

FEBRUARY 2022



Jacqueline Fox, CEO

Self-Care Tips For Social Workers During A Pandemic

JOIN OUR TEAM

Visit our website at www.wocap.org for all current job openings, job descriptions, requirements, and to apply online

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BURNOUT AVOIDANCE

1

Checking in with yourself each day and writing sources of the stress can help. This can also remind yourself why you became a social worker and replacing negative self-talk with positive messages. Set boundaries for yourself by turning off your phone and tv at home, and opt to read, write, and listen to music instead. Take a mental health day every once in a while to recharge and destress.

ENGAGING IN MEANINGFUL WORK

2

Focus on work that means something to you to keep you motivated and engaged. Even during a pandemic, you can participate in professional development activities in your area(s) of interest through webinars, virtual conferences, and online community meetings.

STAY CONNECTED

3

The importance of connecting with friends, family, colleagues and support systems cannot be overstated. Spending time with family and friends through phone calls, video chats, or socially-distanced visits can provide a new perspective. Connecting with co-workers and clients can revitalize the workplace.

GET OUTSIDE

4

Getting outside is an important part of self-care whether you hike, bike, run, walk, swim or simply sit outside. By being outdoors you can boost your Vitamin D levels, clear your head, and refresh. If you work at an office, a brief walk outside can provide a relaxing break. Find opportunities for yourself to breathe fresh air and get the blood pumping.

PRACTICE MEDITATION AND YOGA

5

These are great practices to include in your self-care routine. Sitting quietly and clearing your mind or practicing yoga poses rejuvenates both mind and body. Benefits of a regular yoga practice include a stronger immune system, reduced inflammation, stress management, and self-control. Meditation provides a block of quality time, requires no equipment, and increases mindfulness and mental clarity.

Head Start Enrollment

Snow Sensory Play

St. Matt's enjoyed snow sensory play with little snowmen that they made. The class brought the outside indoors so the children could still enjoy the snow in these cold temperatures. They all had so much fun, as you can see by the smiles on their faces!



Central A is helping show their Friendship Spirit

The children all painted the hugging hearts to help decorate the main office.
Primary Caregivers for Central A are Judy Saine and Jen Smith



ONLINE:

www.wocap.org & scroll
down our home page to
find the application

PHONE:

Angie Montgomery at
419-227-2586 Ext. 120

EMAIL:

Angie Montgomery
amontgomery@wocap.org

Application forms can be sent
to your home if you prefer



HOMEOWNER ASSISTANCE FUND - UTILITY ASSISTANCE PROGRAM

The HAF Utilities Assistance Program is for homeowners in need of assistance with housing expenses such as utilities, lot rent, property taxes and more. All available assistance can be found below. In order to receive Utilities Assistance Plus (UAP) assistance, eligible homeowners must have experienced a financial hardship after January 21, 2020.

Eligible homeowners must be at or below 150% Federal Poverty Guidelines

CALENDAR OF EVENTS

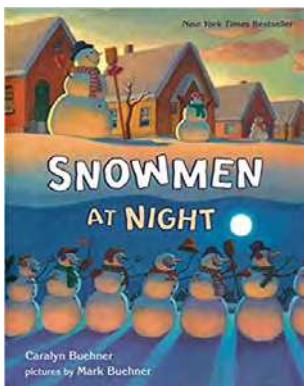
- February 11th—Home Based Family Day
- February 21st—Agency CLOSED
- February 23rd—Board Meeting
- February 25th—Home Based Family Day

FEBRUARY BIRTHDAYS

3 – Lauren Link
8 – Nikita Arrick
10 – Michael VanBrocklin
11 – Mary Hurley
24 – Kendra Roxo
26 – Angie Osagie

BOOKS FOR WINTER READING




When the mayor of Mouseville announces the town snowman contest, Clayton and Desmond claim that they will each make the biggest snowman ever. But building a huge snowman alone is hard! They work and work, but their snowmen just aren't big enough. Soon they have an idea. As the day of the contest approaches, Clayton and Desmond join forces to build the biggest snowman ever.



Have you ever built a snowman and discovered the next day that his grin has gotten a little crooked, or his tree-branch arms have moved? And you've wondered . . . what do snowmen do at night? This delightful wintertime tale reveals all! Caralyn Buehner's witty, imaginative verse offers many amusing details about the secret life of snowmen and where they go at night, while Mark Buehner's roly-poly snowmen are bursting with personality and charm.

HOUSING DEPARTMENT SCHEDULE

CALL WOCAP AT 419-227-2586 OR VISIT OUR WEBSITE AT WWW.WOCAP.ORG TO SIGN UP

| | | | | | |
|--|-------------------------|--|---------------------------------|--|----------------------|
|  | Fair Housing |  | Financial Management |  | Homeownership |
| <p style="text-align: center;">Please call Housing Specialist for More Information</p> <p style="text-align: center;">Allen & Mercer Counties</p> <p style="text-align: center;">Contact: 567-371-5787</p> | | <p style="text-align: center;">Next Class will be held:</p> <p style="text-align: center;">March 22, 23 & 24</p> <p style="text-align: center;">5 pm—7 pm</p> <p style="text-align: center;">Via Webinar</p> | | <p style="text-align: center;">March 8, 10, 15 & 17</p> <p style="text-align: center;">12 pm—3 pm</p> <p style="text-align: center;">Location: Webinar</p> <p style="text-align: center;">Contact: 419-227-2586 Ext. 105</p> | |

Excellent Attendance

Our goal is to prepare your child for their next stepping stone of education whether it is Head Start or Kindergarten. Regular Attendance is an important part of your child's educational, social, and emotional development. When children are absent from school they are missing out on a lot of educational and social opportunities. We would like to thank those parents who assure their child is attending school every day. In the month of December we had 86 children with Perfect Attendance. Way to Go Parents!

Central A
Rhyam M.

Kingdom Daycare
Giana A.
Landon B.

Central G
Waylon C.
Legacy C.
Randy H.
Kali T.
Telly T. Jr.

Howard A
Emilia C.
Keillen C.
Jockquaveus F. Jr.
Ara'zhae H.
Valencia M.
Maceo T.

O'Neal A
Taraji B.
Kayven C.
Lela J.
Laysen M.
Messiah S.
Javeon T.

Central B
Sawyer S.
Serena S.

Shawnee Infants
Calianna B.
The Children's PL
Kavalynn K.
Nolani K.

Central H
Keaton C.
Ta'Liyah E.
Brayden G.
Jaiden H.
Triniti I.

Howard B
Kamryn C.
JaQuaya H.
Armani I.
Donte J.
Kamryn S.

O'Neal B
Karder I.
Trace N.
Nathanael T.
Jakori W.

EHS Home Based (WW)
Knyko W.

EHS Home Based (JJ)
Jayla G.
Jaiyah J.

Allen East I
Isabella T.

EHS Home Based (GG)
Joshua P. III

Unity
Santana J.
Alani J-S.
Roman M.
Zahara R.

Central D
Logan C.
Angelia C.
Journee C-G.
Cameron D.
Maddox E.
Devon L.
Juelle P.
MarShay S.

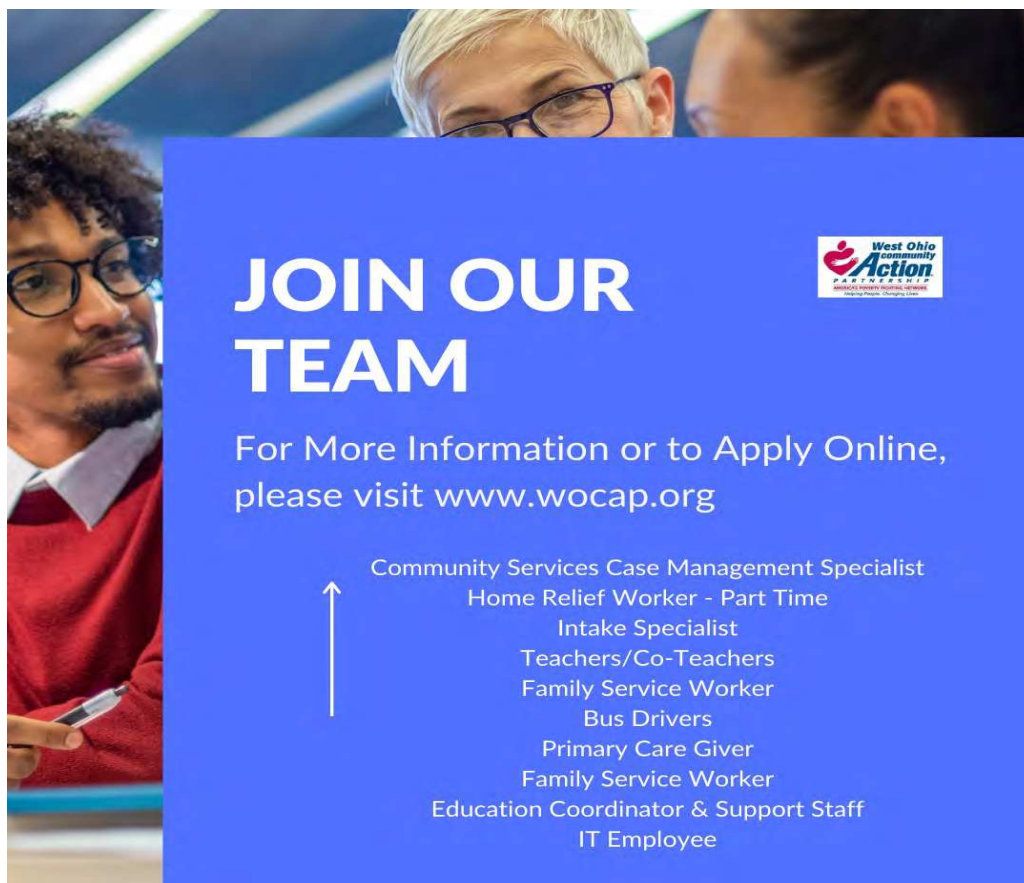
HS Home Based (KC)
Lillian A.
Bronx B.
Olivia K.
Illana W.
Heaven Z.

Market St. II AM
Waylon G.
Wesley G.
Emyla M.

Market St. II PM
Katy G.
Mi'Layisha W.
Dakota W.

Philippian II
Logan H.
Zadie H.
Zanoah M.
Zy'Lynn M.
Chainze T.
Trinity T.


St. Matthews
La'Bella C.
Zayden C.
Alydia C.



JOIN OUR TEAM

For More Information or to Apply Online, please visit www.wocap.org

Community Services Case Management Specialist
Home Relief Worker - Part Time
Intake Specialist
Teachers/Co-Teachers
Family Service Worker
Bus Drivers
Primary Care Giver
Family Service Worker
Education Coordinator & Support Staff
IT Employee



The Home Energy Assistance Program (HEAP) helps Ohioans at or below 175% of the federal poverty guidelines pay their heating bills.

Ohioans who are threatened with disconnection, have been disconnected from their utility service, transferring services, establishing new services, at or below 25% fuel, or have been diagnosed with COVID-19 in the last 12 months, may also be eligible for the HEAP Winter Crisis Program, which started on November 1, 2021.

Ohioans can visit energyhelp.ohio.gov to apply online, download a copy of the application, or find contact information for a local Energy Assistance Provider.

Individuals will need to have copies of the following documents to include with their application:

- Most recent utility bills
- A list of all household members (including birth dates and Social Security numbers)
- Proof of income for the past 30 days for all household members (12 months for certain income types)
- Proof of U.S. citizenship or legal residency for all household members
- Proof of disability (if applicable)

HEAP benefits are applied to an individual's energy bill after January 1st. If you need immediate assistance with your energy bills, please contact your local Energy Assistance Provider.

A list of providers can be found at energyhelp.ohio.gov.

Applications for the HEAP Winter Crisis program must be received by March 31, 2022. The last day to apply for the regular HEAP benefit is May 31, 2022.

For more information on the programs, visit energyhelp.ohio.gov or call your local Energy Assistance Provider.

Call 419-516-0063 to schedule an appointment for Allen, Auglaize, and Mercer counties or call 419-227-2586 for more information.



2·1·1

Get Connected. Get Help.™

**NEED HELP?
CALL 2·1·1**

We're here for you!

Live. Free. Confidential. 24 hours a day. 7 Days a week.

2-1-1 provides callers with information and referrals to social services for every day needs and in times of crisis. For example, 2-1-1 can offer access to the following types of services:

- | | | | |
|-------------|--------------------------|---------------------|---------------------------|
| • Food | • Veterans | • Mental Health | • Transportation |
| • Clothing | • Mental Health Services | • Substance Abuse | • Prescription Discounts |
| • Childcare | • Education | • Legal Issues | • Utility/Rent Assistance |
| • Youth | • Employment | • Healthcare | |
| • Seniors | | • Emergency Shelter | |

Text Us

419.273.0300

Call Us

DIAL 2·1·1

Visit Us

allen211.org



West Ohio Community Action Partnership

BOARD OF TRUSTEES – 2022

Representatives must be One Third Private Business, One Third Public Entity, and One Third Low-Income

Josh Unterbrink (Private)
(Vice President)
Activate Allen County

Susan Hord (Private)
Rhodes State College

Shannon Tyler (Private)
Premier Bank

Mayor Sharetta Smith (Public)
City of Lima

Angie King (Public)
Mercer Co Commissioner
Appointee

Warner Roach (Private)
City of Lima

Natalie Bice (Private) (Treasurer)
J. M. Green & Associates

Jennifer Korte (Low-Income)
Auglaize Co. Educational Service
Center

Gina Seay (Low-Income)
PC Representative for Head Start

Erica Preston (Public)
Auglaize Co Commissioner
Appointee

Ann Miles (Public)
Lima City Schools

Charlene Williams (Low-Income)
New Life Church International

Pam Fitzgerald (Low-Income)
Allen Co Council on Aging

Elizabeth Muether (Private)
Mercer Co District Library

Tiffany Wright (Low-Income)
(President)
Allen Metropolitan Housing
Authority

Shane Coleman (Public)
Lima Allen Co Regional Planning

Jerome O'Neal (Public)
Allen County Commissioner
Appointee

Linda Chartrand (Private)
Retired

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