



KINSHIP

SUPPORT SERVICES

Supporting families.
Fostering hope.

MARCH NEWSLETTER



SUPPORT GROUP MEETING

NOTICE: THERE WILL BE NO SUPPORT GROUP MEETINGS UNTIL FUTHER NOTICE

KINSHIP SUPPORT GROUP MEETINGS WILL RESUME WHEN IT IS SAFE TO PROCEED

**WE HAVE MOVED TO:
1920 EVANS AVENUE
CHEYENNE, WY 82001**

**P.O. BOX 106
CHEYENNE, WY 82003**

QUESTIONS?
Contact Mary
(307) 635-9291
maryg@calc.net



**COMMUNITY
ACTION**
OF LARAMIE
COUNTY

Community Action of Laramie County
Helping Laramie County. Helping each other.

P.O. BOX 106 • Cheyenne, WY 82003
(307) 635-9291 • calc.net

FACTS REGARDING GRANDPARENTS RAISING GRANDCHILDREN

The Census Bureau provides some key data points about grandparents who report they are responsible for grandchildren:

- Approximately 19% of grandparents responsible for grandchildren live in poverty, which can be compared to 10 percent of adults in the general population.
- 46% of all grandparents responsible for their grandchildren raise them for at least five years. Grandparents are caring for their grandchildren longer than in the past.
- 56% of grandparents responsible for their grandchildren are in the labor force.
- Over 48% of all grandparents responsible for their grandchildren are age 60 and older. The average age of grandparent caregivers has grown older over the years, having risen from age 55 in 2005 to nearly age 59 in 2018.
- 25% of grandparents responsible for their grandchildren have a disability compared to about 6% of parents of children under age 18.

Similar data is not available for other relatives, including aunts & uncles or “fictive” kin like godparents.

*This data was provided by Generations United.



Mary's Memo

Hello Everyone,

As new information becomes available regarding where to get covid-19 vaccine, CALC will be posting on facebook, and I will be calling. We should have more information for you in the April edition of the newsletter.

There will continue to be no support group meetings until everyone feels safe to get together again. When the weather allows we will do another picnic in a local park.

Take care and be safe.

Mary

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 older 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.

**"NEVER IRON A FOUR-LEAF CLOVER BECAUSE YOU DON'T WANT TO PRESS YOUR LUCK."
~ AUTHOR UNKNOWN**



This is a link for at home, free of cost, covid testing.

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-at-home-testing/>

***** COVID-19 TESTING AND VACCINATION INFORMATION *****

FREE Testing Available By:

County Health Department @ Archer Event Center
(Parking Lot) 3967 Archer Parkway, Cheyenne
(307) 633-4000

Additional Testing Sites:

Stitches Acute Care - 1919 Central Avenue, Cheyenne
(307) 514-9888

Health Reach - 2030 Bluegrass Circle, Cheyenne
(307) 635-3500

HealthWorks - 2508 E. Fox Farm Road, Suite 1A
Cheyenne (307) 635-3618

Cheyenne Regional Medical Center
214 E. 23rd Street, Cheyenne
(307) 634-2273

*** For Veterans Only**

Cheyenne VA Medical Center - 2360 E. Pershing Blvd.
Cheyenne (307) 778-7550

VACCINATION

Laramie County is currently completing the sub-groups of Phase 1A and beginning vaccinations of individuals in Phase 1B. Phase 1B includes all emergency response workers, funeral practitioners and staff, health care providers, teachers, and **people 70 years of age and older**. If necessary, those who are 80+ may be vaccinated first.

Call 633-4000 or 633-4098 to determine if your sub-group is currently being scheduled and for information on how and where to schedule your appointment.

ON THE DAY OF YOUR VACCINATION:

- Bring your ID and insurance card with you.
- Arrive at your scheduled time and place.
- Schedule your follow up appointment for shot #2 in 21 - 28 days.

CHEYENNE VA MEDICAL CENTER

Currently, the Cheyenne VA is vaccinating VA health care personnel and Veterans who have been receiving care at the Cheyenne VA and are high risk. This does not include care givers or family members at this time. If you are eligible for vaccination, your VA health care team will contact you.

For more information and to schedule your appointment, enrolled Veterans should use MyHealthVet or call (307) 778-7550 and Press 8 for the information line.

Veterans who do not currently receive care at VA can visit the VA's Eligibility web page to learn more.

Additional Resources:

- VA.gov website, go to Health Care Services and then COVID-19
- Call MyVA411 at: 1-800-698-2411
- Send a secure message to your VA health care provider

**"I am a great believer in luck, and I find
the harder I work, the more luck I have."
Thomas Jefferson**



**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

**Our Self-Sufficiency Program
has COVID-19 Relief Funds Available!**

**If you have been financially affected by the
COVID-19 pandemic, we may be able to help.**

**Contact our office at 635-9291 or
visit www.calc.net for a program application.**



EYE GLASSES PROGRAMS

CALC has two 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 130



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



We are currently seeking sponsors for the 2021 season of the Cheyenne Farmers Market!

If you are interested in supporting this great family event, please contact our office (307) 635-9291 ext. 119.

TAX RESOURCES FOR MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES

1. Tax information for members of the military is on the main page of the IRS.gov website.
2. Eligibility for military tax benefits is also on the IRS.gov website.
3. Members of the military and qualifying veterans can prepare and e-file for free through MILTAX. Those who earned less than \$72,000 in 2020 can use IRS File Fillable Forms.
4. Most military posts offer free income tax assistance.
5. The Armed Forces' Tax Guide is a comprehensive publication with information for military members.

For more information check the IRS website or the VA website.

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.
- **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. **Veterans Services** operates 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.



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