

KINSHIP







OLDER RELATIVE CAREGIVER PROGRAM

Our Older Relative Caregiver Program is designed to assist older caregivers (55+) who are raising relatives either under the age of 18 or under the age of 59 and living with a disability. The program's mission is to instill a sense of hope, accomplished by linking families to community resources; offering assistance in required document completion; hosting monthly support group meetings with provided caregiver respite; and by offering a variety of supplemental services. Go to www.cheyenne.org

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Black History Figures • P8,9,10

Self Love • Pll

to find events happening in the Capitol City (HEYENNE



This support group we will be celebrating loving ourselves and those around us! For dinner we will be having Honey Garlic Pork Chops, Parmesan Crusted Potatoes, Mashed Cauliflower (as a substitute) and green beans. Please bring whatever side dish you would like and let us know when you RSVP. Will be having a guest speaker!! Come join us for a good time!

> Thursday 06:00pm

February 2024

108 E 18th St







Family Day: Animal Athletes

February 3, 2024

Price:

Free

Time:

Dates:

Wyoming State Museum 2301 Central Avenue Chevenne, WY 82001 (307) 630-2573

Free Time:

10:00 AM to 2:00 PM

Can you sprint as fast as a cheetah, jump as high as a mountain lion, or lift weights like an elephant? At this Family Day event, you'll be able to test your strength and speed while learning about amazing animals from around the world!



K-2 STEAM: Hearts

Dates:

February 6, 2024

2200 Pioneer Ave Chevenne, WY 82001 (307) 634-3561 4:00 PM to 5:00 PM

This month, we're exploring the human heart and other crafty Valentine's Day related fun.



Black History Month Interactive Storytime

Price: Laramie County Library

Free 2200 Pioneer February 10, 2024

Time: Cheyenne, WY 82001

10:15 AM to 11:00 AM (307) 634-3561

Interactive story time celebrating Black history & Heritage!

GALENTINE'S DAY



Galentine's Day Brunch Buffet

Dates: February 11, 2024

Hathaway's at Little America 2800 W. Lincolnway

Chevenne, WY 82009 (307) 775-8400

Price:

\$45 per person

Time:

9:00 AM to 2:00 PM

This Galentine's Day, we're celebrating the beauty of friendship with a lavish brunch buffet that promises to delight your taste buds and create unforgettable memories. Includes bottomless mimosas and Bloody Marys and Leslie Knope-approved waffles.



Historic Atlas Theatre 211 W. Lincolnway Cheyenne, WY 82001 contact@blue-violin.com Price: \$30 for Adults; \$15 for Youth Time: 7:00 PM to 8:30 PM Dates: February 16, 2024

This intimate performance will feature some of the great love songs of a generation, with the voice of a violin. Enjoy an unforgettable night of fascination and mystique with the Blue Violin.



Do skunks celebrate Valentine's Day?

Sure, they're very scent-imental!

GH

How do vampires know if they had a successful Valentine's Day?

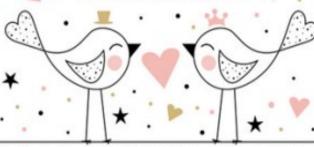
If it's love at first bite.





VALENTINE'S DAY

WORDSEARCH ¥



february poem friendship holiday fourteenth balloon hug be mine love hearts lovebirds gift doves party E M P S M C B T Y U E Q C U A E E M
L B A D S J V P A T P C A R D L W H
O C R F E B R U A R Y A Q W K A L E
V U T V S D G L K K D S L H H Y O A
E P Y A E P O B S N E K T C O H V R
T I J R R C M P E V C N M D L V E T
D D E D O O I P O L E A W E I A B S
A B Y H X L M D N E O J N V D L I M
T X C U U X F A T X B V N D A E R L
E M L T C S V R N F Z S E Z Y N D Y
R Q U B O U U H B T C A U D U T S S
M A M Y R O S E U G I R H L Z I E E
O M M O F I H R J G A C A W R N C J
F R I E N D S H I P A Z R S K E H C
L Z G V M M P R E S E N T S G I F T
H M U E G P I N K Y B Y C A R D S F
J E O B E M I N E B A L L O O N U S
X P M A J X W F M R E N V E L O P E

Words may be horizontal, vertical and diagonal.

card
kiss
red
presents
chocolate
rose
candy
romantic
cupid
valentine
beloved
tulips
date
envelope
pink

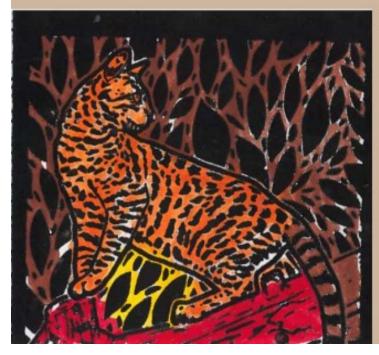




ART WORK FROM ORC PARTICIPANTS!!









BLACK HISTORY MONTH

REV. BILL LAWSON

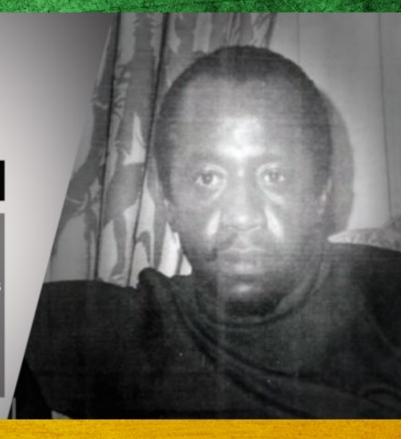
THE PASTOR EMERITUS OF WHEELER AVENUE BAPTIST CHURCH, LAWSON WAS A PIONEER IN THE THE CIVIL RIGHTS MOVEMENT AND HELPED TO LEAD THE BATTLE TO END SEGREGATION IN HOUSTON. "I BELIEVE IN BRINGING PEOPLE TO THE TABLE TOGETHER. EVEN IF WE DON'T ALL AGREE, AT LEAST WE'RE ABLE TO HEAR ONE ANOTHER."



BLACK HISTORY MONTH

OVIDE DUNCANTELL

FOUNDER OF THE COUNTRY'S FIRST MLK
JR. PARADE AND THE BLACK HERITAGE
SOCIETY, DUNCANTELL FOUGHT FOR
EQUAL RIGHTS FOR AFRICAN AMERICANS
FOR MANY YEARS IN HOUSTON. HE
DEDICATED HIS LIFE TO PRESERVING THE
LEGACY OF DR. KING. HE WAS A FIGHTER
FOR THE COMMUNITY AND WAS WILLING
TO DIE FOR WHAT'S RIGHT.



BLACK HISTORY MONTH

MAYA ANGELOU

CIVIL RIGHTS ACTIVIST, POET AND AWARD-WINNING AUTHOR, SHE BECAME HOLLYWOOD'S FIRST FEMALE BLACK DIRECTOR BUT IS BEST KNOWN FOR HER 1969 MEMOIR "I KNOW WHY THE CAGED BIRD SINGS." "INSTEAD, PURSUE THE THINGS YOU LOVE DOING, AND THEN DO THEM SO WELL THAT PEOPLE CAN'T TAKE THEIR EYES OFF YOU."



BLACK HISTORY MONTH

MARSHA P. JOHNSON

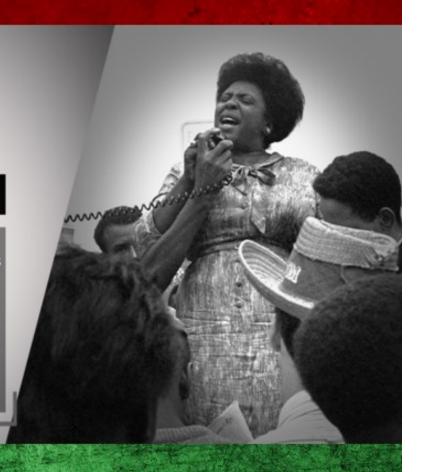
SELF-IDENTIFIED DRAG QUEEN,
ACTIVIST, PERFORMER AND SURVIVOR,
JOHNSON PLAYED A SIGNIFICANT ROLE
IN THE STONEWALL UPRISING IN 1969.
THE "P" STANDS FOR "PAY IT NO MIND,"
WHICH IS WHAT JOHNSON WOULD SAY
WHEN ASKED ABOUT HER GENDER. AN
ICON IN THE LGBTQ+ COMMUNITY, SHE
CONTINUES TO INSPIRE TRANS
ACTIVISM.



BLACK HISTORY MONTH

FANNIE LOU HAMER

THE YOUNGEST OF 20 CHILDREN IN A FAMILY OF SHARECROPPERS, HAMER HAS BEEN KNOWN AS THE WOMAN WHO CHANGED THE SOUTH. SHE FOUGHT FOR BLACK VOTING RIGHTS AND BECAME A POWERFUL VOICE IN EFFORTS FOR GREATER ECONOMIC OPPORTUNITIES FOR AFRICAN AMERICANS. "NOBODY'S FREE UNTIL EVERYBODY'S FREE."



BLACK HISTORY MONTH

BARBARA JORDAN

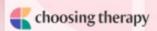
A HOUSTON NATIVE, JORDAN WAS THE FIRST BLACK WOMAN ELECTED TO THE TEXAS STATE SENATE AND FIRST BLACK TEXAN IN CONGRESS. SHE HELPED MANAGE A GET-OUT-THE-VOTE PROGRAM THAT SERVED HOUSTON'S 40 AFRICAN-AMERICAN PRECINCTS IN THE 1960S.



What Is Self-Love & Why Is It Important?

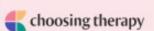
Loving yourself involves embracing your entire being, including your strengths and weaknesses, triumphs and challenges, successes and mistakes.

Self-love is a healthy and stable self-concept based on your own ideas, observations, and values rather than others' opinions and judgments.



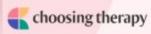
How to Love Yourself: 22 Tips

- 1. Identify and embrace your strengths
- 2. Develop a mindfulness practice
- 3. Keep comparisons in check
- 4. Set healthy boundaries
- 5. Set small, tangible goals and follow through
- Write down your accomplishments and what you're proud of
- 7. Let go of shame and be your authentic self



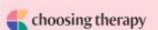
How to Love Yourself: 22 Tips

- 8. Love yourself unconditionally-no strings attached
- 9. Practice daily affirmations
- 10. Carve out time for things that feed your soul
- 11. Learn and practice what works for you
- 12. Forgive yourself for past mistakes
- 13. Interrupt your negative thoughts
- 14. Challenge your critical beliefs



How to Love Yourself: 22 Tips

- 15. Practice gratitude for your life
- 16. Do things for others
- 17. Connect with positive people
- 18. Take care of your body and mind
- 19. Improve your self-confidence
- 20. Set realistic expectations
- 21. Heal your inner child
- 22. Embrace creativity





LCSD#1 Elementary Lunch Menu February 2024						
Monday	Tuesday	Wednesday	Thursday	Friday		
Happy Birthday Fruit Snacks! If your birthday is in February you can have a free package of fruit snacks when you join us for lunch on the 6th.	SY 23-24 Lunch Prices: Free - \$0.00 Reduced - \$0.00 Elementary Paid - \$2.75 JH/HS Paid - \$3.00 Adult/Visitor - \$4.25	Menu subject to change based on availability. Go to nutrition.laramie1.org for updates. P – Contains Pork V – Vegetarian Entrée	Turkey sandwiches on whole wheat bread are offered as an additional entrée most days. Each entrée comes with your choice of fruit, vegetables and milk. This institution is an equal opportunity provider.			
SMART SPOON - cafe —			V*Cheese Dunkers 1 with Marinara Sauce V*Cheddar Baked Potato Side: Fresh Veggie Patch	Jerk Chicken Drumstick 2 with Rice Pilaf V Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch		
Chicken Nuggets V Bean & Cheese Burrito Side: Seasoned Green Beans	Homemade Chicken 6 Green Chilli Pepperoni Pizza Pocket Sides: Steamed Com & Tomato Bites	Beef Stir Fry over Brown Rice √ Cheddar Baked Potato Sides Fresh Veggie Patch ☆ ☆Fortune Cookie ☆ ☆	Chicken Patty Sandwich V PBJ with Goldfish and String Cheese Sides: Potato Smiles Baby Carrots Shredded Lettuce & Siced Tomatoes 1: 12 Vanilla Pudding 1: 12	NaTIONAL PIZZA DAY 9 VCheese Pizza V Fruit, Yogurt & Cheese Plate Side: Fresh Veggle Patch ArtiCookie Arti		
BBQ Pork Sandwich 12 V Bean & Cheese Burrito Sides: Mini Roasted Potatoes & Baby Carrots	Breakfast for Lunch 13 VCinnamon Pancakes VFrench Toast Sticks Sausage - P Sides: Hash Browns Baby Carrots	V Grilled Cheese 14 and Tomato Soup V PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch	V*Cheese Dunkers 15 with Marinara Sauce V*Cheddar Baked Potato Side: Fresh Veggle Patch	Popcorn 16 Chicken Bowl V Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch		
The state of the s	Corn Dog 20 V Bean & Cheese Burrito Sides: Steamed Corn Baby Carrots	Hot Ham & 21 Cheese Croissant VPBJ with Goldfish and String Cheese Side: Fresh Veggie Patch	National Chili Day Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch	French Bread Boat 23 with Marinara Sauce VFruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch		
Chicken Nuggets 26 V Bean & Cheese Burrito Side: Seasoned Green Beans	Meatballs 27 with Brown Gravy over Mashed Potatoes Pepperoni Pizza Pocket Sides: Steamed Corn Tomato Bites	Soft Tacos: 28 Shredded Chicken or Pork Carnitas Sides: Refried Beans Shredded Lettuce Diced Tomatoes Adfrozen Fruit Cup Ad	Pizza Rippers: 29 Cheese or Pepperoni Side: Fresh Veggie Patch			

Breakfast Menu February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
VFrench Toast Sticks	Biscuits & Gravy-P	Breakfast Burrito-P	V Waffles -or- Breakfast Pizza - P	Breakfast Burrito-P

In addition to the regular menu above, students will have other entrée choices such as Breakfast Sandwiches, Pancake on a Stick - P. Smoothies, Ultimate Breakfast Round, Breakfast Bar, Yogurt Parfait with Granola, Bagel & Cream Cheese, and a variety of whole grain cold cereals. Each meal also comes with your choice of fruit, juice, and milk. (P-Contains Pork)

Tired of missing MAJOR EVENTS in your family's lives?

Holidays? Tournaments? Recitals?

LCSD #1 Nutrition Services is hiring!

NO NIGHTS NO WEEKENDS NO HOLIDAYS Apply Today!

www.laramie1.org

Secondary Lunch **Prices**

Free: \$0.00

Reduced: \$0.00

Paid: \$3.00

Adults/Visitors: \$4.25

This institution is an equal opportunity provider.



Student Meal Accounts Online

You can easily manage your student's meal account at https://lingconnect.com/

Free online services include

- Set up email alerts for low balances
- -View your student's purchases

Only \$2.85 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

Free and Reduced Applications are accepted

all school year. It's quick and easy! Go to https://lingconnect.com/ Call 771-2440 for paper applications and any questions.



LCSD#1 Secondary Lunch Menu February 2024

Join us for lunch on your birthday and get a free a la carte item!







THURSDAY FRIDAY

TUESDAY WEDNESDAY Potato Bar Jerk Chicken SMART SPOON **Build Your Own! Drumstick with Rice** Side: Fresh Veggie Pilaf Patch

Chicken Tenders Original -or-Spicy Side: Seasoned Green Beans

MONDAY

Homemade Chicken Green Chili Side: Steamed Corn & Tomato Bites ↑ Apple Crisp ↑ ↑

Breakfast

for Lunch

Pancakes or French Toast

With Sausage - P Sides: Hash Browns

Baby Carrots

Beef Stir Fry Side: Fresh Veggie Patch

Grilled Cheese and

Tomato Soup

Side: Fresh Veggie Patch ↑ AHeart Sugar Cookie ↑ ↑

Burger Bar **Build Your Own!** Sides: Baby Carrots **Burger Toppings** à à Vanilla

Petate Bar

Build Your Own!

Side: Fresh Veggie

Patch

NaTIONAL PIZZa Day Pudding 1: 12

See your café for today's selection Side: Fresh Veggie Patch

Side: Fresh Veggie Patch

Popcorn Chicken Bowl Side: Fresh Veggie Patch

In addition to the main entrée line, each Secondary School has several other entrée options customized for the students at their school.

(Not all choices are available every day. See your cafe for the daily menu.)

Hot Sandwiches: Chicken Patty, Spicy Chicken Patty, All-Beef Cheeseburger

Lighter Options: Cheddar Baked Potato V Assorted Salads Salad Shakers Deli Sandwiches Wrans

> Pizza Slice: Cheese V or Pepperoni daily

All meals include your choice of fruit, vegetables and milk A la carte options are sold separately.

ّ - Vegetarian Spicy - Contains Pork Menu subject to change based on availability.

BBQ Pork Sandwich Sides: Mini Roasted Potatoes & Baby Carrots

Chicken Tenders

Original

-or- Spicy

20 Corn Dogs

Mashed Potatoes

Sides: Steamed Corn & Tomato Bites

#Apple Crisp #

Hot Ham & **Cheese Croissant** Side: Fresh Veggie Patch

Chili Day Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch

National 22

Quesadillas See your café for today's selection Side: Fresh Veggie Patch

Cook's Choice

See your café for

today's selection

Side: Fresh Veggie Patch

Side: Steamed Corn & Baby Carrots

Meatballs with aco Bat **Brown Gravy over Build Your Own!**

Sides: Refried Beans

28

This institution is an equal opportunity provider.



ARE YOU A WYOMING HOMEOWNER STRUGGLING TO PAY BILLS?

Under the Wyoming Homeowner Assistance Fund (HAF) Program, eligible homeowners can receive up to \$17,000 as a one-time award to cover delinquent mortgages, up to 3 consecutive months of forward mortgage payments and/or PAST DUE utilities, property taxes, homeowners insurance or homeowner association dues.

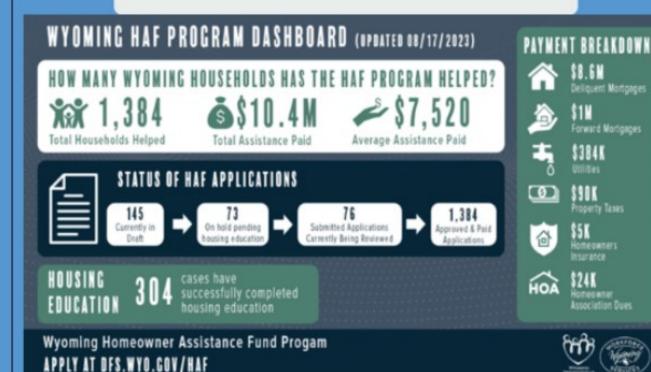
FUNDS ARE LIMITED. APPLY ONLINE TODAY.

Wyoming Homeowner Assistance Fund Program
VISIT DFS.WYO.GOV/HAF OR CALL 1-888-WYO-HAFP





Are you a Wyoming homeowner who has fallen behind on mortgage payments, utility bills or other housing-related costs? The Wyoming Homeowner Assistance Fund (HAF) Program focuses on helping Wyoming homeowners, who have been financially impacted by COVID-19 and meet eligibility criteria, stay in their homes. Wyoming Homeowner Assistance Fund Program (HAF) - Wyoming Department of Family Services https://dfs.wyo.gov/assistance-programs/home-utilities-energy-assistance/homeowner-assistance/



Adult and Children's Eyeglasses

Community Action of Laramie County is now accepting applications for the adult and our children's eyeglass programs. If you are in need of assistance, please complete an application to be placed on our waiting list. You can get an application from our front desk Monday through Friday 8:00am to 5:00pm.

If your child needs eyeglasses, please contact your child's school nurse who will refer them to Community Action of Laramie County to begin the process.

Older Relative Caregiver Program

If you are, or know of, an older relative who is caring for a younger relative, Community Action of Laramie County has openings for our Older Relative Caregiver Program.

This program connects caregivers to resources in the community, offers a monthly support group and dedicated case management to ensure the success of the family. Our mission is to instill a sense of hope and support to a changing family unit.

" How you love yourself is how you teach others to love you."
-Rupi Kaur



Approved Project Hope participants enter into a 1 year contract to receive Intensive case management services to enhance life skills, achieve and maintain their housing, build social skills and community relationships and to address their individual needs with the goal of becoming self-sufficient.



Working in close partnership with the Cheyenne VA Medical Center, our Veteran Housing Services provides short-term housing for homeless veterans as they work with case managers to secure permanent housing.



Crossroads Healthcare Clinic provides primary medical care, mental health services and substance abuse services to individuals and families who are currently homeless and a small percentage of low-income persons who are currently housed.



"This document was developed under Grant(s) from the U.S.

Department of Health and Human Services, Administration on
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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."

