

**LOCAL, STATE, AND FEDERAL ASSISTANCE
FOR INDIVIDUALS AND FAMILIES IN NEED**

Nutritional
Housing/Rent
Health/Medical
Financial
Planning
Miscellaneous

También está disponible en español

If you have questions or would like assistance, contact:

Danette Zarek
Nance County Clerk
209 Esther St., PO Box 338
Fullerton, NE 68638
308-536-2331

NUTRITIONAL ASSISTANCE

Commodity Supplemental Food Program (CSFP)

(402) 564-1124 ext. 208

Administered by USDA, overseen by Central Nebraska Community Services (CNCS)

Provides nutritious food packages to: income-eligible women who are pregnant, postpartum, or breast feeding; children up to age 6; and persons 60+ years of age. Packages consist of canned fruit, vegetables, meats, juices, cereals, dry milk, cheese, and peanut butter. Food packages are distributed monthly at five CSFP Clinics.

Women, Infants, and Children (WIC)

(308) 745-0780 ext. 132

Federal program administered by Central Nebraska Community Services (CNCS)

Income-eligible women who are pregnant, postpartum or breast feeding, and children to age five, receive monthly food checks redeemable at local grocery stores to help supplement their diets. Participants attend monthly or bi-monthly clinics to obtain the checks. They also receive basic health monitoring and nutrition counseling.

Supplemental Nutrition Assistance Program (SNAP) – Formerly Food Stamps

800-383-4278

Federal program administered by the Department of Health and Human Services (DHHS)

Households that meet the program guidelines for income and resources receive SNAP benefits for free. A household can be one person or a group of people who purchase and prepare meals together. SNAP benefits can only be used to buy food. Alcoholic beverages, pet food, tobacco, paper products, and other nonfood items can't be purchased with SNAP benefits. The benefit amount is placed in an electronic account which can be accessed with an Electronic Benefits Transfer (EBT) card. The EBT cards are accepted by most supermarkets and grocery stores. Some Meals on Wheels services may accept them, and recipients over age 60 and their spouses may be able to use them to pay for congregate meals.

Fullerton Food Pantry

(308) 536-2902

Located in front of the Nance County Road Department building at Esther St. & 3rd St.
Open from 5 - 7 p.m. on the first Wednesday of every month.

Genoa Food Pantry

(402) 993-6517

Located in the Lions Club building on Willard Ave.
Open from 9 - 11 a.m. every Monday (closed on holidays and in bad weather).

Meals – The Fullerton Area Senior Center

(308) 536-2123

Lunch served Mon, Weds, Thurs, and Fri. Dinner served Tuesdays. All are welcome. Transportation provided upon request. Age 60+, \$3.00/meal. Under 60, \$6.00/meal. The Senior Center also delivers Meals on Wheels during those meal times. You must have a disability or some verifiable reason for needing the service. Age 60+, \$3.25/meal. Under 60, \$6.25/meal. The Senior Center is located at 327 Broadway St.

Access Nebraska

accessnebraska.ne.gov

Administered by the Department of Health and Human Services (DHHS)

A quick, easy way to find the Nebraska public assistance benefits for which you are eligible. You can self-screen and apply online from any computer with Internet access – at home, at the library, at many community agencies, and at many Department of Health and Human Services (DHHS) offices.

HOUSING / RENT ASSISTANCE

Project THRIVES

(308) 385-5500

Administered by Central Nebraska Community Services (CNCS)

THRIVES (Transitional Housing for Rural Independence, Viability, and Economic Stability) will assist homeless individuals and families to obtain safe and suitable transitional housing. Those served will participate in intensive case management to enhance their skills for self-sufficiency and secure and maintain permanent housing. Homeownership opportunities are a part of permanent housing.

CNCS Rentals

(308) 745-0780 ext. 107

Owns and manages 39 rental properties. They are located in Loup City (6 units), Central City (6 units), Ainsworth (3 units), Greeley (2 units), O'Neill (5 units), Cairo (3 units), Alda (8 units), and Bassett (6 units). Applicants must income-qualify, and referrals are required.

Section 8 Rent Subsidy

(308) 745-0780 ext. 108

Administered by Central Nebraska Community Services (CNCS)

Provides rent subsidy assistance through the issuance of vouchers to individuals and families. Eligible households must meet income guidelines and pass the Section 8 Housing Quality Standards inspection to be determined leaseable.

Genoa Housing Authority

(402) 993-2493

18 1-bedroom apartments; 2 2-bedroom apartments

To qualify, household income may not exceed \$30,000/year. (Income is verified through the EIV [Electronic Income Verification] database.) Rent is calculated at 30% of expected annual income, with a \$50/mo. minimum and a \$250/mo. maximum. Kitchen appliances are provided. All utilities are covered, with the exception of telephone and cable. In June, July, and August, there's a \$13/mo. charge for air conditioning. Laundry facilities are available for \$10/mo. There may be a waiting list.

Fullerton Housing Authority

(308) 536-3380

32 1-bedroom apartments, 4 of which are wheelchair accessible

Must be over 62 years of age or disabled. (HUD has a very broad definition for "disabled," so all interested parties should apply.) There are no income qualifications. Rent is calculated at 30% of annual income but is adjusted for out-of-pocket and medical-related expenses. Coin-operated washing facilities are available. All utilities are covered, excluding telephone and cable. Kitchen appliances are provided. An on-site Services Coordinator can assist with programs such as Meals on Wheels, hospice, etc.

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HEALTH / MEDICAL ASSISTANCE

East Central District Health Department

2282 East 32nd Ave
Columbus, NE

402-562-7500

The Good Neighbor Community Health Center (GNCHC) is housed within the East Central District Health Department and provides affordable, accessible, quality, comprehensive primary healthcare to individuals and families living in Nance County. As a safety net provider, they offer medically underserved and underinsured populations family medical care, mental health, and dental health services. Lots of information is available on their website at eastcentraldistricthealth.com.

Every Woman Matters (EWM)

Administered by the Nebraska Office of Women's Health

800-532-2227

For women 40+ years of age who are underinsured or uninsured. Provides low-cost (\$5.00) or no-cost screening examinations for breast and cervical cancer. Services include pap test, pelvic exam, clinical breast exam, and screening and diagnostic mammograms.

Immunization Program

Administered by Central Nebraska Community Services (CNCS)

(402) 564-1124 ext. 221

Individuals from birth to 20 years of age receive vaccinations to reduce their risk of contracting childhood illnesses and diseases. Vaccines for Polio, Varicella (chicken pox), Diphtheria, Tetanus, Pertussis, Rubella, Measles, Mumps, Haemophilus Influenza Type B (HIB), Hepatitis B, and Meningitis are available.

Medicaid

Administered by the Department of Health and Human Services (DHHS)

800-383-4278

Nebraska Medicaid is available to certain low income persons including persons who are aged, blind, disabled, children, and others who meet eligibility requirements. Kids Connection is part of Nebraska Medicaid and provides medical assistance to children age 18 and younger.

Kids Connection

Administered by the Department of Health and Human Services (DHHS)

888-275-0397

Provides health care coverage to qualified children. It includes both the Children's Health Insurance Program (CHIP) and the Nebraska Medical Assistance Program (also known as Medicaid). Its purpose is to provide health care to low-income and low-income uninsured children all across the state.

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Nebraska Family Helpline / Family Navigator Service

888-866-8660

Administered by the Department of Health and Human Services (DHHS)

Family Helpline makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to assess immediate safety needs, identify the potential level of a behavioral health crisis, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers. The Helpline is supervised by licensed behavioral health professionals.

Family Helpline operators also can connect eligible families to the Family Navigator Service. This service helps families move through Nebraska's child- and family-care system more efficiently to get the assistance they need. Available within 24 to 72 hours after a Helpline referral, Family Navigator helps families identify existing community-based services and provides support from people who have had personal experience in the system.

Must have a child under 19 to be eligible. More information is available at www.nebraskafamilyhelpline.ne.gov.

FINANCIAL ASSISTANCE

Emergency Assistance

(308) 946-3794

Administered by Central Nebraska Community Services (CNCS)

Funds are available to provide financial assistance (utility payments, rent payments, etc.) to homeless or near-homeless persons who have a verifiable economic or personal crisis.

Assistance to the Aged, Blind, or Disabled (AABD)

accessnebraska.ne.gov

Administered by the Department of Health and Human Services (DHHS)

Provides financial aid and medical assistance to persons in need who are age 65 and older, or who are age 64 and younger and blind or disabled according to Social Security program definitions. To be eligible for a cash payment, an individual or married couple must have a monthly income and countable resources less than the program's need and payment standards. If determined eligible for a cash payment, the individual is also eligible for medical coverage.

Aid to Dependent Children (ADC)

800-383-4278

Administered by the Department of Health and Human Services (DHHS)

Provides cash assistance to low-income families with children age 18 or younger. ADC income is used to pay for family living expenses such as rent, utilities, food, clothing, and other necessities. To be eligible for ADC cash assistance, a family must have net monthly income less than the program's need and payment standards. Sometimes, families may consist of both parents and children. At other times, there may be a parent absent due to separation, divorce, or death. When both parents are absent, a different family member such as a grandparent, aunt, or uncle may receive on behalf of the child(ren). A family may receive benefits and services from other assistance programs as well.

Child Care Subsidy

800-383-4278

Administered by the Department of Health and Human Services (DHHS)

Helps with the cost of child care. Your gross income (income before taxes, insurance, and any other deductions are subtracted) is used to see if you are eligible. Both earned income (eg., wages) and unearned income (eg., child support, Social Security payments, Unemployment Insurance) are counted.

Emergency Cash Assistance Program

800-383-4278

Administered by the Department of Health and Human Services (DHHS)

Helps with money and/or services for needy children and other household members when there's an emergency situation. The program helps when the situation is threatening to the health or well-being of an eligible child and family. To be eligible for emergency assistance a family must meet gross income requirements.

Low Income Energy Assistance Program (LIHEAP)

800-383-4278

Administered by the Department of Health and Human Services (DHHS)

Helps people with limited incomes offset the cost of heating and cooling their homes. The program will partially pay the cost of electricity, fuel oil, gas, coal, wood, kerosene, propane, etc. Eligibility is based on a household's resources and income. Some resources aren't counted like your home, one car, and personal belongings such as furniture and clothing. The resource limit is \$5,000. Resources that are counted include cash, checking and savings accounts, time certificates, CDs, stocks, bonds, and property other than your home.

Supplemental Security Income (SSI)

888-275-0397

Administered by the Social Security Administration

A federal cash benefit program designed to guarantee a minimum monthly income to people who are 65 or older, blind, or disabled and who have limited incomes. SSI benefits are based on need rather than the amount paid into the program or the number of quarters worked. Benefits are paid to eligible people only, not to family members or survivors. To qualify, a person must be a U.S. citizen, living in the U.S., and over 65, blind, or disabled. In addition, income and resources tests must be passed. All of your income and that of your spouse is considered. You'll also need to show that your resources or assets are limited.

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Temporary Assistance for Needy Families (TANF)

(402) 471-9243

Administered by the Department of Health and Human Services (DHHS)

TANF cash assistance provides monthly cash benefits to very low-income families based on eligibility standards set by the state. Unlike its predecessor, Aid to Families with Dependent Children (AFDC), TANF is not an entitlement program, meaning eligible families are not guaranteed benefits. One of the main goals of TANF is to transition recipients to employment so that cash benefits are no longer necessary. Recipient families must fulfill ongoing work requirements, and there is a time limit on benefits. More information can be found by calling the number above or at www.hhs.state.ne.us/wer/werindex.htm.

Nebraska Family Helpline / Family Navigator Service

888-866-8660

Administered by the Department of Health and Human Services (DHHS)

Family Helpline makes it easier for families to obtain assistance by providing a single contact point 24 hours a day, seven days a week. Trained Helpline operators screen calls to assess immediate safety needs, identify the potential level of a behavioral health crisis, make recommendations or referrals to appropriate resources, and help callers connect to emergency resources or providers. The Helpline is supervised by licensed behavioral health professionals.

Family Helpline operators also can connect eligible families to the Family Navigator Service. This service helps families move through Nebraska's child- and family-care system more efficiently to get the assistance they need. Available within 24 to 72 hours after a Helpline referral, Family Navigator helps families identify existing community-based services and provides support from people who have had personal experience in the system.

Must have a child under 19 to be eligible. More information is available at www.nebraskafamilyhelpline.ne.gov.

PLANNING ASSISTANCE

Family Outreach

(308) 946-3794

Administered by Central Nebraska Community Services (CNCS)

Offers a variety of programs that promote the strengths in families by providing assistance to families in crisis, linkage to resources, advocacy for services, financial counseling, and attainment of goals.

Hope Offers People Empowerment (HOPE)

(308) 946-3794

Administered by Central Nebraska Community Services (CNCS)

A Family Outreach Coordinator (FOC) works one-on-one with the individual or family to find resources, overcome obstacles for change, and coordinate service delivery. There is no charge for participating in the program. All that is required is a commitment to change.

Employment First

(402) 471-9243

Administered by the Department of Health and Human Services (DHHS)

Nebraska's welfare reform program helps families achieve economic self-sufficiency through job training, education, and employment preparation. Employment First assists people through the transition from welfare to the workforce.

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MISCELLANEOUS SERVICES

Home and Community Services (Social Services Block Grant)

800-383-4278

Administered by the Department of Health and Human Services (DHHS)

Provides services that are intended to enable low-income individuals to be as self-sufficient as possible. Services for the elderly and adults with disabilities include: Chore Services, Adult Day Services, Training, Home Delivered Meals and Congregate Meals, Respite Care, Transportation, and Adult Family Homes. For children and families, Training and Transportation services are available.

Child Safety Seat Program

800-736-5827 ext. 230

Administered by Central Nebraska Community Services (CNCS)

Offers child safety seats to increase the safety of Central Nebraska infants and children, and provides education regarding the proper use and effectiveness of car seat safety to area families that may not be able to afford child safety seats.

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Nebraska Telephone Assistance Program (NTAP)

www.psc.nebraska.gov

800-526-0017

Administered by the Nebraska Public Service Commission

If you are participating in Medicaid, SNAP, SSI, Federal Public Housing Assistance, Low-Income Home Energy Assistance, or Kids Connection (SAM, MAC, or EMAC), you are eligible to apply for NTAP. Their “Lifeline” program reduces the cost of local telephone service by \$10 to \$13.50 per month. Their “Link-up” program provides a one-time connection fee credit of 50%, up to \$30.

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