



KINSHIP

SUPPORT SERVICES



OLDER RELATIVE CAREGIVER PROGRAM

Our Older Relative Caregiver Program is designed to assist older caregivers (55+) who are raising relatives either under the age of 18 or under the age of 59 and living with a disability. The program's mission is to instill a sense of hope, accomplished by linking families to community resources; offering assistance in required document completion; hosting monthly support group meetings with provided caregiver respite; and by offering a variety of supplemental services.

TOP NEWS

- 1. December 14th is the next Kinship Support Group Page 2*
- 2. Fun Events in town Page 4*
- 3. How to get through the holidays Page 9*
- 4. Holiday Fun Pages 10-12*



JOIN US!



You're invited to our

CHRISTMAS *party*

THE SUPPORT GROUP THIS MONTH IS OUR CHRISTMAS PARTY. FIRST UNITED METHODIST IS BEING VERY KIND AND IS PROVIDING US WITH OUR DINNER! YOU OF COURSE WELCOME TO BRING A SIDE TO SUPPORT GROUP. WHEN YOU RSVP, WE WILL LET YOU KNOW IF A DISH IS BEING MADE OR NOT AND GET YOU ON THE LIST! THERE WILL BE PLENTY OF FUN AND ENTERTAINMENT SO PLEASE JOIN US FOR AN AMAZING EVENING!

Thursday
06:00 PM

14

December
2023

108 E 18th St

CHEYENNE LITTLE



THEATRE PLAYERS



A Christmas Story

Adapted by *Philip Grecian*

Based on the motion picture A Christmas Story, © 1983 Turner Entertainment Co.,
distributed by Warner Bros.,

written by *Jean Shepherd, Leigh Brown and Bob Clark;*

and on the book In God We Trust, All Others Pay Cash by Jean Shepherd.

Directed by Blake Dorris

Historic Atlas Theater

Dec 1 - 3, Dec 7 - 10,
Dec 15 - 17

Dinner Theater:
December 2, 8, 9, 15, 16

\$12 Thursday December 7



Old West Holiday

Dates:

11/25/2023, 12/2/2023, 12/9/2023, 12/16/2023

121 West 15th Street, Suite 202

Cheyenne, WY 82001

(307) 778-3133

Price:

FREE

Time:

10:00 AM to 4:00 PM

Downtown becomes a magical wonderland. Visit Santa, meet Santa's horses, write a letter to the North Pole, and more!



Railspur Master Class- Beginner Chocolatier's Class

Dates: December 6, 2023

Railspur
707 W. Lincolnway
Cheyenne, WY 82001
(307) 275-3449

Price:

\$75.00

Time:

7:00 PM to 10:00 PM

Learn some chocolate trivia while making truffles and trying some trending wines to go with.



Breakfast for Dinner With Santa

Dates:

December 16, 2023

216 E. 17th

Cheyenne, WY 82001

Price:

\$16-\$24

Time:

5:00 PM to 8:30 PM

Enjoy an old-west BreakFEAST for dinner buffet with the jolliest man around!



Canyon Concert Ballet presents: The Nutcracker

510 W. 20th St

Presented By:

Cheyenne Civic Center

Cheyenne, WY 82001

(307) 637-6363

Dates:

December 16, 2023

Price:

\$35-\$55

Audiences will be swept up in the magic of the season as Canyon Concert Ballet brings to Cheyenne this annual classic holiday favorite.

WINTER WORD SEARCH

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

Chilly Icicle Fruitcake Evergreen Wonderland Igloo White Freeze
Skiing Below Hot Cocoa Music Slush Winter Sweater

WINTER



3 letters

hat
ice

4 letters

coat
cold
melt
snow

5 letters

boots
nippy
scarf
sleet
slush
snowy

6 letters

chilly
frigid
gloves
heater
jacket
shiver

7 letters

flannel
mittens
sweater
wintery

8 letters

blizzard
flurries
hot cocoa
slippery
snowsuit
solstice

9 letters

fireplace
Jack Frost
longjohns
snowstorm

12 letters

freezing rain

Tree Valley Academy



Why do reindeer like Beyoncé so much?

She sleighs.

woman's day



How did Scrooge win the football game?

The ghost of Christmas passed.

woman's day





How does Santa take photos?

With a Pole-roid camera, of course.

woman's day

Breakfast Menu

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SY 23-24 Breakfast Prices: Free \$0.00, Reduced \$0.00, Elementary Paid \$1.50, JH/HS Paid \$1.75, Adult \$3.00</p> <p>Daily Entrées Available: Mini Chocolate Chip Benefit Bar, Assorted Cereal, Yogurt, Granola, Sausage Patty – P</p> <p>P – Contains Pork</p> <p>Breakfast is served with fruit and/or juice, and milk.</p>				
				
<p>Fruit Frudel 1 Ultimate Breakfast Round (UBR)</p>				
<p>Pancake on a Stick - P 4 Ultimate Breakfast Round (UBR)</p>	<p>Cherry Muffin 5 Bagel with Cream Cheese</p>	<p>Mini Cinnamon Rolls (Mini Cinnis) 6 Ultimate Breakfast Round (UBR)</p>	<p>Build Your Own! Oatmeal Bar with Fruit Toppings 7 Bagel with Cream Cheese</p>	<p>Fruit Frudel 8 Ultimate Breakfast Round (UBR)</p>
<p>Blueberry Bread 11 Ultimate Breakfast Round (UBR)</p>	<p>Chocolate Chip Muffin 12 Bagel with Cream Cheese</p>	<p>Yogurt Parfait with Berries 13 Ultimate Breakfast Round (UBR)</p>	<p>Homemade Ham, Egg, & Cheese Breakfast Pocket 14 Bagel with Cream Cheese</p>	<p>Fruit Frudel 15 Ultimate Breakfast Round (UBR)</p>

Student Meal Accounts Online

You can easily manage your student's meal account at <https://linqconnect.com/>
Free online services include
-Set up email alerts for low balances
-View your student's purchases
Only \$2.85 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.

Free and Reduced Applications

are accepted all school year. It's quick and easy!
Go to <https://linqconnect.com/>
Call 771-2440 for paper applications and any questions.

This institution is an equal opportunity provider.

Tired of missing MAJOR EVENTS in your family's lives?
Holidays?
Tournaments?
Recitals?
LCSD #1 Nutrition Services is hiring!
NO NIGHTS
NO WEEKENDS
NO HOLIDAYS
Apply Today!
www.laramie1.org



Winter Vacation


December 18th – January 1st



I  SCHOOL BREAKFAST


LCSD#1 Elementary Lunch Menu December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Snacks! If your birthday is in December you can have a free package of fruit snacks when you join us for lunch on the 5th.</p> 	<p>SY 23-24 Lunch Prices: Free – \$0.00 Reduced – \$0.00 Elementary Paid – \$2.75 JH/HS Paid – \$3.00 Adult/Visitor – \$4.25</p>	<p>Menu subject to change based on availability. Go to nutrition.laramie1.org 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>National Eat a Red Apple Day 1 Chicken Patty Sandwich ✓PBJ with Goldfish and String Cheese Sides: Baked Beans – P Potato Smiles Shredded Lettuce & Sliced Tomatoes ☆☆Vanilla Pudding☆☆</p>				
<p>Corn Dog 4 Chicken Tenders Side: Cheesy Broccoli</p>	<p>✓ French Bread Boat with Marinara Sauce 5 ✓PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch</p> 	<p>✓ Cheesy Lasagna with Garlic Bread Stick 6 ✓ Fruit, Yogurt, & Cheese Plate Side: Fresh Veggie Patch</p>	<p>Homemade Chili and Cinnamon Roll 7 Side: Fresh Veggie Patch</p>	<p>Soft Tacos: Shredded Chicken or Pork Carnitas 8 Side: Mexicali Corn Shredded Lettuce Diced Tomatoes ☆☆Frozen Fruit Cup☆☆</p>
<p>Honey Mustard Chicken Drumstick 11 ✓ Bean & Cheese Burrito Sides: Mashed Potatoes & Baby Carrots</p>	<p>✓ Mac & Cheese 12 ✓ Fruit, Yogurt, & Cheese Plate Side: Smoky Roasted Cauliflower Tomato Bites ☆☆Holiday Sugar Cookie☆☆</p>	<p>Breakfast for Lunch 13 ✓ Cinnamon Pancakes ✓ French Toast Sticks Sausage - P Sides: Hash Browns Baby Carrots</p>	<p>Oven Fried Chicken & Waffle 14 Chicken Salad Sandwich Sides: Mini Sweet Peppers Baked Beans – P</p>	<p>✓ Personal Pan Cheese Pizza 15 Sides: Tomato Bites Broccoli Bites</p>



Winter Vacation

December 18th – January 1st



Breakfast Menu

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
✓ French Toast Sticks	Biscuits & Gravy-P	Breakfast Burrito-P	✓ Waffles -or- Breakfast Pizza - P	Breakfast Burrito-P
Secondary Breakfast Prices: - Free: \$0.00, Reduced: \$0.00, Paid: \$1.75, Adult: \$3.00				
In addition to the regular menu above, students will have other entrée choices such as Breakfast Sandwiches, Pancake on a Stick - P, Smoothies, Ultimate Breakfast Round, Breakfast Bar, Yogurt Parfait with Granola, Bagel & Cream Cheese, and a variety of whole grain cold cereals. Each meal also comes with your choice of fruit, juice, and milk. (P-Contains Pork)				

Tired of missing MAJOR EVENTS in your family's lives?
Holidays?
Tournaments?
Recitals?
LCSD #1 Nutrition Services is hiring!
NO NIGHTS
NO WEEKENDS
NO HOLIDAYS
Apply Today!
www.laramie1.org

Secondary Lunch Prices
Free: \$0.00
Reduced: \$0.00
Paid: \$3.00
Adults/Visitors: \$4.25

This institution is an equal opportunity provider.



Student Meal Accounts Online
You can easily manage your student's meal account at <https://linqconnect.com/>
Free online services include
-Set up email alerts for low balances
-View your student's purchases
Only \$2.85 Credit Card Fee to add money to your student's account online. Checks and cash accepted at your student's school at no extra charge.
Free and Reduced Applications are accepted all school year. It's quick and easy!
Go to <https://linqconnect.com/> Call 771-2440 for paper applications and any questions.



LCSD#1 Secondary Lunch Menu December 2023

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Corn Dogs Side: Cheesy Broccoli	5 Cook's Choice See Your Cafe for Today's Selection Side: Fresh Veggie Patch	6 Italian Pasta Bar Build Your Own! Side: Fresh Veggie Patch Customize your Lunch!	7 Homemade Chili & Cinnamon Roll Side: Fresh Veggie Patch	8 Taco Bar Build Your Own! Side: Mexicali Corn Shredded Lettuce Diced Tomatoes Customize your Lunch! ☆☆Frozen Fruit Cup☆☆
11 Honey Mustard Chicken Drumsticks Sides: Mashed Potatoes & Baby Carrots	12 ✓ Mac & Cheese Sides: Smoky Roasted Cauliflower Tomato Bites ☆☆Holiday Sugar Cookie☆☆	13 Breakfast for Lunch ✓ Pancakes or ✓ French Toast With Sausage - P Sides: Hash Browns Baby Carrots	14 Oven Fried Chicken and Waffles Sides: Mini Sweet Peppers & Baked Beans - P	5 Cook's Choice See Your Cafe for Today's Selection Side: Fresh Veggie Patch

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.

Winter Vacation
December 18th – January 1st

This institution is an equal opportunity provider.

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



The holidays are a busy time. They can demand extra attention for cooking, cleaning, party planning, hosting, and talking with family members we might not always agree with. It's no wonder that stress during the holidays is common. By learning to reduce this stress, you might find that you enjoy the holidays more. These tips can help.

- > **Share holiday tasks.**
Let everyone help with shopping, cooking, cleaning, and event planning. If you really dislike doing dishes, help with cooking instead. Sharing tasks lets everyone be part of making the holidays special.

- > **Reflect together.**
Before you say goodbye, gather everyone to reflect. Go around the room. Let everyone share their favourite part of the holiday and what wasn't so great. Brainstorm ways to make the "not so great" things more enjoyable next time.

- > **Have realistic expectations.**
No holiday gathering is perfect. Don't let something like forgetting to defrost the turkey ruin the day. Be flexible, and let it become another holiday memory. View these experiences as chances to practice being resilient.

- > **Keep up your healthy habits.**
Staying healthy is your best defence against holiday stress. You can stay hydrated by bringing a water bottle with you to refill. Try eating a healthy snack before a party. If you don't show up hungry, you'll be less likely to fill up on sweets.

- > **Practice gratitude.**
Having gratitude means saying thank-you for what's good in your life. There are many ways you can practice gratitude.
 - Before meals, give thanks to those who grew it and cooked it. Give thanks even if that person was you.
 - Remember the ways—good and bad—that others show you that they care. Choose to be positive.
 - Keep it up. It may take awhile to catch on. But when it does, you might find that an attitude of gratitude spreads quickly.

- > **Take time to unwind.**
You might try taking deep breaths or going for a walk. Maybe you need time to yourself after being with family. Even a little break can make a big difference to reduce stress.

- > **Make time for joy.**
This could be baking, playing games, or volunteering in your community. Maybe take a plate of cookies to a neighbour. Do what feels right for you.


- > **Get professional help if you need it.**
The holidays can be a big event. And stress leading up to them is common. Talking to a friend or family member may help. But you may also want to see a counsellor before the holidays start. A counsellor can help you change the way you handle stress.

"The way you spend Christmas is far more important than how much"- Henry. David

Thoreau


TIPS FOR EATING WELL AND FEELING BETTER DURING THE HOLIDAYS

Simple tips to help you stay on track



STAY HYDRATED

Our bodies stay hydrated not only by what we drink, but also what we eat. Choosing a variety of food and drinks throughout the day will help you reach your hydration goals.



MEAL PREP

Prepping a protein and veggie-packed weekly menu makes it easier to get back on track after a day (or weekend) of decadent holiday treats.




KEEP SNACKS HANDY

Having healthy snacks on hand helps avoid the temptation to "browse" the pantry, fridge, or breakroom.



HEALTHIER HOLIDAY FAVORITES

Lightening your favorite holiday dishes (without compromising on flavor) is one of the easiest ways to satisfy your cravings without overindulging.



ENJOY THE SEASON

Be mindful, but allow yourself some indulgences so you don't feel deprived.

DIY

DECORATIONS



Make Your Own Snow Globe

Turn an old glass jar into a shimmering holiday scene. Once you've cleaned the glass, fill it with bottle-brush trees and animal figurines. Glue down all elements with silicone glue, then spoon in glitter and/or fake snow. Fill the jar with distilled water, add a few drops of glycerin and stir. When you're content with your creation, glue on the lid.



Use Popsicle Sticks to Make a Wreath

Start with a rounded foam wreath (we suggest a 12" one). Paint about 50 small and 20 to 30 large popsicle sticks in three different shades of green before you start layering and hot gluing this adorable creation together. Finish it off with a beautiful red bow.



DIY a Christmas Card Tree

You probably receive a countless number of Christmas cards (which isn't a bad thing), so pick the very best to display on your wall. Arrange them in a Christmas tree shape for a festive look.



Easy Berry Icebox Cake



5 from 11 reviews

Author: Sally **Prep Time:** 15 minutes **Cook Time:** 0 minutes

Total Time: 3 hours, 15 minutes **Yield:** serves 12

This is easy berry icebox cake, a no-bake dessert recipe that's perfect for summer and feeds a crowd. Assembly takes about 15 minutes, and most of the work is hands-off as the cake sets in the refrigerator. This cake is always so much fun to serve because no one ever believes it's made from mostly whipped cream and graham crackers!

Ingredients

- 3 cups (720ml) cold **heavy cream** or **heavy whipping cream**
- 1/3 cup (40g) **confectioners' sugar**
- 2 teaspoons **pure vanilla extract** or **vanilla bean paste**
- 1/2 teaspoon **pure almond extract**
- 20–21 full-sheet **graham crackers**
- 2 cups (380g) sliced fresh **strawberries**
- 1 cup (140g) fresh **blueberries**
- **optional for garnish:** additional berries and [star sprinkles](#)

Cook Mode Prevent your screen from going dark

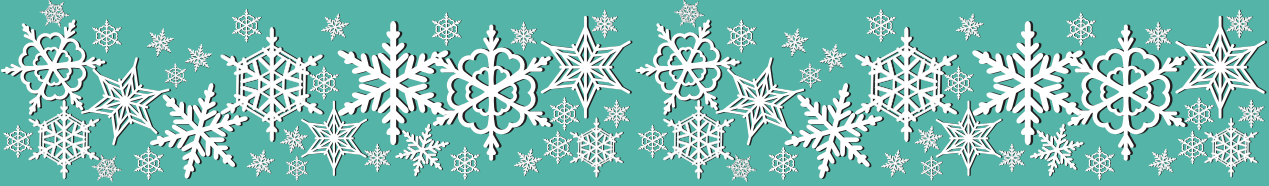
Instructions

- 1 **Preliminary notes:** There are 3 layers of graham crackers, 3 layers of whipped cream, and 2 layers of berries (plus any you use for topping). Each layer of graham crackers is about 7 graham crackers (you can break some up to fit). This recipe yields 6 cups of whipped cream and you will use 2 cups per layer.
- 2 Using a hand mixer or a stand mixer fitted with a whisk attachment, beat the heavy cream, confectioners' sugar, vanilla, and almond extract together on medium-high speed until medium peaks form, about 4 minutes.
- 3 Spread a couple Tablespoons into a very, very thin layer on the bottom of an ungreased 9×13-inch pan. This will help the bottom layer of graham crackers stick. Layer graham crackers on top, breaking them apart as needed to make 1 even layer.
- 4 Spread about 2 cups of whipped cream on top of the graham crackers. Then layer the sliced strawberries on top. Follow with another layer of graham crackers, 2 more cups of whipped cream, then the blueberries. Top with a final layer of graham crackers, followed by a final layer of whipped cream.
- 5 Cover with aluminum foil or plastic wrap and place in the refrigerator for at least 3 hours, and up to 48 hours.
- 6 Garnish with additional berries and/or star sprinkles. Cut into slices and serve cold. A small [narrow serving spatula](#) is especially helpful for getting the slices out of the pan.

Notes

- 1 **Make Ahead Instructions:** You can make this icebox cake the day before you need it because it can set overnight in the refrigerator. The graham crackers and fruit become a little too mushy by day 3 or 4, so keep that in mind with any leftovers.
- 2 **Special Tools** ([affiliate links](#)): [Electric Mixer \(Handheld or Stand\)](#) | [9×13-inch Pan](#) | [Offset Spatula](#) | [Star Sprinkles](#) | [Small Narrow Spatula](#)
- 3 **Vanilla:** I love using [vanilla bean paste](#) in the whipped cream because it combines both extract AND vanilla bean seeds. You can, of course, use pure vanilla extract instead. If you want that extra vanilla bean flavor, feel free to add the seeds scraped from 1/2 of a vanilla bean. (This is in addition to the liquid vanilla extract.)
- 4 **Graham Crackers:** Don't have graham crackers where you live? You can substitute digestive biscuits or Biscoff cookies, if you have either of those options. Use however many will fit for each layer.
- 5 **Can I Use Frozen Berries?** No. They will release too much liquid as the cake sets up. Even after thawing, they are a little too wet. Fresh berries are ideal.





Classic Cheeseball

This Classic Cheese Ball recipe makes the perfect party appetizer. A cheese ball made with cheddar cheese, cream cheese, green onion and spices, and coated in chopped pecans.

Prep Time

15minutes mins

Total Time

15minutes mins

Course: Appetizer Cuisine: American Servings: 24 Calories: 101kcal Author: Lauren Allen

Ingredients:

16 ounces cream cheese , softened

2 cups freshly grated sharp cheddar cheese (avoid pre-shredded cheese)

2 green onion , chopped

1 teaspoon Worcestershire sauce

1 teaspoon hot pepper sauce

1 teaspoon dried parsley flakes

1/2 teaspoon garlic powder

1/2 teaspoon dried oregano leaves

dash freshly ground black pepper

2/3 cup pecans , finely chopped

Instructions

- 1) Place cream cheese in a mixing bowl and mix until smooth. Add cheese, green onion, Worcestershire sauce, hot sauce, parley, garlic powder, oregano and pepper and mix well to combine.
- 2) Use a rubber spatula to scrape the sides of the bowl and gather the mixture into one lump. Lightly grease your hands and form the mixture into a round ball.
- 3) Place the pecans on a plate. Hold the cheese ball in one hand and use the other hand to scoop the pecans onto the outside of the ball, pressing them in gently and turning the ball to coat all sides.
- 4) Cover the cheeseball in cling wrap and refrigerate for about 1 hour to allow it to firm up. Take it out of the refrigerator about 20 minutes before serving to allow it to soften just slightly. Serve with crackers, pretzels, vegetables or anything else you'd love to dip in cheese





COMMUNITY ACTION | OF LARAMIE COUNTY

HELPING LARAMIE COUNTY. HELPING EACH OTHER.

The Affordable Connectivity Program (ACP) is a new program with CALC run by our FCC/ACP Outreach Coordinator Susan. This program is to help eligible low-income households pay for internet service and connected devices.

You can visit our Crossroads Clinic at 100 Central Ave, suite 173 or call (307) 632-8064 to ext 2009 speak with Susan with any questions.





ARE YOU A WYOMING HOMEOWNER STRUGGLING TO PAY BILLS?

Under the Wyoming Homeowner Assistance Fund (HAF) Program, eligible homeowners can receive up to \$17,000 as a one-time award to cover delinquent mortgages, up to 3 consecutive months of forward mortgage payments and/or PAST DUE utilities, property taxes, homeowners insurance or homeowner association dues.

FUNDS ARE LIMITED. APPLY ONLINE TODAY.

Wyoming Homeowner Assistance Fund Program

VISIT [DFS.WYO.GOV/HAF](https://dfs.wyo.gov/HAF) OR CALL 1-888-WYO-HAFP



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, who have been financially impacted by COVID-19 and meet eligibility criteria, stay in their homes. [Wyoming Homeowner Assistance Fund Program \(HAF\) - Wyoming Department of Family Services](https://dfs.wyo.gov/assistance-programs/home-utilities-energy-assistance/homeowner-assistance/)
<https://dfs.wyo.gov/assistance-programs/home-utilities-energy-assistance/homeowner-assistance/>

WYOMING HAF PROGRAM DASHBOARD (UPDATED 08/17/2023)

HOW MANY WYOMING HOUSEHOLDS HAS THE HAF PROGRAM HELPED?



1,384

Total Households Helped



\$10.4M

Total Assistance Paid



\$7,520

Average Assistance Paid



STATUS OF HAF APPLICATIONS

145

Currently in Draft



73

On hold pending housing education



76

Submitted Applications Currently Being Reviewed



1,384

Approved & Paid Applications

HOUSING EDUCATION

304

cases have successfully completed housing education

PAYMENT BREAKDOWN



\$8.6M

Delinquent Mortgages



\$1M

Forward Mortgages



\$384K

Utilities



\$90K

Property Taxes



\$5K

Homeowners Insurance



\$24K

Homeowner Association Dues

Wyoming Homeowner Assistance Fund Program

APPLY AT [DFS.WYO.GOV/HAF](https://dfs.wyo.gov/HAF)



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.



*"I Heard a bird sing in the dark of December
a magical thing and sweet to remember. 'We
are nearer to spring than we are in
September,' I heard a bird sing in the dark of
December" -Oliver Herford*



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."

