



COMMUNITY ACTION | OF LARAMIE COUNTY

Kinship Newsletter



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.

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Go to www.cheyenne.org
to find events happening
in the Capitol City



Community Action of Laramie County

Helping Laramie County. Helping each other.

P.O. Box 106 • Cheyenne, WY 82003

Happy St. Patrick's Day



This support group we will be having a potluck!!! Please call ahead and let us know what you would like to bring, and we will get you on the list. We would like to avoid same dishes being brought so it will be a first call first on the list for what you would like to bring!! We will also be having some fun activities such as game challenges and trivia! If you would like to participate in those, please let us know so we can have everything ready! Come and join us for a good time.

Thursday
06:00pm

14

March
2024

108 E 18th St



Family Day: Pollinator Party

Dates:
March 2, 2024

Price: Free

Time:
10:00 AM to 2:00 PM

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

Discover how birds, bees, bats, and butterflies keep flowers blooming and plants growing through educational talks, games, crafts, and more! Plus meet some local partners, such as the Cheyenne-High Plains Audubon Society, Laramie County Conservation District, Wyoming Outdoor Recreation, and the UW Biodiversity Institute as they share their knowledge.



LCCC Music Concert: "Brush Up Your Shakespeare"

Dates:
March 3, 2024

Price:
Free
Time:

3:00 PM to 4:00 PM

1400 E College Drive
Cheyenne, WY 82007
(307) 778-5222

A concert in collaboration with LCCC's Theatre and Art Departments. Free and open to the public.



Shen Yun

Presented By:
San Francisco Falun
Buddha Study Association

Dates:
3/12/2024, 3/13/2024

Price:
\$90-\$150
Time:

7:30 PM to 10:00 PM

Cheyenne Civic Center
2101 O'Neil Ave
(877) 663-7469

Shen Yun invites you to travel back to the magical world of ancient China. Experience a lost culture through the incredible art of classical Chinese dance, and see legends come to life.



Gnomes of Ireland-Zentangle

Dates:
March 16, 2024

Price:
\$25
Time:

10:30 AM to 12:00 PM

Cheyenne Botanic Gardens
710 S. Lions Park Dr.
Cheyenne, WY 82001
(307) 637-6458

Learn how to draw cute Irish Gnomes enhanced with tangles. Most materials are provided.

CHEYENNE LITTLE



THEATRE PLAYERS

Dorothy IN Wonderland



2706 E Pershing Blvd
Cheyenne, WY 82001
(307) 638-6543

Price:
\$15+

Dates:

3/1/2024, 3/2/2024, 3/3/2024, 3/7/2024, 3/8/2024, 3/9/2024, 3/10/2024,
3/15/2024, 3/16/2024, 3/17/2024

The worlds of Oz and Wonderland collide in this fantastically fun
romp, cleverly and carefully adapted from the works of L. Frank Baum
and Lewis Carroll.

St. Patrick's Day

Word Search Puzzle

G M Q M J E P O J Z H K H C
 Y R C E L E B R A T E G W D
 V J E P O T P H N K O Z E T
 J D U E A X I O G L C F P P
 I V N V N I P R O V O F A A
 M A G I C U E S L Z I X Y T
 G E A N F A O E D R N U X R
 O K M A R C H S W X S D E I
 O L E P R E C H A U N V S C
 D D X K R Q A O C H O F H K
 L N Y F S Y P E N L J S J F
 U M V Q J Y T N C S U Y J J
 C R D V W A G I R E L A N D
 K P B Q H N R A I N B O W U

POT	CLOVER	CELEBRATE	HORSESHOE
PIPE	MARCH	GOOD LUCK	GOLD
LEPRECHAUN	HAT	COINS	RAINBOW
PATRICK	MAGIC	GREEN	IRELAND



Skip TO MY Lou.ORG



What's Dwayne Johnson's
Irish nickname?

The Sham-Rock.

BOREDPANDA.COM



When is an Irish Potato
not an Irish Potato?

When it's a French fry.

BOREDPANDA.COM



What does a leprechaun call
a man wearing green?

A green giant.

BOREDPANDA.COM



Homemade
GIFTS MADE EASY

St. Patrick's Day Facts

As long as you celebrate safely, St. Patrick's Day can be fun for all.
Here are a few facts about the Irish holiday:

- St. Patrick's Day celebrates the traditional religious feast day of St. Patrick, the patron saint of Ireland.
- The first St. Patrick's Day parade took place not in Ireland, but the United States on March 17, 1737, in Boston.
- More than 100 St. Patrick's Day parades are held across the United States. New York City and Boston host the largest.
- There are roughly 35 million U.S. residents with Irish ancestry, more than seven times the population of Ireland itself.
- There are approximately 144,588 current U.S. residents who were born in Ireland**.
- You may hear some phrases in Gaelic/Irish on St. Patrick's Day. The most common: Erin go braugh = Ireland forever; slainte = good health/cheers.

Shamrocks, saint and shillelaghs

St. Patrick's Day, celebrated on March 17, honors Ireland's patron saint who died on that day in 461. Icons of the Irish holiday and the history of St. Patrick:

Shamrock

■ Small, three-leaved herb appears on United Kingdom's coat of arms with English rose, Scottish thistle

Irish flag

■ Green stands for Catholics; orange for Protestants; white for wish for harmony

Leprechauns

■ Fairies who work day and night mending shoes of other fairies

Shillelagh (shi-lay'-lee)

■ Walking stick; word is Irish for stout oak club or cudgel; also name of a forest that once stood in County Wicklow



Patrick: Saint and legend

387: Born in Britain to a Roman family; his father served as a magistrate; his original name was Maewyn

Early 400s: Taken to Ireland as a slave; after six years, he escaped to France where he studied for priesthood

432: Sent to Ireland as a Christian missionary by Pope Celestine I, who named him Patricius, which means noble in Latin; he introduced Roman alphabet, Latin literature; Christianized land

Familiar legend
He drove the snakes from Ireland by beating a drum





*St. Patrick's Cathedral
in Dublin, Ireland*

St. Patrick's Well
“Near here is the
reputed site of the
well where ST.
Patrick baptized
many of the local
inhabitants in the
fifth century A.D.”



Breakfast Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
SY 23-24 Breakfast Prices: Free \$0.00, Reduced \$0.00, Elementary Paid \$1.50, JH/HS Paid \$1.75, Adult \$3.00 Daily Entrées Available: Mini Chocolate Chip Benefit Bar, Assorted Cereal, Yogurt, Granola, Sausage Patty – P P – Contains Pork Breakfast is served with fruit and/or juice, and milk.				
				Fruit Frudel Ultimate Breakfast Round (UBR) 1
				
4 Crab Croissant Sandwiches Ultimate Breakfast Round (UBR)	5 Beach Cups (Blue Yogurt Parfaits with Gummy Sharks) Bagel with Cream Cheese	6 Homemade Pineapple Breakfast Cake Ultimate Breakfast Round (UBR)	7 Dolphin Fruit Cups with Giant Goldfish Graham Crackers and Cheese Cubes Bagel with Cream Cheese	8 Homemade Pineapple Mango Smoothie Ultimate Breakfast Round (UBR)
11 Chocolate Bread Ultimate Breakfast Round (UBR)	12 Chocolate Chip Muffin Bagel with Cream Cheese	13 Homemade French Toast Casserole Ultimate Breakfast Round (UBR)	14 Yogurt Parfait with Berries Bagel with Cream Cheese	15 Fruit Frudel Ultimate Breakfast Round (UBR)
18 Pancake on a Stick - P Ultimate Breakfast Round (UBR)	19 Blueberry Muffin Bagel with Cream Cheese	20 Mini Cinnamon Rolls (Mini Cinnis) Ultimate Breakfast Round (UBR)	21 Build Your Own! Oatmeal Bar with Fruit Toppings Bagel with Cream Cheese	22 Fruit Frudel Ultimate Breakfast Round (UBR) Early Release K-12
Spring Break March 25-29				

Student Meal Accounts Online

You can easily manage your student's meal account at <https://linqconnect.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://linqconnect.com/>
 Call 771-2440 for paper applications and any questions.

This institution is an equal opportunity provider.

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

 **SCHOOL BREAKFAST**

LCSD#1 Elementary Lunch Menu March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Happy Birthday Fruit Snacks! If your birthday is in March you can have a free package of fruit snacks when you join us for lunch on the 5 th .	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 ✓ – 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.	
				
4 Honey Mustard Chicken Drumstick ✓ Bean & Cheese Burrito Side: Baby Carrots & Mashed Potatoes	5 ✓ Cheese Pizza Munchable with Goldfish Side: Fresh Veggie Patch	6 Super Nachos with Homemade Cheese Sauce Chicken Tenders Sides Refried Beans Shredded Lettuce & Diced Tomatoes	7 Oven Fried Chicken & Waffle Chicken Salad Sandwich Sides: Mini Sweet Peppers & Celery Sticks	8 Chicken Alfredo with Garlic Bread Stick ✓ PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch ☆☆Cookie☆☆
11 Johnny Appleseed Day BBQ Pork Sandwich Bean & Cheese Burrito ✓ Sides: Mini Roasted Potatoes & Baby Carrots	12 Hot Ham & Cheese Croissant ✓ PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch	13 Breakfast for Lunch ✓ Cinnamon Pancakes ✓ French Toast Sticks Sausage - P Sides: Hash Browns Baby Carrots	14 ✓ Cheese Dunkers with Marinara Sauce ✓ Cheddar Baked Potato Side: Fresh Veggie Patch	15 Meatballs with Brown Gravy over Mashed Potatoes ✓ Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch ☆☆Shamrock Sugar Cookie☆☆
18 National Corn Dog Day Corn Dog ✓ PBJ with Goldfish and String Cheese Side: Cheesy Broccoli	19 ✓ Mac & Cheese Pepperoni Pizza Pocket Sides: Smoky Roasted Cauliflower & Tomato Bites	20 Soft Tacos: Shredded Chicken or Pork Carnitas Sides: Refried Beans Shredded Lettuce & Diced Tomatoes ☆☆Frozen Fruit Cup☆☆	21 Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch	22 ✓ Personal Pan Cheese Pizza Side: Broccoli Bites & Tomato Bites ☆☆Chocolate Pudding☆☆ Early Release K-12

Spring Break March 25-29

Breakfast Menu

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
✓ French Toast Sticks	Biscuits & Gravy-P	Breakfast Burrito-P	✓ Waffles -or- Breakfast Pizza - P	Breakfast Burrito-P
Secondary Breakfast Prices: - Free: \$0.00, Reduced: \$0.00, Paid: \$1.75, Adult: \$3.00				
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)				

National School Breakfast Week March 4-8

"Surf's Up with School Breakfast"
FREE Breakfast for ALL STUDENTS!

In addition to the regular menu, JH/HS schools will offer the following items:

Monday: Crab Croissant Sandwiches

Tuesday: Beach Cups (Yogurt Parfaits)

Wednesday: Pineapple Breakfast Cake

Thursday: Dolphin Fruit Cups

Friday: Pineapple Mango Smoothie

This institution is an
equal opportunity
provider.

Secondary Lunch Prices

Free: \$0.00
Reduced: \$0.00
Paid: \$3.00
Adults/Visitors: \$4.25

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

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 March 2024

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Honey Mustard Chicken Drumsticks Sides: Baby Carrots & Mashed Potatoes	5 Homemade Cuban Sandwich Pocket Side: Fresh Veggie Patch	6 Super Nachos with Homemade Cheese Sauce Side: Refried Beans Shredded Lettuce Diced Tomatoes	7 Oven Fried Chicken & Waffles Sides: Mini Sweet Peppers & Celery Sticks	Dr. Seuss Day 1 Truffula Pancakes Slipper Topp's French Toast Sticks Pink Yink Ink Frozen Gogurt Green Eggs and Ham (colored naturally with spinach) Who Hash Browns ABC Baby Carrots
11 Johnny Appleseed Day BBQ Pork Sandwich Sides: Mini Roasted Potatoes & Baby Carrots	12 Hot Ham & Cheese Croissant Side: Fresh Veggie Patch ☆☆Banana Bread☆☆	13 Breakfast for Lunch ✓Pancakes or French Toast With Sausage - P Sides: Hash Browns Baby Carrots	14 Potato Bar Build Your Own! Side: Fresh Veggie Patch	15 Meatballs with Brown Gravy over Mashed Potatoes Side: Fresh Veggie Patch ☆☆Shamrock Sugar Cookie☆☆
18 National Corn Dog Day Corn Dogs Side: Cheesy Broccoli	19 ✓Mac & Cheese Sides: Smoky Roasted Cauliflower & Tomato Bites	20 Taco Bar Build Your Own! Sides: Refried Beans Taco Toppings ☆☆Frozen Fruit Cup☆☆	21 Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch	22 Cook's Choice See your café for today's selection Side: Fresh Veggie Patch ☆☆Chocolate Pudding☆☆ Early Release K-12

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
café for the daily menu.)

Hot Sandwiches:

Chicken Patty,
Spicy Chicken Patty,
All-Beef Cheeseburger

Lighter Options:

Cheddar Baked Potato
Assorted Salads
Salad Shakers
Deli Sandwiches
Wraps

Pizza Slice:

Cheese
or Pepperoni daily

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

✓ - Vegetarian

🔥 - Spicy

P - Contains Pork

Menu subject to change
based on availability.

Spring Break March 25-29

This institution is an equal opportunity provider.



**Habitat for
Humanity –
Home Repairs
Program**

**Lunch will be
provided**

LEARNING OVER LUNCH

**RSVP to taylor@calc.net or call 307-
635-9291**

**12-
2PM**

**MAR
7TH**

COTTONWOOD ROOM

Laramie County Library
2200 Pioneer Ave
Cheyenne, WY 82001

**THANK YOU TO THE BLUE FOUNDATION
FOR SPONSORING THIS SERIES!**

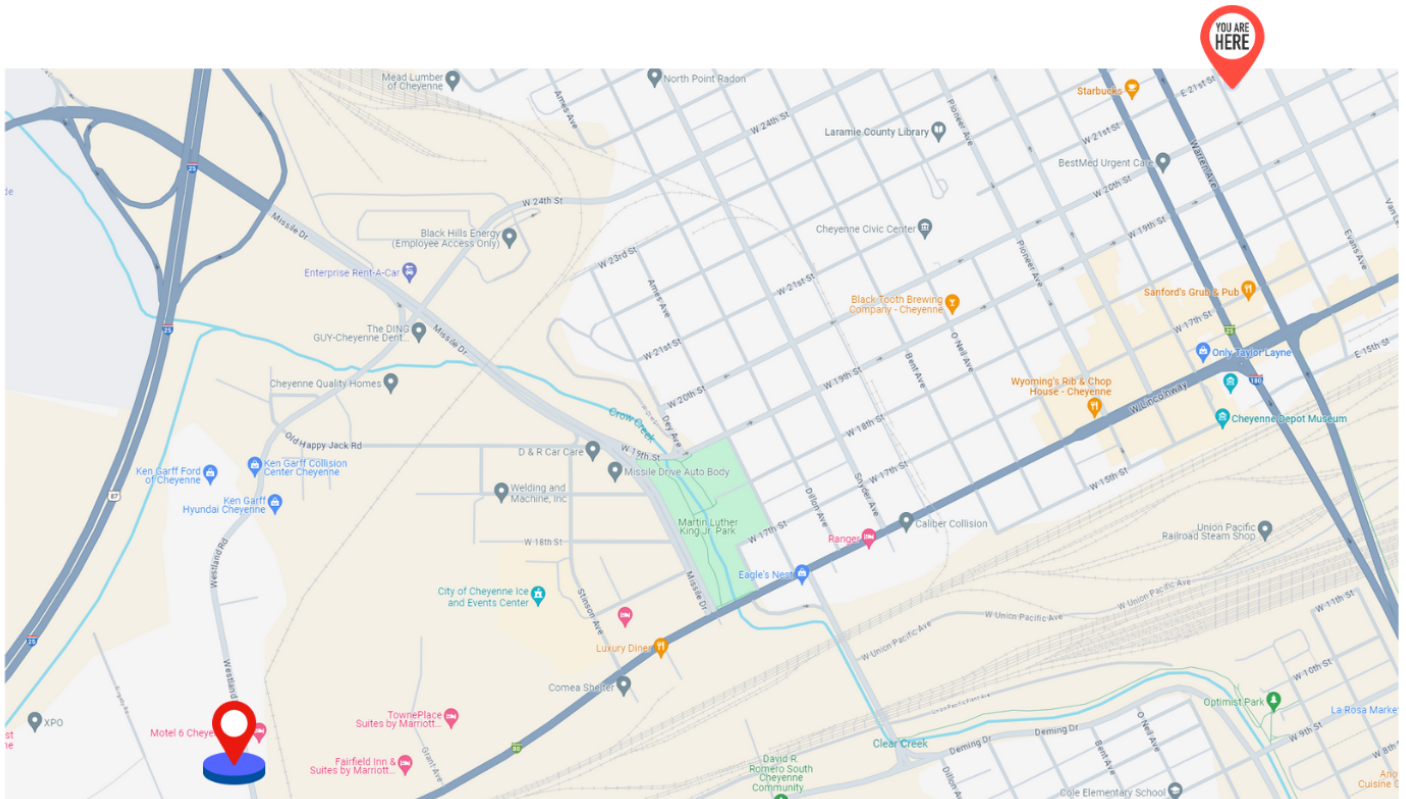


WE ARE MOVING!



1700 WESTLAND RD, CHEYENNE, WY 82001

This building will be home to Crossroads Healthcare Clinic for the Economically Disadvantaged, Social Services, Kinship, Veteran Housing Services, and Administration. We will begin moving most programs in the spring of 2024, and expect a full move to be completed by July 2024.



1700 Westland Rd. Cheyenne, WY 82001



**COMMUNITY
ACTION** | OF LARAMIE
COUNTY



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](https://dfs.wyo.gov/HAF) OR CALL 1-888-WYO-HAF



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/)
<https://dfs.wyo.gov/assistance-programs/home-utilities-energy-assistance/homeowner-assistance/>

WYOMING HAF PROGRAM DASHBOARD (UPDATED 08/17/2023)

HOW MANY WYOMING HOUSEHOLDS HAS THE HAF PROGRAM HELPED?



1,384

Total Households Helped



\$10.4M

Total Assistance Paid



\$7,520

Average Assistance Paid



STATUS OF HAF APPLICATIONS

145

Currently in Draft



73

On hold pending housing education



76

Submitted Applications Currently Being Reviewed



1,384

Approved & Paid Applications

HOUSING EDUCATION

304

cases have successfully completed housing education

PAYMENT BREAKDOWN



\$8.6M

Delinquent Mortgages



\$1M

Forward Mortgages



\$384K

Utilities



\$90K

Property Taxes



\$5K

Homeowners Insurance



\$24K

Homeowner Association Dues



Wyoming Homeowner Assistance Fund Program

APPLY AT [DFS.WYO.GOV/HAF](https://dfs.wyo.gov/HAF)

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.

**"Luck is a matter of
preparation meeting
opportunity."
-Lucius Annaeus
Seneca**



**SELF
SUFFICIENCY**

CONQUERING SETBACKS. CELEBRATING SUCCESS.

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.



**VETERAN
HOUSING
SERVICES**

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
ACCESSIBLE HEALTH CARE.

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 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."



Wyoming
Department
of Health