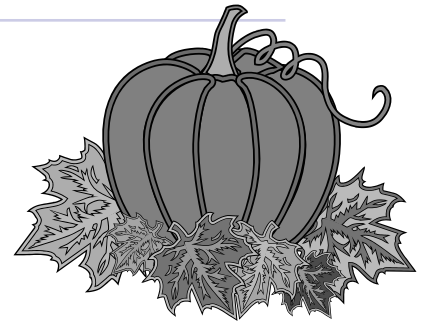


TAB Extra

October 2010



Please note.....

☑ For the safety of everyone in the building, the YWCA doors are locked until 6:00 pm on Fridays and once again at 6:30. The door will remain locked until 9:00 p.m. If you need to pick up your child earlier, please call the TAB **emergency cell phone at 402-499-1129** and TAB staff will gladly open the door for you.

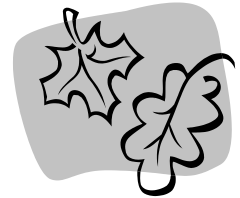
☑ Over the next month, each returning family will be asked to complete a new registration form and provide updated financial information. This is to ensure we have current information about your family. Thank you for your help

☑ Please respect our 9:30 p.m. pick up time. If someone is consistently late to pick up their child, they may be asked to take a week off from TAB. Thank you !

☑ *Please remember to register by noon on Thursday.*

Points of Interest:

- ☺ Noodles Benefit Nights for TAB
- ☺ Resources at the Center For People in Need
- ☺ Free Family Activities
- ☺ Autumn Noodle Bake



TAB Appreciates Help from These Local Businesses in September

In September, TAB was fortunate to receive the help from many local businesses. Please show them your thanks by supporting them when you can. Roberts Dairy has been and will continue providing milk every week for TAB.

September 10th-Sbarro Pizza (located at Westfield Mall) and Perkins (48th and O)
September 17th-Kentucky Fried Chicken (11th and Cornhusker)
September 24th-Cici's Pizza (27th and Superior)

TAB Needs Your Help

As you know, many nonprofits have suffered some financially with recent economic times. The difficult part is that during an economic downturn, people need social services even more. TAB is experiencing a reduction in funding this year. While we are applying and have applied for many grants to help us continue the TAB program, there are things you can help with as you are able to help us cover the expense of the program. Please consider:

- Paying what you are able as you can when you can (free will offering)
- Donating food for snack time. Goldfish, animal crackers, bananas, Cherrios, etc... Due to allergies, please no products containing peanut butter, peanuts or cinnamon.
- Volunteering for TAB or other YWCA programs. There are many opportunities to help at TAB like helping distribute food to the rooms at supper time, helping at the front door either from 6-6:30 or 9-9:30pm.

Thank you for your support of TAB. With help from you and our generous community we will be able to continue the TAB program for many years to come!



Fall Celebration for TAB!

On Friday, October 15th, children at TAB will be celebrating the arrival of autumn! Children can wear costumes if desired and there will be face painting, caramel apples and many other fun fall activities at TAB. If you do not have a costume, come in your favorite pajamas! Please, do not bring "toy" swords, guns, knives, etc... that are part of your costume.



Resources from the Center for People in Need

Health Hub Advocates are available to help uninsured patients find community resources to help meet healthcare needs. Advocates help clients:

- Access free or discounted medications
- See a medical specialist
- Apply for programs such as food stamps, General Assistance, Medicare and Medicaid
- Find a doctor/medical home
- Refer people to agencies designed to address basic needs

For more information, call Health Hub Coordinator Nancy Kubes at 476-4357.

Budget Friendly Family Activities in Lincoln

(Courtesy of "Lincoln Kids" and www.lincoln.org/events/calendar)

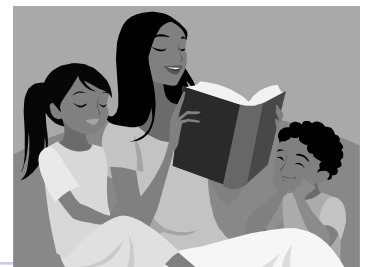
August 1-October: Martin's Hillside Orchard, 2024 Ashland Road, Ceresco NE, 665-2140. Pick your own apples, pumpkins and raspberries. Bring the family and spend an afternoon at the orchard enjoying the butterfly garden, discovery trail, Mount Strawtower, and corn maze. Free admission—you just pay for any fruit you pick. www.hillside-orchard.com

Saturdays: (ongoing) Spanish/English Bilingual Story and Craft Hour 10-11 a.m. at Indigo Bridge Books, 701 P Street, Ste 102, 477-7770. (In the Creamery Building in the Haymarket).

Lincoln City Libraries: lincolnlibraries.org. Each location offers preschool storytime for ages 3-5 and Toddler time for parents and children ages 18-36 months. Enjoy reading aloud, singing, playing and dancing. Contact each location for days and times.

Sunday, October 3rd: Hockey Night Out in Lincoln 5-7 pm at the Ice Box where the Lincoln Stars Play for boys and girls ages 4 and up. This is your chance to get on the ice and try some hockey. We will have some skates available if you want to try skating or you can wear your shoes. We will have some hockey gear for you to try out and wear. Come and join us for some FREE Fun!

Saturday, October 9th: Veg Fest V—Celebrating the Community Harvest, 2-6pm at Havelock Park (63rd and Ballard). Celebrate gardening, farmers and community! Highlights include a farmers' market featuring local producers, live music, local organizational booths, demonstrations and kids activities. Free fun for the whole family! For more information, visit www.communitycrops.org or call (402) 474-9802.





Noodles to Help TAB

Noodles restaurant, located at 210 N 14th Street, next to the Children's Museum, will be helping TAB with dine-in nights. Noodles will donate 25% of the proceeds to the YWCA for anyone who mentions the YWCA upon checkout. These will be the 3rd Wednesdays of each month from 5-10pm. The first dine-in night will be on Wednesday, October 20th from 5-10pm. Please help us spread the word about this benefit for TAB!

RECIPE EXCHANGE

In our TAB newsletter, I will include recipes that myself or someone on the TAB staff, or one of our TAB families have tried and thought it was worth sharing with our TAB families. If you have a recipe you would like have featured in our newsletter, please give to Misti on Friday, or email to Misti at TABLincoln@gmail.com.

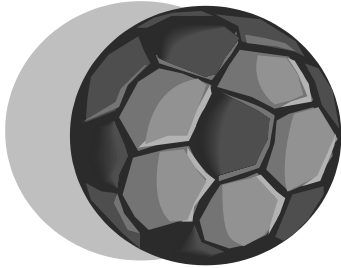
Autumn Noodle Bake

Ingredients

4 ounces egg noodles, uncooked
1 cup (8 oz.) cooked ham, diced (or pork sausage)
1 (10.75 oz) can cream of mushroom soup
1/2 cup water or milk
1/2 (15.5 oz) can sliced carrots, drained
1/2 (15.5 oz) can cut green beans, drained
1 cup low fat cheddar cheese, shredded

1. Preheat oven to 350 degrees
2. Cook noodles according to package directions, drain
3. Combine noodles with ham, soup, 1/2 cup of water or milk, vegetables and 1/2 cup of the cheese
4. Spoon into 2 quart baking dish; top with remaining cheese
5. Bake uncovered for 20 minutes or until heated through and cheese is melted.

Activity Scholarships Available Now!



Does your child want to sign up for dance classes and not sure if you can afford it? Consider applying for an activity scholarship. This scholarship can be used for dance classes at the YWCA En Pointe

Dance Academy on 2nd floor. The scholarship can also be used for other classes such as soccer or football camps. Please see Misti for an application.



October 2010



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