



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.

Make a Difference...Become a Foster Parent

There are many good reasons to consider becoming a foster parent. If you've been thinking about becoming a foster parent in your community or elsewhere, here are a few of the reasons we think it's worth considering:

- **You can change the course of a child's life.** The many reasons children enter foster care—abuse, neglect, poverty, substance abuse, mental illness, homelessness—create adverse environments that can cause PTSD, delayed development and emotional issues, among other things. As a foster parent, you can provide a safe, loving atmosphere that has the power to change a child's trajectory.
- **You can teach a child what a loving family is and how to connect and love.** Growing up in a home of anger, abuse, neglect, or turmoil is the norm for many. A child can learn what healthy relationships are and how to treat others with kindness, love, and respect. Many times, children with trauma don't know how to bond and be nurtured. You can teach them the depths of love and that there are people who care.
- **You're not done parenting.** You loved being a parent, but your children are now adults and you still have the desire to parent. The energy, joy, and excitement of children can be contagious. You want to share your parenting experience to help children in need.
- **You can break the cycle of abuse and change future generations.** Without intervention, children who have lived around abuse and neglect have a greater likelihood of continuing the cycle while raising their own children.



Epworth Family Resources serves children and families who have experienced a difficult situation within their own home and need temporary assistance. Epworth provides top notch pre-service training, on-going education, resources for all family members, in-home interventions, parent support groups and 24-hour assistance to prospective foster parents. Epworth serves throughout the state of Nebraska. Types of foster care we serve are agency supported, respite care and kinship/relative care.



- Agency supported is parenting and caring for a child for a longer term and working as part of a team to reunite the child with their family.
- Respite Care is short term parenting and caring for a child from a foster home. You are required to be a licensed foster parent.
- Kinship/Relative Care provides an environment for a youth relative or youth known from the community.

If you would like to become a foster parent or would like more information, contact Katherine at Epworth Family Resources Foster Care Services at 402-366-1857 or by email at khiggins@epworthfamilyresources.org.

Groundhog Day

Since 1887, a groundhog named Phil in Punxsutawney, PA comes out of his burrow on February 2. Many believe if he sees his shadow it means 6 more weeks of winter. If not we get an early spring!



National Make a Friend Day

February 11 is Make a Friend Day. This is a great opportunity to meet someone new and make a new friendship. Friends serve a vital role in everyone's lives. They are one of life's most valuable assets.



Staff Spotlight

Amanda Handy

Amanda Handy joined Epworth Family Resources in August of 2023 as the Little Jewels Childcare and Enrichment Director. Amanda has her Associates Degree in Early Childhood Education.



Amanda has worked in childcare since 2006. She has experience as a toddler teacher, preschool and school age teacher. Also, she has been a special education para at Seward Elementary School and has worked as a family advocate for Head Start.

Amanda was introduced to Epworth by a previous coworker, who started working in Epworth's In-Home Family Service. Amanda's dream was to become a director and be able to lead a team to create a quality childcare program. Amanda enjoys relationship building and interacting with staff and families. She enjoys interacting with the children each day, learning new things and growing.

Amanda is from Norfolk Nebraska, she moved to Lincoln in 2006 and married her husband in 2012. They bought a house in 2022 in Seward and currently have a cat named Sasha and a Bearded Dragon named Nala. She enjoys collecting owls and spending time with family.

Thank you

We would like to recognize those who helped this Christmas:

- Beatrice Centenary UMC
- Heinisch & Lovegrove Law Office-Geneva
- York First UMC
- Fagen Inc.
- Bruning UMC
- Shickley UMC
- Jefferson Brown
- Mina Nutter
- Jerri Merklinger
- Fairmont Community Church
- Milligan United Women in Faith
- Tim and Jane Goding
- Walbach United Women in Faith
- Linda Hume
- Albion United Women in Faith
- Jamestown United Women In Faith
- Ragan UMC
- Nadine Winz
- Dale Coates
- Geneva United Women in Faith

Valentine's Day Facts!

♥ **In the 1300's**

Valentine's Day officially became a holiday associated with love

♥ **145 Million**

Valentine's Day cards are sent by Americans each year!

♥ **Teachers**

Teachers receive the most Valentine's Day cards annually!

♥ **In 1861**

The first heart-shaped box of chocolates was introduced by Cadbury

♥ **In 1866**

We first got sweet printed messages on conversation hearts

♥ **8 Billion**

More than 8 billion conversation hearts are manufactured each year



Black History Month

February is Black History Month. According to National Geographic Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th Century to African Americans living in the United States today.

Historian Carter G. Woodson co-founded the Association for the Study of Negro Life and History. In 1926, the group declared the second week of February as "Negro History Week" to recognize the contributions of African Americans to U.S. history. Few people studied Black history and it wasn't included in textbooks prior to the creation of Negro History Week.

The week-long event officially became Black History Month in 1976 when U.S. president Gerald Ford extended the recognition to "honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history." Black History Month has been celebrated in the United States every February since.

Watch the Epworth Family Resources Facebook Page for more Black History Month facts and quotes this month!

<https://www.facebook.com/EpworthFamilyResources>

Changes to Wings Newsletter

In 2024 we plan to do monthly Wings newsletters. We started in January by emailing and posting the newsletter. We plan to mail newsletters the 2nd month of each quarter and the rest will be emailed or posted on social media. If you would like to start receiving newsletters via email please contact Julie at jtroy@epworthfamilyresources.org.

Little Jewels Experience the Snow

January was a cold start to 2024 but that didn't hold Little Jewels back. Before the bitter cold arrived Little Jewels had a Amanda and her staff took the kids out with shovels and buckets to play in the snow!



February National Bake for Family Fun

February is National Bake for Family Fun Month. This is a great opportunity to come together in the kitchen and bake up some yummy baked goods. I challenge all the Epworth families to come together at least once in the month of February and bake up a fresh loaf of bread, cake, cookies, pies etc. One of my favorites is the Texas Sheet Cake. This chocolate cake with chocolate frosting is moist and not your average chocolate cake!

Texas Sheet Cake

Ingredients

- 1 cup water
- 1 cup butter
- 3 Tablespoons unsweetened cocoa powder
- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup sour cream

Instructions

- Preheat oven to 350 degrees F and grease a 18x13" pan.
- Add water, butter & cocoa powder to a medium saucepan over medium heat. Bring mixture to a boil.
- Meanwhile, in a separate bowl mix together the flour, sugar, baking soda and salt.
- In another small bowl mix together the sour cream, eggs and vanilla.
- Add sour cream/egg mixture to the flour mixture and mix until combined.
- Once the chocolate mixture in the saucepan is boiling, remove it from heat and pour it into the batter. Mix until combined and no lumps remain.
- Pour mixture into prepared pan and smooth with a spatula to make sure it is dispersed in an even layer.
- Bake in preheated oven for 15-20 minutes or until set (mine is usually done around 15 minutes).
- When the cake is about half-way through cooking, prepare the frosting.

For the Chocolate Sheet Cake Frosting

- Add milk, cocoa and butter to a saucepan. Bring mixture to a boil.
- Once boiling, remove it from the heat and stir in powdered sugar. I like to beat the mixture with my hand-held mixer to get rid of any lumps.
- Pour hot icing over hot cake. Use a spatula to spread it evenly over the cake. Allow frosting to set for about 10 minutes before eating.

Ingredients Continued

- 2 large eggs
- 1 teaspoon vanilla extract

For The Frosting

- 6 Tablespoons milk
- 3 Tablespoons unsweetened cocoa powder
- 1/2 cup butter
- 3 3/4 cups powdered sugar

Join Our Team! Positions Available!

Little Jewels Teacher & Teacher Assistant

In-Home Family Life Specialist

For more information contact Rochelle at

402-362-3353.



P.O. Box 503-309 E. 7th St.
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Epworth family Resources 2023 Memorial & Honors listing

In Honor of...

Harriet Jane Olson
Prairie Rivers District
United Women in Faith

Cliff & Harrietta Reynolds
Clark & Jennifer Bauer

Sally Vonner
Prairie Rivers District
United Women in Faith

In Memory of...

Gil Karges
Connie Karges
Linda (Carol) Zuerlein
Darlene Fischer

In Memory of...

Dorothy M Baker
Gary Baker

Elizabeth Dunn
Carole Gerdes

Eunice Harrington
Terri Harrington

Karen Harrington
Terri Harrington

Joan Wetzel
Carolyn Carlson
Don & Alice Marie Harpst
Richard & Sharon Jorgensen
Scott & Heidi Lowthorp
Beth Miller
Tyre & Lenore Nelson

In Memory of...

Warren Lashley
Carole Lashley

Robert M Long
Scott & Cindy Sindel

Dick & Louisa Manning
Chris & Margie Hayes

Beverly Parrish
Carole Gerdes

Jodi Schmaderer
Linda & Melvin Schmaderer

Carolyn Sipes
Jane Roberts

Mary Ann Urwiler
Louise Boyd