



KINSHIP

SUPPORT SERVICES

Supporting families.
Fostering hope.

MAY NEWSLETTER



SUPPORT GROUP MEETING

NOTICE: THE MAY SUPPORT GROUP MEETING HAS BEEN *CANCELLED AND ALL MEETINGS ARE SUSPENDED UNTIL FURTHER NOTICE*. WE WILL PROVIDE AN UPDATE IN THE MAY NEWSLETTER.

PLEASE FEEL FREE TO CALL IF YOU HAVE QUESTIONS OR CONCERNS.

Please contact Mary with questions or concerns:
(307) 635-9291
maryg@calc.net

NOTICE:

**WE HAVE MOVED TO:
1920 EVANS STREET
CHEYENNE, WY 82001
MAIL TO:
P.O. BOX 106
CHEYENNE, WY 82003**



Community Action of Laramie County
Helping Laramie County. Helping each other.
P.O. BOX 106 • Cheyenne, WY 82003
(307) 635-9291 • calc.net

Social Distancing Shouldn't Lead to Social Isolation

By Sam Shumway, AARP Wyoming State Director

Make no mistake: The long-term effects of social isolation are very real. Over a prolonged period, the impact of social isolation is as harmful to an individual as smoking 15 cigarettes a day. In fact, isolation is more dangerous to one's health than obesity, and it's linked to a greater likelihood of early death, accelerated cognitive decline, poor cardiovascular function, stroke and depression in adults 50 and older.

We may have all scaled back our personal interactions to stay safe, but that doesn't mean we have to be alone. Today's technology offers myriad ways to keep in touch with family, friends, neighbors and loved ones. Here are some steps to stay connected:

- Plug into the growing number of mutual aid groups that organize volunteers to assist older neighbors by, for example, picking up prescriptions or going grocery shopping for them. AARP recently launched the "Community Connections" tool, also in Spanish at www.aarp.org/MiComunidad, to help you find a group in your area. You can also request a "friendly call" from an AARP volunteer through the website or by calling 1-888-281-0145.
- Go virtual. Many in-person activities are now being offered online. Your local fitness center, for example, might be offering virtual exercise classes. Or perhaps your book club now meets online. AARP's website [www.aarp.org/coronavirus] offers daily fitness videos, links to movies that stream online, and other ideas to stay active and engaged during this difficult time.
- Volunteer to provide critical services. It's a way to assist others while also helping you find purpose and avoid isolation. Mentors and tutors, for example, are always in high demand and both roles can easily be filled remotely. You might also want to volunteer to answer helpline calls related to the pandemic. Visit <https://createthegood.aarp.org>.

If there is one thing that this pandemic has made clear, it's that personal connections are immensely valuable and sorely missed. Let's resolve to keep those links strong and vibrant during this crisis, especially for our most vulnerable family, friends and neighbors.

Sam Shumway is the State Director for AARP Wyoming and its 83,000 members.

To contact Mr. Shumway, go to: sshumway@aarp.org

Senior Shopping Hours and Senior Services

Safeway:	7 - 9:00 am Tuesday and Thursday for 65 and Over
Albertsons:	7 - 9:00am Tuesday and Thursday for 65 and Over
King Soopers:	6 - 8:00 am Monday, Wednesday, and Friday for 60 and Over
Walmart:	7:30 - 8:30 am Tuesday for 60 and Over
Walgreens:	8 - 9:00 am every Tuesday 55 and Over 30% Off on Online Orders at Walgreens.com

AMAC- Association of Mature American Citizens: 1-888-262-2006

AARP - American Association of Retired Persons: 307-432-5814

Mary's Memo:

Hello Everyone,

I have mailed out a survey to all current Older Relative Caregiver members. Hopefully you have received your survey.

I would very much appreciate it if you would return the completed survey in the envelope that was provided. I do want to hear how everyone is doing in these difficult times. Yes, you will receive a \$5.00 gift card after you mail the survey back to me.

I will talk to you next month. Stay safe,

Mary

“A diamond is merely a lump of coal that did well under pressure.”

Author Unknown

ABOUT OUR PROGRAM

Our Older Relative Caregiver Program provides resources and support to older relative caregivers 55 and over who are raising relatives either under the age of 18 or under the age of 54 and living with a disability. Understanding that this transition in caregiving can be a challenging time for all family members involved, our program offers a variety of services to help families succeed ~ including community referrals, support groups and a variety of supplemental services.

**Legal Aid has moved. They are now located at:
1920 Thomes Avenue on the third floor.
The phone number is 307-432-0807.**

Did You Know? I was thinking about doing something about evictions and COVID-19, however, things are changing daily. Right now there isn't protection for renters unless the landlord decides to give leniency on their own. Maybe next month I will have something in regards to that topic. This month, I offer the following advice regarding requests for repairs. Jenn

If you need to request repairs from your landlord, there is a process to follow in Wyoming for doing so. Please note, this is the general process and your lease require a different process, so refer to your lease first.

To begin the process for requesting repairs, you should write a letter to your landlord listing all of the repairs that need to be made and ask that the repairs be made in a reasonable time. You must send this letter by certified mail to the landlord. The landlord is required to either make the repairs within a reasonable time or dispute the claim through a certified letter to you. If the landlord does not respond or refuses to make the repairs within a reasonable time, you will need to send a second letter by certified mail, repeating the request for repairs. Notify the landlord that if he or she does not fix the problem within 3 days, you will sue them in court to fix the problem or terminate the lease. If you take this step, be prepared in the event the landlord decides to terminate the lease because they may not be able to make the repairs. Make sure that you keep copies of the letters and receipts for the certified mailings, so that you can present them to the Court. Also, you should still pay your rent in accordance with your lease agreement. Failure to pay rent as scheduled could lead to an eviction action against you, which could impact your ability to rent from other landlords in the future.

DASA'S CORNER



Hello all,

Hope that you each weathered this COVID-19 social distancing storm and that you have been able to stay healthy and safe. It has definitely been a struggle trying to navigate this new world as we have case managers working from home and having meetings on ZOOM. There is a lot to be said about the face-to-face meetings.

Even though there was the social distancing order I found that Easter was a still a time of celebration. So many organizations stepped up to provide services and food for the community. The Older Relative Caregiver Program handed out Easter baskets in place of a support group and the bunny still left a few eggs here and there for the kiddos.

We hope to reopen to the public soon, when we do we will be opening the doors to our new venue. We spent the week of April 13 moving our office into 1920 Evans. New building, new office, and all back to work. This is the new CALC world. Stay safe and Healthy,

*Dasa Robertson
Self-Sufficiency/Kinship Support Services Program Director*

COMMUNITY ACTION OF LARAMIE COUNTY MAY TRAININGS

LEARNING OVER LUNCH

**ALL TRAININGS HAVE BEEN SUSPENDED
UNTIL FURTHER NOTICE.**



**SELF
SUFFICIENCY**
OF LARAMIE COUNTY

1920 EVANS STREET
CHEYENNE, WY 82001
(307) 635-9291

WE OFFER:

- INTENSIVE CASE MANAGEMENT THROUGH PROJECT HOPE
- SHORT-TERM HOUSING & CASE MANAGEMENT FOR VETERANS
- TRANSITIONAL HOUSING

EYE GLASSES PROGRAMS

CALC has two separate eye glass programs. One program is for adults, call our office to have your name and contact information added to our list.

The second program is for children. Mary will meet with parents at the school to complete the forms.

Call Mary for more information.
635-9291 extension 30

CLOSURES & NOTICES

COMMUNITY ACTION OF LARAMIE COUNTY main office is closed. Case managers are working from home to serve clients as best they can. Call for information 635-9291.

HEAD START & EARLY HEAD START classes are closed until at least April 30, 2020.

CROSSROADS HEALTHCARE CLINIC is serving patients. The County Health Department building is closed, please enter the clinic through the side door. Call with questions.

For up-to-date closure information, visit www.calc.net.



521 W. Jefferson Road
Cheyenne, WY 82007
(307) 634-5829

EARLY HEAD START provides services to pregnant moms and to children from birth to age three in Laramie County.

HEAD START offers classroom based early childhood education to Laramie County children 3 - 5 years of age.



100 CENTRAL AVENUE, SUITE 100
CHEYENNE, WY 82007
(307) 632-8064

We provide quality primary medical care, mental health services and substance abuse services to homeless individuals and families.

INFORMATION FOR ALL VETERANS

During the COVID-19 Pandemic, the veterans enrolled in the CALC GPD Program are adapting well to CDC and Wyoming Health Department recommendations. While services are still being administered to the veterans with housing, emphasis is being given to safety and maintaining good health for all program participants. CALC is working closely with the VA to ensure that the veterans are receiving the supplies they need to maintain healthy lives while accomplishing their goals of achieving housing stability.

Additionally, the VA is currently seeking to fill their ranks within the housekeeping and food service fields. All interested persons may apply at the below link:

www.usajobs.gov

Best Regards,

Justine Whitacre
Veterans Home Case Manager

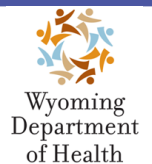
COMMUNITY ACTION OF LARAMIE COUNTY is a leader dedicated to reducing poverty in Laramie County by empowering people to achieve self-sufficiency through education, advocacy, intervention, and community partnerships.

Through our four programs lives are being changed and improved every day.

- **Crossroads Healthcare Clinic** provides primary medical care, mental health services and substance abuse services to individuals and families who are homeless and a small percentage of low-income individuals and families.
- **Laramie County Head Start** provides classroom based early childhood education to children 3-5 years of age as well as services to pregnant moms and infants from birth to age 3.
- **Self-Sufficiency** offers intensive case management to a limited number of individuals and families. Approved participants enter a one year commitment to receive intensive case management to achieve individual goals. The VA Bridge Housing program is a 90 day or less program offering case management and temporary housing to low-income veterans.
- **Kinship Support Services** Older Relative Caregiver program provides resources and support to caregivers by community referrals, support groups and supplemental services. We also offer Temporary Guardianship services to assist with the district court paperwork.
- The **Cheyenne Farmers Market** is our annual fundraiser and helps provide beneficial services to the community.



"This document was developed under Grant(s) from the U.S. Department of Health and Human Services, Administration on Community Living and the Wyoming Department of Health, Aging Division, Community Living Section. However, these contents do not necessarily represent the policy of the U.S. Department of Health and Human Services, Administration on Community Living and the Wyoming Department of Health, and you should not assume endorsement by the Federal or State government."



COMMUNITY ACTION OF LARAMIE COUNTY
P.O. BOX 106
CHEYENNE, WY 82003