



# KINSHIP

SUPPORT SERVICES

SUPPORTING FAMILIES. FOSTERING HOPE.

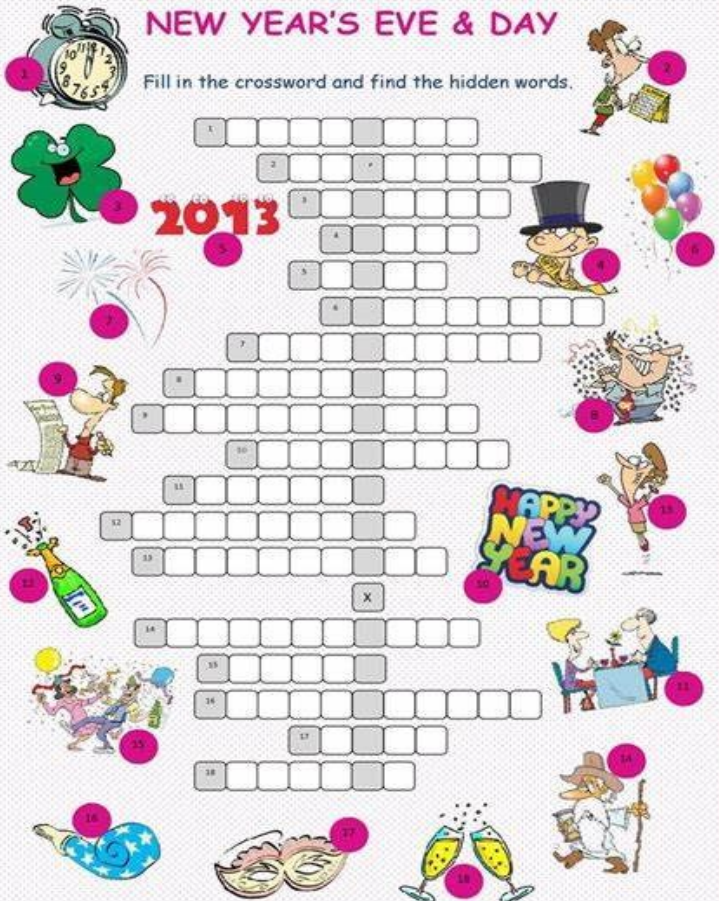
## Kinship Support Group

Happy New Year! We are kicking off the new year with fun support groups. We are still hosting the support groups at First United Methodist Church. 108 E 18th St 6:00pm to 8:00pm January 12th. We will have Zerek Jones from Crossroads Clinic coming in to talk about mental health.



# NEW YEAR'S EVE & DAY

Fill in the crossword and find the hidden words.



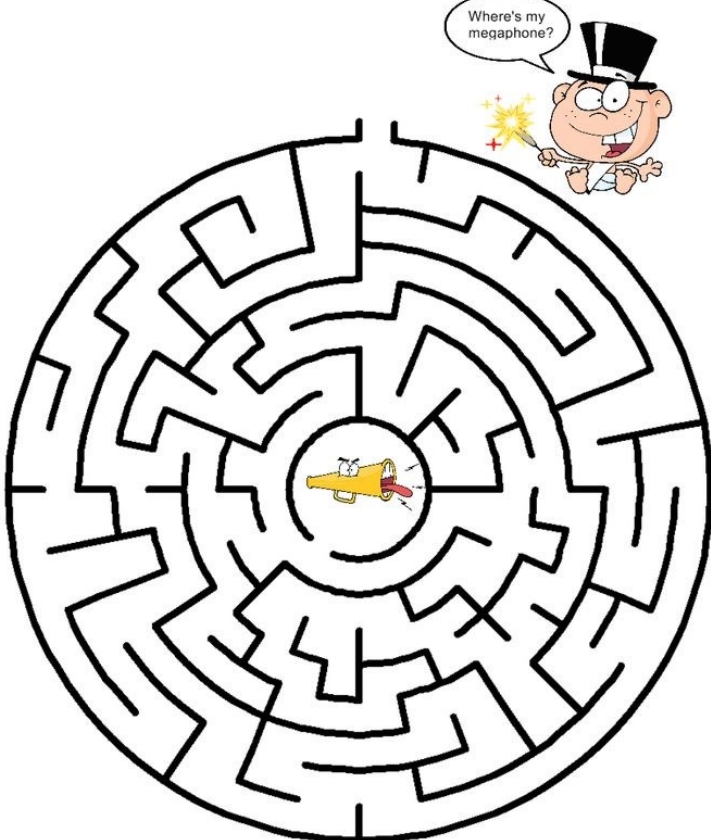
# NEW YEAR'S EVE CROSSWORD PUZZLE

Look at the numbers on the pictures and write the New Year's Eve vocabulary in the crossword puzzle

ENGLISHWSHEETS.COM

# New Year's Lost Megaphone Maze

Help the Boy find his megaphone by showing him the way through the snowball maze.



# NEW YEAR'S EVE WORD SCRAMBLE

- utwcdnono \_\_\_\_\_
- ebeltreca \_\_\_\_\_
- idgilmhk \_\_\_\_\_
- ecfotitn \_\_\_\_\_
- hserec \_\_\_\_\_
- sinoerustol \_\_\_\_\_
- rpyla \_\_\_\_\_
- apelssrkr \_\_\_\_\_
- kinsamereo \_\_\_\_\_
- nlabosla \_\_\_\_\_
- sogla \_\_\_\_\_
- rkwesifro \_\_\_\_\_
- aajrnyu \_\_\_\_\_
- uemtrieasqs \_\_\_\_\_
- eirmsome \_\_\_\_\_



Wyoming State Museum 2301 Central Ave  
Saturday January 7, 2023 10am–2pm

There are a lot of events going on throughout the month at the library:

[Calendar of Events | Laramie County Library System \(lclsonline.org\)](https://lclsonline.org)






Here is the link to the library

# School Closures for January:

January 16—No school all grades MLK Day

January 20—No school secondary only end of quarter

## LCSD#1 Elementary Lunch Menu January 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Snacks! If your birthday is in January you can have a free package of fruit snacks when you join us for lunch on the 18<sup>th</sup>.</p> 	<p><b>Lunch Prices:</b> Free Reduced – \$0.40 Elementary Paid – \$2.75 JH/HS Paid – \$3.00 Adult/Visitor – \$4.25</p>	<p>Menu subject to change based on availability. Go to <a href="http://nutrition.laramie1.org">nutrition.laramie1.org</a> for updates.</p> <p>P – Contains Pork ✓ – Vegetarian Entrée</p>	<p>Turkey sandwiches on whole wheat bread are offered as an additional entrée most days.</p> <p>Each entrée comes with your choice of fruit, vegetables and milk.</p> <p>This institution is an equal opportunity provider.</p>	
	<p>✓ Cheese Pizza 3 ✓ Bean and Cheese Burrito Side: Seasoned Green Beans</p>	<p>Super Nachos with 4 Homemade Cheese Sauce Chicken Tenders Sides: Refried Beans Shredded Lettuce &amp; Diced Tomatoes</p>	<p>Oven Fried Chicken 5 and Waffle ✓ Cheddar Baked Potato Side: Coleslaw</p>	<p>Chicken Alfredo with 6 Garlic Bread Stick ✓ PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch ☆☆Cookie☆☆</p>
<p>BBQ Pork 9 Sandwich - P ✓ Bean &amp; Cheese Burrito Side: Steamed Corn</p>	<p>Turkey Gravy over 10 Mashed Potatoes ✓ PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch</p>	<p>Breakfast for Lunch 11 ✓ Cinnamon Pancakes ✓ French Toast Sticks Sausage - P Sides: Hash Browns &amp; Baby Carrots</p>	<p>✓ Cheese Dunkers 12 with Marinara Sauce ✓ Cheddar Baked Potato Side: Fresh Veggie Patch</p>	<p>Asian 13 Chicken Drumstick with Fried Rice ✓ Fruit, Yogurt &amp; Cheese Plate Side: Fresh Veggie Patch</p>
	<p>Mini Corn Dogs 17 ✓ Bean &amp; Cheese Burrito Side: Cheesy Broccoli</p>	<p>Rotini with 18 Meatballs and Marinara Pepperoni Pizza Pocket Side: Fresh Veggie Patch</p> 	<p>Homemade Chili 19 with Cinnamon Roll Side: Fresh Veggie Patch</p>	<p>✓ French Bread Boat 20 with Marinara Sauce ✓ PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch</p>
<p>Chicken Nuggets 23 ✓ Bean &amp; Cheese Burrito Side: Seasoned Green Beans</p>	<p>Meatballs 24 with Brown Gravy over Mashed Potatoes Pepperoni Pizza Pocket Side: Fresh Veggie Patch</p>	<p>Breakfast for Lunch 25 ✓ Cinnamon Pancakes ✓ French Toast Sticks Sausage - P Sides: Hash Browns &amp; Baby Carrots</p>	<p>Rippers 26 ✓ Cheese or Pepperoni Side: Fresh Veggie Patch</p>	<p>Chicken Patty 27 Sandwich ✓ PBJ with Goldfish and String Cheese Sides: Potato Smiles &amp; Baked Beans Shredded Lettuce &amp; Sliced Tomatoes ☆☆Vanilla Pudding☆☆</p>
<p>BBQ Chicken 30 Drumstick ✓ Bean &amp; Cheese Burrito Sides: Roasted Baby Potatoes &amp; Baby Carrots</p>	<p>✓ Cheese Pizza 31 Munchable with Goldfish Side: Fresh Veggie Patch</p>			

# LCSD#1 Secondary Lunch Menu January 2023

Join us for lunch  
on your birthday  
and get a free  
a la carte item!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>3</b> <b>Cook's Choice</b> <i>See Your Cafe for Today's Selection</i>	<b>4</b> <b>Super Nachos</b> Sides: Refried Beans Shredded Lettuce Diced Tomatoes	<b>5</b> <b>Oven Fried Chicken and Waffles</b> Side: Coleslaw	<b>6</b> <i>Italian Pasta Bar</i> <b>Build Your Own!</b> Side: Fresh Veggie Patch <i>Customize your Lunch!</i> ☆☆Cookie☆☆
<b>9</b> <b>BBQ Pork Sandwich - P</b> Side: Steamed Corn	<b>10</b> <b>Turkey Gravy over Mashed Potatoes</b> Side: Fresh Veggie Patch ☆☆Banana Bread☆☆	<b>11</b> <b>Breakfast for Lunch</b> Pancakes or  French Toast Sticks With Sausage - P Sides: Hashbrowns & Baby Carrots	<b>12</b> <b>Potato Bar</b> <b>Build Your Own!</b> Side: Fresh Veggie Patch <i>Customize your Lunch!</i>	<b>13</b> <b>Asian Chicken Drumsticks with Fried Rice</b> Side: Fresh Veggie Patch
<b>16</b> 	<b>17</b> <b>Mini Corn Dogs</b> Side: Cheesy Broccoli	<b>18</b> <b>Meatball Sub with Potato Wedges</b> Side: Fresh Veggie Patch	<b>19</b> <b>Homemade Chili &amp; Cinnamon Roll</b> Side: Fresh Veggie Patch	<b>20</b> <b>No School JH/HS Only</b>
<b>23</b> <b>Chicken Tenders Original -or- Spicy</b> Side: Seasoned Green Beans	<b>24</b> <b>Meatballs with Brown Gravy over Mashed Potatoes</b> Side: Fresh Veggie Patch ☆☆Apple Crisp☆☆	<b>25</b> <b>Breakfast for Lunch</b> Pancakes or  French Toast Sticks With Sausage - P Sides: Hashbrowns & Baby Carrots	<b>26</b> <b>Quesadillas</b> <i>See Your Cafe for Today's Selection</i> Side: Fresh Veggie Patch	<b>27</b> <b>Burger Baskets</b> <b>Build Your Own!</b> Side: Baked Beans - P <i>Customize your Lunch!</i> ☆☆Vanilla Pudding☆☆
<b>30</b> <b>BBQ Chicken Drumsticks</b> Sides: Roasted Baby Potatoes & Baby Carrots	<b>31</b> <b>Cook's Choice</b> <i>See Your Cafe for Today's Selection</i>			This institution is an equal opportunity provider.

In addition to the main entrée line, each Secondary School has several other entrée options customized for the students at their school.  
(Not all choices are available every day. See your cafe for the daily menu.)

**Hot Sandwiches:**  
 Chicken Patty,  
 Spicy Chicken Patty,  
 All-Beef Cheeseburger

**Lighter Options:**  
 Cheddar Baked Potato   
 Assorted Salads  
 Salad Shakers  
 Deli Sandwiches  
 Wraps

**Pizza Slice:**  
 Cheese   
 or Pepperoni daily

All meals include your choice of fruit, vegetables and milk.  
 A la carte options are sold separately.

- Vegetarian  
 - Spicy  
 P - Contains Pork  
 Menu subject to change based on availability.

## Just some friendly reminders:

Support Groups are mandatory. January Support Group is on January 12 from 6pm–8pm. This month we will have a spaghetti dinner. I am requesting that each family brings a side. I have listed the first initial of last names and what to bring below.

**Please RSVP no later than Monday January 9th.** Please leave a message if I don't answer and let me know. Thank you all for the awesome turn out at the Christmas Dinner! I am so thankful for you all.

A-H–Salad (green, fruit)

I-P– Bread, Rolls

Q-Z– Dessert

There are no known allergies at this time, if this changes within the family please let me know so we can get a meal for that person.

Please call me or email me with any questions about anything. If I can't help, I will find resources in the community that might be able to help. My info is listed below:

Community Action : 307-635-9291 ext:130

shanna@calc.net

### Adult and Children's Eyeglasses

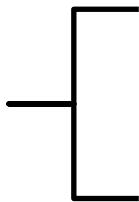
Community Action of Laramie County is now accepting applications for the adult and our children's eyeglass programs. If you are in need of assistance, please complete an application to be placed on our waiting list. You can get an application from our front desk Monday through Friday 8:00am to 5:00pm.

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

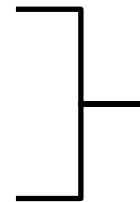
If you are, or know of, an older relative who is caring for a younger relative, Community Action of Laramie County has openings for our Older Relative Caregiver Program.

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.



"Thankfulness creates gratitude which generates contentment that causes peace."

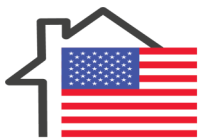
**Todd Stocker**



**SELF SUFFICIENCY**

CONQUERING SETBACKS. CELEBRATING SUCCESS.

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.



**VETERAN HOUSING SERVICES**

HONOR, HOPE, AND HOME FOR VETERANS.

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**

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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