



KINSHIP

SUPPORT SERVICES

SUPPORTING FAMILIES. FOSTERING HOPE.

Kinship Support Group

Will be held Thursday October 13, 2022 at the Orchard Valley Community House. 2111 S. 1st Ave from 6 to 8 pm. Guest speaker from the CPD for Halloween Safety.

WE WILL BE DOING A POTLUCK HALLOWEEN PARTY DINNER, I will make a Spooky Punch, Severed Fingers (little smokies), and Mummy wraps(Pigs in a blanket).. Bring your Favorite Spooky Dish! There will be gifts for the kids and caregivers. We are planning games and Crafts!





**HALLOWEEN
SAFETY TIPS**



WHEN WALKING

CROSS THE STREET AT CORNERS

USE TRAFFIC SIGNALS AND CROSSWALKS

**LOOK LEFT, RIGHT, AND THEN LEFT
AGAIN BEFORE YOU CROSS**

**PUT YOUR PHONE DOWN AND HEAD UP
WHEN CROSSING**

**HAVE CHILDREN LEARN TO MAKE EYE
CONTACT WITH DRIVERS BEFORE CROSSING
IN FRONT OF THEM**

WALK ON SIDEWALKS, NOT THE STREET

**KEEP A LOOKOUT FOR CARS THAT ARE
TURNING OR BACKING UP**

WHEN DRIVING

DRIVE SLOWLY AND STAY ALERT

**TAKE TIME TO LOOK FOR CHILDREN AT
INTERSECTIONS, MEDIANS AND CURBS**

**BACK YOUR VEHICLE UP SLOWLY AND
TRIPLE CHECK TO MAKE SURE NO ONE IS
AROUND**

ELIMINATE DISTRACTIONS

**AROUND THE HOURS OF 5:30 TO 9:30
THERE WILL BE A LOT OF CHILDREN OUT.
DRIVE EXTRA CAREFUL AT THESE HOURS**

**STOP FOR ALL CHILDREN AND ALLOW
THEM TO CROSS IN FRONT OF YOU TO
ELIMATE THE RISK OF THEM DARTING OUT**



Halloween Zombie Meatloaf By: Lori S.

Prep: 20 mins Cook: 50 Min Serves: 6

Meatloaf	1 Boiled egg halved
1/12 Lbs Ground beef	Sauce
1 small onion finely chopped	1/2 Cup Ketchup
3/4 buttery crackers, crushed	1/4 Cup brown sugar
2/3 cup milk	2 Tbs BBQ sauce
1/2 cup shredded cheese	
2 eggs	5 cloves garlic cut to small pieces
1 Tbs Worcestershire Sauce	(teeth)
1 tsp Season Salt	



Combine ground meat, onion, crackers, milk, 2 eggs, cheese, season salt, and Worcestershire Sause. Put on a cookie sheet and shape into a skull. Make spaces for the eye sockets and mouth. Place boiled egg halves in the eye sockets and shape the beef mixture around them to hold them in place.

Mix the sauce ingredients, spread half over the entire beef mixture including the eyes and mouth.

Bake for 50 to 60 minutes

Arrange Garlic in the mouth for teeth. Brush the remaining sauce over the meatloaf or serve on the side.

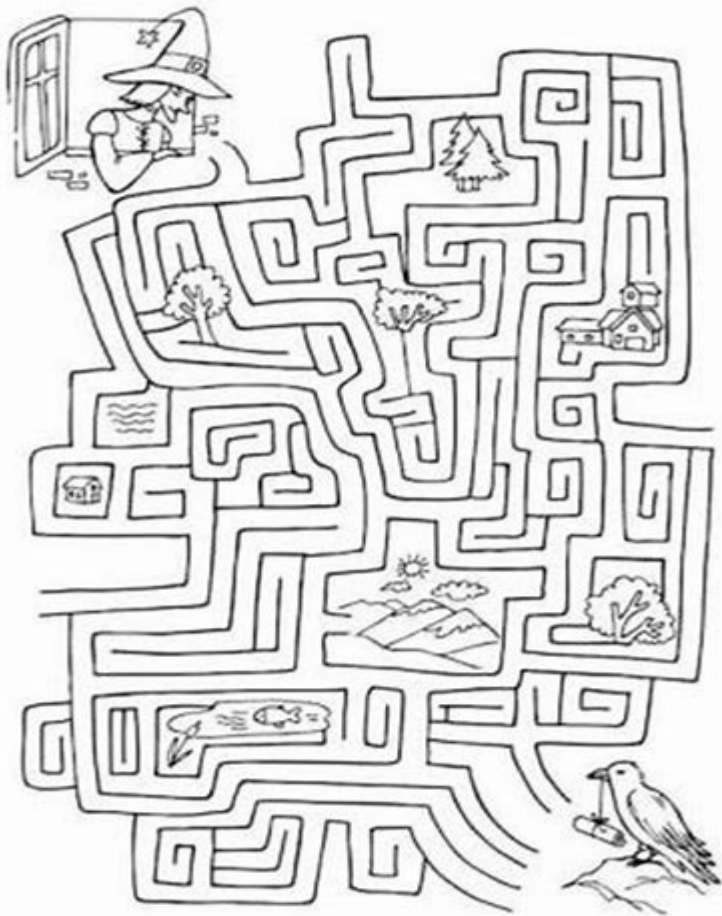
Spooky 7 Layer Dip By: Alyssia Sheikh

Prep: 15 Min Serves: 8

1 can refried black beans	1/4-1/2 cup shredded cheese
1 pk taco seasoning	1 diced roma tomato
1/4-1/2 cup salsa	1/4-1/2 Guacamole
1/4-1/2 cup shredded lettuce	2-3 Tbsp Sour Cream
2 cans slices olives	



Mix beans and taco seasoning together. In a dish, layer bean mix, salsa, lettuce, olives, cheese, and diced tomatoes. Cover the top with Guacamole. Make a cute spider web design, serve with chips, crackers, or even fresh veggies.



www.ActivityVillage.co.uk - Keeping Kids Busy

HALLOWEEN IS HERE

a cryptogram poem

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
11							19				17									15					

H A L L H
 19 11 17 17 22 12 14 14 16 20 7 19 14 26 14
 A T A
 11 7 25 22 22 3 6 15 20 4 14 22 24 6 14 11 26
 H L A L
 12 19 14 16 1 22 2 17 20 16 7 12 11 17 3
 A T T A L
 11 16 9 4 22 16 7 15 14 26 7 15 11 17 3
 A H T A T H A
 11 16 9 1 19 22 7 15 7 2 26 14 11 15 19 14 20 16 6 22 18 26 14 11 26
 T A T
 7 22 9 22 16 6 22 18 26 13 22 7 15 18 4 14 24 11 7 15
 T A A
 25 18 15 22 16 6 22 18 26 7 13 11 26 6 4 11 7 3
 T H T H A
 15 19 14 15 20 4 14 19 11 7 13 22 4 14
 A
 24 22 26 13 11 16 9 6 24 18 16
 A L L H A T A !
 11 17 17 6 22 18 19 11 23 14 15 22 9 22 20 7 11 7 3
 T T A T I
 15 26 20 13 3 22 26 15 26 14 11 15



Trick or Treat

CAULDRON
 DEVIL
 EYEBALLS
 GHOST
 GRAVEYARD
 HAUNTED HOUSE
 JACK O' LANTERN
 MUMMY
 FRIGHTEN
 NIGHTMARE
 WITCH

What's the secret message?

SPOOKY HALLOWEEN CROSSWORD PUZZLE



- Across
- Scary creature like Frankenstein
 - Boo! Yikes, it's an apparition!
 - Delicious brown candy
 - The holiday name
 - Howdy pardner, this costume might make you want to ride a horse!
 - Pumpkin carved
 - A celebration of the holiday with lots of people
 - Ring the doorbell and say.

- Down
- Pointy hat and broom
 - They fly, but they are mammals
 - What do you wear?
 - Bobbing for this fruit
 - All our bones
 - Meow, don't let this animal cross your path
 - No cob for this candy
 - Covering for your face
 - The round light in the sky at night
 - He wants to drink your blood!
 - A scary house filled with ghosts is said be...





**CRAWLY
CRITTERS**
Saturday
Oct. 1, 2022
10am - 2pm

Wyoming State Museum

2301 Central Avenue

Cheyenne, WY 82002

307-630-2573

FREE for all kids and Adults

**Family Day: Creepy Crawly
Critters!!**

Snakes, spiders, and bats, oh my! Enjoy some Spooky Season fun at the Wyoming State Museum. At Creepy Crawly Critters you'll learn all about the weird and creepy animals that live among us. We will have something for everyone in the family, from crafts and games, to educational talks from museum staff! Plus you'll see live insects from the CSU Bug Zoo, meet a University of Wyoming entomologist, and more.

Click on the "Visit Website" button above to reserve your one-hour time slot for FREE!

Family Days are generously sponsored by Scheels in Johnstown, CO. Thanks to their support, these events are always free and open to everyone!



THE CHEYENNE

**FARMER'S
MARKET**

FUNDRAISER OF COMMUNITY ACTION OF LARAMIE COUNTY

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

Winter is coming! Come join us for the final 2 markets of the 2022 season.

Get everything you need to can, dehydrate and preserve for the winter

on October 1st and 8th.

**Bring your mug for free coffee, cocoa or cider and enjoy a leisurely stroll in
the last of the fall weather at Frontier Park!**

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.

"If you tell the truth, you don't have to remember anything."
Mark Twain



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."





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