

TODAY'S FUTURE

Did You Know...over half a billion credit cards are in use today with balances totaling more than half a trillion dollars. Consumers pay over \$70 billion in interest and fees on bank cards alone each year. More than 3 billion mail solicitations for credit cards are mailed annually in the United States alone.

Services Available for Financially Strapped Families

Where do you turn if you lose your job or your family becomes pressed for money?

There are many family services available in Northeast Nebraska. If you call your local University of Nebraska-Lincoln Extension Office, they can assist you with finding the services in your area.

A **2-1-1** phone call can also provide easy access to human services information from communities across Nebraska. 2-1-1 includes information on human services such as: child care, respite care, adult day care, drug rehabilitation, mental health services, job training, rent assistance, utility assistance, shelters, food pantries, legal aid, and volunteer opportunities.

Depending on your situation you may want to ask about different programs. Here are some suggestions:

Health and Human Services has many different programs such as: WIC, the Food Distribution Program, the Nebraska Low Income Energy Assistance Program, the Food Stamp Program, and Aid to Dependent Children, **Employment First**, and Kids Connection. Visit <http://dhhs.ne.gov/Pages/default.aspx> or call 402-471-3121.

Community Action Agencies offer programs regarding: Weatherization, Commodity Supplemental Food Program, Food Pantry, Immunizations, Rent/Utility/Emergency Financial Assistance, Income Tax Preparation, Nebraska Homeless Assistance, Operation Great Start, and Operation Building Blocks. Visit <http://www.nencap.org/> or call 402-385-6300.

Northeast Nebraska Area Agency on Aging offers services in the following: Senior Care Options, Care Management, In-Home Services, Emergency Response System or Lifeline, Nutrition Counseling, Congregate Meals, Home-Delivered Meals, OMBUDSMAN, Legal Assistance, Aged and Disabled Medicaid Waiver, Health Clinic/ Supportive Services, Outreach Information, and Assistance, Transportation and Assisted Transportation, Senior Health Insurance Information Program (SHIIP), and Family Caregiver Support. Visit <http://www.nenaaa.com/> or call 402-370-3454 or 800-672-8368.

There are also public and private organizations that assist with abuse, assault and rape and, drug and alcohol addiction. There are hospitals and education facilities that also have services available.

If you have any questions on any of these programs please contact the agency or call your local University of Nebraska-Lincoln Extension Office and they will provide you with the contact information.