

Kinship Support Group

Will be held Thursday July 14, 2022 at the Orchard Valley Community House. 2111 S. 1st Ave from 6 to 8 pm. Guest speaker from Cent\$ible Nutrition, Ms. Kelsi M. Goldfarb.. Special door prize!

Free Frontier Days Fun

Pancake Breakfasts:

Monday, Wednesday, and Friday from 7-9 a.m.

US Air Force Thunderbirds:

July 27th from 10-11 a.m.

The Indian Village:

10 a.m.–7:30 p.m. everyday

Grand Parade:

9 a.m. Saturdays Tuesday, Thursday



Fourth of July Firework Safety–Have Fun–Stay safe!!!

1. Do not disassemble pre-assembled fireworks, attempt to make your own fireworks, or combine firework products.
2. Make sure your fireworks are stored correctly and according to the packaged instructions.
3. Only light fireworks on flat ground, away from flammable materials, and only in a dry and fire-resistant area.
4. Do not light multiple fireworks at the same time.
5. Ensure the person lighting the fireworks is equipped with safety glasses and keep all spectators at a safe distance.
6. Do not allow young children to handle or light fireworks. Always have an adult supervise fireworks activities.
7. Keep a fire extinguisher nearby, along with a hose or bucket in case of a fire or malfunction.

If a firework malfunctions, do not relight it. Instead, soak it in water and dis-



NEED RENTAL ASSISTANCE?

Are you struggling? You are not alone, and it's not your fault. ERAP provides help to cover rent and/or utility payments for eligible Wyoming renters.

Emergency Rental Assistance Program

VISIT [DFS.WYO.GOV/ERAP](https://dfs.wyo.gov/ERAP) OR CALL 1-877-WYO-ERAP



Housing Stability Services for Seniors & Individuals with Disabilities (ERAP-HSS) - Seniors & persons with disabilities may require specialized services to support their ability to access and maintain housing. The Wyoming Department of Health's Aging Division can provide housing stability services for **ERAP qualified seniors and individuals with disabilities** such as: Home Modifications, homemaking services, independent living skills and other services. To learn more or to apply online, please visit the [Wyoming Dept. of Health Aging Division](https://health.wyo.gov/aging/communityliving/emergency-rental-assistance-program-erap-) or paste the following in your browser: <https://health.wyo.gov/aging/communityliving/emergency-rental-assistance-program-erap->



Cheyenne Civic Concert In Lions Park 7/5 & 7/19 7:00 to 8:00 pm

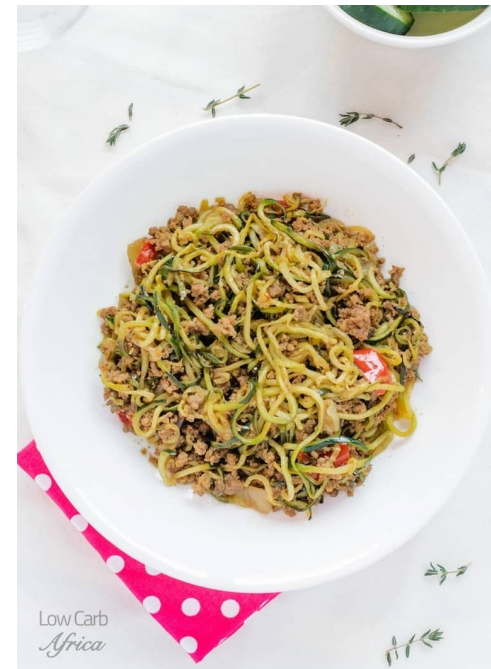
This is a free event. You will need to bring your own blankets or chairs. It is a great time full of community bonding!

Ground Beef Zucchini Noodles

Main course - Prep time 10 min - Cook time 15 min - Serves 4

2 Medium Zucchini	1 tbsp Anchovy Paste
1 lb Ground Beef	2 Bouillon cubes
1/2 Chopped red bell Pepper	1 tsp thyme
1/2 Chopped Onion	1/2 tsp salt
1 tbsp Cayenne pepper	

Spiralize your zucchini or slice into thin noodles. Brown ground beef. Added peppers, onions, and spices. After 5 mins add zucchini noodles. Cook 5-10 minute till zucchini reaches desired texture.



Special thank you to:

Silvermine Subs and the Taco John's Event Center
without the donations of food and activities our
amazing Fathers would not have had such a great Father's Day party.



THE CHEYENNE

**FARMER'S
MARKET**

FUNDRAISER OF COMMUNITY ACTION OF LARAMIE COUNTY

EVERY SATURDAY
AUGUST 13 - OCTOBER 8
7:00 am - 1:00 pm

The wait is almost over!

Oil your wagon wheels and get ready for
for the 2022 Cheyenne Farmer's Market

Frontier Park • CFD Parking Lot B off 8th Avenue
Free Parking in Lot C off of Carey Avenue

We accept EBT & Credit/Debit Cards!

**THANK YOU
SPONSORS!**



SPECIAL THANKS!
**CHEYENNE
FRONTIER DAYS**
World's Largest Outdoor Rodeo & Western Celebration

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.

"We cannot always build the future for our youth, but we can build our youth for the future."

Franklin D. Roosevelt, Great Speeches



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 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."





Community Action of Laramie County
1920 Evans Ave.
PO Box 106
Cheyenne, WY 82001