



KINSHIP

SUPPORT SERVICES

SUPPORTING FAMILIES. FOSTERING HOPE.

Kinship Support Group

Will be held Thursday September 8th, 2022 at the Orchard Valley Community House. 2111 S. 1st Ave from 6 to 8 pm. Guest speaker from AARP Foundation, Mr. John Karakalpakis.

WE WILL BE DO A POTLUCK DINNER, I will make a Mississippi Pot Roast. Bring your Favorite Dish!



HAPPY GRANDPARENTS DAY

Grandparent's Day is September 11th You all are ROCK STARS!!!!



2022 AGE WELL CONFERENCE Sept. 29, 2022 @ 9:00 am

Bringing together senior citizens, advocates and professionals to learn, share and discuss the latest on aging issues, research and innovation. Speakers throughout the day and vendor resource faire. This event is free of charge. Location: Blue Federal Credit Union Headquarters 2401 E. Pershing Blvd. Cheyenne.

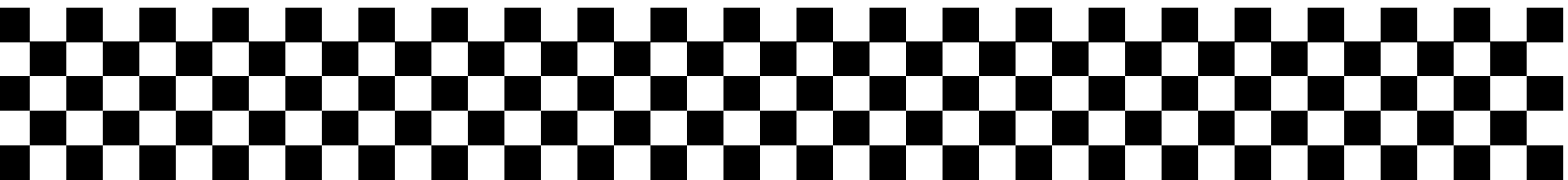


Grandpa's German Style Pot Roast Author: Nancy Heishman

Prep: 20 Min Cook: 6 Hours Serves: 8

- | | | |
|----------------------------|--------------------------|--------------------------------|
| 4 thick bacon chopped | Paprika | garlic |
| 1 lbs potatoes | 1 tsp allspice | 1/2 c Stout Beer or beef broth |
| 4 carrots sliced | 1/2 tsp salt | 1/3 c Dusseldorf mustard |
| 1 can sauerkraut drained | 1/2 tsp pepper | 1/2 c sour cream |
| 3/4 c chopped dill pickles | 3 lbs Chuck Roast | 1/2 cup minced fresh parsley |
| 1 tsp Smoked | 2 pk frozen pearl onions | |
| | 4 cloves minced | |

Cook bacon in large skillet over medium heat till crispy. Drain on paper towel.. Put potatoes carrots, sauerkraut, and pickles in slow cooker. Mix paprika, allspice, salt and pepper; rub over roast. Brown roast in bacon drippings. Transfer to slow cooker. Add onions and garlic to bacon drippings; cook one minute. Stir in beer and mustard; pour over meat. Crumble bacon; add to slow cooker. Cook covered on low 6-8 hours, until meat and vegetables are tender. Remove roast; let stand 10 minutes before slicing. Skim fat from cooking juice and vegetables. Stir in sour cream; heat through. Serve roast ; sprinkle with Parsley.



Slow Cooker Split Pea Soup Author: Pamela Chambers


Prep: 15 Min Cook: 8 hours Serves: 8


- | | |
|------------------------------|----------------------------------------|
| 1 pk dried split peas rinsed | 1/2 tsp dried crushed rosemary |
| 2 c cubed cooked ham | 1/2 tsp dried thyme |
| 1 large onion chopped | 1 32oz carton low sodium chicken broth |
| 1 c chopped carrots | 2 c water |
| 3 cloves garlic minced | |

In a 5 qt slow cooker, combine all ingredients. Cover and cook on low 8-10 hours or until peas are tender


Fall Word Scramble

Unscramble the words and write the letters in the boxes. Use the letters in the shaded boxes to form a new word that answers the riddle.

ULQIT 


LAVEES 

BEEESTRMP

SVRTAEH 

TECTHUNS

AUMUTN

ATOLFLOB 

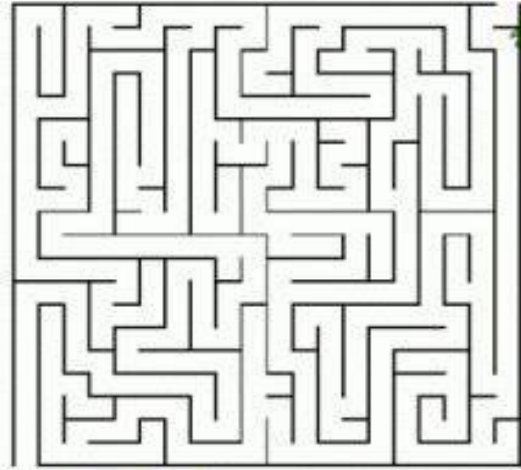
Q. What do you get when you drop a pumpkin?

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Hungry Scarecrow!



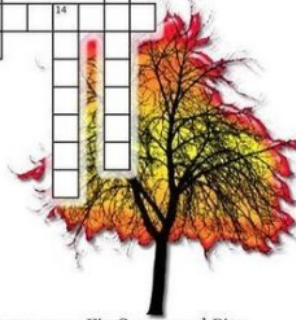
Can you help the scarecrow find his way to the pumpkin patch?



www.ActivityVillage.co.uk - Keeping Kids Busy

Fall Crossword Puzzle

Trees and their fruits are the focus of this fun puzzle!



Across

- The spiky partner of the Ivy from the holiday song.
- You've got to hand it to Florida for picking this as their State tree!
- This tree grows in Indiana, not Amsterdam! It's the State tree.
- Looks like an evergreen, but loses its leaves.
- This giant is the State tree of California.
- Shellfish meets orchard fruit?
- A horse doesn't eat them, despite the name; this tree is also known as the conker tree.
- I've no "eye-deer" why they thought this tree's fruit looked like a mammal's optical organ!

Down

- We harvest young Fir, Spruce and Pine trees at this time.
- The seeds of this tree whirl down to earth like miniature helicopters!
- If you burn the wood of this tree, you're left with its name.
- This tree sounds like it has a lot of friends...
- The tree's not built from bricks and the nuts are hard to crack.
- All trees which lose their leaves are called this.
- The tree we get syrup from.
- Four-legged friends might be tempted to tinkle on the State tree of Missouri.
- This Willow doesn't really have much to cry about.
- If there's a shortage of coffee, then the root of this tree is roasted and ground as a bitter-tasting substitute.

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FALL

WORD SEARCH PUZZLE



- BIRDS
- BRISK
- CHANGING
- CLOUDS
- COAT
- COLD
- COLORS
- CORN
- CROPS
- FOOTBALL
- FROST
- GOURD
- HARVEST
- HEATER
- JACKET
- LEAVES
- MIGRATE
- NOVEMBER
- OCTOBER
- PUMPKINS
- RAKE
- SCARECROW
- SEASON
- SWEATER
- TREES
- WIND

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY. Find and circle each word.



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 www.puzzlestoplay.com

Seasonal Depression

**GOT THE WINTERTIME BLUES?
YOU ARE NOT ALONE.**

Clinically referred to as seasonal affective disorder, SAD affects an estimated 10 million Americans each year. SAD occurs most commonly during late fall and winter, when exposure to sunlight is limited.



SAD Symptoms Checklist:

- Lack of interest in normal activities
- Social withdrawal
- High-carb cravings
- Weight gain
- Fatigue

Fight Back

- 1 Get outside** when natural light is brightest.
- 2 Eat well** (fruits, vegetables, whole grains).
- 3 Exercise.**
- 4 Talk to your doctor** about light therapy, which may boost your body's level of serotonin [the "feel good" neurotransmitter] while decreasing production of melatonin, the hormone related to our sleep cycle.

healthfeed.uofuhealth.org



If you or anyone you know is struggling with Seasonal or any depression; please know that you are not alone. I am here for you. If you don't want to talk to the people around you try the 24/7 FREE Depression Hotline: 866-903-3787. Or dial 988 National Suicide and Crisis Life line.



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 over!

Grab your family and friends and join us 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!





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 or paste the following in your browser:

<https://health.wyo.gov/aging/communityliving/emergency-rentalassistance-program-erap-hss/>



NEED HOMEOWNER'S ASSISTANCE?

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 stay in their homes. Applications open May 2, 2022.

Wyoming Homeowner Assistance Fund Program

VISIT [DFS.WYO.GOV/HAF](https://dfs.wyo.gov/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** may be able to help Wyoming homeowners, who have been *financially impacted by COVID-19 and meet eligibility criteria*, stay in their homes.

<https://dfs.wyo.gov/assistance-programs/home-utilitiesenergy-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.

“September tries its best to have us forget summer.”
-Bernard Williams



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.

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