



COMMUNITY ACTION

OF LARAMIE COUNTY

HELPING LARAMIE COUNTY. HELPING EACH OTHER.

Kinship Newsletter



Community Action of Laramie County is a leader dedicated to reducing poverty in Laramie County by empowering people to achieve self-sufficiency through promoting access to healthcare, education, and advocacy with a network of community partnership.



Kinship Support Services assists with temporary guardianship & offers assistance with children's eyeglasses. Wyoming In-Home Services provides light housekeeping & other services to prevent premature institutionalization.



La Calavera Catrina Exhibition

Price: Free
Time: 10:00 AM
to 5:00 PM

Dates: September 17, 2024 - November 15, 2024

Cheyenne Botanic Gardens 710 S. Lions Park Dr. Cheyenne, WY 82001

Experience the rich history and iconography of La Catrina through colorful and joyful large-scale skeleton sculptures. Discover 8 eight-foot-tall sculptures created by Los Angeles-based artist Ricardo Soltero placed throughout the Shane Smith Conservatory and Paul Smith Children's Village.



Dia de los Muertos

Time: 10:00 AM to 2:00 PM

Dates: November 2, 2024

Laramie County Library 2200 Pioneer Ave. Cheyenne, WY 82001

Día de los Muertos is not Halloween! Día de los Muertos is a sacred holiday traditionally celebrated on November 1 & 2 across Latin America and beyond. Join us for joyful and colorful opportunities to celebrate throughout the community!



LCCC Music Concert: "Honoring Our Veterans"

1400 E College Drive Cheyenne, WY 82007

Dates: November 10, 2024

Price: Free Time: 5:00 PM to 4:00 PM

Featuring the Cheyenne Brass Band and the LCCC Wind Ensemble. Located in the Surbrugg/Prentice Auditorium at LCCC. Free and open to the public.



Dates: November 28, 2024 Time: 10:00 AM to 7:00 PM

Price: \$72 for adults in the Ballroom, with discounts for children 12 and under; \$89 for adults in Hathaway's Restaurant, with discounts for children 12 and under

Experience a memorable Thanksgiving at Little America with our bountiful buffets in the Grand Ballroom and Hathaway's Restaurant. Indulge in perfectly roasted turkey, succulent prime rib, traditional sides and much more, all crafted to satisfy every palate.

The Christmas Parade



34th Annual Christmas Parade

Price: Free Time: 5:30 PM to 7:30 PM

Celebrating 34 years of community cheer your Greater Cheyenne Chamber of Commerce proudly presents the Cheyenne Christmas Parade. Every year we kick off the parade with the amazing Toys for Tots float - Anyone in the community is welcome to bring presents (unwrapped) to the parade as a donation to our local children in celebration of the season. Let's see how many toys the people of Cheyenne can collect!

120+ vendors

Heroes & Harmony Holiday Market

November 30th 10am ~ 4pm



Little America
2800 W Lincolnway

Simplicity
307
Vendor&Events

Benefiting Simply Heroes & Harmony Chapter 53 Order of the Eastern Star

Breakfast Menu

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SY 24-25 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>Fruit Frudel 1 Ultimate Breakfast Round (UBR)</p>
<p>Blueberry Bread 4 Ultimate Breakfast Round (UBR)</p>	<p>Chocolate Chip Muffin 5 Bagel with Cream Cheese</p>	<p>Yogurt Parfait with Berries 6 Ultimate Breakfast Round (UBR)</p>	<p>Ham & Egg Breakfast Sandwich – P 7 Bagel with Cream Cheese</p>	<p>Fruit Frudel 8 Ultimate Breakfast Round (UBR)</p>
<p>VETERANS Day 11</p>	<p>Pancake on a Stick – P 12 Ultimate Breakfast Round (UBR)</p>	<p>Pumpkin Bread 13 Ultimate Breakfast Round (UBR)</p>	<p>Baked Oatmeal with Blueberries 14 Bagel with Cream Cheese</p>	<p>Fruit Frudel 15 Ultimate Breakfast Round (UBR)</p>
<p>Chocolate Bread 18 Ultimate Breakfast Round (UBR)</p>	<p>Banana Muffin 19 Bagel with Cream Cheese</p>	<p>Sausage & Egg Breakfast Sandwich – P 20 Ultimate Breakfast Round (UBR)</p>	<p>Yogurt Parfait with Berries 21 Bagel with Cream Cheese</p>	<p>Fruit Frudel 22 Ultimate Breakfast Round (UBR)</p>
<p>Pancake on a Stick – P 25 Ultimate Breakfast Round (UBR)</p>	<p>French Toast Sticks 26 Bagel with Cream Cheese</p>		<p>HAPPY Thanksgiving 28</p>	

Student Meal Accounts Online
 You can easily manage your student's meal account at <https://lingconnect.com/>
 Free online services include
 -Set up email alerts for low balances
 -View your student's purchases
 Only 3.95% 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://lingconnect.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



LCSD#1 Elementary Lunch Menu November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Happy Birthday Fruit Snacks! If your birthday is in November, you can have a free package of fruit snacks when you join us for lunch on your birthday!</p>	<p>SY 24-25 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>✓ Cheesy Lasagna 1 with Garlic Breadstick PBJ with Goldfish and String Cheese Side: Fresh Veggie Patch ☆☆Cookie☆☆</p>
<p>✓ Sloppy Joe 4 Bean & Cheese Burrito Sides: Mini Roasted Potatoes & Baby Carrots</p>	<p>✓ Hot Ham & Cheese Croissant 5 PBJ with Goldfish and String Cheese Sides: Cucumber Salad Tomato Bites</p>	<p>✓ Breakfast for Lunch 6 Cinnamon Pancakes French Toast Sticks Sausage - P Sides: Hash Browns & Baby Carrots</p>	<p>✓ Orange Chicken over Brown Rice 7 Fruit, Yogurt & Cheese Plate Side: Fresh Veggie Patch</p>	<p>✓ Cheese Dunkers 8 with Marinara Sauce Cheddar Baked Potato Side: Fresh Veggie Patch</p>
<p>VETERANS Day 11</p>	<p>✓ Corn Dog 12 Fruit, Yogurt & Cheese Plate Sides: Sweet Potato Waffle Fries Baby Carrots</p>	<p>✓ Rotini with Meatballs 13 Pepperoni Pizza Pocket Sides: Smoky Roasted Cauliflower & Tomato Bites</p>	<p>✓ Homemade Chili & Cinnamon Roll 14 Chicken Tenders Side: Fresh Veggie Patch</p>	<p>✓ Soft Tacos: 15 Shredded Chicken or Pork Carnitas Sides: Refried Beans Shredded Lettuce & Diced Tomatoes ☆☆Frozen Fruit Cup☆☆</p>
<p>✓ Chicken Nuggets 18 Bean & Cheese Burrito Side: Cheesy Broccoli</p>	<p>✓ Breakfast for Lunch 19 Cinnamon Pancakes French Toast Sticks Sausage - P Sides: Hash Browns & Baby Carrots</p>	<p>✓ Turkey Gravy over Mashed Potatoes 20 Fresh Veggie Patch Cranberry Sauce Pumpkin Crunch</p>	<p>✓ Pizza Rippers: 21 Cheese or Pepperoni Side: Fresh Veggie Patch</p>	<p>✓ Chicken Patty Sandwich 22 PBJ with Goldfish and String Cheese Sides: Baked Beans & Potato Smiles ☆☆Vanilla Pudding☆☆</p>
<p>✓ BBQ Chicken Drumstick 25 Bean & Cheese Burrito Sides: Mashed Potatoes & Baby Carrots</p>	<p>✓ Cheese Pizza 26 Snackable Box (Salami, Cheese, Goldfish, Sunflower Seeds) Side: Fresh Veggie Patch</p>		<p>HAPPY Thanksgiving 28</p>	

Breakfast Menu

November 2024

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://lingconnect.com/>
Free online services include
-Set up email alerts for low balances
-View your student's purchases
Only 3.95% 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://lingconnect.com/> Call 771-2440 for paper applications and any questions.



LCSD#1 Secondary Lunch Menu November 2024

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>This institution is an equal opportunity provider.</p>				
Sloppy Joe 4 Sides: Mini Roasted Potatoes & Baby Carrots	Hot Ham & Cheese Croissant 5 Sides: Cucumber Salad Tomato Bites ☆☆Banana Bread☆☆	Breakfast for Lunch 6 ✓ Pancakes or French Toast With Sausage - P Sides: Hash Browns Baby Carrots	Orange Chicken over Brown Rice 7 Side: Fresh Veggie Patch ☆☆Fortune Cookie☆☆	Italian Bar 1 Build Your Own! Side: Fresh Veggie Patch ☆☆Cookie☆☆
VETERANS Day 11	Corn Dogs 12 Sides: Sweet Potato Waffle Fries Baby Carrots	Meatball Sub 13 Sides: Smoky Roasted Cauliflower & Tomato Bites	Homemade Chili with Cinnamon Roll 14 Side: Fresh Veggie Patch	Taco Bar 15 Build Your Own! Sides: Refried Beans Taco Toppings ☆☆Frozen Fruit Cup☆☆
Chicken Tenders Original -or- Spicy 18 Side: Cheesy Broccoli	Breakfast for Lunch 19 Pancakes or French Toast With Sausage - P Sides: Hash Browns Baby Carrots	Turkey Gravy over Mashed Potatoes 20 Sides: Fresh Veggie Patch Cranberry Sauce Pumpkin Crunch	Quesadillas 21 <i>See your café for today's selection</i> Sides: Refried Beans Fresh Veggie Patch	Burger Bar 22 Build Your Own! Side: Baked Beans ☆☆Vanilla Pudding☆☆
BBQ Chicken Drumsticks 25 Sides: Mashed Potatoes Baby Carrots	Cook's Choice 26 <i>See café for today's selection</i> Side: Fresh Veggie Patch	27	28	29

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 café 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.

Support local



Adopt a Family

**Spread holiday cheer
and make a difference
in our community!**

**DONATIONS ACCEPTED
THROUGH NOV. 22ND 2024**

**1700 WESTLAND RD.
CHEYENNE, WY**

HOW CAN YOU HELP?

- **NEW OR UNOPENED TOYS**
- **MONETARY DONATION**

**Help low-income families
celebrate the holiday season.**

**For more information, call
Avery 307-635-9291**



www.calc.net



ADOPT A FAMILY

APPLICATIONS START NOV 1ST AND GO THROUGH NOV 22ND. CHILDREN 15 AND UNDER ARE ELIGIBLE. ONCE YOU SUBMIT YOUR APPLICATION, A CASE MANAGER WILL LET YOU KNOW IF IT HAS BEEN ACCEPTED. YOU CAN PICK UP THE APPLICATION AT COMMUNITY ACTION OF LARAMIE COUNTY.

COMMUNITY ACTION
OF LARAMIE COUNTY

1700 Westland RD, Cheyenne, Wy 82001

Can't afford an attorney?
Need assistance with filling out legal forms?
Have questions about the court system?

GET FREE LEGAL INFORMATION FROM A VOLUNTEER REFERENCE ATTORNEY

A volunteer attorney will be available for brief one-on-one visits with community members who are unable to afford the services of an attorney. These will be informational meetings that may include instruction in filling out legal forms and navigating the court system. No consultation for criminal matters, traffic matters, or business matters (which includes the owning and management of rental properties).

OCTOBER 3 2024

OCTOBER 17 2024

NOVEMBER 7 2024

NOVEMBER 21 2024

DECEMBER 5 2024

DECEMBER 19 2024

2:00 - 4:00 PM

Laramie County District Court
309 W 20th St, 3rd floor
Cheyenne, WY



**EQUAL
JUSTICE
WYOMING**

Free. First come, first served.



Autumn Word Search

by Craftideas.info

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|----------------|-----------------|-----------------|--------------|------------------|
| Acorns | Apple Pie | Apples | Autumn | Autumnal Equinox |
| Back To School | Blackberries | Black Cats | Bounty | Chestnuts |
| Chrysanthemum | Colorful Leaves | Cool Weather | Corn | Corn Fields |
| Cornucopia | Cranberries | Cranberry Sauce | Crows | Fall |
| Falling Leaves | Fog | Halloween | Harvest | Harvest Moon |
| Haystacks | Indian Summer | Jack o Lantern | Kite Flying | Kites |
| Leaf Piles | Moon | November | Nuts | October |
| Pecan Pie | Pine Cone | Pumpkin Patch | Pumpkin Pie | Pumpkins |
| Raking Leaves | Rain | Raincoat | Scarecrows | Season |
| September | Spooky | Squash | Thanksgiving | Trick or Treat |
| Turkey | Walnuts | Winds | Yams | |



Adult and Children's Eyeglasses

Community Action of Laramie County is now accepting applications for the adult and children's eyeglass programs. If you are in need of assistance, please complete an application to be placed on our waitlist. 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.

Temporary Guardianship

Through temporary guardianship services, we offer the District Court Guardianship Pro Se' packet, as well as assistance in packet completion.

There are no age restrictions to access this program. Temporary guardianship provides the petitioner with the ability to achieve school registration, acquire healthcare, access legal documentation, and act on a child's behalf.

Our fee is based on the services requested and, with proof of income, is based on a sliding fee scale.



**"AUTUMN, THE SEASON THAT TEACHES US THAT CHNAGE CAN BE BEAUTIFUL."
HEATHER STILLUFSEN**



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."

