



**KINSHIP**  
SUPPORT SERVICES



**COMMUNITY ACTION** | OF LARAMIE COUNTY

## Introducing



**Dasa Robertson.**

**REMINDER:**

**Older Relative Caregiver Program Support Group**  
**For October 2019 will be held on:**  
**OCTOBER 17, 2019**  
**6-8 PM**

**HOLY APOSTLES ORTHODOX CHRISTIAN CHURCH**  
**9505 HYND S BLVD**  
**RSVP – DEBBIE 625-9291 EXT 30**



**MENU:**

Creamy Spaghetti Bake  
Swiss Cheese Quiche  
Green Salad  
Garlic Butter Bread  
Generously provided by the Holy Apostles Orthodox Christian Church! *Thank you!*



Hi! On August 19, 2019, I was promoted from Self-Sufficiency Case Manager to the new Kinship Support Services/Self-Sufficiency Program Director, replacing Timothy Ernst. I have some big shoes to fill but the transition has been smooth and easy. Tim left behind an amazing team and I am honored to be a part of it.

September has been a whirlwind so far and we've barely had time to catch our breath, let alone reflect on the milestones that the Kinship and Self-Sufficiency programs have enjoyed. It's hard to believe that it's already time for ghosts and goblins.

We are gearing up for the next fiscal year and looking forward to new challenges. While Community Action of Laramie County, Inc. no longer provides emergency assistance due to our 2017 shift to Project Hope, we are helping individuals become self-sustaining through intense case management and attaining goals.

Kinship Support Services has been implementing some new projects including this Newsletter and an attempt to find a "Forever Home" for group support meetings. The Veteran's Program may be adding some additional apartments in the effort to house homeless female veterans. Our housing units will be furnished so that individuals will move into a comfortable home. Last month we held a clothing swap to help provide nice, gently used school clothes. We could not have done any of this without the generosity of our many extremely generous donors.

I encourage you to contact our office if you have questions, if you would like more information about what Community Action of Laramie County, Inc is all about or if you would like to donate to our various causes please give us a call. Any one of us are always willing and excited to provide a presentation for your organization. I look forward to serving you!

*Dasa*



## LEGAL AID WOULD LIKE

### TO LET YOU KNOW:

That you can lose title to your mobile home if you are renting the lot and are evicted? A lot owner can evict you from the lot if you are behind on rent, if you violated the lease, or if the lease expires and the lot owner decides not to continue to rent the lot to you.



The lot owner can obtain title to your mobile home if you don't remove your mobile home after the court orders the eviction.

*Julie Hernandez*

Legal Aid of Wyoming, Inc.  
1813 Carey Avenue  
P.O. Box 128  
Cheyenne, WY 82003-0128  
Phone: (307) 432-0807  
Fax: (307) 432-0808

### Tai Chi for Arthritis and Balance

The goal of the Wyoming Department of Health is to help reduce the number of falls that our senior citizens are having. We want to introduce two evidenced based (This means they really work) programs by the end of 2020. Follow the link below or give me a call for more information

Jeff Grant, Injury Prevention Coordinator  
Wyoming Dept. of Health  
E-mail: [jeff.grant@wyo.gov](mailto:jeff.grant@wyo.gov)  
Office: (307) 777-2424

[https://taichiforhealthinstitute.org/workshops/workshop/?workshop\\_id=5072](https://taichiforhealthinstitute.org/workshops/workshop/?workshop_id=5072)

*I'm going to try to do this. Come join me! Debbie*



### FALL FESTIVAL

**WHAT:** Vendors and Crafters, Hayrides, Pumpkins, Hay and Corn Stalks for Sale, Face Painting, Crafts for the Kids, Balloon Twister, Fall and Halloween Gift Items  
Food Trucks and MUCH MORE!

**WHERE:** Riverbend Nursery and Stone Co.  
8908 Yellowstone Rd.

**WHEN:** Saturday, October 19, 2019

**TIME:** 10 AM – 4 PM

**COST:** \$5.00 per Car!

## HEAD START OF LARAMIE COUNTY



Laramie County Head Start has been a program of Community Action of Laramie County for over 50 years. The program provides services to pre-natal mothers and children from infancy to age five. The program serves low-income families of Cheyenne and Laramie County. There are two programs under Head Start, which include Early Head Start for children infancy to age 2 and Head Start for children age 3 to 5. The program is located in the new building at 521 West Jefferson Road next to the Boys and Girls Club and the Early Head Start program is located at 1521 Dunn Avenue next to the YMCA. If you are interested in learning more about this program, please call 307-634-5829.

### Breakfast Cinnamon English Muffins

2-4 Plain English Muffins  
8 oz cream cheese, softened  
2T. cinnamon mixed with 4 T. sugar  
Finely chopped pecans or walnuts

Heat oven to broil. Lay muffins, split in half on cookie sheet. Spread each generously with cream cheese. Sprinkle cinnamon sugar generously over each and then sprinkle the nuts over the tops. Broil until cheese melts.  
**WATCH CAREFULLY.**  
It only takes a few minutes.

