIAL LIBRARY. WORKSHOP STARTS AT 2PM. REGISTRATION IS REQUIRED BY APRIL 5TH AT 12PM. USE THE QR CODE BELOW TO REGISTER.

April 6, 2024

EPWORTH FAMILY RESOURCES

One of our very own who has been a part time employee at Little Jewels since 2023, Leah Lane. Leah is currently doing her internship with Epworth Family Resources Foster Care. She recently created an art event for children who are in foster care currently. Leah has invited youth to submit their artwork to be displayed at Kilgore Memorial Library. An Art Workshop to be held April 6 at the Kilgore Memorial Library has been planned by Leah!