



KINSHIP
SUPPORT SERVICES



**COMMUNITY
ACTION** | OF LARAMIE
COUNTY



JANUARY NEWSLETTER

SUPPORT GROUP MEETING

THERE WILL BE NO SUPPORT GROUP MEETING IN JANUARY. OUR NEXT SUPPORT GROUP MEETING WILL BE HELD FEBRUARY 13TH. WE WILL CELEBRATING VALENTINES DAY!!

Our meetings will continue to be held at Element Church.
Any questions or concerns please contact: Mary Goodwin
307-635-9291 ext.30

GUEST SPEAKER

Justin Pendleton with the Boys and Girls Club will be speaking at the February Support Group Meeting. We are very excited to hear him discuss fun and important opportunities for the children of our caregivers.



"Success is not final, failure is not fatal, it is courage to continue that counts" Winston Churchill

LEGAL AID

Did you know if you want to change your name, you must reside in the county for two years before filing for a name change? You will need to file a petition for name change with the district court. There is a filing fee. You will also need to publish a notice in the newspaper in the county where you filed once a week for four (4) consecutive weeks. There is also a publication fee. [You can obtain forms online at www.legalhelpwy.org](http://www.legalhelpwy.org).

Inside Story Headline

Wyoming 2-1-1, established in 2011, is a statewide provider of information and referral. **2-1-1** is an easy to remember, free helpline for people looking for community services and resources, especially for those who need essential services, such as food, shelter, mental health services, health insurance, employment assistance, and more. Call between 8 a.m. and 6 p.m., Monday through Friday, by dialing 2-1-1 or 888-425-7138. People may also visit our website at www.wyoming211.org to search



Happy New Year Greetings Friends and Colleagues,

We find ourselves at the end of 2019 and Father Time is knocking on the door bringing us a New Year filled with future possibilities and twelve more months of relishing our nearest and dearest, family and friends.

A New Year is a time to reflect on the past twelve months. So much has happened in 2019 for Community Action that there is not enough room to write it all down. I will just start with some of the ones off the top of my head. First, we saw some people leave the organization. Tim Ernst left in August to be with his daughter and two grandbabies. Then in October, Debbie Walter felt it was time to retire and enjoy some much-needed respite at home with her family as well. Both were difficult losses for those of us in Kinship and Self-Sufficiency, but we persevered and moved forward.

And as always, with each door closed there is always a new door opened and I was named the new Program Director in Tim's place. Mary Goodwin stepped up and moved into the Access Coordinator position in place of Debbie and the two of us hit the road running at full speed.

Another change that occurred was moving the venue for the support group meetings. For the first ten months of 2019, the Support Group meetings were held at the Holy Apostles Christian Church. The congregation graciously provided a meeting room and places for the children to play and do crafts. Each month Father Christopher and his flock volunteered and brought food, donations and many hours of precious time, which we are so grateful for. But, as the months flew by, we were noticing that the number of members were dropping and when we began surveying individuals, we were being told that weather conditions and vision deficit were the biggest factor in the decline of member participation. It became paramount to venture out and find a place closer to town. With that, Element Church agreed to let us to utilize their facility and we have had our two holiday meetings at this location. We plan to stay as long as they will let us because the church is centrally located and easier for members to find. And don't get me started on the amazing Play City that is available for the kiddos. We just hope that once the children go home that the respite will continue for the grandparents because the youngsters are so exhausted from play.

CALC CLASSES

Community Action of Laramie County is hosting a series of classes that theme around Self-Sufficiency. These classes have been labeled as "Learning over Lunch". The goal of this initiative is to help improve life skills and increase community awareness of resources available to the public, as well as obtaining new skills to take back and utilize in everyday lives. We are in communications with many community partners who will be presenters and educators of these classes. We do have a tentative schedule which the first class starts on January 8th, 2019.

January 8th, 2019: Resume Writing, Applications presentation by Judy Dunn.
January 22nd, 2019: Interviewing, confidence in speaking, expectations of interviewers from the HR. Presented by Judy Dunn and her guest speaker, and HR presented by Mike Allen (HR of Community Action of Laramie County).

Classes on proper vehicle care, sensible nutrition, budgeting, and self-care are being scheduled and will be posted to all employees, and program participants.

Happy New Year Greetings Friends and Colleagues, Continued

I feel that I should note that Element Church, through their One Reach/All For One nonprofit program, provided some outstanding gifts for each family. From the beginning they wanted to partner with Community Action and started talking to us about how that would look. In November they donated turkeys so that each family would have one for the Thanksgiving meal and for the December meeting Element Church purchased gift cards for each household to be used by the grandparents for a meal or Christmas presents. Also provided were movie tickets with the hope that each family would have a wonderful Christmas memory.

With reflection comes anticipation for year 2020 which will be upon us in a matter of days. So much will be happening in the months to come. And as before there simply is not enough space provided. I will provide a brief synopsis of things that are being discussed amongst the staff. Kinship and Self-Sufficiency will be offering life skill classes each month. Starting in January there will be lessons on application and inter-

view skills. Other trainings being provide will be on budgeting, maintaining a vehicle or home, time management and many more. Please continue to look in the newsletter for the description, dates and times. The Kinship Support meetings will be offering different speakers each month that will provide different resources that each member may be able to make use of. We have a new Guardianship Coordinator starting next month. Please stop by and introduce yourself as this person will be an intricate part of the Access Coordinator/Self-Sufficiency team and what we will have available for you.

Well, space and time is begging me to stop this rendition. May 2020 bring you joy, warmth, good health and prosperity and may you enjoy the time of the holidays with those who love and care for you.

Sincerely,

Dasa Robertson

Dasa Robertson
Kinship Support and Self-Sufficiency
Program Director



8 things to remember when going through tough times.

1. Everything can – and will – change.
2. You've overcome challenges before.
3. It's a learning experience.
4. Not getting what you want can be a blessing.
5. Allow yourself to have some fun.
6. Being kind to yourself is the best medicine.
7. Other people's negativity isn't worth worrying about.
8. And there is always, always, always something to be thankful for.

Lessons Taught
By LIFE

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For all veterans with a service connected disability: starting January 1, 2020 ALL disabled veterans, Primary Caregivers, Purple Heart Recipients, and Former Prisoners of War will be eligible to shop at on base commissaries and military exchanges. On or after January 1, 2020 take you Veterans Health Identification Card which shows you are in one of the above categories to the Pass and ID Office;

tell the workers that you are seeking ongoing access, and they should provide you with the proper passes/identification moving forward in order for you to shop on base. For more information: <https://down-load.militaryonesource.mil/12038/MOS/Factsheets/expanding-access-fact-sheet.pdf>

EYE GLASS PROGRAMS

CALC has two separate eye glass programs. One program is for adults and all you need to do is call us and get your name and contact phone number on our list. The second program is for children. Contact your school nurse to learn more about this program.

COMMUNITY EVENTS & ACTIVITIES

COATS, HATS AND WINTER SCARF DRIVE!!

CALC is holding a winter coat, hat and scarf drive at our three locations, Crossroads Clinic, Head Start, and our main office at 211 W. 19th. You can bring your items to any of these locations. Once we have gathered up enough items we will let everyone know when and where go to pick up a good winter coat.

Community Action of Laramie County

211 W. 19th Street
Cheyenne, WY 82001